

SEPTEMBER 2017

Programs News & Events

MIDDLETON



SENIOR
CENTER

ENRICHING THE LIVES OF OLDER ADULTS

Life Long Learning...

How to Be An Ally to the LGBT Community

Join us for a presentation about "How to Be An Ally" to people who are Lesbian, Gay, Bisexual and Transgender. A Senior Advocate, from Outreach, a LGBT Community Center will be here to share ways in which we can support, be more inclusive, culturally competent and to understand concerns unique to the LGBT community.

The program will be on **Tuesday, September 19th, at 1:00 p.m.** at the Middleton Senior Center.

Come for lunch at 11:30 a.m. and stay for the program. Make your lunch reservation by calling 831-2373, by noon on Monday, September 18th.

Journaling for Brain Health

Brain health refers to the ability to remember, learn, plan, concentrate and maintain a clear, active mind. Even after our brain reaches maturity, it's still changing - it's called "brain plasticity". As we practice habits and learn new information, our brains change, grow new connections and repair broken ones.

Journaling is a method that engages and connects many different parts of the brain at the same time and much research is now being undertaken in the fields of neurology and psychology to support the idea that the simple act of journaling increases this "brain plasticity".

Please join us for a four-week class in learning why journaling works and how to create a simple journaling practice. No journaling experience necessary.

Mondays - September 11th - October 2nd

1:00 p.m. - 2:15 p.m.

Cost is \$25 and advance payment by Friday, September 8th. Scholarships available.

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Menu

SEPTEMBER

- 1 FridaySalisbury Steak
- 4 Monday.....Closed for Labor Day
- 5 TuesdayBBQ Ribs
- 6 WednesdayBaked Mostaccioli
- 7 Thursday.....Grilled Chicken on a Bun
- 8 FridayRoast Beef with Gravy
- 11 MondayChicken Salad on Whole Wheat Bun
- 12 Tuesday.....Ham & Swiss on a Croissant
- 13 WednesdayRoast Pork with Gravy
- 14 ThursdaySpaghetti with Meat Sauce
- 15 Friday.....Biscuits and Gravy
- 18 MondaySwiss Steak
- 19 Tuesday.....Chicken Macaroni Salad
- 20 WednesdayCheeseburger on a Whole Wheat Bun
- 21 ThursdayItalian Sausage
- 22 Friday.....Baked Fish
- 25 MondayAu Gratin Potatoes and Ham
- 26 Tuesday.....Beefy Mac-N-Cheese
- 27 WednesdayChicken Cacciatore
- 28 ThursdayMeatloaf
- 29 Friday.....Beef Burrito Bake

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

Middleton Senior Center at 831-2373.
The Middleton Senior Center meal site is part of Dane County Human Services.

Shopping Bus Schedule



Bus Schedule:

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

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

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

Day	Destination	Pick Up	Return
Monday	Lunch at Senior Center	10:30 a.m.	12:30 p.m.
Monday	Hilldale & 1st & 3rd Walgreens	11:30 a.m.	1:30 p.m.
Monday	West Towne Mall	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, September 1st -- Hummus Plate

Hummus, pita bread, celery, carrots, cucumber and cherry tomatoes.

No dressing included.

Friday, September 8th -- Pulled Pork Santa Fe Chicken Salad

Mixed greens topped with shredded pork, black bean salsa, shredded cheese and tortilla strips.

Ranch Dressing included.

Friday, September 15th -- Harvest Salad

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

Balsamic Vinaigrette Dressing included.

Friday, September 22nd -- Chicken Confetti Salad

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

Ranch Dressing included.

Friday, September 29th -- Tuna Salad

Mixed greens topped with tuna salad, tomato and cucumber.

No dressing included.

Senior Center Closed

The Senior Center will be closed on **Monday, September 4th**, in observance of the Labor Day holiday. Meals on Wheels will NOT be delivered nor will meals be served at the Middleton Senior Center. All classes, activities and programs are also cancelled. Contact a Case Manager should you need additional assistance.

