

NOVEMBER 2018

# Programs News & Events

MIDDLETON



SENIOR  
CENTER

ENRICHING THE LIVES OF OLDER ADULTS

## Quilts of Valor

**Monday, November 12th at 1:00 p.m.**

Come to the Middleton Senior Center to hear Karen Demaree, the Wisconsin Coordinator for the Quilts of Valor Foundation, as she presents a program about the Quilts of Valor Foundation and how everyone can get involved. Our mission is to cover veterans and active service members touched by war with healing and comforting quilts, called a "Quilt of Valor".

## Craft Fair

**Friday, November 2nd**

**9:00 a.m. - 3:00 p.m.**

**Saturday, November 3rd**

**9:00 a.m. - 1:00 p.m.**

Start your holiday shopping at the Middleton Senior Center's Annual Craft Fair.

Senior craft vendors will be selling a variety of handmade items - (including but not limited to) holiday and home decor, jewelry, aprons, dishcloths, dish towels, pot holders, hats, scarves, mittens, quilts, blankets, baby items, shawls, greeting cards, popcorn and potato bags.

For more information call 831-2373.

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# Menu

## NOVEMBER

- 1 Thursday.....Roasted Turkey in Gravy
- 2 Friday.....Tuna Salad Sandwich with Tomato Bean Soup
- 5 Monday.....Enchilada Casserole
- 6 Tuesday.....Beef Stroganoff over Noodles
- 7 Wednesday.....Chicken Strips with Barbecue Sauce
- 8 Thursday.....Tuna Casserole
- 9 Friday.....Barbecue Chicken Breast
- 12 Monday.....Saucy Barbecue Ribs
- 13 Tuesday.....Taco Pasta Casserole
- 14 Wednesday.....Chicken Sandwich
- 15 Thursday.....Meatballs in Gravy
- 16 Friday.....Sloppy Joe on a Bun
- 19 Monday.....Thanksgiving Dinner Turkey & Mashed Potatoes
- 20 Tuesday.....Chicken Macaroni Salad
- 21 Wednesday.....Meat Sauce with Spaghetti Noodles
- 22 Thursday.....Closed for Thanksgiving
- 23 Friday.....Closed for Thanksgiving
- 26 Monday.....Pork Loin in Gravy
- 27 Tuesday.....Baked Bone-in Chicken
- 28 Wednesday.....Lemon Baked Fish
- 29 Thursday.....Italian Sausage
- 30 Friday.....Chili with Baked Potato and Sour Cream

\*\* 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 & Walgreens	11:30 a.m.	1:30 p.m.
Monday	West Towne 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, November 2nd -- Beef Taco Salad

Shredded lettuce topped with seasoned ground beef, diced tomatoes, shredded cheese, salsa, black olives, sour cream and tortilla chips.  
No dressing included.

### Friday, November 9th -- 7 Layer Salad

Shredded lettuce topped with peas, celery, onion, mayo, shredded cheese, bacon and eggs.  
No dressing included.

### Friday, November 16 -- Harvest Salad

Mixed greens topped with beets, garbanzo beans cucumber, red onion, feta and croutons.  
Balsamic Vinaigrette dressing included.

### Friday November 23rd -- Closed

### Friday, November 30th --

#### 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 Thanksgiving holiday on **Thursday, November 22nd and Friday, November 23rd.**

No Meals on Wheels, meal site dinners, or activities will be held 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!

## 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.

## Cribbage Expanded

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

## 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.

# 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.

## 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. Due to the Holiday Musical Program, Open Bridge is cancelled on Monday, December 17th.

## Open Cards

Open Cards is for people that have a group 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. Due to the Holiday Musical Program, Open Cards is cancelled on Monday, December 17th.

## Pinochle

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

## Foot Care

SSM Health at Home 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 offers this service. For an appointment, call 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 Screenings

Blood Pressure Screenings are held on the first Tuesday of each month at 12:30 p.m. and on the third Thursday of the month at 10:00 a.m. This month you can have your Blood Pressure checked on **Tuesday, November 6th, at 12:30 p.m. or on Thursday, November 15th, at 10:00 a.m.** No sign-up 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 on **Tuesday, November 6th, and November 20th, at 10:00 a.m.** Sheet music is provided. Mary Duckwitz and Fran Jeatran lead this group, as well as accompany on the piano.

## Mending Service

Mending is offered on the second Tuesday of each month. Morning appointments are available on **Tuesday, November 13th.** You are allowed to bring two items per appointment. You must make an appointment by calling 831-2373.

