



JANUARY 2024 VOL. 42 NO. 1



## Our Mission

We are dedicated to the enrichment of the lives of older adults and their families by providing diverse programs, social services, and volunteer opportunities.

### The Senior Center will be closed:

**Monday, January 1**  
**Monday, January 15**

See page 7 for inclement weather information.



## We are adding a second Movie Day!

In addition to our newer release movie on the 3rd Friday, we will show a more classic movie on the 1st Friday of the Month. This month we are showing the movie "Dreamer" on the 1st Friday and "Indiana Jones and the Dial of Destiny" on the 3rd Friday. See pages 10 & 11 for more information.



## 2024 Trips!

The Stoughton Area Senior Center has three exciting trips planned in 2024 so far. Mark your calendars!

### Day Trip to Milwaukee Brewers vs. Atlanta Braves Wednesday, July 31



### Discover the Islands of New England\* September 6-13

Information available at the reception desk or at [stoughtonseniorcenter.com/trips](http://stoughtonseniorcenter.com/trips)

### British Landscapes\*

September 24-October 3

Information available at the reception desk or at [stoughtonseniorcenter.com/trips](http://stoughtonseniorcenter.com/trips)



**\*Attend a travel information meeting at the Senior Center on Monday, January 22 at 11:00 AM to learn more about these travel opportunities.**

**Case Management Service Area**  
***Stoughton, Towns of Albion & Dunkirk***

The Case Management program links older adults with services (food, housing, legal, medical, financial, social well-being, etc.) that are available to help them remain as independent as possible in their own homes and community. Our Senior Center's case managers are devoted to coordinating, evaluating and advocating for such services to meet each individual's needs and preferences. See back cover for contact information.

**Equipment Loan Closet**

Equipment such as wheelchairs and walkers may be checked out on a short-term basis to those residing in our case management service area: City of Stoughton, Albion and Dunkirk Townships. Monetary donations accepted.

**Foot Care Clinic**

Stoughton Health provides foot care services at their Community Health & Wellness Center at 3162 Co Hwy B. Call 608-873-2332 for info.

**Home Delivered Meals**

Meal delivery is available to homebound older adults in the Stoughton service area every weekday. Details and menu on pages 16 & 17.

**Tech Help & Tablet Loan**

Do you have questions on how to use your tablet, phone or computer? Would you like to try out a tablet? We have tech savvy volunteers ready to give you a hand and tablets available for loan. Please call the Senior Center to inquire.

**Elder Law & Local Estate Plans**

As a service to the community, Attorney Eric Christoffersen will not charge for a meeting at the Senior Center on the 2nd Monday of the month. If additional work is required, you may be offered to retain his law firm for a fee. Call 608-662-0440 to schedule an appointment.

**Veterans Assistance**

Call 608-266-4158 to speak with a Dane County Veterans Assistance Representative.

**Local Transportation**

**City Cab / Running Inc.—Lift Equipped Van**  
608-873-7233 [runninginc.net/Stoughton-transit](http://runninginc.net/Stoughton-transit)

**Rides to Lunch and Shopping**

Transit Solutions Inc./Lift Equipped Van Rides to the Center's lunch site, in-town stores, and Farmers Market: Monday - Friday, 9:30 AM to 2:00 PM. Suggested donation: \$1 round trip. Rides to Madison stores on Fridays for \$3 round trip. See calendar on p.19 for stores. Rides are for Stoughton residents 60 years or older who live independently (those living in Assisted Livings, CBRFs and RCAC complexes do not qualify). No one is denied rides based on ability to pay. To register, call the Senior Center 608-873-8585.

**Volunteer Ride Programs**

**RSVP Driver Program**

**Contact: RSVP request line 608-205-9422**

Donation-based transportation to medical appointments for Stoughton based seniors, 60 years or older who live independently (those living in Assisted Livings, CBRFs and RCAC complexes do not qualify). Rides are based on volunteer availability; 5 day advance notice and proof of COVID vaccination is required for all riders. Please allow for additional time to complete registration paperwork.

**Affordable Transportation Program**

**Contact: Richard Hoffman 608-873-6112, 9AM-4PM**

Low-income residents of all ages are eligible for free transportation Monday - Friday to various types of appointments in the Madison area. Donations are appreciated. Qualifying individuals are considered based on driver availability. Masks and proof of COVID vaccination required. Discuss exceptions with Coordinator.

**Vets Helping Vets Program**

**Contact: Lorrie Hylkema 608-238-7901**

Volunteer drivers provide medical, job application and support transportation within Dane County for any veterans, including immediate family members regardless of age.

## Alzheimer's Disease & Dementia

- **Alzheimer's Association**, [alz.org/wi](http://alz.org/wi)  
24/7 Helpline: 800-272-3900
- **Stoughton Memory Loss Caregiver Group**  
2nd Thursday, 2:00 PM  
Senior Center, Stoughton Room  
Contact: Alzheimer's Association hotline  
800-272-3900 to register
- **Stoughton Memory Cafe**  
1st Tuesday, 9:30-11:00 AM  
Stoughton Health, 900 Ridge Street, Stoughton  
Contact: 608-873-8585

## Caregiver Resources & Groups

Contact: Dane County Caregiver Program  
Coordinator, Jane DeBroux 608-261-5679.