Vegetarian Option

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

Bakery Items -- Mondays

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

Scrabble Mondays

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

Cribbage

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

Piano Entertainment

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

Wii Sports

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

Pinochle

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

Regularly SCHEDULED PROGRAMS

Open Bridge

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

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

Home Health United and the Middleton Senior Center offer foot care several times each month. The cost of Foot Care is \$20.00. For an appointment contact 831-2373.

Diabetic Foot Care

We offer Diabetic Foot Care twice a month. The cost is \$28.00 per visit. Contact the Middleton Senior Center, at 831-2373, for an appointment.

Wood Carving Drop In

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

Sing-Along

Join us on the first and third Tuesday of each month at 10:00 a.m. for a Sing-Along with friends. Singing takes place only on **Tuesday, September 5th and Tuesday, September 19th, at 10:00 a.m.** Sheet music is provided. Mary Duckwitz and Fran Jeatran lead this group as well as accompanying on the piano.

BINGO

BINGO is played on the last Tuesday of each month. Join us on **Tuesday, September 26th, at 1:00 p.m.** Come for lunch at 11:30 a.m. and stay for BINGO.

Mending Service

Mending is offered on the second Tuesday of each month. Morning appointments will be on **Tuesday, September 12th.** You are allowed to bring two items per appointment. You must make an appointment by calling 831-2373.

Coffee & The Economy

Shannon Riley, of Edward Jones Investments, will host a program on the **second Tuesday of each month, at 9:00 a.m.** at the Middleton Senior Center. Join him on **Tuesday, September 12th, at 9:00 a.m.** for coffee, pastries and a general discussion about financial issues. This month's topic will be "Investment Perspective".

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, September 5th.** No reservation necessary, simply show up.

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.

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.

Newsletter Assembly

The October newsletter will be assembled on **Tuesday, September 26th, 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

Spanish

You can boost your brain power at any age and learning Spanish can do this. 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 \$8.00 per month/per class. A new section begins each month and runs for four weeks.

Tuesdays

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

Wednesdays

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

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

Al-Anon Meeting

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

Sober Today Group

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

Essential Tremor/Dystonia Support Group

The Essential Tremor Support group meets on the second Wednesday of each month. They will meet on **Wednesday, September 13th, at 10:30 a.m.** For more information, e-mail madmidet@charter.net.

September Movie "Founder"

Join us to watch "Founder" on **Friday, September 8th, at 12:30 p.m.** "Founder" is the story of Ray Kroc, a salesman who turned two brothers' innovative fast food eatery, McDonald's, into one of the biggest restaurant businesses in the world with a combination of ambition, persistence and ruthlessness.

Starring:

Michael Keaton PG-13 Biography, Drama and History
1 Hour 55 Minutes

Women Embracing Change

This women only group meets on the second and fourth Wednesday of each month. Their 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. All issues including personal challenges and practical dilemmas, as well as, 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 with each other to traverse the road. Please join us on **Wednesday, September 13th, at 10:30 a.m.** and on **Wednesday, September 27th, at 10:30 a.m.**

Mystery Book Club

The Mystery Book Club will meet on **Wednesday, September 6th, at 10:00 a.m.** to discuss the book *I Let You Go*, by Claire MackIntosh. *I Let you Go* follows Jenna Gray as she moves to a ramshackle cottage on the remote Welsh coast, trying to escape the memory of the car accident that plays again and again in her mind and desperate to heal from the loss of her child and the rest of her painful past.

The book for **Wednesday, October 4th**, will be *A Free Man of Color*, by Barbara Hambly in October.

