

OCTOBER 2017

Programs News & Events

MIDDLETON



SENIOR
CENTER

ENRICHING THE LIVES OF OLDER ADULTS

Life Long Learning...

Skills for Walking

This is a great time of year to be outside walking and enjoying the autumnal season. Join us on **Tuesday, October 17th, at 1:00 p.m.** for a program about staying safe while your are out.

The Wisconsin Bike Federation is part of the Share and Be Aware campaign. This program is to educate all road users to improve pedestrian and bicycle safety and reduce crashes and deaths.

A representative will be here to speak about identifying and avoiding common errors that put pedestrians in danger.

Drop It! Shred It! Prevent It! **Tuesday, October 24th, 2017** **11:00 a.m. - 1:00 p.m.**

- **Drop Your Meds**- Bring in your unwanted and unused prescriptions and over-the-counter medicines to be disposed of safely. The Middleton Police Department will be here to answer your questions and take your expired and unwanted medications.
- **Shred Your Documents** - Pellitteri Data Deconstruction Division will destroy your documents safely. You may drop off TWO grocery bags person to be shredded, during this time - Pellitteri will arrive at 12:45 p.m. to shred all documents at approximately 1:00 p.m.
- **Prevent the Flu** - Walgreens will be administering flu vaccination shots. Please remember to bring your Medicare Card (it is red, white and blue) or your Medicaid Card (black and white).

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Menu

OCTOBER

- 2 Monday.....Baked Fish
- 3 Tuesday.....Chicken Parmesan Casserole
- 4 Wednesday.....Chili
- 5 Thursday.....Sausage Gravy over a Biscuit
- 6 Friday.....Chicken Enchilada Casserole
- 9 Monday.....Burger on a Bun
- 10 Tuesday.....Italian Sausage w/ Peppers and Onions
- 11 Wednesday.....BBQ Ribs
- 12 Thursday.....Chicken and Gravy
- 13 Friday.....Spaghetti & Meat Sauce
- 16 Monday.....Ham Slice
- 17 Tuesday.....Hearty Bean Soup
- 18 Wednesday.....Meatballs in Marinara
- 19 Thursday.....Roasted Pork Loin
- 20 Friday.....Roast Beef
- 23 Monday.....Chicken Breast
- 24 Tuesday.....Cheese Burger on a Bun
- 25 Wednesday.....Vegetable Barley Soup & Half Tuna Salad Sandwich
- 26 Thursday.....Two pieces of French Toast w/ Syrup
- 27 Friday.....Sloppy Joe
- 30 Monday.....Chicken ala King
- 31 Tuesday.....BBQ Pulled Pork on a Bun

-- 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 2nd & 4th	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, October 6th -- Hummus Plate

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

No dressing included.

Friday, October 13th -- Pulled Pork Santa Fe Chicken Salad

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

Ranch Dressing included.

Friday, October 20th -- Harvest Salad

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

Balsamic Vinaigrette Dressing included.

Friday, October 27th -- Tuna Salad

Mixed greens topped with tuna salad, tomato and cucumber.

No dressing included.

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.

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, October 3rd and Tuesday, October 17th, 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, October 31st, 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, October 10th.** 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, October 10th, at 9:00 a.m.** for coffee, pastries and a general discussion about financial issues. This month's topic will be "A Market Update".

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, October 3rd.** 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 November newsletter will be assembled on **Tuesday, October 24th, at 8:30 a.m.** for bulk mailing. We can always use help with folding, assembling and adhering mailing labels. Doors of the Senior Center will be open at 8:00 a.m. and assembly of the newsletter will begin at 8:30 a.m.

Regularly SCHEDULED PROGRAMS

Spanish

You can boost your brain power at any age and learning Spanish. Ellen Soto teaches at several levels. This is a low stress group that accepts new members at any point. You may improve your mental health by meeting new friends, learning something new, and having fun. The cost is \$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, October 11th, at 10:30 a.m.** For more information, e-mail madmidet@charter.net.

October Movie "Going In Style"

Join us on **Friday, October 13th, at 12:30 p.m.** to watch the movie "Going In Style."

Lifelong buddies Willie, Joe and Albert decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty.

Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money

Starring: Morgan Freeman, Michael Caine and Alan Arkin

1 Hour 36 mins Comedy PG-13

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, October 11th, at 10:30 a.m.** and on **Wednesday, October 25th, at 10:30 a.m.** Our topic for October will be "Finding You". Suggested supplemental reading is *This Chair Rocks: A Manifesto Against Ageism*, by Ashton Applewhite.

The topic (and complimenting reading) for November is *The Four Agreements: a Practical Guide to Personal Freedom*, by Don Miguel Ruiz.

Calendar

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <ul style="list-style-type: none"> • 8:30 AARP Driver Safety Class • 9:00 Scrabble • 10:00 Cribbage • 10:00 Chair Yoga • 11:30 Lunch • 11:30 Shopping Bus • 12:30 Wii Sports • 12:30 Open Cards • 12:30 Pinochle • 12:30 Open Bridge • 1:00 Journaling 	<p>3</p> <ul style="list-style-type: none"> • 9:00 Wood Carving Drop-In • 9:00 & 10:00 Spanish Classes • 10:00 Sing-Along • 11:30 Lunch • 11:45 Shopping Bus • 12:30 Blood Pressure Screening • 12:30 Mah Jongg • 1:00 Stitches 	<p>4</p> <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 - 12:00 Spanish Classes • 9:30 Sober Today • 9:30 Al-Anon • 10:00 Mystery Book Club • 10:00 Forget-Me-Nots • 11:30 Lunch • 1:00 Euchre 	<p>5</p> <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 	<p>6</p> <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 Rummikub • 10:15 Video Lecture • 11:30 Lunch • 12:30 Pinochle • 12:30 Open Cards <p>*****</p> <p>Saturday, October 7th 9:00 a.m. - 12:00 p.m. Car Weatherization</p>
<p>9</p> <ul style="list-style-type: none"> • 9:00 Scrabble • 10:00 Cribbage • 10:00 Chair Yoga • 10:00 Mind Over Matter • 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 	<p>10</p> <ul style="list-style-type: none"> • 9:00 Volunteer Meeting • 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 Stitches 	<p>11</p> <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 - 12:00 Spanish Classes • 9:30 Sober Today • 9:30 Al-Anon • 10:30 Essential Tremor Support • 10:30 Women Embracing Change • 11:30 Lunch • 1:00 Euchre 	<p>12</p> <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 • 1:00 Conscious Aging 	<p>13</p> <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 Rummikub • 9:00 e-Reader Appointments • 10:15 Video Lecture • 11:30 Lunch • 12:30 Pinochle • 12:30 Open Cards • 12:30 Movie "Going In Style"
<p>16</p> <ul style="list-style-type: none"> • 9:00 Scrabble • 10:00 Cribbage • 10:00 Chair Yoga • 11:30 Lunch • 11:30 Shopping • 12:30 Wii Sports • 12:30 Open cards • 12:30 Pinochle • 12:30 Open Bridge • 1:00 Journaling • 4:00 Commission on Aging 	<p>17</p> <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 Mah Jongg • 1:00 Stitches • 1:00 Life Long Learning "Walking Skills" 	<p>18</p> <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 - 12:00 Spanish Classes • 9:30 Sober Today • 9:30 Al-Anon • 10:00 Forget-Me-Nots • 11:30 Lunch • 1:00 Euchre 	<p>19</p> <ul style="list-style-type: none"> • 9:30 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 	<p>20</p> <ul style="list-style-type: none"> • 9:00 - 12:00 Energy Appts • 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)

