

APRIL 2018

MIDDLETON

Programs News & Events



ENRICHING THE LIVES OF OLDER ADULTS

Life Long Learning...

Rowley Chronicles...House...Doctors... Families

Join us on **Tuesday, April 17th, at 1:00 p.m.** for this presentation by the Middleton Area Historical Society.

This program will explore the history of the Rowley House, that was first occupied in 1871 by Dr. Newman C. Rowley and is now home to the Middleton Historical Society Museum.

Come for lunch at 11:30 a.m. and stay for the program. Please make your lunch reservation by noon on Monday, April 16th, by calling 831-2373.

Life Decision Making Series

Join us for three consecutive **Monday afternoons at 1:00 p.m.** for presentations about end of life decision making.

*** Monday, April 16th - Advance Care Planning**

Advance care planning involves making deeply personal decisions about the care you want to receive if you are unable to speak for yourself. (Agrace Hospice Care)

*** Monday, April 23rd - Hospice and Palliative Care 101: When is it Time to Make a Referral?**

Hospice and palliative care offer an extra layer of supportive care to people with serious illnesses. They can help by treating poorly controlled symptoms, addressing disruptive behaviors, and exploring the patient's and their family's needs and wishes. (Agrace Hospice Care)

*** Monday, April 30th - Pre-Planning Your Funeral - The Gift You Give Your Family**

Learn about making your arrangement ahead of time, to make things easier for your loved ones. (Gunderson Funeral Home)

You may come to one, two or all three. Sign up by calling 831-2373.

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Menu

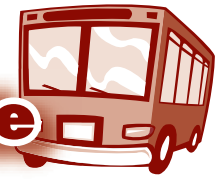
APRIL

- 2 Monday.....Ham Slice
- 3 Tuesday.....Spaghetti & Meat Sauce
- 4 Wednesday.....Chicken a la King
- 5 Thursday.....Green Pepper Soup
w/ Kidney Bean Salad
- 6 Friday.....Meatballs in Gravy
- 9 Monday.....Baked Mostaccioli
- 10 Tuesday.....Roasted Turkey w/ Gravy
- 11 Wednesday.....Chicken Breast
- 12 Thursday.....Ham Slice
- 13 Friday.....Broccoli Cheese Soup
w/ Mini Ham Croissant
- 16 Monday.....Hearty Bean Soup
- 17 Tuesday.....Meatballs in Marinara
over Penne Pasta
- 18 Wednesday.....Roasted Pork Loin
- 19 Thursday.....Potato Crusted Fish
- 20 Friday.....Spinach/Bacon Quiche
- 23 Monday.....Homemade Beef Stew
- 24 Tuesday.....Hungarian Goulash
w/ Macaroni Noodles
- 25 Wednesday.....Baked Chicken on
the Bone
- 26 Thursday.....Vegetable Barley Soup
w/ Half Tuna
Salad Sandwich
- 27 Friday.....Oven Roasted Chicken
Breast
- 30 Monday.....Pizza Casserole

-- 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 2nd & 4th Mall	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, April 6th -- Chef's Salad

Mixed greens topped with deli ham and turkey, Swiss cheese, sliced green pepper, tomatoes, and a hard boiled egg.
Ranch Dressing included.

Friday, April 13th -- Tuna Salad

Mixed greens topped with tuna salad, tomato and cucumber.
No dressing included.

Friday, April 20th -- Chicken Salad

Shredded lettuce topped with cranberry pecan chicken salad, tomatoes, cucumbers, and croutons.
Balsamic Vinaigrette Dressing included.

Friday, April 27th -- Chicken Taco Salad

Shredded lettuce topped with seasoned diced chicken, diced tomatoes, cheese, salsa, black olives, sour cream and tortilla strips.
No dressing included.

Vegetarian Option

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

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.

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 primarily play bowling and tennis, however, there are 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

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 is \$22.00. This service is **NOT** covered by Medicare. Contact the Senior Center at 831-2373 for an appointment.