## Diabetes Support

- American Diabetes Association, [diabetes.org](http://diabetes.org)
- **Stoughton Diabetes Group**  
2nd Monday, 6:00 PM  
Stoughton Health, 900 Ridge Street, Stoughton  
Contact: 608-877-3498

## Grandparents & Other Relatives as Parents Support Group

### The Rainbow Project in Madison

Meets virtually 2nd Saturday, 10:00 AM-12:00 PM  
Contact/register: [referrals@therainbowproject.net](mailto:referrals@therainbowproject.net)

## Grief Support Group

- **Grief Support Group for adults only  
at Stoughton Senior Center**  
Facilitated by Bereavement Counselor from  
Heartland/Promedica  
3rd Wednesday, 2:00 PM
- **Agrace**, Virtual support, or in person groups  
[agrace.org/grief-support](http://agrace.org/grief-support), 608-327-7118

## Office for the Deaf & Hard of Hearing

[dhs.wisconsin.gov/odhh](http://dhs.wisconsin.gov/odhh), 855-359-5252

## LGBTQ 50+ Alliance

Meetings/groups: [bit.ly/LGBTQMadison](http://bit.ly/LGBTQMadison)  
Contact: 608-255-8582, [lgbtq50plus@gmail.com](mailto:lgbtq50plus@gmail.com)

## Low Vision Support

- **WI Council of the Blind & Visually Impaired**  
[wcblind.org](http://wcblind.org), 800-783-5213
- **Stoughton Low Vision Group**  
3rd Thursday, 1:00 –2:30 PM  
Senior Center, Stoughton Room  
Contact: 608-873-8585

## Multiple Sclerosis Group

- **National MS Society**, [nationalmssociety.org](http://nationalmssociety.org)
- **Stoughton MS Support Group**  
2nd Tuesday, 10:00-11:30 AM  
Senior Center, Mandt Room  
Contact: [ramiller@litewire.net](mailto:ramiller@litewire.net)

## Parkinson's Disease

- **American Parkinson Disease Association**  
[apdaparkinson.org/community/wisconsin](http://apdaparkinson.org/community/wisconsin)
- **WI Parkinson Association**: [wiparkinson.org](http://wiparkinson.org)
- **Stoughton Parkinson Group**:  
2nd Monday, 12:15 PM  
Stoughton Health's Community Health  
& Wellness Center, 3162 County Rd B  
Contact: 608-873-8585

## Substance Abuse

- **Stoughton Alano Club**  
500 Giles Street, 608-873-6004
- **Alcoholics Anonymous**  
[mtg.area75.org](http://mtg.area75.org), 608-222-8989
- **Al-Anon Family Support**  
[alanon-wi.org/contact-us](http://alanon-wi.org/contact-us), 608-258-0314
- **Narcotics Anonymous**  
[badgerlandna.org](http://badgerlandna.org), 608-258-1747

## 988 Suicide & Crisis Lifeline

Dial: 988, online chat: [988lifeline.org](http://988lifeline.org)



**Institute on Aging's Friendship Line: 800-971-0016**

24-hour crisis line for people aged 60 years and older, and adults living with disabilities





## What is a Health Care Power of Attorney?

A healthcare power of attorney is a legal document that allows you to name someone you trust (the agent) to make healthcare decisions on your behalf in the event that you become incapacitated and are unable to make these decisions for yourself. It is important to understand that when you complete the form, you can include specific instructions regarding which areas of health decisions the agent may or may not be allowed to make.

## Ten Reason to Compete a Power of Attorney for Health Care

1. If you don't complete a power of attorney for health care, no one can automatically make health care decisions for you in the event that you lose your ability to do so.
2. Completing a power of attorney for health care lets **YOU** select, ahead of time, the individual **YOU** want to make health care decisions for you in the event that you lose your ability to make decisions.
3. Completing a power of attorney for health care lets **YOU** select, ahead of time, the health care or health care providers **YOU** do or don't want.
4. Completing a power of attorney for health care is a gift to your family and friends because they won't be left wondering who you would want to make decisions for you and what you would

5. Completing a power of attorney for health care means decisions will be made faster for you, rather than having to wait for a court to appoint a guardian to make decisions.

6. Completing a power of attorney for health care will most likely avoid the need for guardianship. Avoiding a guardianship is important—guardianships can be expensive, time-consuming, and emotionally draining on families.

7. The agent you name in a power of attorney for health care to make decisions for you has more flexibility and ultimately more freedom than a guardian.

8. Completing a power of attorney for health care helps avoid family fights and disagreements. In completing the document, you specify who you want as your agent and can also specify what you want and when you want it. Without one, family members are left to guess—or pay lawyers to have a court decide.

9. Completing a power of attorney for health care is free if you use the state form. If you don't complete a power of attorney for health care and a guardianship is later needed, there may be significant costs.

10. The state form is easy to obtain. To get the form, instructions, and suggestions, contact the Greater Wisconsin Agency on Aging Resources, Inc., at 1-855-409-9410, [guardian@gwaar.org](mailto:guardian@gwaar.org), or go to [gwaar.org](http://gwaar.org). You may also go to the Wisconsin Department of Health Service's website: [dhs.wisconsin.gov/forms/advdirectives/index.htm](http://dhs.wisconsin.gov/forms/advdirectives/index.htm)

***Article from Wisconsin Guardianship Support Center of the Greater Wisconsin Agency on Aging Resources, Inc.***

Please contact the Stoughton Area Senior Center for further assistance or information about completing a Power of Attorney for Health Care.



## Researchers at the UW-Madison seek volunteers for improving bladder and bowel health

A study conducted by the Center for Disease Control (CDC) found that more than 60% of women experience incontinence (bladder and/or bowel leakage), showing these are common conditions in older women, but they don't have to be! According to Dr. Heidi Brown at the University of Wisconsin School of Medicine and Public Health, "It is possible to prevent or improve these problems, without medicine or surgery, but most women don't know that there are good solutions available. I take care of women in my clinic who have suffered for years before they end up getting help."

Dr. Brown is conducting a research study that is focused on how to best support women to prevent or improve bladder and/or bowel leakage. The goal of this study is to see how women use an online program that offers simple exercises, and tips on eating and drinking intended to prevent or improve the symptoms of bladder/bowel leakage. Examples of information on the website include exercise suggestions (such as pelvic floor muscle exercises, also known as Kegels), how much and when to drink during the day, and how much fiber we should be eating every day. Women in the study will be asked to share a bit about their experience with incontinence and using the online program by responding to survey questions and one optional interview with the research study staff. The study activities (online program and surveys) are all in English and take place over a 6-month period.