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

Calendar

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <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
4 Closed for Labor Day	5 <ul style="list-style-type: none"> • 9:00 Wood Carving Drop-In • 9:00 & 10:00 Spanish Classes • 10:00 Sing-Along • 11:30 Lunch • 11:45 Shopping Bus • 12:30 Blood Pressure Screening • 12:30 Mah Jongg • 1:00 Stitchers 	6 <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 - 12:00 Spanish Classes • 9:15 Social Seniors @ Hy-Vee • 9:30 Sober Today • 9:30 Al-Anon • 10:00 Mystery Book Club • 10:00 Forget-Me-Nots • 11:30 Lunch • 1:00 Euchre 	7 <ul style="list-style-type: none"> • 9:30 Middleton Jazz • 10:30 TOPS Meeting • Shopping Buses 11:00 & 11:45 • 11:30 Lunch • 12:30 Open Cards • 12:30 Nimble Fingers 	8 <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 "Founder" • 5:00 - 7:30 Strollin' Middleton
11 <ul style="list-style-type: none"> • 9:00 Scrabble • 10:00 Cribbage • 10:00 Memories Activity Presentation • 11:30 Lunch • 11:30 Shopping Bus • 12:30 Wii Sports • 12:30 Open Cards • 12:30 Pinochle • 12:30 Open Bridge • 1:00 Journaling 	12 <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 	13 <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 Support • 10:30 Women Embracing Change • 11:30 Lunch • 1:00 Euchre 	14 <ul style="list-style-type: none"> • 9:30 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 • 5:00 Volunteer Appreciation 	15 <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 • 1:00 Paper Crafting Class

Calendar (CONTINUED)

September 2017

7
S E P T E M B E R 2 0 1 7

Monday	Tuesday	Wednesday	Thursday	Friday
18 <ul style="list-style-type: none"> • 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 • 1:00 Journaling • 1:00 Scarf Dyeing • 4:00 Commission on Aging 	19 <ul style="list-style-type: none"> • 9:00 Wood Carving Drop-In • 9:00 & 10:00 a.m. Spanish Classes • 10:00 Sing-Along • 11:30 Lunch • 11:45 Shopping Bus • 12:30 Mah Jongg • 1:00 Stitchers • 1:00 Life Long Learning "How to be a LGBT Ally" 	20 <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 - 12:00 Spanish Classes • 9:30 Sober Today • 9:30 AI-Anon • 10:00 Forget-Me-Nots • 11:30 Social Seniors Lunch at Chocolaterian Cafe • 11:30 Lunch • 1:00 Euchre 	21 <ul style="list-style-type: none"> • 9:30 Middleton Jazz • 10:30 TOPS Meeting • Shopping Buses 11:00 & 11:45 • 11:30 Lunch • 12:30 Open Cards • 12:30 Nimble Fingers • 1:00 Conscious Aging 	22 <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
25 <ul style="list-style-type: none"> • 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 • 1:00 Journaling 	26 <ul style="list-style-type: none"> • 8:30 Newsletter Assembly • 9:00 Wood Carving Drop-In • 9:00 & 10:00 a.m. Spanish Classes • 11:30 Lunch • 11:45 Shopping Bus • 1:00 Stitchers • 1:00 BINGO 	27 <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 	28 <ul style="list-style-type: none"> • 9:30 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 • 1:00 Conscious Aging 	29 <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 Rummikub • 9:30 Social Seniors Depart for Badger Ammunition Museum • 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

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.

Writing Group

The Middleton Senior Center has a distinctive group of writers that meets on the second Wednesday of each month. These creative seniors write about a plethora of topics in a variety of writing styles. Participants bring their homework to share with the class. This month they will meet at the Middleton Library on **Wednesday, September 13th, at 1:00 p.m.** New members welcome.

You may choose to write one of the following::

1. Write about a favorite photo and bring it to share.
2. Anger and you.
3. Write about a letter or e-mail that seriously affected your life.
4. The trouble with _____ (Fill in the blank).

Books R Us

Books R Us will meet at **10:00 a.m. on Thursday, September 28th.** This month's book is *Wild: From Lost to Found on the Pacific Crest Trail* by Cheryl Strayed. A powerful, blazingly honest memoir: the story of an 1,100 mile solo hike that broke down a young woman reeling from catastrophe--and built her back up again. At twenty-two, Cheryl Strayed thought she had lost everything. In the wake of her mother's death, her family scattered and her own marriage was soon destroyed. Four years later, with nothing more to lose, she made the most impulsive decision of her life: to hike the Pacific Crest Trail from the Mojave Desert through California and Oregon to Washington State--and to do it alone.

