

JANUARY 2018

MIDDLETON

# Programs News & Events



ENRICHING THE LIVES OF OLDER ADULTS

## *Life Long Learning...*

### **Exercise and the Brain**

There are some exciting new studies about exercise and the memory loss happening right here in Madison. Ryan Daugherty, from the Wisconsin Alzheimer's Disease Research Center will be giving an informational talk about this on **Tuesday, January 16th, at 1:00 p.m.** He will also discuss about how you could be a part of this study and receive a complimentary membership to the YMCA.

Join us for lunch and stay for the program. Please make your lunch reservation by noon on Monday, January 17th.

## **Equifax Breach What you Need to Know**

Join us on **Friday, January 26th, at 1:00 p.m.** for this informative presentation about identity theft, with an emphasis on data breaches and the Equifax breach in particular. Laura Fay, from the Bureau of Consumer Protection and Trade & Consumer protection will be here to educate and take your questions.

Join us for lunch at 11:30 a.m. and stay for the program. Please make your lunch reservation by noon on Thursday, January 25th.

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# Menu

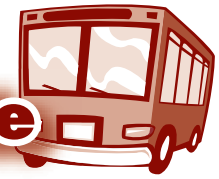
## JANUARY

- 1 Monday.....Closed for New Year's Day
- 2 Tuesday.....Roasted Chicken Breast
- 3 Wednesday.....Chili
- 4 Thursday.....Pizza Casserole
- 5 Friday.....Lemon Baked Fish
- 8 Monday.....Sausage Gravy Over a Biscuit
- 9 Tuesday.....Chicken Parmesan
- 10 Wednesday.....Chicken Enchilada Casserole
- 11 Thursday.....Homemade Chili
- 12 Friday.....Baked Chicken on Bone with Gravy
- 15 Monday.....Cheeseburger on a Bun
- 16 Tuesday.....Baked Italian Sausage with Peppers and Onions
- 17 Wednesday.....Traditional Meatloaf
- 18 Thursday.....Open Faced Chicken and Gravy Sandwich
- 19 Friday.....Spaghetti Noodles and Meat Sauce
- 22 Monday.....Chicken a la King
- 23 Tuesday.....Green Pepper Soup with Kidney Bean Salad
- 24 Wednesday.....Meatballs in Gravy
- 25 Thursday.....Baked Mostaccioli
- 26 Friday.....Baked BBQ Ribs
- 29 Monday.....Ham Slice
- 30 Tuesday.....Roasted Turkey with Gravy
- 31 Wednesday.....Meatballs in Marinara Over Penne Noodles

-- Lunch is served at 11:30 a.m.  
 -- Please remember to make your lunch reservation by noon the day before by calling the Middleton Senior Center at 831-2373.

*The Middleton Senior Center meal site is part of Dane County Human Services.*

## Shopping Bus Schedule



### Bus Schedule:

The Middleton Senior Center offers a number of different transportation options to Middleton residents each week. You **MUST** contact the Senior Center the day before you wish to use this valuable service.

Transportation to the meal site and local grocery shopping is by donation. The suggested donation is \$1.00 round trip to the meal site and the suggested donation for local grocery shopping is \$2.00 round trip. The fee is based upon your ability to donate. No one will be denied rides for these purposes.

**These times are tentative and may vary depending on the route and number of people who participate.**

Day	Destination	Pick Up	Return
Monday	Lunch at Senior Center	10:30 a.m.	12:30 p.m.
Monday	Hilldale & 1st & 3rd Walgreens	11:30 a.m.	1:30 p.m.
Monday	West Towne Mall 2nd & 4th	11:30 a.m.	1:30 p.m.
Tuesday	Lunch at Senior Center	10:30 a.m.	12:30 p.m.
Tuesday	Pick 'n Save in Middleton	11:45 a.m.	1:00 p.m.
Wednesday	Lunch at Senior Center	10:30 a.m.	12:30 p.m.
Thursday	Lunch at Senior Center	10:30 a.m.	12:30 p.m.
Thursday	Walgreens in Middleton	11:00 a.m.	12:00 p.m.
Thursday	Pick 'n Save & Target on Junction Rd.	11:45 a.m.	1:00 p.m.
Friday	Lunch at Senior Center	10:30 a.m.	12:30 p.m.

# Regularly SCHEDULED PROGRAMS

## Dining Center Information

All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.

For additional information or questions please contact Ted Quincey at 831-2373.

## Lunch Information

Come join us for a meal and conversation in our bright and open dining room. Meals are served at 11:30 a.m. Monday through Friday. The cost of each meal is \$7.50. Home Delivered Meals (Meals on Wheels) are available for home-bound seniors (\$7.75). Diners over age 60, please donate what you can afford. For further information contact the Middleton Senior Center at 831-2373.