## Stitchers

Join us on **Tuesday afternoons, 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, hosts this program on the **second Tuesday of each month, at 9:00 a.m.** This month they will meet on **Tuesday, November 13th,** and the topic is Financial Perspective and Market Update.

# 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.

## 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. 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 4 weeks.

If you are new to the Spanish group, please attend an informational meeting at **10:00 a.m. on Tuesday, November 6th.** 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. Basic Spanish** - conversation based on questions and group interactions
- 11:00 a.m. Reading and Phonetics** - with new vocabulary

### Wednesdays

- 9:00 a.m. Reading Spanish** - History and biographies are read in Spanish
- 10:00 a.m. Interactive Conversation** - Discussions and questions and answers in Spanish
- 11:00 a.m. Build Spanish Comprehension**  
Words, diction and sentence building

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

## November Movie

### “Mamma Mia! Here We Go Again”

Join us on **Friday, November 9th, at 12:30 p.m.** to watch “Mamma Mia! Here We Go Again”. A woman grapples with running her mother’s villa while also expecting her first child and worries that she won’t be able to handle everything on her own, so she enlists two of her mother’s friends for assurance, help and guidance. Along the way, she learns more about her mother’s past and how a surprise visit from someone she’s never met: her own grandmother

Comedy

Rated: PG-13

Time: 114 Minutes

Starring: Meryl Streep, Pierce Brosnan, Colin Firth, Julie Walters, Amanda Seyfried, Christine Baranski

## Newsletter Assembly

The December newsletter will be assembled on **Tuesday, November 20th, 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 open at 8:00 a.m. and assembly begins at 8:30 a.m.

## BINGO

BINGO is played on the last Tuesday of each month. Join us on **Tuesday, November 27th, 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.

# Calendar

## November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Medicare Part D Appointments</b></p> <p>Tuesdays 8:30 a.m. - 12:30 p.m.</p> <p>Wednesdays 12:00 p.m. - 4:00 p.m.</p> <p>By Appointment only, Please no walk-ins. Call 831-2373</p>			<p><b>1</b></p> <ul style="list-style-type: none"> <li>• 9:00 Walking Group</li> <li>• 9:00 Middleton Jazz</li> <li>• 10:30 TOPS Meeting</li> <li>• 11:00 &amp; 11:45 Shopping Buses</li> <li>• 11:30 Lunch</li> <li>• 12:30 Open Cards</li> <li>• 12:30 Nimble Fingers</li> <li>• 2:00 Chair Yoga</li> </ul>	<p><b>2</b></p> <p><b>CRAFT FAIR</b> 9:00 - 3:00 PM</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> </ul>
<p><b>5</b></p> <ul style="list-style-type: none"> <li>• 9:00 Scrabble</li> <li>• 10:00 Cribbage</li> <li>• 10:30 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>6</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> <li>• 2:00 Tai Chi for Balance</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>• 9:00 Strength &amp; Flexibility</li> <li>• 9:00 - 12:00 Spanish Classes</li> <li>• 9:15 Social Seniors Breakfast</li> <li>• 9:30 Sober Today</li> <li>• 9:30 Al-Anon</li> <li>• 10:00 Forget-Me-Nots</li> <li>• 10:00 Mystery Book Club</li> <li>• 10:00 Cribbage</li> <li>• 11:30 Lunch</li> <li>• 1:00 Euchre</li> </ul>	<p><b>8</b></p> <p><b>DAY TRIP CHAZEN</b></p> <ul style="list-style-type: none"> <li>• 9:00 Walking Group</li> <li>• 9:00 Middleton Jazz</li> <li>• 10:30 TOPS Meeting</li> <li>• 11:00 &amp; 11:45 Shopping Buses</li> <li>• 11:30 Lunch</li> <li>• 12:30 Open Cards</li> <li>• 12:30 Nimble Fingers</li> <li>• 2:00 Chair Yoga</li> </ul>	<p><b>9</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 "Mamma Mia! Here We Go Again"</li> <li>• 1:00 Paper Crafting</li> </ul>
<p><b>12</b></p> <ul style="list-style-type: none"> <li>• 9:00 Scrabble</li> <li>• 10:00 Cribbage</li> <li>• 10:30 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>• 1:00 Quilts of Valor Presentation</li> </ul>	<p><b>13</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 Coffee &amp; the Economy</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> <li>• 2:00 Tai Chi for Balance</li> </ul>	<p><b>14</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 Essential Tremor Support</li> <li>• 10:30 Women Embracing Change</li> <li>• 10:00 Cribbage</li> <li>• 11:30 Lunch</li> <li>• 1:00 Euchre</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>• 9:00 Walking Group</li> <li>• 9:00 Middleton Jazz</li> <li>• 10:00 Blood Pressure Screening</li> <li>• 10:30 TOPS Meeting</li> <li>• 11:00 &amp; 11:45 Shopping Buses</li> <li>• 11:30 Lunch</li> <li>• 12:30 Open Cards</li> <li>• 12:30 Nimble Fingers</li> <li>• 2:00 Chair Yoga</li> </ul>	<p><b>16</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> </ul>