Gadget Guru Appointments

Our Gadget Guru is now scheduling appointments at the Middleton Senior Center on the second and fourth Thursdays of each month to assist you with your gadgets. Please call 831-2373, to schedule an appointment to meet with Dave on **Thursday, September 14th or Thursday, September 28th, beginning at 10:00 a.m.**

Middleton Jazz -- Every Thursday

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

Nimble Fingers Seeking New Members

The Nimble Fingers group at the Middleton Senior Center is looking to recruit some new members. We are looking for people who crochet, knit or sew. We are a dynamic and fun group that make items to donate to local charities, such as Gilda's, MOM, UW and VA Hospitals. We provide most of the materials. We meet on the first and third Thursday of each month at 12:30 p.m. in the lower level. This month join us on **Thursday, September 7th and September 21st, at 12:30 p.m.**

Rummikub

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

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.

Programs & Events FOR THIS MONTH

6 SEPTEMBER 2017

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, September 6th, at 9:15 a.m.**
Meet at Hy-Vee, 675 S. Whitney way for breakfast and planning.
- ** **Wednesday, September 20th, 11:30 a.m.**
meet for lunch at Chocolaterian Cafe, 6637 University Avenue (formerly Scott's Pastry Shoppe).
- ** **Friday, September 29th, 9:30 a.m.** meet at the Middleton Senior Center to carpool to the Badger Ammunition Museum in Prairie du Sac. Lunch will follow.

For additional information contact Laura, 831-2373.

Memories Activity Demonstration

Join us for an interactive presentation about a new memories game and possible program. On **Monday, September 11th, at 10:00 a.m.**, Barb Halverson will demonstrate a new activity that she has created. The premise is for participants to write "Happy Memories" on paper, then placed in a bowl. Each person draws one and shares, discusses and reminisces something related to what is listed on the note. The only guideline is they have to be positive. This is a nice way to meet, connect and spend time with others. We are hopeful that this could turn into a future regularly scheduled event at the Middleton Senior Center.

Paper Crafting with Judy

Join us on **Friday, September 15th, 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.

Scarf Dyeing Class

Judy Arawinko will be teaching a scarf dyeing class at the Middleton Senior Center on **Monday, September 18th, at 1:00 p.m.** Cost is just \$16.00 and you will make a scarf with your own design to keep or give as a gift. Class space is limited, call 831-2373 to make your reservation today.

Strength & Flexibility Classes

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

Wednesdays, 9:00 a.m. - 10:00 a.m.
September 6th - October 25th (8 weeks)

And/Or

Fridays, 9:00 a.m. - 10:00 a.m.
September 8th - October 27th (8 weeks)

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

Conscious Aging - Cultivate Wisdom, Connect with Others, Celebrate Life!

(Another in our Wise Elders series)

Conscious Aging is about our innate ability to focus on listening to our own inner wisdom and guidance as we walk through the many changes we face as we age. I invite you to join us as we reflect on what has given heart and meaning to our lives and how that informs our intentions for our aging process. This series will focus on topics such as Self-Compassion, Forgiveness, Life Review, Letting Go, and most importantly, Creating a New Vision of our Aging. While there will be many sharing and writing practices offered, there is always the option of sitting quietly with your own inner wisdom.

This class will meet on **Thursdays at 1:00 p.m.**
September 21st - October 26th. (six weeks)

The cost is \$75.00 and includes a course workbook. Space is limited to ONLY 12 people for this class. Advanced registration is required. Payment due by September 14th.

Programs & Events FOR THIS MONTH

Strollin' Middleton Jazz Event

The Greater Madison Jazz Consortium presents "Strollin' Middleton," a multi-venue event featuring live jazz at multiple venues, indoors and outdoors, in downtown Middleton. This year the Middleton Senior Center is participating as well. Join us on **Friday, September 8th**, 5:00 p.m. - 6:00 p.m. for our own Middleton Jazz Band and then 6:30 p.m. - 7:30 p.m. to hear the Craig Mason Combo. Admission is free. Enjoy strollin' from venue to venue in downtown Middleton to hear bands that you know and love and sample music from bands that may be new to you.

Video Lecture -- Persian Empire

Join us on **Friday mornings at 10:15 a.m. September 15th - December 8th** (18 weeks). What do we know about the Persian Empire? For most of the past 2,500 years, we've heard about it from the ancient Greek perspective: a decadent civilization run by despots, the villains who lost the Battle of Marathon and supplied the fodder for bad guys in literature and film. But is this image really accurate?