## Salad Options

We offer cold salads as an alternative to the regular Friday meal at the dining center ONLY.

### Friday, January 5th -- Taco Salad

Shredded lettuce topped with seasoned ground beef, diced tomatoes, green onion, cheese, salsa, black olives, sour cream and tortilla strips.

No Dressing included.

### Friday, January 12th -- Cordon Bleu Salad

Mixed greens topped with seasoned diced chicken, ham, swiss cheese, green peppers and tomatoes.

Ranch dressing included.

### Friday, January 19th -- Harvest Salad

Mixed greens topped with beets, garbanzo beans, cucumber, red onion and feta cheese.

Balsamic Vinaigrette Dressing included.

### Friday, January 26th -- Chicken Confetti Salad

Shredded lettuce topped with diced chicken, tomatoes, cucumber, corn and bacon.

Ranch Dressing included.

## Senior Center Closed

A reminder that the Middleton Senior Center will be closed for the New Year's Day holiday on **Monday, January 1st.**

Meals on Wheels, meal site dinners, all programs and activities will not take place at the Senior Center. If you need a meal or other assistance during this time, please contact a case manager, at 831-2373.

## Vegetarian Option

We offer a vegetarian option to our lunch menu. For details contact Ted at 831-2373.

## Bakery Items -- Mondays

The Middleton Senior Center receives bakery items on Mondays ONLY at approximately 10:30 a.m. from Clasen's.

## Scrabble Mondays

Join us to play Scrabble at **9:00 a.m. on Mondays.** We have several Scrabble boards; therefore, multiple games may be played. No reservations are needed you may just show up!

## Cribbage

We have a Cribbage group that plays on **Monday mornings at 10:00 a.m.** We have the Cribbage Boards, you may simply show up.

## Piano Entertainment

Robert Auerbach entertains us with his talented piano skills on Mondays 11:15 a.m. - 12:00 p.m. Feel free to come and enjoy his music.

## Wii Sports

The Middleton Senior Center has a Wii Video Gaming system. Participants play the games, primarily bowling, but other games as well, on **Mondays at 12:30 p.m.** No need to sign up, just show up.

## Pinochle

Join our Pinochle group on **Mondays and Fridays at 12:30 p.m.** New members are always welcome.

# Regularly SCHEDULED PROGRAMS

## Inclement Weather Reminder

In the event the Middleton-Cross Plains School District closes schools due to bad weather, the Middleton Senior Center will also be closed. Meals on Wheels will not be delivered nor will meals be served at the Middleton Senior Center. The cancelled meal will be served the next day.

All classes, activities and programs are cancelled. Contact the Senior Center regarding rescheduled or make up programs. In addition, the shopping bus will not run on days when the Senior Center is closed due to the weather.

## Open Bridge

Open Bridge on **Mondays** is open to anyone who wishes to play. *Please do not be seated or begin playing in the Large Activity Room before 12:15 p.m. to begin playing at 12:30 p.m.* Please respect other participants time and wishes.

## Open Cards

Open Cards is for people that have a group of people who play cards together, however, they need a location to play. You may come to the Middleton Senior Center with your group on Mondays, Thursdays and Fridays at 12:30 p.m.

## Foot Care

SSM Health at Home (formerly Home Health United) and the Middleton Senior Center offer foot care several times each month. The cost of Foot Care is \$20.00. This service NOT covered by Medicare. For an appointment contact 831-2373.

## Diabetic Foot Care

We offer Diabetic Foot Care twice a month. The cost is \$28.00 per visit. This service is NOT covered by Medicare. SSM Health at Home (formerly Home Health United) offer this service. Contact the Middleton Senior Center, at 831-2373, for an appointment.

## Wood Carving Drop In

We have a talented group of wood carvers that get together on **Tuesday mornings 9:00 a.m. - 12:00 p.m.** Bring you own projects and share it with each other their creative skills and experience. Anyone is welcome to join them any time.

## Sing-Along

Join us on the first and third Tuesday of each month at 10:00 a.m. for a Sing-Along with friends. Singing takes place only on **Tuesday, January 2nd and Tuesday, January 16th, at 10:00 a.m.** Sheet music is provided. Mary Duckwitz and Fran Jeatran lead this group as well as accompanying on the piano.

## Blood Pressure Screening

Blood Pressure Screening is held on the first Tuesday of each month at 12:30 p.m. This month it will be at **12:30 p.m., on Tuesday, January 2nd.** No reservation necessary, simply show up.

## Mending Service

Mending is offered on the second Tuesday of each month. Morning appointments are available on **Tuesday, January 9th.** You are allowed to bring two items per appointment. You must make an appointment by calling 831-2373.