### Who can join the study?

Women who are:

- At least 50 years old
- Have access to email
- Have an Internet-connected device (like a computer, tablet, or smart-phone)
- Able to read and write English because this study is conducted in English

### What does being in the study involve?

Women in this 6-month study will be asked to:

- Use a free online continence promotion program (on a computer, tablet, or smart-phone)
- Complete 4 email surveys -- about 15 minutes each, spread over 6 months
- Complete 1 optional phone or video interview -- about 30 minutes

### Are women paid to participate in this study?

Yes, **participants will receive up to \$125** for their time and participation

### Want to learn more or join the study?

Please visit [obgyn.wisc.edu/womenonthego](http://obgyn.wisc.edu/womenonthego)

If you have questions, you can also contact one of the lead researchers, Megan Piper, by phone (608-265-5472) or email ([mep@ctri.wisc.edu](mailto:mep@ctri.wisc.edu)). Email is generally not a secure way to communicate sensitive or health related information as there are many ways for unauthorized users to access email. You should avoid sending sensitive, detailed personal information by email. Email should also not be used to convey information of an urgent nature. If you need to talk to someone immediately or would prefer not to receive study communication by email, please contact Dr. Megan Piper, Lead Researcher at 608-265-5472.



**Women on the Go**

## Gift Card Dos, Don'ts and Gotchas

The Wisconsin Department of Agriculture, Trade and Consumer Protection asks shoppers to take steps to ensure that card recipients get the full value of the gift and to watch out for phony promises of cut-rate or free gift cards.

### "Free card" scams

Gift cards have been used as the bait in a number of social media, text message and email scams.

- Be on the lookout for requests for mobile phone numbers tied to promises of (bogus) free gift cards. Scammers have been known to place monthly subscription fees for a variety of "services" on consumers' phone bills without authorization.
- Watch out for free gift card promises in exchange for completing surveys. In a widespread scam, illegal spam text messages promised gift cards from a major retailer in exchange for completing a (phony) survey and providing personal information. Respondents never received a gift card and their information may have been sold by scammers to marketers or other scammers and identity thieves.
- If you receive an unsolicited message promising a free gift card, do not click any links and delete the message.

### When buying a gift card:

- Inspect the packaging before you purchase a card to ensure that no protective stickers have been removed and that the pin number has not been exposed.
- Read the fine print on the card to ensure that you understand any rules on usage and associated fees. Federal rules require fees to be disclosed prior to purchase.
- Always get an activation receipt with the card to verify its value and the date of purchase.
- Many retailers offer electronic gift cards that can be gifted by email. If the gift recipient shops online, consider this option since they can be saved in an email account for future use without fear of losing or damaging a physical card.

- If you are considering buying an unused card secondhand, purchase it from someone you know and trust. Used or unwanted gift cards show up for sale online through auctions and classified ads, and while some cards may be legitimate, others may be counterfeit, may be drained of their value, or may have been stolen from a store and never activated at a register.

### If you receive a gift card:

- If a store goes out of business, your gift card could be rendered useless. Use a card as quickly as possible.
- Unused cards may be subject to inactivity fees, draining the value of the gift. By federal law, dormancy and service fees are allowed if the recipient has failed to use the card for more than one year. After that, fees are limited to one per month, but there is no limit on the amount of the fee.
- Keep your cards safe. Contact the issuer immediately if you lose a card or if it is stolen. Be aware that you may not be able to replace it, and that some issuers may charge a replacement fee.

For additional information or to file a complaint, visit the Consumer Protection Bureau at [datcp.wisconsin.gov](http://datcp.wisconsin.gov), or call the Consumer Protection Hotline toll-free at 1-800-422-7128.

*Article from Wisconsin Consumer Protection*



## Energy Services Inc.

Energy Service Inc. is now booking appointments for the 2023 heating season.

Appointments will not be in person. Returning and new clients may apply 3 ways:

- 1) Apply online: [energybenefit.wi.gov](http://energybenefit.wi.gov)
- 2) Schedule an appointment by phone: 1-800-506-5596
- 3) Book an appointment online at: [esiwi.com/book-an-appointment](http://esiwi.com/book-an-appointment)



## Commission on Aging Meeting Highlights for December 12, 2023

No quorum

**Next meeting:**  
**Tuesday, January 2, 2024, 11:00 AM**

Meetings are open to the public. Full  
meeting minutes at:  
[stoughtoncitydocs.com](http://stoughtoncitydocs.com)



## Self-Service Counter

Please remember to place your payment for your snacks and beverages in the box at the dining room counter. We appreciate your honesty!

And, as another year begins, we welcome your consideration of donating to the Senior Center. Each year we must raise \$29,500 towards our operational costs.



## Inclement Weather Policy at Stoughton Area Senior Center:

When Stoughton and/or Madison Schools cancel due to weather conditions, the following Dane County services are also canceled: home delivered and dine-in meals, Transit Solutions transportation and RSVP medical rides. If the school issues a two-hour delay, meals and rides will still be provided but may be delayed.

In both cases, the Senior Center remains open per City policy, and the status of other activities is up to instructors' discretion. We encourage participants and volunteers to practice good judgment regarding their personal safety.

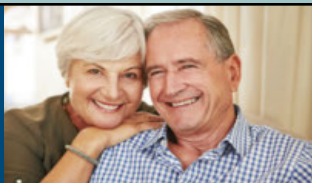
## FREE Virtual Welcome to Medicare Seminar Via Zoom

**Saturday, January 13, 9-11:30 am**

*What you need to know about enrolling in Medicare!* If you are turning **age 64 this year**, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options! Do you understand what Medicare is and isn't... how to avoid penalties for late enrollment in Medicare... and how to get the most out of your health and prescription benefit plans? Some decisions and actions about Medicare can take place 3-6 months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit. Want easy to understand answers to all of these complex questions? Sign up to attend the following **Free Welcome to Medicare Seminar**. By attending a seminar, you'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs. **To register, email [aaa@countyofdane.com](mailto:aaa@countyofdane.com) by 1/5/24**

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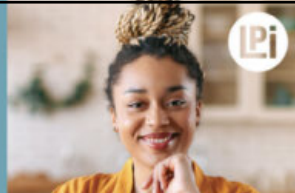
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Stoughton Area Senior Center, Stoughton, WI

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# 10 ACTIVITIES & EVENTS

STOUGHTON AREA SENIOR CENTER

## Therapeutic Yoga

**Monday, 1:30 PM,  
January 8—Feb 19**

Suzanne Larson from Ease Yoga presents Therapeutic Yoga for Resilience: Train with your Brain! All are welcome.