Diabetic Foot Care

We offer Diabetic Foot Care once a month. The cost is \$30.00 per visit. This service is **NOT** covered by Medicare. SSM Health at Home (formerly Home Health United) offers this service. For an appointment, contact the Senior Center, 831-2373.

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.** They bring their own projects, creative skills and experience to share with each other each week. Anyone is welcome to join them any time.

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, April 3rd.** No reservation necessary, simply show up.

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 will take place only on **Tuesday, April 4th, at 10:00 a.m.** this month due to a scheduling conflict. Sheet music is provided. Mary Duckwitz and Fran Jeatran lead this group as well as accompanying on the piano.

Mending Service

Mending is offered on the second Tuesday of each month. Morning appointments are available on **Tuesday, April 10th.** 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

Shannon Riley, of Edward Jones Investments, will resume hosting this program on the **second Tuesday of each month, at 9:00 a.m. on Tuesday, April 10th.** This month's topic is "Edward Jones Perspective".

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 May newsletter will be assembled on **Tuesday, April 24th, 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.

Regularly SCHEDULED PROGRAMS

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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.

If you are new to the Spanish group please attend an informational meeting at **11:15 a.m. on Tuesday, April 3rd**. Ellen will speak to you about the different levels of classes, as well as help you decide which class is best for you.

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.

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.

April Movie

"Murder on the Orient Express"

Join us on **Friday, April 13th, at 12:30 p.m.** to watch the movie "Murder on the Orient Express". What starts out as a lavish train ride through Europe quickly unfolds into one of the most stylish, suspenseful and thrilling mysteries ever told. From the novel by best-selling author Agatha Christie, "Murder on the Orient Express" tells the tale of thirteen strangers stranded on a train, where everyone's a suspect. One man must race against time to solve the puzzle before the murderer strikes again.

Starring: Penelope Cruz, Johnny Depp, Judi Desch, Adam Garcia, Michelle Pfeiffer and Leslie Odom Jr.

2017 Release PG-13

1 Hour 54 minutes

BINGO

BINGO is played on the last Tuesday of each month. Join us on **Tuesday, April 24th, at 1:00 p.m.** Come for lunch at 11:30 a.m. and stay for BINGO.

Hats and Tales Members Needed

Hats and Tales is a group of volunteers that read to preschool students with the use of hats and other props. We are looking for readers to read a short children's book on the second Wednesday of the month -- October, November, January, February, March, and April. It only takes a short time and the children at Little Red Preschool love it. This month they will meet at **10:00 a.m. at Little Red Preschool on Wednesday, April 11th**. For additional information contact Patty at 225-4663.

Essential Tremor/Dystonia Support Group

The Essential Tremor Support group will resume meeting on the second Wednesday of each month on **Wednesday, April 11th, at 10:30 a.m.** This month's topic will be "Self Efficacy". We will not have a speaker. It will just be group members sharing how they do this on an every day basis. For more information, e-mail madmidet@charter.net or contact Laura, at 831-2373.