## Stitchers

Join us on **Tuesday afternoons from 1:00 p.m. - 3:00 p.m.** for knitting and crocheting in the living room. Newcomers are always welcome. Bring your projects and join this social group.

## Coffee & The Economy Postponed

Coffee & The Economy will not meet in January. Shannon Riley, of Edward Jones Investments, will resume hosting this program on the **second Tuesday of each month, on Tuesday, February 13th, at 9:00 a.m.**

## Coffee & Fruit Fund

Thank you for your monetary donations into the coffee and fruit fund -- it REALLY does make a difference! Although it is not free - it is cheap.

# Regularly SCHEDULED PROGRAMS

## Mah Jongg

Mah Jongg is played on **Tuesday afternoons\* at 12:30 p.m.** If you have a Mah Jongg set, please bring it. We have all levels of players. New players are welcome. You **MUST** bring your own Mah Jongg card.

\* Please note this group does not play at the Senior Center on the last Tuesday of the month.

## Newsletter Assembly

The February newsletter will be assembled on **Tuesday, January 23rd, at 8:30 a.m.** for bulk mailing. We can always use help with folding, assembling and adhering mailing labels. Doors of the Senior Center will be open at 8:00 a.m. and assembly of the newsletter will begin at 8:30 a.m.

## BINGO

BINGO is played on the last Tuesday of each month. Join us on **Tuesday, January 30th, at 1:00 p.m.** Come for lunch at 11:30 a.m. and stay for BINGO.

## Al-Anon Meeting

Al-Anon is a meeting for friends and relatives of alcoholics. They meet each **Wednesday at 9:30 a.m.** in the Lower Level of the Middleton Senior Center. Anyone is welcome to attend.

## Sober Today Group

An open meeting of Alcoholics Anonymous meets every **Wednesday at 9:30 a.m.** in the Lower Level of the Middleton Senior Center.

## Essential Tremor/Dystonia Support Group Suspends Meeting

The Essential Tremor Support group has suspended meeting January. They will resume meeting on the second Wednesday of each month on **Wednesday, February 14th, at 10:30 a.m.** For more information, e-mail [madmidet@charter.net](mailto:madmidet@charter.net) or contact Laura at 831-2373.

## January Movie "Churchill"

Join us on **Friday, January 12th, at 12:30 p.m.** to watch the movie "Churchill".

"Churchill" is about the 96 hours before the World War II invasion of Normandy, as British Prime Minister Winston Churchill struggles with his severe reservations with Operation Overlord and his increasingly marginalized role in the war effort.

Starring Brian Cox, Miranda Richardson, John Slattery and Julian Wadham

PG 1 hour 45 minutes  
Biography, Drama and History

## Spanish

You can boost your brain power at any age by learning Spanish. Ellen Soto teaches at several levels. This is a low stress group that accepts new members at any point. You may improve your mental health by meeting new friends, learning something new, and having fun. The cost is \$10.00 per month/per class. A new section begins each month and runs for four weeks.

### Tuesdays

- 9:00 a.m. Spanish Conversation** - topics and stories from the students.
- 10:00 a.m. Latin America** - histories of countries, includes population, capitols, rivers and mountains.

### Wednesdays

- 9:00 a.m. Basic Spanish** - conversation, questions, step by step learning basic communication.
- 10:00 a.m. Practice** - reading, writing and role playing. Practicing daily activities.
- 11:00 a.m. Introduction to Spanish** - Alphabet, phonetics, learning words and short sentences, vowels and the five senses.

For more information call the Senior Center, at 831-2373. New students are welcome.