# Calendar (CONTINUED)

## November 2018

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NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>19</b> <ul style="list-style-type: none"> <li>• 9:00 Scrabble</li> <li>• 10:00 Cribbage</li> <li>• 11:00 Social Seniors Depart for Lunch @ Nitty Gritty</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>• 4:00 Commission on Aging</li> </ul>	<b>20</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>• 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 Life Long Learning</li> <li>• 1:00 Stitches</li> <li>• 2:00 Tai Chi for Balance</li> </ul>	<b>21</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 Al-Anon</li> <li>• 10:00 Forget-Me-Nots</li> <li>• 10:00 Cribbage</li> <li>• 11:30 Lunch</li> <li>• 1:00 Euchre</li> </ul>	<b>22</b> <b>Closed for Thanksgiving Holiday</b>	<b>23</b> <b>Closed for Thanksgiving Holiday</b>
<b>26</b> <ul style="list-style-type: none"> <li>• 9:00 Scrabble</li> <li>• 10:00 Cribbage</li> <li>• 10:30 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>27</b> <ul style="list-style-type: none"> <li>• 9:00 Wood Carving Drop-In</li> <li>• 9:00 &amp; 10:00 Spanish Classes</li> <li>• 11:30 Lunch</li> <li>• 11:45 Shopping Bus</li> <li>• 1:00 Stitches</li> <li>• 1:00 BINGO</li> <li>• 2:00 Tai Chi for Balance</li> </ul>	<b>28</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 Al-Anon</li> <li>• 10:00 Cribbage</li> <li>• 10:30 Women Embracing Change</li> <li>• 11:30 Lunch</li> <li>• 1:00 Euchre</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>• 9:00 Walking Group</li> <li>• 9:00 Middleton Jazz</li> <li>• 10:00 Caregiver Support Group</li> <li>• 10:30 TOPS Meeting</li> <li>• 11:00 &amp; 11:45 Shopping Buses</li> <li>• 11:30 Lunch</li> <li>• 12:30 Open Cards</li> <li>• 12:30 Nimble Fingers</li> <li>• 2:00 Chair Yoga</li> </ul>	<b>30</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> </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

## Mystery Book Club

Mystery Book Club will meet on **Wednesday, November 7th, at 10:00 a.m.** to discuss the book *The Woman in Cabin 10*, by Ruth Ware. In this tightly wound, enthralling story reminiscent of Agatha Christie's works, Lo Blacklock, a journalist who writes for a travel magazine, has just been given the assignment of a lifetime: a week on a luxury cruise with only a handful of cabins. At first, Lo's stay is pleasant: the cabins are plush, the dinner parties are sparkling, and the guests are elegant. But as the week wears on, frigid winds whip the deck, gray skies fall, and Lo witnesses what she describe as a dark and terrifying nightmare: a woman being thrown overboard. The problem? All passengers remain accounted for—and so, the ship sails on as if nothing has happened, despite Lo's desperate attempts to convey that something (or someone) has gone terribly, terribly wrong...

The book for **Wednesday, December 5th**, will be *The Twelve Clues of Christmas*, by Rhys Bowen. Scotland, 1933. While her true love, Darcy O'Mara, is spending his feliz navidad tramping around South America and her mother is holed up in a tiny village called Tiddleton-under-Lovey with droll playwright Noel Coward, Georgie is quite literally stuck at Castle Rannoch thanks to a snowstorm.

It seems like a Christmas miracle when she manages to land a position as hostess to a posh holiday party in Tiddleton. The village should be like something out of *A Christmas Carol*, but as soon as she arrives things take a deadly turn when a neighborhood nuisance falls out of a tree. On her second day, another so-called accident results in a death—and there's yet another on her third, making Georgie wonder if there's something wicked happening in this winter wonderland...