The cost for the class is \$10.00 per person. Transcript books are an additional \$25.00. Book orders and payment must be made by Friday, September 8th. Contact the Senior Center at 831-2373, to sign-up. Advanced registration is required.

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 from **October 16th - December 8th, 2017**.

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.

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

September 25th - October 23rd

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

Class #33860

Estimated Senior Cost is \$109.00

Introduction to Wine

Thursday, November 30th

6:00 p.m. - 9:00 p.m.

Class # 33629

Estimated Cost is \$48.00

AARP Driver Safety Class

The AARP Driver Safety Class will be on **Monday, October 2nd, 8:30 a.m. - 12:30 p.m.** For details call 831-2373.

Car Weatherization

Car Weatherization will be on **Saturday, October 7th, 9:00 a.m. - 12:00 p.m.** at Middleton Ford. Call 831-2373 to schedule your appointment.

Introducing Gentle Chair Yoga for Wellness

If you think you can't do yoga - "I'm too out of shape", "I'm too old", "I'm not flexible" - then this six-week class may be for you. Join us, **Monday mornings, at 10:00 a.m. October 2nd - November 6th**. Using breath, movement, and mindful transitions we will begin seated in a chair and explore simple postures. Modifications offered. There will also be options for those that wish to explore moving into simple standing poses. Cost is \$42.00 and must be paid by September 25th. Call 831-2373 to sign up.

Upcoming PROGRAMS... Mark Your Calendars!

Volunteer Wanted

Spa Assistant - Foot Care

This position assists the nurse that performs Foot care. You will not be cutting any nails but will be taking money, getting towels and drawing water.

Openings available for:

Second Tuesday of the month, 9:00 a.m. - 11:30 a.m.

Second Thursday of the month 1:00 p.m. - 2:45 p.m.

We are also looking for substitutes as back up for our spa assistants. If you are interested, contact Sandy Witte, Volunteer Coordinator, at 831-2373.

Driver Escorts

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

Volunteer Appreciation

If you are a volunteer at the Middleton Senior Center, you should have received your invitation to our Volunteer Appreciation on **Thursday, September 14th, 5:00 p.m. - 7:00 p.m.**, featuring the Sweet Adelines "Spare Parts Quartet".

If you volunteered in the past year and have not received your invitation please contact Sandy at 831-2373.

Wanted Snow Shovelers for Middleton Seniors

We need people to shovel senior's sidewalks on the weekends. If you would be willing to shovel a designated senior(s) driveway and/or sidewalk on the weekends this winter, contact Sandy at 831-2373.

Conversationalists Needed

Recruiting volunteers to come and converse with our seniors during lunch from 11:20 a.m. - 12:00 p.m. You can choose a day from Monday thru Friday and how many times you would like to come in a month. For more information contact Sandy at 831-2373.

Annual Volunteer Meeting

There will be an informational meeting for ALL Volunteers on **Tuesday, October 10th, 9:00 a.m. - 10:30 a.m.** This year we will have a guest speaker who will present about "Bullying Among Seniors - Can't We All Just Get Along". Fall and Winter procedures will be discussed along with changes for the Volunteer program. Please mark your calendars and plan on attending.

Craft Vendors Wanted

We are looking for "senior" vendors who would like to sell their handmade craft items at our Annual Craft Fair on **Friday, November 3rd, 9:00 a.m. - 2:00 p.m. AND Saturday, November 4th, 9:00 a.m. - 12:00 p.m.** Priority will be given to those who will participate both days. The cost for a table is \$20.00. Space is limited. For details 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.

Glen & Sandy JaeckelDonation
Ron BornsteinDonation
Roy & Barbara Thompson.....Donation
P. Jeffrey Archibald/Archibald
Consumer Law OfficeDonation
Mary Wealti.....Donation
Gladys Starkweather.....Donation
Jean-Anne RobertsDonation
Marti DettmannMemorial for
Agnes Bram



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

Telephone: 608-831-2373

Write: 7448 Hubbard Avenue, Middleton, WI 53562

Email: See Below

- 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

ENRICHING THE LIVES OF OLDER ADULTS