# Calendar

## January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b>Closed for New Year's Day</b></p>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>• 9:00 Wood Carving Drop-In</li> <li>• 9:00 &amp; 10:00 Spanish Classes</li> <li>• 10:00 Sing-Along</li> <li>• 11:30 Lunch</li> <li>• 11:45 Shopping Bus</li> <li>• 12:30 Blood Pressure Screening</li> <li>• 12:30 Mah Jongg</li> <li>• 1:00 Stitchers</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>• 9:00 Strength &amp; Flexibility</li> <li>• 9:15 Social Seniors Planning @ The Original Pancake House</li> <li>• 9:00 - 12:00 Spanish Classes</li> <li>• 9:30 Sober Today</li> <li>• 9:30 Al-Anon</li> <li>• 10:00 Mystery Book Club</li> <li>• 10:00 Forget-Me-Nots</li> <li>• 11:30 Lunch</li> <li>• 1:00 Euchre</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>• 9:30 Middleton Jazz</li> <li>• 10:30 TOPS Meeting</li> <li>• Shopping Buses 11:00 &amp; 11:45</li> <li>• 11:30 Lunch</li> <li>• 12:30 Open Cards</li> <li>• 12:30 Nimble Fingers</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>• 9:00 Strength &amp; Flexibility</li> <li>• 9:00 Rummikub</li> <li>• 9:00 e-Reader Appointments</li> <li>• 10:15 Video Lecture</li> <li>• 11:30 Lunch</li> <li>• 12:30 Pinochle</li> <li>• 12:30 Open Cards</li> <li>• 1:00 Social Seniors Travelogue @ Library</li> </ul>
<p><b>8</b></p> <ul style="list-style-type: none"> <li>• 9:00 Scrabble</li> <li>• 10:00 Cribbage</li> <li>• 10:00 Chair Yoga</li> <li>• 11:30 Lunch</li> <li>• 11:30 Shopping Bus</li> <li>• 12:30 Wii Sports</li> <li>• 12:30 Open Cards</li> <li>• 12:30 Pinochle</li> <li>• 12:30 Open Bridge</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>• 9:00 Wood Carving Drop-In</li> <li>• 9:00 &amp; 10:00 Spanish Classes</li> <li>• 9:00 Mending</li> <li>• 11:30 Lunch</li> <li>• 11:45 Shopping Bus</li> <li>• 12:30 Mah Jongg</li> <li>• 1:00 Stitchers</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>• 9:00 Strength &amp; Flexibility</li> <li>• 9:00 - 12:00 Spanish Classes</li> <li>• 9:30 Sober Today</li> <li>• 9:30 Al-Anon</li> <li>• 10:30 Women Embracing Change</li> <li>• 11:30 Lunch</li> <li>• 1:00 Euchre</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>• 9:30 Middleton Jazz</li> <li>• 10:00 Gadget Guru</li> <li>• 10:30 TOPS Meeting</li> <li>• Shopping Buses 11:00 &amp; 11:45</li> <li>• 11:30 Lunch</li> <li>• 12:30 Open Cards</li> <li>• 12:30 Nimble Fingers</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>• 9:00 Strength &amp; Flexibility</li> <li>• 9:00 Rummikub</li> <li>• 10:15 Video Lecture</li> <li>• 11:30 Lunch</li> <li>• 12:30 Pinochle</li> <li>• 12:30 Open Cards</li> <li>• 12:30 Movie "Churchill"</li> </ul>
<p><b>15</b></p> <ul style="list-style-type: none"> <li>• 9:00 Scrabble</li> <li>• 10:00 Cribbage</li> <li>• 10:00 Chair Yoga</li> <li>• 11:30 Lunch</li> <li>• 11:30 Shopping Bus</li> <li>• 12:30 Wii Sports</li> <li>• 12:30 Open Cards</li> <li>• 12:30 Pinochle</li> <li>• 12:30 Open Bridge</li> <li>• 4:30 Commission on Aging</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>• 9:00 Wood Carving Drop-In</li> <li>• 9:00 &amp; 10:00 Spanish Classes</li> <li>• 10:00 Sing-Along</li> <li>• 11:30 Lunch</li> <li>• 11:45 Shopping Bus</li> <li>• 12:30 Mah Jongg</li> <li>• 1:00 Stitchers</li> <li>• 1:00 Life Long Learning "Exercise and the Brain"</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>• 9:00 Strength &amp; Flexibility</li> <li>• 9:00 - 12:00 Spanish Classes</li> <li>• 9:30 Sober Today</li> <li>• 9:30 Al-Anon</li> <li>• 10:00 Forget-Me-Nots</li> <li>• 11:30 Lunch</li> <li>• 1:00 Euchre</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>• 9:30 Middleton Jazz</li> <li>• 10:30 TOPS Meeting</li> <li>• Shopping Buses 11:00 &amp; 11:45</li> <li>• 11:30 Lunch</li> <li>• 12:30 Open Cards</li> <li>• 12:30 Nimble Fingers</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>• 9:00 - 12:00 Energy Appts</li> <li>• 9:00 Strength &amp; Flexibility</li> <li>• 9:00 Rummikub</li> <li>• 10:15 Video Lecture</li> <li>• 11:30 Lunch</li> <li>• 12:30 Pinochle</li> <li>• 12:30 Open Cards</li> <li>• 1:00 Paper Crafting Class</li> </ul>