## Euchre

Join us for Euchre on **Wednesday afternoons at 1:00 p.m.** Anyone is welcome to join.

## Essential Tremor/Dystonia Support Group

The Essential Tremor Support group meets on the second Wednesday of each month. They will meet on **Wednesday, November 14th, at 10:30 a.m.** Join us for a webinar by Paula Chidester (Clinical Research Manager, Cala Health Inc.) She will present about Cala ONE: A Wrist-worn Device for Hand Tremor. For more information, e-mail [madmidet@charter.net](mailto:madmidet@charter.net) or contact Laura, 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, November 14th and November 28th, 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. Each month a different member decides on the topics and styles of writing. Participants bring their homework to share with the class. This month they will meet at the *Middleton Library* at **1:00 p.m. on Wednesday, November 14th.** This month's topics to write about are:

1. Write about a school dance you attended.
2. Write about your wildest family vacation or your first vacation alone with a person with whom you had a serious romantic relationship.
3. Write about a time you became seriously lost - anywhere.

New members are always welcome.



# Programs & Events FOR THIS MONTH

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## 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 on **Wednesday, November 14th at 10:00 a.m.** at Little Red Preschool, 7739 Terrace Avenue in Middleton. Please join us and read a short book to the adorable children. They look so forward to it. Call Patty at 225-4663, for more information.

## 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.

## Sign IN & Sign UP

Please remember to notify the Middleton Senior Center staff of any changes to your address, phone or emergency contacts.

It is very important to remember to sign IN with your key card. If you do not have a key card, please ask for one at the front desk and we will arrange for a card. Keeping track of the participant involvement levels and volunteer hours are important for budgeting purposes.

It is important to **sign up** in advance if you are planning on attending a program, event or meal. If there is a change we can contact you in advance, and it helps us to avoid cancelling programs due to a lack of interest. If you don't sign up, we won't know there is interest in a program and we may cancel a program.

PLEASE call us to sign up for any program that you are interested in attending or call to cancel if you are unable to attend. This will make your space available to someone on our waiting list.

Thank you in advance for your cooperation.

## 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 usually on the second and fourth Thursdays of the month. However, Dave is not available in November. You may schedule your appointment by calling 831-2373, for **Thursday, mornings December 13th or Thursday, December 27th.**

## TOPS Meetings

Taking Off Pounds Sensibly (TOPS) meets at the Middleton Senior Center on **Thursday mornings at 10:30 a.m.** (Weigh-in is at 10:15 - 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. Annual 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.

## Caregiver Support Group

The Middleton Senior Center has a new Caregiver Support Group that meets on the **last Thursday of the month at 10:00 a.m.** at the Senior Center. Carmen Sperle, is a counselor with Heartland Home Health and Hospice. She will be facilitating this group each month. If you are taking care of a loved one, consider joining us on **Thursday, November 29th, at 10:00 a.m.** If you have any questions, please feel free to contact Laura at 831-2373.

## Walking Group

The Middleton Senior Center has a Walking Group. They meet **every Thursday morning, 9:00 a.m.** at the Senior Center. They assemble in the Living Room and decide at that point where they would like to walk. Some have paired off to walk shorter distances, others have gone for longer distances. There are a variety of participants at a variety of paces. No fees, no advance sign-up. Simply join in at any time.

# Programs & Events FOR THIS MONTH

## *Life Long Learning...*

### **Falls and Balance:**

#### **Tips to Keep You on Your Feet**

Falls are the number one cause of injury-related deaths in Wisconsin and 1 in 4 older adults fall each year. Join us on **Tuesday, November 20th, at 1:00 p.m.** to hear Dr. Sarah Stineman, physical therapist and orthopedic specialist, to learn about reducing your falls risk. This session will discuss potential risk factors for falling, what you can do to reduce your risk, the importance of activity, building strength and home modifications that can help keep you on your feet. Following the session, individualized balance screens will be offered to attendees.

### **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.

### **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 welcome.

### **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. Mary Driscoll, from Dane County Library Service will be at the Senior Center on **Friday, November 2nd.** To schedule an appointment, call 831-2373. Please bring your library card.

### **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, November 7th, at 9:15 a.m.**

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

#### \* **Monday, November 19th, at 11:30 a.m.**

Lunch at the Nitty Gritty, 1021 N Gammon Road. Then they will tour the Public Works Municipal Operations Center, 4330 Parmenter Street.