Modifications available to support any body. The ancients referred to nerve plexuses, major organs and endocrine glands within the body as "Chakras". Explore the seven main chakras running down the central column of the spine to reconnect to the innate wisdom of our chemical/electrical meatsuits. Free! Held in the Annex.



## Hardanger Embroidery

**with Donna M. Olson  
Wednesdays**

**January 3 – April 10  
8:15—10:15 AM**

**or 10:15—12:15 PM**

Classes are designed for beginner through experienced

stitchers of this thread count Norwegian technique. Cost for the 15 week class is \$45 and payment is made directly to the instructor on the first day of class. Call the Senior Center at 608-873-8585 to register. Kits are available from the instructor for all levels for \$25 - \$35. Kits include fabric, thread, needles and pattern.

## Wood Carving Class

**Thursdays,  
January 4 -April 11**

Learn various techniques of woodcarving in a 15-week class taught by

instructor, Ada Klute. Projects based on participant choice, which could involve wood burning and painting. Flexible class times available between 8:15 AM – Noon. Cost: \$150 paid to the instructor. Kits available for purchase from instructor at an additional cost. Call the Senior Center at (608) 873-8585 to register.



## Refuse to be a Victim

**Thursday, January 4  
1:00 PM**

The Stoughton Police Department is sharing a monthly series about protecting yourself. **January will focus on the Dispatch center, explaining what the Dispatchers do.** Each month covers a different topic! Held in the Annex.

## Movie: Dreamer (2005)

**Dreamer**  
Inspired By A True Story

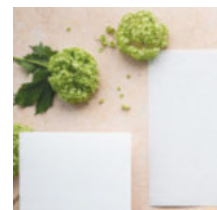
**Friday, January 5, 1:00 PM**

Ben Crane (Kurt Russell) believes that a severely injured racehorse deserves another chance. He and his daughter Cale (Dakota Fanning) adopt the horse and save it of being sacrificed by the owner (David Morse). The arrival of the mare to Crane's farm, will be the perfect opportunity for both father and daughter to reconstruct their lost familiar bond.



## Card Making Class

**Thursday, January 11  
10:00 AM**



Make cards with fun, new techniques and products. Barb Daubner will guide you through 3 different designs. If you have stamps, die cuts, or other stamping supplies that you no longer use, feel free to bring to class to swap. Cost: \$6. Space is limited, so please reserve your spot at the reception desk or by calling 608-873-8585.

## Coffee with the Mayor

**Friday, January 12, 10:00 AM**

Join Stoughton Mayor Tim Swadley for his monthly meeting with the public at the Senior Center. All are welcome! Held in the annex.







## Trivia Wednesday, January 17, 1:00 PM

Group Trivia returns!  
Billy Hansen, the Trivia

host at Viking Brew Pub, has agreed to hold Group Trivia at the Senior Center every other month on the third Wednesday (alternating months with Bingo). Form a group to play, or we can put you in a group! Registering is appreciated, but you are welcome if you haven't registered too! Free. Held in the annex.

## The Lost City of Machu Picchu

Wednesday  
January 17, 1:30 PM

For centuries, Machu Picchu was considered merely a myth of the long-gone Incan Empire. It is one of the world's greatest archeological finds. Joe Fahey will take you on a tour to the unimaginable and mysterious mountaintop retreat for the great Incan Emperors.



## Movie: Indiana Jones and the Dial of Destiny (2023)

Friday, January 19, 1:00 PM

Indiana Jones may be older, but when adventure beckons he once again dons his familiar gear. A relic

from his past risks falling into the wrong hands, and Indy globe-trots across a very different world than the one where he made a name for himself.

## Trip Information Meeting

Monday, January 22  
11:00 AM

Enjoy travel with ease! The Senior Center is hosting two travel trips in 2024. Come to this meeting to learn all about "Discover the Islands of New England", September 6-13, and "British Landscapes", September 24-October 3. Brochures are available at the Senior Center!



## Write your Own Obituary

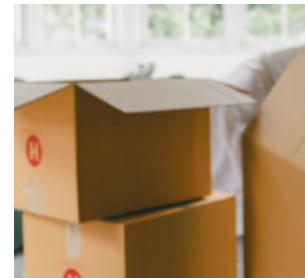
Wednesday  
January 24, 1:00 PM

Want to have the last word, then write your own obituary. Learn to highlight the little and big things that matter to YOU the most. Make sure people read what YOU think is important. Melissa Theisen from Gunderson Funeral Home will be here to talk about writing your own obituary and the last impression you would like to give to your family and community.



## Downsize with Ease

Monday, January 29, 11:00 AM



Is your home starting to feel like too much for you? Are you tired of climbing stairs? Do you feel like you've accumulated 2 lifetimes' worth of stuff and are unsure what to do with it all? If this describes you,

it may be time to consider downsizing. Join Jess Lex, local real estate agent, for a seminar all about the downsizing process. Jess will break down the pieces of a move like this and give you tools to get the process started. Join us to take the first step forward!

## Personal Narrative Class

Tuesday, January 30,  
1:00 PM

This free class is offered in partnership between the Library and the Stoughton Area Senior Center. Author Rachel Werner will teach you how to turn your powerful life experiences into memoir, poetry, or narrative nonfiction pieces. This workshop is intended for adults (ages 16+). No registration is required.