Calendar

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <ul style="list-style-type: none"> Tax Appointments • 9:00 Scrabble • 10:00 Cribbage • 10:00 Chair Yoga • 11:30 Lunch • 11:30 Shopping Bus • 12:30 Wii Sports • 12:30 Open Cards • 12:30 Pinochle • 12:30 Open Bridge 	<p>3</p> <ul style="list-style-type: none"> • 9:00 Wood Carving Drop-In • 9:00 & 10:00 Spanish Classes • 10:00 Sing-Along • 10:30 Chair Yoga • 11:15 Spanish Intro • 11:30 Lunch • 11:45 Shopping Bus • 12:30 Blood Pressure Screening • 12:30 Mah Jongg • 1:00 Stitchers 	<p>4</p> <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 - 12:00 Spanish Classes • 9:15 Social Seniors Planning @ Barriques • 9:30 Sober Today • 9:30 Al-Anon • 9:30 Bridge Class • 10:00 Mystery Book Club • 10:00 Forget-Me-Nots • 11:30 Lunch • 1:00 Euchre 	<p>5</p> <ul style="list-style-type: none"> Tax Appointments • 9:00 Middleton Jazz • 10:30 TOPS Meeting • Shopping Buses 11:00 & 11:45 • 11:30 Lunch • 12:30 Open Cards • 12:30 Nimble Fingers 	<p>6</p> <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 Rummikub • 9:00 e-Reader Appointments • 11:30 Lunch • 12:30 Pinochle • 12:30 Open Cards
<p>9</p> <ul style="list-style-type: none"> Tax Appointments • 9:00 Scrabble • 10:00 Cribbage • 11:30 Lunch • 11:30 Shopping Bus • 12:30 Wii Sports • 12:30 Open Cards • 12:30 Pinochle • 12:30 Open Bridge 	<p>10</p> <ul style="list-style-type: none"> • 9:00 Wood Carving Drop-In • 9:00 & 10:00 Spanish Classes • 9:00 Coffee & the Economy • 9:00 Mending • 11:30 Lunch • 11:45 Shopping Bus • 12:30 Mah Jongg • 1:00 Stitchers 	<p>11</p> <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 - 12:00 Spanish Classes • 9:30 Sober Today • 9:30 Al-Anon • 10:30 Essential Tremor Group • 10:30 Women Embracing Change • 11:30 Lunch • 1:00 Euchre 	<p>12</p> <ul style="list-style-type: none"> Tax Appointments • 9:00 Middleton Jazz • 10:00 Gadget Guru • 10:30 TOPS Meeting • Shopping Buses 11:00 & 11:45 • 11:30 Lunch • 12:30 Open Cards • 12:30 Nimble Fingers 	<p>13</p> <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 Rummikub • 10:15 Video Lecture • 11:30 Lunch • 12:30 Pinochle • 12:30 Open Cards • 12:30 Movie "Murder on the Orient Express"
<p>16</p> <ul style="list-style-type: none"> • 9:00 Scrabble • 10:00 Cribbage • 10:00 Chair Yoga • 11:30 Lunch • 11:30 Shopping Bus • 12:30 Wii Sports • 12:30 Open Cards • 12:30 Pinochle • 12:30 Open Bridge • 1:00 Life Decisions Series • 4:30 Commission on Aging 	<p>17</p> <ul style="list-style-type: none"> • 9:30-11:30 Open House Volunteers • 9:00 Wood Carving Drop-In • 9:00 & 10:00 Spanish Classes • 10:30 Chair Yoga • 11:30 Lunch • 11:45 Shopping Bus • 12:30 Mah Jongg • 1:00 Stitchers • 1:00 Life Long Learning 	<p>18</p> <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 - 12:00 Spanish Classes • 9:30 Sober Today • 9:30 Al-Anon • 10:00 Forget-Me-Nots • 11:30 Lunch • 1:00 Euchre 	<p>19</p> <ul style="list-style-type: none"> • 9:00 Middleton Jazz • 10:30 TOPS Meeting • Shopping Buses 11:00 & 11:45 • 11:30 Lunch • 12:30 Open Cards • 12:30 Nimble Fingers 	<p>20</p> <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 Rummikub • 10:15 Video Lctr • 11:30 Lunch • 12:30 Pinochle • 12:30 Open Cards • 1:00 Paper Crafts <p>Saturday, April 21st 9:00 Social Seniors meet at Senior Center</p>

Calendar (CONTINUED)