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Monday	Tuesday	Wednesday	Thursday	Friday
23 <ul style="list-style-type: none"> • 9:00 Scrabble • 10:00 Cribbage • 10:00 Chair Yoga • 10:00 Mind Over Matter • 11:30 Lunch • 11:30 Shopping Bus • 12:30 Wii Sports • 12:30 Open Cards • 12:30 Pinochle • 12:30 Open Bridge 	24 <ul style="list-style-type: none"> • 8:30 Newsletter Assembly • 9:00 Wood Carving Drop-In • 9:00 & 10:00 a.m. Spanish Classes • 10:00 Sing-Along • 11:00 - 1:00 Shred It! Drop It! Prevent It! • 11:30 Lunch • 11:45 Shopping Bus • 12:30 Mah Jongg • 1:00 Stitchers • 1:00 Paper Crafting Class 	25 <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 - 12:00 Spanish Classes • 9:30 Sober Today • 9:30 AI-Anon • 10:30 Women Embracing Change • 11:30 Lunch • 1:00 Euchre 	26 <ul style="list-style-type: none"> • 9:30 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 	27 <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 Rummikub • 10:15 Video Lecture • 11:30 Lunch • 12:30 Pinochle • 12:30 Open Cards
30 <ul style="list-style-type: none"> • 9:00 Scrabble • 10:00 Cribbage • 10:00 Chair Yoga • 11:30 Lunch • 11:30 Shopping Bus • 12:30 Wii Sports • 12:30 Open Cards • 12:30 Pinochle • 12:30 Open Bridge • 1:00 Scarf Dyeing 	31 <ul style="list-style-type: none"> • 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 	1 <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 Mystery Book Club • 10:00 Forget-Me-Nots • 11:30 Lunch • 1:00 Euchre 	2 <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 	3 <ul style="list-style-type: none"> • 9:00 - 3:00 Craft Fair • 9:00 Strength & Flexibility • 9:00 Rummikub • 10:15 Video Lecture • 11:30 Lunch • 12:30 Pinochle • 12:30 Open Cards <p>Saturday, November 4th 9:00 - 1:00 Craft Fair</p>

** 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

The Mystery Book Club will meet on **Wednesday, October 4th, at 10:00 a.m.** to discuss the book *A Free Man of Color*, by Barbara Hambly. A lush and haunting novel of a city steeped in decadent pleasures...and of a man, proud and defiant, caught in a web of murder and betrayal. It is 1833. In the midst of Mardi Gras, Benjamin January, a Creole physician and music teacher, is playing piano at the Salle d'Orleans when the evenings festivities are interrupted--by murder.

The book for **Wednesday November 1st**, will be *Naked Came the Manatee* by Carl Hiaasen, Dave Barry, Tom Schroeder. A story of suspense written serially by thirteen of Florida's most talented writers--including Dave Barry, Carl Hiaasen, and Elmore Leonard--features a riot in Coconut Grove, an appearance by Fidel Castro, and other strange happening. Books are available from the South Central Library System in print, large print, downloadable epub. New members are welcome.

Forget-Me-Nots - Pre-Registration Required

We have a group for those with Early Stages of memory loss, called Forget-Me-Nots. They meet on the first and third Wednesday of each month. This month they will meet at **10:00 a.m. on Wednesday, October 4th and Wednesday, October 18th**, at the Middleton Senior Center. This group is open to all ages. The 90-minute sessions will include individual and group brain games, music, gentle exercise and time for socialization. To register contact Kathy Lauer, at 831-2373. *It is important that you register with Kathy before attending this program.* This program is in partnership with St. Luke's Lutheran Church and the West Madison Senior Coalition.

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 at **10:00 a.m. at Little Red Preschool on Wednesday, October 11th.** If you have a short book to read, please bring it. For additional information contact Patty at 225-4663.

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 Speaker

Shelley Schwarz, a columnist with the Wisconsin State Journal will be speaking at the meeting this month on **Wednesday, October 11th at 1:00 p.m.** at the Middleton Library.

In addition, this month's topics to write about are:

1. The world would be a better place if _____ (fill in the blank)
2. Write about your pet peeve.
3. Fall is almost here; winter is coming later. How do you feel about that?

New member are always welcome.

Books R Us

Books R Us will meet at **10:00 a.m. on Thursday, October 26th.** This month's book is *The Pelican Brief*, by John Grisham: Two Supreme Court justices have been assassinated and in New Orleans, a young law student prepares a legal brief. To Darby Shaw it was no more than a legal shot in the dark, a brilliant guess. To the Washington establishment it was political dynamite. Suddenly Darby is witness to a murder, a murder intended for her. She goes underground, she finds there is only one person she can trust, an ambitious reporter -- to help her piece together the deadly puzzle. Somewhere between the bayous of Louisiana and the White House's inner sanctums, a violent cover-up is being engineered. For someone has read Darby's brief. Someone who will stop at nothing to destroy the evidence of an unthinkable crime.