# 12 WAYS TO ENAGAGE

STOUGHTON AREA SENIOR CENTER

## Your Sign-ins Add Up!

SchedulesPlus, our new sign-in system, quickly and accurately details which programs and services we're providing—but **only with your help!** Our financial supporters want to know what programs are being attended, and we gather those statistics when you check-in at one of our four touchscreen kiosks. Each activity sign-in increases our accountability and chances of receiving additional funding in the future.

## How can you help?

### Get a card.

If you haven't already, please complete a registration form the next time you visit. You will be issued a scan card that you may take with you (many people add them to their keys), You may also store it near the main entrance kiosk.

### Sign-in for all activities you attend.

By using your card, please check-in at one of the touchscreen kiosks each time you come to the Senior Center. It is important to select each activity you're attending by touching the box to the left of the activity. **If you don't see the activity you're attending**, scroll down the page by touching and dragging down the red bar to the right. And, **don't forget to press the green Save button when complete!**

SAVE

ATTENDING?	
<input type="checkbox"/>	<b>Wood Shop</b> 8:00am - 4:30pm
<input type="checkbox"/>	<b>Pool Tables</b> 8:00am - 4:30pm
<input checked="" type="checkbox"/>	<b>Social Time</b> 8:00am - 4:30pm
<input type="checkbox"/>	<b>Computer Room</b> 8:00am - 4:30pm

## Ask if you have questions.

Forgot or lost your card? Not sure if your selection went through? Have volunteer hours to log-in? Please let Senior Center staff know if you need assistance. We're happy to help—for we know just how important your sign-ins are to the future of the Senior Center!

## Did you know...

The Senior Center has a low vision support group—it's an opportunity to talk with others about common concerns and experiences.

**The group meets the 3rd Tuesday of the month at 1:00 PM.** We also have

items available on loan like the electronic magnifier pictured. For more information, or if you have topic ideas you'd like to learn more about, call the Senior Center at 608-873-8585.



**Stoughton  
Memory Cafe**  
Every 1st Tuesday  
9:30 - 11:00 AM  
at Stoughton Health,  
900 Ridge Street

## January 2 Topic: No-Sew Tie Blankets

At the Memory Café, individuals with memory loss and their care partners can join together in a safe, supportive and engaging environment. People can interact, laugh, find support, share concerns and celebrate without feeling embarrassed and misunderstood. Each month there are light refreshments and facilitated activities. Memory Café is free and open to everyone, no referral is needed. Please contact the Stoughton Senior Center at [608-873-8585](tel:608-873-8585) with any questions. Pre-registration is helpful but not required.



## Winter Squash

## Exotic Fruit

Y	E	M	T	A	T	K	P	P	E	R	S	I	M	M	O	N
L	R	E	A	I	A	I	K	I	W	A	N	O	Y	S	Q	J
Y	P	R	T	N	U	N	U	P	D	U	M	P	L	I	N	U
C	R	R	E	O	G	R	I	R	A	D	E	H	W	V	G	J
H	A	R	D	B	Y	O	F	K	F	W	U	N	D	U	K	U
E	T	R	E	R	W	A	S	K	P	D	P	R	R	I	A	B
E	A	T	I	B	A	O	H	T	C	M	A	A	I	O	E	E
Y	C	I	O	C	D	G	R	C	E	A	U	E	W	A	C	J
A	I	B	T	N	B	U	O	C	H	E	J	P	R	I	N	A
N	L	U	N	S	U	L	O	N	G	I	N	K	T	B	C	B
G	E	T	A	D	T	G	I	L	R	T	A	T	C	A	O	U
M	D	T	T	R	T	K	L	U	C	B	E	U	L	L	E	T
E	O	E	U	A	E	C	K	I	O	H	S	A	E	X	A	I
I	D	R	B	B	R	U	M	C	G	H	B	M	A	Z	N	C
A	A	C	M	B	N	D	H	A	A	A	O	J	I	E	F	A
L	T	U	A	U	U	A	P	W	Z	P	B	F	K	J	A	B
E	A	P	R	H	T	S	T	A	R	F	R	U	I	T	R	A

### Word List:

PUMPKIN  
SPAGHETTI  
KURI  
CHAYOTE  
STARFRUIT  
JACKFRUIT  
RAMBUTAN  
DUKU  
PAWPAW

KABOCHA  
DELICATA  
DUMPLIN  
PERSIMMON  
KIWANO  
LYCHEE  
UGLI  
CLOUDBERRY

BUTTERNUT  
BUTTERCUP  
CALABAZA  
DURIAN  
FEIJOA  
MANGOSTEEN  
YANGMEI  
CROWBERRY

ACORN  
HUBBARD  
CUSHAW  
POMELO  
JABUTICABA  
DRAGON  
BREADFRUIT  
JUJUBE

Many of these activities are free and drop-ins are welcome (unless otherwise noted). See activity calendar on p. 19 or call 608-873-8585 for exact dates and times.

## Fitness & Wellness

### Blood Pressure Screens

See p.19 for specific dates

### Chair Exercise

Mon., Wed., Fri., 8:15 AM

Cost: \$2/class

### Exercise Class

Tuesdays, 8:30-9:30 AM

Cost: \$1/class

### Line Dancing, FREE

Tuesdays, 2:00 PM

### Ping Pong, FREE

Mon. & Wed. 2:00 - 4:00 PM

Fridays, 10:30 AM - Noon

### Qi Gong with Jo Chern

Tuesdays, 1:00 PM

Cost: \$42 6-weeks/\$10 drop-in

Registration required

### Reflexology with Heidi Fromi

Thursday, Jan. 4, 1:00-4:30PM

Monday, Jan. 22 1:00- 4:30PM

Cost: \$35/30 mins. or \$60/hr.

Registration required:

608-873-8585

### Thirteen Moves Tai Chi

Mondays:

Advanced: 9:30 -10:30 AM

Beginners: 10:45 - 11:45 AM

Cost: \$10/class or \$36/4

classes

Masks required for this class.