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Monday	Tuesday	Wednesday	Thursday	Friday
23 <ul style="list-style-type: none"> • 9:00 Scrabble • 10:00 Cribbage • 10:30 Chair Yoga • 11:30 Lunch • 11:30 Shopping Bus • 12:30 Wii Sports • 12:30 Open Cards • 12:30 Pinochle • 12:30 Open Bridge • 1:00 Life Decisions Series 	24 <ul style="list-style-type: none"> • 8:30 Newsletter Assembly • 9:00 Wood Carving Drop-In • 9:00 & 10:00 Spanish Classes • 10:00 Chair Yoga • 11:30 Lunch • 11:45 Shopping Bus • 1:00 Stitchers • 1:00 BINGO 	25 <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 - 12:00 Spanish Classes • 9:30 Sober Today • 9:30 AI-Anon • 10:30 Women Embracing Change • 11:30 Lunch • 1:00 Euchre 	26 <ul style="list-style-type: none"> • 9:00 Middleton Jazz • 10:00 Gadget Guru • 10:00 Books R Us • 10:30 TOPS Meeting • Shopping Buses 11:00 & 11:45 • 11:30 Lunch • 12:30 Open Cards • 12:30 Nimble Fingers 	27 <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 Rummikub • 10:15 Video Lecture • 11:30 Lunch • 12:30 Pinochle • 12:30 Open Cards
30 <ul style="list-style-type: none"> • 9:00 Scrabble • 10:00 Cribbage • 10:30 Chair Yoga • 11:30 Lunch • 11:30 Shopping Bus • 12:30 Wii Sports • 12:30 Open Cards • 12:30 Pinochle • 12:30 Open Bridge • 1:00 Life Decisions Series 	1 <ul style="list-style-type: none"> • 9:00 Wood Carving Drop-In • 9:00 & 10:00 a.m. Spanish Classes • 10:00 Sing-Along • 10:30 Chair Yoga • 11:30 Lunch • 11:45 Shopping Bus • 12:30 Blood Pressure Screening • 1:00 Stitchers 	2 <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 - 12:00 Spanish Classes • 9:15 Social Seniors Planning • 9:30 Sober Today • 9:30 AI-Anon • 10:00 Mystery Book Club • 10:00 Forget-Me-Nots • 11:30 Lunch • 1:00 Euchre 	3 <ul style="list-style-type: none"> • 9:00 Middleton Jazz • 10:30 TOPS Mtg • Shopping Buses 11:00 & 11:45 • 11:30 Lunch • 12:30 Open Cards • 12:30 Nimble Fingers 	4 <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 Rummikub • 10:15 Video Lecture • 11:30 Lunch • 12:30 Pinochle • 12:30 Open Cards

** 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, April 11th and April 25th, at 10:30 a.m.**

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, April 11th, 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. Contact Laura, at 831-2373 for this month's topic. New members welcome.

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 players are always welcome.

Mystery Book Club

Mystery Book Club meets on the first Wednesday of each month. They will meet at **10:00 a.m.**

on Wednesday, April 4th, is *A Fatal Grace*, by Louise Penny. Welcome to winter in Three Pines, a picturesque village in Quebec, where the villagers are preparing for a traditional country Christmas, and someone is preparing for murder.

The book for Wednesday, May 2nd will be *The Life We Bury*, by Allen Eskens. College student Joe Talbert has the modest goal of completing a writing assignment for an English class. His task is to interview a stranger and write a brief biography of the person. With deadlines looming, Joe heads to a nearby nursing home to find a willing subject. There he meets Carl Iverson, and nothing in Joe's life is ever the same.

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.

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, 9:00 a.m. - 11:00 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 lap tops. Appointments are on **Thursday, April 12th and Thursday, April 26th, beginning at 10:00 a.m.** Call 831-2373, to get on his schedule.

Programs & Events FOR THIS MONTH

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Books R Us

Books R Us meets on the **fourth Thursday of the month**. This month they will meet on **Thursday, April 26th, at 10:00 a.m.** to discuss the book by *Lab Girl*, by Hope Jahren. This is about work, love, and the mountains that can be moved when those two things come together. It is told through Jahren's remarkable stories: about her childhood in rural Minnesota with an uncompromising mother and a father who encouraged hours of play in his classroom's labs; about how she found a sanctuary in science, and learned to perform lab work done "with both the heart and the hands"; and about the inevitable disappointments, but also the triumphs and exhilarating discoveries, of scientific work. Yet at the core of this book is the story of a relationship Jahren forged with a brilliant, wounded man named Bill, who becomes her lab partner and best friend. Their sometimes rogue adventures in science take them from the Midwest across the United States and back again, over the Atlantic to the ever-light skies of the North Pole and to tropical Hawaii, where she and her lab currently make their home.