Programs & Events FOR THIS MONTH

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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, October 12th or Thursday, October 26th, beginning at 10:00 a.m.**

Middleton Jazz -- Every Thursday

Middleton Jazz would like to thank The Greater Madison Jazz Consortium for inviting our participation in Strolling Middleton on September 8th. We had a standing room only crowd and really enjoyed playing for everyone. We would also like to thank Middleton Senior Center for the venue and for the opportunity to rehearse on Thursday mornings. Come on over and give us a listen.

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.

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, October 5th and October 19th, 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.

eReader Appointments

Learn to download free eBooks from the library to your Kindle, iPad, tablet or other device through Wisconsin's Digital Library, at a personalized eBook training. You may make your appointment for **Friday morning, October 13th**, by calling 831-2373. You will also need to 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.

- ** **Thursday, October 5th, at 9:15 a.m.**
Meet at Hy-Vee, 675 S. Whitney way for breakfast and planning.
- ** **Thursday, October 12th, 10:00 a.m.**
meet at the Middleton Senior Center to carpool to Paoli for shopping and lunch.
- ** **Monday, October 30th, 11:15 a.m.**
Lunch at Imperial Garden, 2039 University Avenue. To carpool meet at the Middleton Senior Center at 11:00 a.m. For additional information contact Laura, 831-2373.

Paper Crafting with Judy (2 Classes)

Join us on **Friday, October 20th, at 1:00 p.m. and October 24th, 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, October 30th, 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.

Programs & Events FOR THIS MONTH

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. This course is designed to help older drivers become more aware of changes that occur due to aging (vision, hearing and reaction time) and how to adjust driving accordingly. The cost is \$15.00 for AARP members, and \$20.00 for non-members. You may receive a savings on your car insurance by completing this class, check with your insurance agent. Sign up by calling at 831-2373

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. Call 831-2373 to sign up.

Car Weatherization

Sign up to get your car checked out and ready for winter. The Middleton Police Department, Middleton Ford and The Middleton Senior Center sponsor this Car Weatherization on **Saturday, October 7th, 9:00 a.m. - 12:00 p.m.** at Middleton Ford. Call 831-2373 to schedule your appointment.

Energy Assistance

Do you need help with energy bills? A representative from Energy Services will be at the Middleton Senior Center on **Friday, October 20th, 9:00 a.m. - 12:00 p.m.** Appointments are necessary. You may schedule your appointment by calling Energy Assistance directly at 267-8601.

Coffee & Fruit Fund

Thank you for your monetary donations into the coffee fund -- it REALLY does make a difference! Although it is not free - it is cheap.

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+

Introduction to Wine

Thursday, November 30th

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

Class # 33629

Estimated Cost is \$48.00

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.

Craft Fair

The Middleton Senior Center is hosting a Craft Fair on **Friday, November 3rd, 9:00 a.m. - 3:00 p.m. and Saturday, November 4th, 9:00 a.m. - 1:00 p.m.** Senior craft vendors will be selling a variety of handmade items - quilts, shawls, lap robes, baby blankets, baby bibs and burp cloths, potato bags, popcorn bags, hats, fingerless gloves, scarves, table runners, and Christmas decor.

Upcoming PROGRAMS... Mark Your Calendars!

OCTOBER 2017

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:

1st Tuesday of each 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.

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.

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.

Edith Ersland.....	Memorial Dorothy Feddema
Rosemary Gall.....	Memorial Dorothy Feddema
Catherine McMillan.....	Donation
Lana & John Chandler.....	Donation
Violet Pivo.....	Donation
Ann Peckham.....	Donation
Sharon Bernhard.....	Donation

Create your own Turkey Centerpiece

Thanksgiving is right around the corner and we would like to invite you to craft a turkey centerpiece(s) for our dining area tables.

You will use your own materials. They will be displayed for the month of November.

The centerpieces cannot be wider than 9 inches. Must be sturdy and able to stand on the tables.

Prizes will be awarded for most colorful, most unique, and most items used from nature (e.g. acorns, pinecones).

Drop your entry off to the Middleton Senior Center no later than **Friday, October 27th, at 9:00 a.m.** Judging will be at 9:30 and you don't have to be present to win. Good luck!

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.

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 have just a few space left 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. - 3:00 p.m. AND Saturday, November 4th, 9:00 a.m. - 1:00 p.m.** The cost for a table is \$20.00. Space is limited. For details contact Laura, 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

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