### Wii Bowling, FREE

Mondays & Fridays, 10:00 AM

### Yoga FREE

Mondays, 1:30 PM



## Social /Recreation

### Bridge

Tuesdays, 9:30 AM

### Chess

Looking for players/organizer

### Cribbage

Mondays, 1:00 PM

### Darts

2nd & 4th Wed., 1-3 PM

### Euchre, cost \$1 to play

2nd Friday, 1:00 PM

### Five Hundred

Tuesdays, 1:00 PM

### Handiwork Group

Mondays, 1:00 PM

### Lunch Bunch

2nd Friday, 11:00 AM

Register at: 608-873-8585

1/12 Bowling Alley (Stoughton)

### Mahjong

Mondays, 1:00 PM

### Pinochle

Wednesdays, 1:00 PM

### Pool Tables

Daily, 8:00-4:30 PM

### Sheepshead

Tues. & Thurs., 1:00 PM

### Stamp Club

Second Tuesday, 1:00 PM

### Train Dominoes

Thursdays, 1:00 PM

## Classes & Skill Development

### Computer/Tech Help, or Coaching Sessions FREE

Registration required:

608-873-8585

### Rosemaling or Painting Social Group

Wed. 9:30 AM - 12:00 PM

### Wood Shop

-Available Daily

Must take a safety course to use

### Woodcarving Thursday mornings

Registration required: 608-873-

8585 Cost: \$150 and kits

available for additional charge

### Writers Group, FREE

Last Tuesday of the month,

1:00-2:00 PM

### Yahara Strummers

Ukulele Group, FREE

Thursdays, 1:00 PM



## SASC Volunteer Opportunities

Call 608-873-8585 for details on these and other Senior Center volunteer options.

### Friendly Visitor

Maintain weekly social contact with a homebound older adult for a minimum of 6 months.

**Deliver Newsletters** Drop off stacks of newsletters to area businesses and organizations.

**Meal Delivery Drivers\*** Trained drivers pick up meals at the Senior Center and deliver them directly to the homes of homebound older adults.

**Kitchen Volunteer** Assist in the packaging of home delivered meals and the serving of the meals at the Senior Center.

### RSVP Driver Program\*

One of our greatest needs. Drivers provide seniors rides to medical appointments on weekdays, between 8:30 AM and 4:00 PM.

### Mending Help

Join other volunteers that help people with simple mending at the Senior Center.

\*RSVP-registered volunteers receive mileage reimbursement and extra liability insurance coverage while volunteering.



## Euchre

Euchre is played on the second Friday of the month at 1:00 PM. It costs \$1 to play.

Josephine and Martin Harried organize the fun, and keep things moving. You do not need a partner—you'll change partners every game. There are usually 4-6 tables going, so you'll meet lots of people while playing!

You'll find cards various games being played every weekday afternoon. Pinochle, Mahjong, Cribbage, Five Hundred, Train Dominoes, Sheepshead, etc. Check out the Ongoing Classes & Groups on page 14 to find your favorite game or activity. If you don't see a game you'd like to play, let us know!



## Coming in February...

Our very own Kim Whitford will hold a cooking class! She plans to hold one per quarter in 2024, so look for more information!

## Senior Center Nutrition Program:

All meals packed, delivered and served by Senior Center staff and volunteers.

**Home Delivered Meals:** Weekday meal delivery is available to homebound older adults residing in the City of Stoughton and the Townships of Albion and Dunkirk. Residents of Assisted Living, CBRF and RCAC complexes do not qualify for this service. All home delivered meals are provided by AtlantisValley Foods (menu on p. 17). **All meals must be reserved at least two days in advance.**

**Dining Site:** Weekdays individuals 60 and older may socialize and eat a nutritious meal. Transportation is available (see p. 2). "Kim's Thursday Meals" (menu above) are served at 11:30 AM on Thursdays; meals are served at noon all other days of the week and provided by AtlantisValley Foods (menu p. 17) **All meals must be reserved at least two days in advance.**

**Cost for Meals:** Individuals 60 years or older pay by donation. Suggested minimum donation is \$4.50. Individuals under age 60 must pay the total cost of \$15.44. Delivery drivers can take meal payments. Diners can place their donations in the wood box labeled for meals. Any cancellations made on the day of are still subject to payment. Payments are accepted by cash or check to the Senior Center or Dane County.

**Menu Details:** 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. Home delivered meals listed on p.17 have two meal options on Mondays - Thursdays (salad in bold). \*Contains Pork on the menu. MO=Meatless Option. NCS = No Concentrated Sweets.

***The menu for meals served on Thursdays at the dining site (and available for pick-up) is listed in the box to the right.***



## Note on Salad Options

**Meals on Wheels recipients** may choose a salad option **four days/week**, Monday - Thursday. See p. 17 for menu choices.

**Senior Center Dining Site participants** have salad options **three days/week**, Monday - Wednesday. For Thursday's dining menu see Kim's Meals (box below); for all other days see p. 17 for menu.

**For meatless salad options**, the meat will be substituted with chickpeas.

## Please Remember...

- Reserve meals at least **two days in advance**.
- Thursday dine-in participants **must check-in at the front desk** upon arrival.
- Place dine-in meal donations in the wood box labeled for Dane County meals.

## Kim's Thursday Meals

Enjoy a home-cooked meal by Kim Whitford, our Senior Center Nutrition Coordinator every Thursday at 11:30 AM in our dining room. Meals are provided to individuals 60 years and older. **Salads are not a dine-in option on Thursdays.** Dine-in cost = \$4.50 suggested donation (program details to the left); and drive-thru pick-up is available one day/month from the Senior Center at a cost of \$5. Reserve your meal by calling 608-873-8585 at least two days in advance.