# Calendar (CONTINUED)

## January 2018

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JANUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>22</b> <ul style="list-style-type: none"> <li>• 9:00 Scrabble</li> <li>• 10:00 Cribbage</li> <li>• 10:00 Chair Yoga</li> <li>• 11:30 Lunch</li> <li>• 11:30 Shopping Bus</li> <li>• 12:30 Wii Sports</li> <li>• 12:30 Open Cards</li> <li>• 12:30 Pinochle</li> <li>• 12:30 Open Bridge</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>• 8:30 Newsletter Assembly</li> <li>• 9:00 Wood Carving Drop-In</li> <li>• 9:00 &amp; 10:00 Spanish Classes</li> <li>• 11:30 Lunch</li> <li>• 11:30 Social Seniors Lunch @ Biaggi's</li> <li>• 11:45 Shopping Bus</li> <li>• 12:30 Mah Jongg</li> <li>• 1:00 Stitchers</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>• 9:00 Strength &amp; Flexibility</li> <li>• 9:00 - 12:00 Spanish Classes</li> <li>• 9:30 Sober Today</li> <li>• 9:30 AI-Anon</li> <li>• 10:30 Women Embracing Change</li> <li>• 11:30 Lunch</li> <li>• 1:00 Euchre</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>• 9:30 Middleton Jazz</li> <li>• 10:00 Gadget Guru</li> <li>• 10:00 Books R Us</li> <li>• 10:30 TOPS Meeting</li> <li>• Shopping Buses 11:00 &amp; 11:45</li> <li>• 11:30 Lunch</li> <li>• 12:30 Open Cards</li> <li>• 12:30 Nimble Fingers</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>• 9:00 Strength &amp; Flexibility</li> <li>• 9:00 Rummikub</li> <li>• 10:15 Video Lecture</li> <li>• 11:30 Lunch</li> <li>• 12:30 Pinochle</li> <li>• 12:30 Open Cards</li> <li>• 1:00 Equifax Breach Presentation</li> </ul>
<b>29</b> <ul style="list-style-type: none"> <li>• 9:00 Scrabble</li> <li>• 10:00 Cribbage</li> <li>• 10:00 Chair Yoga</li> <li>• 11:30 Lunch</li> <li>• 11:30 Shopping Bus</li> <li>• 12:30 Wii Sports</li> <li>• 12:30 Open Cards</li> <li>• 12:30 Pinochle</li> <li>• 12:30 Open Bridge</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>• 9:00 Wood Carving Drop-In</li> <li>• 9:00 &amp; 10:00 a.m. Spanish Classes</li> <li>• 11:30 Lunch</li> <li>• 11:45 Shopping Bus</li> <li>• 1:00 Stitchers</li> <li>• 1:00 BINGO</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>• 9:00 Strength &amp; Flexibility</li> <li>• 9:00 - 12:00 Spanish Classes</li> <li>• 9:30 Sober Today</li> <li>• 9:30 AI-Anon</li> <li>• 11:30 Lunch</li> <li>• 1:00 Euchre</li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>• 9:30 Middleton Jazz</li> <li>• 10:30 TOPS Meeting</li> <li>• Shopping Buses 11:00 &amp; 11:45</li> <li>• 11:30 Lunch</li> <li>• 12:30 Open Cards</li> <li>• 12:30 Nimble Fingers</li> <li>• 12:30 Gratitude Class</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• 9:00 Strength &amp; Flexibility</li> <li>• 9:00 Rummikub</li> <li>• 9:00 e-Reader Appointments</li> <li>• 10:15 Video Lecture</li> <li>• 11:30 Lunch</li> <li>• 12:30 Pinochle</li> <li>• 12:30 Open Cards</li> </ul>

\*\* All programs and activities are subject to change.

\*\* The Middleton Senior Center reserves the right to cancel or change locations of programs and activities at any time.

\*\* Room assignments may vary depending on activities in the building that are scheduled before, during or after an activity.

\*\* The Middleton Senior Center is able to provide a wide variety of excellent services, activities and programs because staff, volunteers and participants are flexible and cooperative when such changes are made.

# Regularly SCHEDULED PROGRAMS

## Yes, You Can Join Us!

If you are age 55 or older, you can participate in the programs at the Middleton Senior Center. You do not have to live in the City of Middleton to join us, and there is no membership fee. There may be a residency requirement for certain services including case management services, transportation and Meals on Wheels. For additional information contact the Middleton Senior Center at 831-2373.

## Women Embracing Change

This group's Mission statement is to provide a forum for women to share and discuss the changes we experience as we age while continuing to grow in a positive way. Issues including personal challenges, practical dilemmas, and other diverse topics introduced to the group can be discussed in a safe, non-judgemental environment. While we navigate this journey that can be full of surprises, revelations and anxiety we not only learn to embrace the changes, but join each other to traverse the road.

Please join us on **Wednesday, January 10th and January 24th, at 10:30 a.m.** to discuss *The Fifth Agreement*, by Don Miguel Ruiz and Janet Mills.

## Hats and Tales

Hats and Tales is a group of volunteers that read to preschool students with the use of hats and other props. They will meet at **10:00 a.m. at Little Red Preschool on Wednesday, January 10th.** If you have a short book to read, please bring it. For additional information contact Patty at 225-4663.