### **Medicare Part D Open Enrollment**

Medicare Part D is the federal prescription drug benefit for Medicare beneficiaries. It is **IMPORTANT that everyone** reviews their policy each year - as changes are made to each plan each year. All Medicare beneficiaries have the option to make enrollment changes in their prescription drug plans until **December 7th, 2018.**

You may set up an individual appointment with a Middleton Senior Center volunteer to assist you in making your decision. Appointment times vary, call 831-2373 to schedule. Please make an appointment -- no walk-ins, please.

### **Energy Assistance**

Do you need help with energy bills? A representative from Energy Services will be at the Middleton Senior Center on **Friday, November 16th, 9:00 a.m. - 12:00 p.m.** Appointments are necessary. You may schedule your appointment by calling Energy Assistance directly at 267-8601 or (608) 333-0333.

### **Paper Crafting with Judy**

Join us on **Friday, November 9th, 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. Cost is \$10.00 and space is limited. Call 831-2373 to make your reservation today.

# Upcoming PROGRAMS... Mark Your Calendars!

*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!

Beth Sailor.....Donation  
Betty Krause.....Donation  
Francoise Godard.....Donation

### **Tourist in Your Own City:**

#### **Chazen Museum and Paisan's**

We have planned a bus day trip on **Thursday, November 8th**, to the Chazen Museum of Art on the UW Madison Campus and lunch at Paisan's Italian Restaurant. We will depart at 9:30 a.m. from the Middleton Senior Center and return at approximately 1:30 p.m. The only cost to you will be your lunch. We are limited to just 10 participants. Call 831-2373 to reserve your space.

### **Holiday Musical Program**

We will have our Holiday musical program on **Monday, December 17th**. The Retro Swing Band will play at 1:00 p.m. More details to follow in the in the December Newsletter.

### **Living Well with Dementia Resource Fair**

Free community resource fair for families affected by Alzheimer's and other dementias. Connect with local resources and learn from experts about staying healthy, what to expect along your dementia journey, and preparing as a family for the next stages. **Saturday, November 10th 12:00 p.m. - 5:00 p.m.** at St. Luke's Lutheran Church, 7337 Hubbard Avenue, Middleton.

### **Dementia Caregivers Wanted**

Tricia Egan, is a doctoral student at the UW and is looking for Dementia Caregivers to participate in a one hour interview. You will be compensated \$20.00. If you are caring for someone with dementia, and would like to meet, contact Tricia at (608) 334-8556.

## **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 at 831-2373.

### **Substitutes for Spa Assistant for Foot Care**

We are looking for substitutes volunteers to help with foot care when our regular volunteers cannot come in. This position assists the nurse that performs foot care. 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.

### **Blood Pressure Greeter**

We are looking for someone to greet clients and to organize the Blood Pressure participants on the third Thursday of each month at 10:00 a.m. If you are interested in either of these positions, contact Sandy, Volunteer Coordinator, at 831-2373.

### **Music Volunteers**

Looking for volunteers who would like to play 30 minutes of background music for our diners for lunch. The music would be at 11:15 a.m. - 11:45 a.m. We serve lunch Monday through Friday. Contact Sandy Witte at 831-2373 if you are interested.

### **Incontinence Supplies**

The Middleton Senior Center has several packages of adult disposable undergarments in size Large and XXL. (Depends type incontinence supplies) If you or someone you know could use them, please contact a staff member for more information at 831-2373.



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

**Tammy Derrickson**.....Director of Senior Services  
email: [tderrickson@ci.middleton.wi.us](mailto:tderrickson@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  
email: [tquincey@ci.middleton.wi.us](mailto:tquincey@ci.middleton.wi.us)

**Lisa Britt**.....Administrative Assistant  
email: [lbritt@ci.middleton.wi.us](mailto:lbritt@ci.middleton.wi.us)

**Sandy Witte** .....Volunteer Coordinator  
email: [switte@ci.middleton.wi.us](mailto:switte@ci.middleton.wi.us)

**Olivia Kroll**.....Receptionist  
email: [okroll@ci.middleton.wi.us](mailto:okroll@ci.middleton.wi.us)

**Jim Wexler**.....Receptionist  
email: [jwexler@ci.middleton.wi.us](mailto:jwexler@ci.middleton.wi.us)

ENRICHING THE LIVES OF OLDER ADULTS