### January's Menu for 11:30 AM Dine-In:

**Thurs. Jan. 4:** Italian Wedding Soup, salad, fruit, roll & dessert.

**Thurs, Jan. 11:** Scalloped potatoes with ham, mixed vegetables, fruit, roll & dessert.

**Thurs. Jan. 18:** Loaded Potato Soup, salad, fruit, roll & dessert.

**Thurs. Jan. 25:** Chicken Cordon Bleu with rice pilaf, vegetable, fruit, roll & dessert. This meal is also available for **Drive-thru Pick-up: 11 AM - 12 PM**



## 17

17

MON	TUES	WED	THURS	FRI
<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>
	BBQ Pulled Pork* With BBQ Sauce Good Grains Rice Pilaf w/ Vegetables Hoppin John Beans Banana Cherry Apple Bar MO: Plant Based BBQ Sausage NCS: SF Pudding <b>Entrée Salad - *Cobb</b>	Turkey Tetrazzini Carrots Green Beans Mandarin Oranges Chocolate Cake MO: Plant Based Garlic Herb Chicken NCS: Cantaloupe <b>Entree Salad - *Italian Salad</b>	Salisbury Steak Paco Vegetables W/Roasted Potatoes Prince Charles Veg. Sliced Peaches WG Bread w/ butter Nutty Buddy MO: Beyond Burger NCS: SF Wafer <b>Entree Salad –Garden</b>	Swedish Meatballs with sauce WG Dinner Roll Mashed Potatoes California Vegetables Bean Medley Salad Kringle MO: Plant Based Meatballs NCS: Red Seedless Grapes
<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>
Teriyaki Chicken Br. Brown Rice Stir Fry Vegetables Mandarin Orange Peanut Butter Pie MO: Teriyaki Tofu NCS: SF Fruit Punch Jello <b>Entree Salad - *Chicken &amp; Bacon</b>	Sausage and Egg Breakfast Scramble* Roasted Potato Asparagus Tips Tropical Fruit Blueberry Muffin MO: Veg. Egg Bake NCS: None <b>Entrée Salad - Greek Salad</b>	Roasted Pork Loin* With Gravy Peas & Pearl Onions Corn, Baked Beans WG Roll/butter Pudding MO: Macaroni & Ch. NCS: Pineapple Bits <b>Entree Salad - *Spinach Salad</b>	Chick. Noodle Soup With Saltine Packet Honeydew Melon Mixed Veggie Blend Sugar Cookie MO: Minestrone NCS: SF Cookie <b>Entree Salad - Chicken Caesar Salad</b>	Baked Cod with Dill Cream Sauce Roll, Lemon Wedge Capri Vegetables Baked Potato Sour Cream & Butter Rice Krispie Bar MO: Plant Based Shrimp NCS: Banana
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	Grilled Chick. Breast Roasted Root Veggie Mixed Vegetables WG Bread, Coleslaw Yogurt MO: Grilled Tofu NCS: SF Jello <b>Entrée Salad - Garden Vegetable</b>	*Bolognese Spaghetti Italian Veggie Blend Green Beans Diced Pears Apple Cinn. Muffin MO Plant Based Meatballs & Marinara NCS: Cantaloupe <b>Entree Salad *Cobb</b>	Macaroni & Cheese Capri Veggie Blend Baked Beans Mixed Fruit, Pudding MO: Baked Beans NCS: Sugar Free Pudding <b>Entrée Salad –*Chef</b>	Meatloaf with Gravy Mashed Potatoes Corn, Side Salad WG Bread w/ butter Cheesecake MO: Impossible Loaf with Veggie Gravy NCS: Planters Peanuts
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Grilled Chicken Br. Mashed Potatoes & Gravy, Roll 3-Bean Med, Peaches Cherry Strudel MO: Grilled Tofu with Veggie Gravy NCS: Fruit <b>Entree Salad – Grilled Chicken Almond</b>	Cabbage Rolls Green Beans Crinkle Cut Carrots Mixed Fruit Sugar Cookie MO: Plant Based Cabbage Roll NCS: SF Cookie <b>Entrée Salad - *Italian Salad</b>	Fr. Toast Casserole W/Syrup Turkey Sausage Paco Vegetables w/ Roasted Potato Banana, Juice Cinnamon Roll MO: Plant Based Breakfast Sausage NCS: Orange <b>Entree Salad - Garden Vegetable</b>	Turkey Sausage Kale Soup w// Saltine Pkt WG Roll w/ Butter Tomato Cuke Salad Pineapple Tidbits Planters Peanuts <b>MO: Garden Vegetable Soup</b> <b>NCS: None</b> <b>Entree Salad - *Cobb Salad</b>	Crab Cake with Tartar Sauce Good Grains Pilaf with Vegetables Potato Salad Orange Red, White, Blue Cake <b>MO: Plant Based Shrimp</b> <b>NCS: Banana</b>
<b>29</b>	<b>30</b>	<b>31</b>		
BBQ Pulled Chicken with BBQ Sauce Baked Beans Cornbread, Corn, Apple, Brownie MO: Barbecue Tofu NCS: SF Pudding <b>Entree Salad - Southwest Chicken</b>	Spaghetti & Meatballs Crinkle Cut Carrots Steamed Broccoli Mixed Fruit Tapioca Pudding <b>MO: Veggie Meatballs</b> <b>NCS: SF Pudding</b> <b>Entrée Salad - *Italian Salad</b>	Lemon Pepper Ch. Br. Long Grain Wild Rice Green Beans Roasted Root Veggies Grapes Chocolate Chip Cookie MO: Plant Based Garlic Herb Chicken Breast NCS: SF Cookie <b>Entrée Salad - Garden Vegetable Salad</b>	Meals provided by AtlantisValley Foods. All menu items are prepared in a kitchen that is not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact.	<b>No substitutions allowed.</b> <b>MO=Meatless Option.</b> <b>NCS = No Concentrated Sweets</b> <b>* = Contains Pork</b>



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Contact your local ADRC for more information.