## Mystery Book Club

Mystery Book Club meets on the first Wednesday of each month. They will meet at **10:00 a.m. on Wednesday, January 3rd**, to discuss *Bruno, Chief of Police*, by Martin Walker.

The book for **Wednesday, February 7th**, will be *Learning to Swim*, by Sara J. Henry.

Books are available from the South Central Library System in print, large print, downloadable epub. New members are welcome.

## Forget-Me-Nots \*Pre-Registration Required\*

We have a group for those with early stages of memory loss, called Forget-Me-Nots. They meet on the first and third Wednesday of each month. This month they will meet at **10:00 a.m. on Wednesday, January 3rd and Wednesday, January 17th**, at the Middleton Senior Center. This group is open to all ages. The 90-minute sessions will include individual and group brain games, music, gentle exercise and time for socialization. To register contact Kathy Lauer, at 831-2373. *It is important that you register with Kathy before attending this program.* This program is a partnership with St. Luke's Lutheran Church and the West Madison Senior Coalition.

## Writing Group

This is a group of creative seniors that write about a variety of topics in a variety of writing styles. Consider joining this thriving group of writers. They meet on the second Wednesday of each month. This month they will meet at the Middleton Library on **Wednesday, January 10th, at 1:00 p.m.** Each month a different member decides on the topics and styles of writing. Participants bring their homework to share with the class. This month's topics are:

1. What about that train ride!
2. My favorite song is....& why.
3. Tell us about your creative hobby.
4. If you could change places with something else (inanimate object) what would it be & why?

New members always welcome.

## TOPS Meetings

Taking Off Pounds Sensibly (TOPS) meets at the Middleton Senior Center on **Thursday mornings at 10:30 a.m.** TOPS is a weight loss program based on members helping and supporting each other. It focuses on making small, steady lifestyle changes that provide lasting weight loss and better health. Yearly membership is \$32.00. They meet once a week for a short business meeting, a weigh-in and a topic of discussion. Meetings are one hour. At no time are individual weights ever discussed during the meeting. You may sign up by calling 831-2373, or simply show up. New members are always welcome.



# Programs & Events FOR THIS MONTH

6 JANUARY 2018

## Books R Us

Books R Us meets on the **fourth Thursday of the month**. This month they will meet on **Thursday, January 25th at 10:00 a.m.** It will be a Book Buffet. This is when everyone brings a book they've read and enjoyed to share with the group. You will have 5-10 minutes to review your book. This is a great way to learn about a variety of books and to get some good ideas for future reading.

## Middleton Jazz -- Every Thursday

Middleton Jazz is a diverse group of musicians who simply love to create music. They play/practice at the Middleton Senior Center every **Thursday morning, 9:30 a.m. - 11:30 a.m.** They play a variety of songs but specialize in New Orleans jazz. Stop by, join in or have a listen.

## Gadget Guru Appointments

Dave, our Gadget Guru, is available to assist you with your devices, cell phones, tablets, electronic readers or laptops. He is available for appointments on **Thursday, January 11th and Thursday, January 25th, beginning at 10:00 a.m.** Call 831-2373, to schedule an appointment.

## Nimble Fingers

The Nimble Fingers group (ladies who knit, crochet and sew for charity) will resume meeting on **Thursday, January 4th, at 12:30 p.m.** They will meet on the first and third Thursdays each month for sharing and working on projects. The sewers continue to meet every Thursday to work on quilts and other sewing items. All items will later be donated to local charities, except for a few that are for sale in the craft corner on the main level.

Anyone is invited to join the group. Just show up and bring along any projects you may be working on.

## Rummikub

A group has started playing Rummikub on **Friday mornings at 9:00 a.m.** This is a tile game based on Mah Jongg and Rummy. New members welcome

## Social Seniors

Social Seniors is a group that gets together to partake in activities throughout the community. No need for reservations or to sign-up in advance. You may simply show up to one of their events.

### \*\* Wednesday, January 3rd, at 9:15 a.m.

Meet for breakfast and planning at The Original Pancake House, 5518 University Avenue.

### \*\* Friday, January 5th, at 1:00 p.m.

at the Middleton Library for a Travelogue about Thailand, Indonesia and Vietnam with Claudia & Ken Miska. Followed by dessert at Hubbard Avenue Diner.

### \*\* Tuesday, January 23rd, at 11:30 a.m.

they will have lunch at Biaggi's Restaurant, 1611 Aspen Commons, Greenway Station. It's Restaurant Week, a three course meal for \$15.00. We will be making reservations, please sign up by calling 831-2373, by noon on Tuesday, January 21st. You may meet at the Senior Center to carpool at 11:15 a.m. or meet at Biaggi's at 11:30 a.m.

