

STOUGHTON AREA SENIOR CENTER

Accredited by the National Institute of Senior Centers & the Wisconsin Association of Senior Centers

PROGRAMS

Social Events & Activities

The Stoughton Area Senior Center promotes activities that provide opportunities for growth, life-long learning, leadership, and socialization. A complete list of our scheduled activities may be found in our monthly [Yahara Senior News](#) newsletter, which is available at the Senior Center or our website. Many events and activities are free, and scholarships are available through the Friendship Fund if needed. Below are some of the social events and activities offered.

Classes & Skill Development

- Wood Shop
- Painting
- Handiwork
- Wood Carving
- Art History
- Health & Education
- Computer/Technology Classes
- Music Appreciation
- Creative Writing
- Language Courses
- Rosemaling
- Hardanger

Social & Recreation Opportunities

- Entertainment & Events
- Shopping Trips
- Pool Tournaments
- Book Discussions
- Sheepshead
- Train Dominoes
- Ukulele Group
- Arts & Crafts
- Pinochle
- Intergenerational Activities
- Movies
- Lunch Bunch
- Bridge
- Euchre
- Cribbage
- Chess
- Wii Bowling
- Bingo
- Darts

Health & Fitness Opportunities

- Chair Stretch
- Ping Pong
- Tai Chi
- Canoe/Kayak (May-Sept)
- Blood Pressure Checks
- Line Dancing
- Reflexology

VOLUNTEER OPPORTUNITIES

There are many ways to volunteer at the Senior Center. Listed below are current volunteer opportunities. Discussion of new volunteer possibilities is always welcome. If you have a special expertise please consider sharing your time.

- Meal Site Assistance
- Reception Support
- Class Instruction
- Fundraising Projects
- Blood Pressure Screening
- Intergenerational Programs
- Loan Closet Assistance
- Meal Delivery
- Committees
- Friendly Visitor
- RSVP Driver

PUBLICATIONS

Yahara Senior News Newsletter

The [Yahara Senior News](#), the Senior Center's monthly newsletter, contains a monthly calendar of Senior Center events and scheduled menus, as well as articles on health, wellness and services for older adults and their families. The newsletter may be mailed to you for a cost of \$9.00/year, viewed on our website, emailed to you, or picked up at no cost.

File of Life Emergency Packets

Free wallet-sized and/or magnetic File of Life folders for your refrigerator are available at the Senior Center to make lifesaving information accessible to emergency personnel.

Dementia Purple Folders

Folders with dementia-specific information and resources are available at the Center.

For more information on these and other area services please contact the **Stoughton Area Senior Center:**
248 W. Main Street, Stoughton WI, 53589 608-873-8585 stoughtonseniorcenter.com

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SERVICES

Case Management

Serving: Stoughton, Towns of Albion & Dunkirk

The Case Management program links older adults with resources available to help them remain safe and independent as possible in their homes and community. Case Managers coordinate, evaluate and advocate for such services (e.g. medical, legal, housing, food, financial, and transportation options) to meet each individual's needs and preferences. An appointment can be made at the Senior Center or in your home.

Referrals to Case Managers remain confidential. Case Managers share information only with necessary provider agencies for the purpose of providing services and only with the signed consent of the care recipient. Persons may remain anonymous when making a referral for another person.

If you live in the Towns of Dunn or Pleasant Springs case management services are provided by the McFarland Senior Center, 608-838-7117. If you live in the Town of Rutland, case management is provided by the Oregon Senior Center, 608-835-5801.

Assistive Equipment Loan Closet

Equipment such as wheelchairs, walkers, shower chairs and other items may be checked out for six months or less for a minimum donation of \$5.00 to those 55 years and older and residing only in our case management service area (City of Stoughton, Town of Albion and Town of Dunkirk).

Home Delivered Meals

Meal delivery is available every weekday on a donation basis to homebound people over 60 years of age who reside in the City of Stoughton and Towns of Albion and Dunkirk. Meal reservations should be made by 1:00 PM the previous working day.

Home delivered meals for other surrounding towns follow the case management boundaries established by Dane County. Please contact a Case Management Focal Point as listed in the previous case management section.

Nutrition Site

The Senior Center serves lunch every weekday at 12:00 PM on a donation basis to people over 60 years or older. Participants must make a reservation by 1:00 PM the previous working day. For transportation options please see Transit Solutions, p. 20.

Blood Pressure Screens

Blood pressure screening is available each month. Check our newsletter or website stoughtonseniorcenter.com for specific dates. No registration needed.

Support Groups

The Senior Center hosts the following support groups: Grief, Low Vision, Memory Loss Caregivers, Multiple Sclerosis, and Parkinson's disease. Please see page 19 for more information, along with other area groups.

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