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Stoughton Area Senior Center, Stoughton, WI

C 4C 01-1133

# JANUARY 2024 ACTIVITIES

STOUGHTON AREA SENIOR CENTER

19

MON	TUES	WED	THURS	FRI
<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>
	8:30 Exercise Grp 9:30 Bridge 9:30 Mending 11:00 COA 1:00 Sheephead 1:00 Five Hundred 2:00 Line Dancing	8:15 Chair Stretch 8:15 Hardanger 9:30 Rosemaling 1:00 Pinochle 2:00 Ping Pong	8:15 Woodcarving 1:00 Reflexology by appointment 1:00 Sheephead 1:00 Ukulele 1:00 Train Dominos 1:00 Refuse to be a Victim	Shop @ East Town 8:15 Chair Stretch 8:30 Tech Help 10:00 Wii Bowling 10:30 Ping Pong 1:00 Classic Movie
<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>
8:15 Chair Stretch 9:30/10:45 Tai Chi 10:00 Wii Bowling 1:00 Handiwork 1:00 Cribbage 1:00 Mahjong 1:30 Yoga 2:00 Ping Pong	8:30 Exercise Grp 9:30 Bridge 10:00 MS Support Group 1:00 Sheephead 1:00 Five Hundred 1:00 Stamp Club 1:00 Qi Gong 2:00 Line Dancing	8:15 Chair Stretch 8:15 Hardanger 9:30 Rosemaling 1:00 Pinochle 1:00 Darts 2:00 Ping Pong	8:15 Woodcarving 10-12 Blood Pressure Readings 10:00 Card Making 1:00 Sheephead 1:00 Ukulele 1:00 Train Dominos 2:00 Memory Loss Caregiver Grp	8:15 Chair Stretch 8:30 Tech Help 10:00 Wii Bowling 10:00 Coffee w/Mayor 10:30 Ping Pong 1:00 Euchre
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	8:30 Exercise Grp 9:30 Bridge 1:00 Sheephead 1:00 Five Hundred 1:00 Qi Gong 2:00 Line Dancing	8:15 Chair Stretch 8:15 Hardanger 9:30 Rosemaling 1:00 Trivia 1:30 Machu Picchu with Joe Fahey 1:00 Pinochle 2:00 Ping Pong 2:00 Grief Support	8:15 Woodcarving 1:00 Sheephead 1:00 Low Vision Support Grp 1:00 Ukulele 1:00 Train Dominos	Shop @ West Town 8:15 Chair Stretch 8:30 Tech Help 10:00 Wii Bowling 10:30 Ping Pong 1:00 Movie Time
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
8:15 Chair Stretch 9:30/10:45 Tai Chi 10:00 Wii Bowling <b>11:00 Trip Info</b> 1:00 Reflexology 1:00 Handiwork 1:00 Cribbage 1:00 Mahjong 1:30 Yoga 2:00 Ping Pong	8:30 Exercise Grp 9:30 Bridge 1:00 Sheephead 1:00 Five Hundred 1:00 Qi Gong 2:00 Line Dancing	8:15 Chair Stretch 8:15 Hardanger 9:30 Rosemaling 1:00 Pinochle 1:00 Darts 1:00 Write Your Own Obituary 2:00 Ping Pong	8:15 Woodcarving 10-12 Blood Pressure Readings 1:00 Sheephead 1:00 Ukulele 1:00 Train Dominos	8:15 Chair Stretch 8:30 Tech Help 10:00 Wii Bowling 10:30 Ping Pong
<b>29</b>	<b>30</b>	<b>31</b>		
8:15 Chair Stretch 9:30/10:45 Tai Chi 10:00 Wii Bowling 11:00 Downsizing 1:00 Handiwork 1:00 Cribbage 1:00 Mahjong 1:30 Yoga 2:00 Ping Pong	8:30 Exercise Grp 9:30 Bridge 1:00 Sheephead 1:00 Five Hundred 1:00 Writer's Grp 1:00 Qi Gong 1:00 Personal Narrative Class 2:00 Line Dancing	8:15 Chair Stretch 8:15 Hardanger 9:30 Rosemaling 1:00 Pinochle 2:00 Ping Pong		<b>Available Daily:</b> <b>Computers iPads</b> <b>WiFi</b> <b>Wood Shop</b> <b>2 Pool Tables</b>





## YAHARA SENIOR NEWS

248 W. Main Street  
Stoughton, Wisconsin 53589  
Phone: 608-873-8585  
Fax: 608-873-8162



*The Stoughton Area Senior Center, a municipal agency, coordinates, develops, supports and monitors programs and services for adults 55 years and older. Aside from our case management, nutrition and transportation services, which have area and eligibility restrictions, all adults over 55 years are welcome to participate at the center.*

**The cost to have this newsletter mailed to you is \$9.00 per year. Call us at 608-873-8585 for details.**



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## SENIOR CENTER STAFF

Cindy McGlynn, Director  
Hollie Camacho, Assistant Director  
Brian Aarstad, Case Manager-Stoughton  
Tanya Kelly, Case Manager-Stoughton  
Marla Janssen, Case Manager-Stoughton (M-W)  
Kim Whitford, Nutrition Coordinator  
Laura Trotter, Program & Volunteer Coordinator  
Marcia Standard, Administrative Assistant (M-Th)

## TOWNSHIP CASE MANAGERS

### Albion & Dunkirk

Murl MacKinnon, Case Manager  
Cell Number 608-335-6677  
Office is at the Stoughton Area Senior Center

### Cambridge & Christiana, Dunn, Pleasant Springs, Rockdale, and McFarland

608-838-7117 McFarland Senior Outreach

### Rutland & Village of Oregon

608-835-5801 Oregon Senior Center

See page two for a detailed description of the case management program.

## COMMISSION ON AGING

Rosalind Gausman, Town of Dunn.....332-6470  
Lou Havlik, City of Stoughton.....873-4915  
Barb Manson, City of Stoughton.....873-9901  
Bob McGeever, City of Stoughton.....873-4529  
Open—School District Rep. ....  
Faith Schuck, Town of Pleasant Springs....234-0759  
Jeanne Schwass-Long, Town of Dunkirk...873-9227  
David Sharpe, City of Stoughton.....332-8723  
Sue Springman, City of Stoughton.....228-8362  
Open—Town of Albion.....  
David Thomas, City of Stoughton.....205-2166  
Lisa Reeves, City Council Rep.....815-543-3078