## Location and Timing is Everything

The Middleton Senior Center schedules 90+ programs, activities and events every week. Most are listed in the monthly calendar, but not necessarily all of them. We carefully consider locations and timing when scheduling each activity.

Remember that your activity is not the only program at the Middleton Senior Center. Please be considerate of other groups when attending programs.

The room your activity is in may be in use before or after your event. If you arrive early or wish to stay later, please utilize one of the common areas or comfortable living rooms during these times.

The Senior Center reserves the right to relocate, postpone or cancel any program to accommodate other special events or programs.

Each event is important and we want you to have a positive experience at the Middleton Senior Center. Your cooperation and understanding is greatly appreciated.

# Programs & Events FOR THIS MONTH

## e-Reader Appointments

Learn to download free eBooks from the library to your Kindle, iPad, tablet or other device through Wisconsin's Digital Library, at a personalized eBook training. You may make your appointment for **Friday morning, January 5th**, by calling 831-2373. You will also need to bring your library card.

## Energy Assistance

Do you need help with energy bills? A representative from Energy Services will be at the Middleton Senior Center on **Friday, January 19th, 9:00 a.m. - 12:00 p.m.** Appointments are necessary. You may schedule your appointment by calling Energy Assistance directly at 267-8601.

## Gentle Chair Yoga for Wellness

If you think you can't do yoga - "I'm too out of shape", "I'm too old", "I'm not flexible" - then this six-week class may be for you. Join us, **Monday mornings, at 10:00 a.m. January 8th - February 12th.** Using breath, movement, and mindful transitions we will begin seated in a chair and explore simple postures. Modifications offered. There will also be options for those that wish to explore moving into simple standing poses. Cost is \$45.00, and **payment is due by Wednesday, January 4th.** Call 831-2373, to sign up.

## Madison College Class

Madison College offers classes at the Middleton Senior Center. A minimum of 10 students is required for classes to be active.

**To Register call (608) 258-2301 Ext #2**  
**Monday – Thursday**  
**(8:00 a.m. – 6:00 p.m.)**  
**Friday (8:00 a.m. – 4:30 p.m.)**  
**Senior Cost is based on 60+**

## Cooking for One or Two

Wednesdays  
 January 17th & January 24th  
 6:00 p.m. - 9:00 p.m.

## Class #64385

Estimated Cost is \$51.24

## Paper Crafting with Judy

Join us on **Friday, January 19th, at 1:00 p.m.** for a fun afternoon of card-making and paper crafting. Let your creative side shine through with the use of embellishments and pretty papers. All supplies included. Glue sticks are provided for this class, but feel free to bring your own double sided adhesive. Cost is \$10.00 and space is limited. Call 831-2373 to make your reservation today.

## Strength & Flexibility Classes

Strength & Flexibility is a movement class that includes some work on yoga mats and other exercise elements. It utilizes Tai Chi and Qi Gong principles, and can be tailored to individual levels. All fitness levels are encouraged to join.

**Wednesdays, 9:00 a.m. - 10:00 a.m.**

**January 3rd - February 21st (8 weeks)**

**And/Or**

**Fridays, 9:00 a.m. - 10:00 a.m.**

**January 5th - February 23rd (8 weeks)**

The cost is \$55.00 for one class or \$90.00 for both. Contact the Middleton Senior Center at 831-2373.

## The Art and Science of Gratitude

We've heard about the benefits of cultivating gratitude. Now science has proven that the habit of gratitude can positively increase mental and emotional health as well as supporting physical health - including heart health and the immune system!

Please join us in learning why gratitude works and how to create a simple gratitude practice at home. We will explore many different techniques so that you can discover what will work best for you! There will also be take-home handouts to guide your home practice. No journaling or writing experience necessary. Instructor - Sue Carpenter

**Thursdays, 12:30 p.m. - 2:30 p.m.**

**February 1st - February 22nd (4 weeks)**

Cost is just \$45.00 and **MUST be paid in advance to Middleton Senior Center by Monday, January 29th.** Space is limited. Scholarships are available

# Upcoming PROGRAMS.... Mark Your Calendars!

JANUARY 2018

## Video Lecture -- American Revolution

Join us on **Friday mornings at 10:15 a.m.**

**January 5th - March 23rd** (12 weeks).

Why did those 13 colonies, with nothing resembling a unified and trained army and with no navy to speak of, believe they could defeat the most powerful nation on the planet? And why did the British fight the way they did, "served up by seemingly unthinking generals in solid rows of walking targets while the Americans crouched Indian-style behind rocks and trees"? Why did the Americans end up fighting this same way?