Nimble Fingers

The Nimble Fingers group (ladies who knit, crochet and sew for charity) meet on the first and third Thursdays each month at 12:30 p.m. for sharing and working on projects. The sewers continue to meet every Thursday to work on quilts and other sewing items. All items will 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.

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, April 6th**, by calling 831-2373. You will also need to bring your library card.

Paper Crafting with Judy

Join us on **Friday, April 20th, 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.

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, April 4th, at 9:15 a.m.

Meet for breakfast and planning at Barriques, 1901 Cayuga Street, Middleton

** Saturday, April 21st, at 9:00 a.m.

meet at the Senior Center parking lot to carpool to the Middleton Recycling Center, 4330 Parmenter Street, for a tour. Followed by Brunch at Common Ground, 2644 Branch Street, Middleton.

Video Lecture -- The World Was Never the Same: Events that Changed History

Join us on **Friday mornings at 10:15 a.m. April 13th - August 10th** (18 weeks).

This is a captivating course that provides you with 36 of the most important and definitive events in the history of the world. It's an intriguing and engaging tour of thousands of years of human history, from the creation of the Code of Hammurabi (1750 B.C.) to the Battle of Lexington (April 19, 1775), to Dr. Martin Luther King Jr.'s "I Have a Dream" speech (August 28, 1963), and beyond. And it's a chance for you to learn new insights about world history.

The cost for the class is \$10.00 per person. If you would like the transcript book and class the cost is \$27.50. Payment for the class and book are due by *Friday, April 6th*. Contact the Senior Center at 831-2373, to sign-up.

Programs & Events FOR THIS MONTH

Learn Bridge In A Day

This class is for those who have never played bridge or taken bridge lessons; played in college or haven't played since, or have taken beginning bridge classes but feel they need a refresher. Join us on **Wednesday, April 4th, 9:30 a.m. - 3:30 p.m.** Lunch & student manual included. Space is limited and the cost is \$85. Returning students can attend for \$20 - unlimited returns. To sign up call 831-2373.

Visual Impaired Web Users Discussion

Erica McCoy is a Master's degree student at the UW, and is hosting a discussion about internet usage of persons with visual impairments. Her thesis on the different combinations of typography, in respect to the online needs of users with visual impairments. The goal of the study is to get a better understanding for which choices in typography have the most impact on legibility, and how typography can be manipulated to provide a better online experience for users with visual impairments. Join her on **Wednesday, April 11th, at 12:30 p.m.** to give your input and share your personal experiences. Sign up by calling 831-2373, or you may contact Erica directly at (262) 443-9713

Gentle Chair Yoga for Wellness Two Classes to Choose From

If you think you can't do yoga - "I'm too out of shape", "I'm not flexible", "I can't get down on the floor" - you are invited to experience this six-week class. Using breath, movement, and mindful transitions, we begin seated in a chair and explore simple postures. Modifications offered to honor individual needs. There will also be options for those that wish to explore moving into simple standing poses.

Mondays at 10:30 a.m.

April 23rd - June 4th (No class on May 27th)
or

Tuesdays at 10:30 a.m.

April 24th - June 5th (No class on May 28th)

Cost is \$45.00, and payment due by Thursday, April 12th. Call 831-2373 to sign up.

AARP Smart Driver Class

AARP and the Middleton Senior Center are offering the Smart Driver class. This course is designed to help older drivers become more aware of changes that occur due to aging (vision, hearing and reaction time) and how to adjust driving accordingly. The class is on **Monday, May 7th, 9:00 a.m. - 1:00 p.m.** The cost is \$15.00 for AARP members, and \$20.00 for non-members. You may receive a savings on your car insurance by completing this class, check with your insurance agent. Sign up by calling at 831-2373.

Bridge Classes

Phil Klein is back again to teach two additional Bridge Classes this spring.

Defense Basics - Tuesdays

May 8th - July 3rd (9-weeks)

12:30 p.m. - 3:00 p.m.

Bidding Basics - Thursdays

May 10th - July 5th (9-weeks)

12:30 p.m. - 3:00 p.m.

The cost \$80.00 per class. Repeating students will get a \$40 rebate from the teacher at the completion of the course. Mr. Klein has taught this class here previously. The student handbook is included.

To register contact 831-2373. For more details you may contact Phil, (608) 445-0579 or email him at PhilJoanneE@Charter.net.

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+

Watercolor Painting: All Levels

Mondays

April 2nd - April 30th

12:30 p.m. - 3:30 p.m.

Class #64320

Estimated Cost to Seniors \$99.00

Upcoming PROGRAMS.... Mark Your Calendars!

Middleton Senior Center Volunteers Celebrating Volunteer Week April 15th - 21st,

These words from Wendy Moore (Volunteer Coordinator from Brisbane) are a reflection of our thoughts about our volunteers at the Middleton Senior Center.

You may never know the profound effect that you may have made on a person's life. A kind word, a gentle touch or a listening ear can mean so much to someone who is sick, in pain or lonely. You generously give your gift of time to make contact, provide support and encouragement and perhaps provide humor to make someone's day a bit more bearable because you have taken the time to care and to listen.

Please know that the staff genuinely appreciate and value your commitment of time to volunteering with the Middleton Senior Center and we thank you.

Volunteer Open House

The Middleton Senior Center will be hosting an Open House in honor of our Volunteers on **Tuesday, April 17th, 9:30 a.m. to 11:00 a.m.** Refreshments will be served. Any questions, call Sandy Witte, Volunteer Coordinator at 831-2373.

Volunteers Wanted

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.

(New Group) Volunteer Helpers

Forming a new group who are available to do small miscellaneous items for seniors. Examples: Cleaning, organizing, writing letters, dropping mail off at the post office. If you are interested in joining this group, come to the informational meeting on **Wednesday, April 11th at 1:30.** Any questions, contact Sandy, Volunteer Coordinator, at 831-2373.

Intergenerational Senior Volunteers

The Middleton Senior Center receives requests to be part of intergenerational programs throughout the year. These may be Pre-K, Kindergarten, Elementary, Middle or High school. We are looking for seniors to be a part of our future programs. (Dates and times to be determined) Most activities will be at the Senior Center, but some may be in the Middleton area. If you are interested contact please contact Laura, at 831-2373.

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!

Karen Manning Donation
Emil Haney Donation
Jyll Anderson Donation

Tax Preparation Donations

Margie Shumate
Sandra Drury
Edward Baker
Roger Frisch
Mary Remsbottom
Marilyn Pertzborn
Sharon Brickl
Ralph Schulenberg
Ruth Owens
Catherine Slamar
Sharon Googins
Joan Turner
Anonymous
Chuck & Barb Crowley
Lorraine Kosovac
Eve McElwain
Marilyn Lokken
Germaine Utter
Donna Werla
LeRoy Acker
Dennis Neuman



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

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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MADISON, WI
PERMIT NO. 4003

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
- Laura Langer** Program Coordinator
email: llanger@ci.middleton.wi.us
- Kathy Lauer** Case Manager
email: klauer@ci.middleton.wi.us
- Jill Schonenberger** Case Manager
email: jschonenberger@ci.middleton.wi.us
- Ted Quincey** Dining Center Coordinator
email: tquincey@ci.middleton.wi.us
- Nancy DeCori** Administrative Assistant
email: ndecori@ci.middleton.wi.us
- Sandy Witte** Volunteer Coordinator
email: switte@ci.middleton.wi.us
- Olivia Kroll** Receptionist
email: okroll@ci.middleton.wi.us
- Jim Wexler** Receptionist
email: jwexler@ci.middleton.wi.us

ENRICHING THE LIVES OF OLDER ADULTS