Considerations like these are indicative of just how unlikely this conflict was, Professor Allen C. Guelzo notes in his gripping new course *The American Revolution*. And they are far from the only ones.

The cost for the class is \$10.00 per person. If you would like the transcript book and class the cost is \$23.00. Contact the Senior Center at 831-2373, to sign-up.

## Day Trip

**Palace Theater – The Marvelous Wonderettes  
Thursday, February 8, 2018**

Let's enjoy a motor coach trip to The Palace Theater in Wisconsin Dells. We will open our afternoon with a delicious lunch served to us in the theater. Relax after dinner and enjoy *The Marvelous Wonderettes* production. This smash off-Broadway hit takes you to the 1958 Springfield High School prom where we meet four girls with hopes and dreams as big as their crinoline skirts! As we learn about their lives and loves, the girls serenade us with classic '50s hits including "Lollipop", "Dream Lover", "Stupid Cupid", and "Lipstick on Your Collar". Featuring over 30 classic '50s and '60s hits, *The Marvelous Wonderettes* will keep you smiling in this must-take musical trip down memory lane. Bus will depart Middleton Senior Center at 10:15 a.m. and will return at approximately 5:30 p.m. Cost per person is \$70. Paid reservations are due on **Thursday, January 4th**. This trip will fill quickly, call 831-2373, to reserve your seat today.

## Volunteer Wanted

### Spa Assistant For Foot Care

This position assists the nurse that performs foot care. We also need of substitutes to back up for our spa assistants. You will not be cutting any nails. Your responsibilities will be taking money, getting towels and drawing water. If you are interested, contact Sandy Witte, Volunteer Coordinator at 831-2373.

### Driver Escorts

Volunteers are needed to provide rides to seniors for medical appointments. The schedule is flexible and volunteers designate when they are available to drive. Mileage is reimbursed. Many seniors rely on this form of transportation to get to vital appointments. Contact Sandy Witte, at 831-2373.

### Hats & Tales Volunteers

Hats and Tales is a group of volunteers that read to preschool students with the use of hats and other props every 2nd Wednesday of the month at 10:00 a.m. at the Little Red Preschool in Middleton. If you are interested, contact Sandy Witte, at 831-2373.

### Tax Counseling

The Middleton Senior Center is an AARP sponsored tax site. This service is designed for those with low to moderate income, catering especially to those over age 60. **You may call 831-2373, to schedule an appointment for February beginning Monday, January 15th.** Appointments are required.

*Thanks...  
for your recent donations!*

The following donations were received by the Middleton Senior Center. Thank you for your support of the programs and services offered.

Sue Coats ..... Donation  
Paul Cake..... Donation  
Estate of Betty Krause..... Donation  
Ann Brink ..... Donation



MIDDLETON

SENIOR  
CENTER

7448 HUBBARD AVENUE  
MIDDLETON, WI 53562  
608-831-2373

The Center is open  
Monday through Friday from  
8:00 am to 4:30 p.m.

You may now receive the  
Middleton Senior Center  
newsletter by email.

Go to our website at  
[www.middletonseniorcenter.com](http://www.middletonseniorcenter.com)

Click on Notify Me,  
then Sign In,  
and click on Calendar of Events  
and Newsletter  
and you will receive updates.



The Middleton Senior Center is a  
department of the City of Middleton.

The Middleton Senior Center is  
accredited by the National Institute  
of Senior Centers and the Wisconsin  
Association of Senior Centers. The Middle-  
ton Senior Center programs are open to  
persons age 55 and older.

Programs with federal funding may be  
limited to person age 60 and older.

ADDRESS SERVICE REQUESTED

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There are several ways to contact the staff of the Middleton Senior Center.

**Telephone:** 608-831-2373

**Write:** 7448 Hubbard Avenue, Middleton, WI 53562

- Jill Kranz** ..... Director  
email: [jkranz@ci.middleton.wi.us](mailto:jkranz@ci.middleton.wi.us)
- Laura Langer** ..... Program Coordinator  
email: [llanger@ci.middleton.wi.us](mailto:llanger@ci.middleton.wi.us)
- Kathy Lauer** ..... Case Manager  
email: [klauer@ci.middleton.wi.us](mailto:klauer@ci.middleton.wi.us)
- Jill Schonenberger** ..... Case Manager  
email: [jschonenberger@ci.middleton.wi.us](mailto:jschonenberger@ci.middleton.wi.us)
- Ted Quincey** ..... Dining Center Coordinator  
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- Nancy DeCori** ..... Administrative Assistant  
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- Olivia Kroll** ..... Receptionist  
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- Jim Wexler** ..... Receptionist  
email: [jwexler@ci.middleton.wi.us](mailto:jwexler@ci.middleton.wi.us)

ENRICHING THE LIVES OF OLDER ADULTS