

JANUARY 2017

Programs News & Events

MIDDLETON



SENIOR
CENTER

ENRICHING THE LIVES OF OLDER ADULTS

Life Long Learning...

How to Survive an Active Shooter

We are hearing too frequently about active shooter situations. Learn about ways you can respond should you be in this position.

Jocelyn Longley, of the Dane County Sheriff's Office, will be at the Middleton Senior Center on **Tuesday, January 17th, at 1:00 p.m.**

She will present about response plans for the situation, warning signs, lessons learned from previous events, and other applicable plans.

Joy of Journaling

Words are deeply powerful and have the ability to change and transform our life's experiences. Please join us in learning how to create a journaling ritual. This will be an exploration of many journaling techniques to allow you to find what works best for you.

Join us for this 5-week class on **Monday mornings, January 30th - February 27th, 9:30 a.m - 10:45 a.m.** Cost is just \$30.00.

Call the Middleton Senior Center at 831-2373 to sign up. Space is limited.

(Additional information on page 10)

Whats Inside:

JANUARY MENUS

page 2-3

BUS SCHEDULE

page 2

REGULARLY SCHEDULED PROGRAMS

page 3-5, 8

JANUARY CALENDAR

page 6-7

JANUARY PROGRAMS & EVENTS

page 9-10

UPCOMING EVENTS

page 10-11

DONATIONS

page 10

MADISON COLLEGE CLASSES

page 11

VOLUNTEER OPPORTUNITIES

page 11

Menu

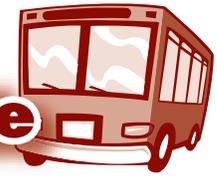
JANUARY

- 2 Monday.....Closed
- 3 Tuesday.....Sloppy Joe on a Bun
- 4 Wednesday.....Ham Slice
- 5 Thursday.....Chicken-Ala-King
- 6 Friday.....Spaghetti w/ Meat Sauce
- 9 Monday.....Chicken Alfredo over Fettuccine Noodles
- 10 Tuesday.....Chili
- 11 Wednesday.....Pork Cutlet w/ Mushroom Gravy
- 12 Thursday.....Swiss Burger on a Bun
- 13 Friday.....Pepper Steak w/ Onions
- 16 Monday.....Open Face Hot Roast Pork Sandwich w/ Gravy
- 17 Tuesday.....Beef Stew
- 18 Wednesday.....Chicken & Dumplings
- 19 Thursday.....Hearty Bean Soup w/ Chicken Salad Sandwich
- 20 Friday.....Swedish Meatballs
- 23 Monday.....Salisbury Steak w/ Gravy
- 24 Tuesday.....Philly Cheese Sandwich
- 25 Wednesday.....Baked Chicken
- 26 Thursday.....Potato Crusted Fish on a Bun
- 27 Friday.....Turkey Roast w/ Gravy
- 30 Monday.....Scalloped Potatoes w/ Ham
- 31 Tuesday.....Roast Beef w/ Gravy

-- 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	Copps 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	Target & Copps 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 Alternative

We offer cold salads as an alternative to the regular Tuesday meal at the dining center ONLY.

January 3rd -- Garden Salad

Mixed greens with shredded lettuce, cheese, garbanzo beans, cucumbers, broccoli, diced tomato and peas. Your choice of dressing.

January 10th -- Chicken Ranch Salad

Mixed greens and lettuce, diced chicken, crumbled bacon, cucumbers, diced tomatoes, peas, purple onion. Served with Ranch Dressing.

January 17th -- Chef Salad

Shredded lettuce, ham, turkey, cheese, tomato wedges, shredded carrots, radishes, diced cucumbers. Your choice of dressing.

January 24th -- Taco Salad

Lettuce, meat (beef), cheese, diced tomatoes, diced onion, salsa, sour cream and tostado chips.

January 31st -- Garden Salad

Mixed greens with shredded lettuce, cheese, garbanzo beans, cucumbers, broccoli, diced tomato and peas. Your choice of dressing.

Inclement Weather Reminder

In the event the Middleton-Cross Plains School District closes schools due to bad weather, the Middleton Senior Center will also be closed. Meals on Wheels will not be delivered nor will meals be served at the Middleton Senior Center. The cancelled meal will be served the next day.

All classes, activities and programs are cancelled. Contact the Senior Center regarding rescheduled or make up programs. In addition, the shopping bus will not run on days when the Senior Center is closed due to the weather.

Vegetarian Option

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

Senior Center Closed

A reminder that the Middleton Senior Center will be closed for the New Year's Holiday on **Friday, December 30th and Monday, January 2nd.**

Meals on Wheels, meal site dinners, all programs and activities will not take place at the Senior Center. If you need a meal or other assistance during this time, please contact a case manager, 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 Players

We have a Cribbage group that plays on **Monday mornings at 9:30 a.m.** They are always looking for additional players. We have the cribbage boards, you can just show up. We are looking for a volunteer to assist with scoring and pegging for Cribbage, contact Sandy, at 831-2373, if interested.

Regularly SCHEDULED PROGRAMS

Sign IN & Sign UP

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

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

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

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

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.

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.

Monday Bridge

Bridge on **Mondays** is now open to anyone who wishes to play. Please do not get seated or begin playing in the Large Activity Room before 12:30 p.m. as our leader would like to clean tables, organize and set up the area during this time.

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 Thursdays and Fridays at 12:30 p.m. Please check at the front desk for an available location.

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 on **Tuesday, January 3rd** and **Tuesday, January 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. New voices welcome.

Mending Service

Mending is offered on the second Tuesday of each month. This month it will be on **Tuesday, January 10th**, both morning and afternoon appointments are available. We also have added a bonus day on **Tuesday, January 24th, at 1:00 p.m.** You are allowed to bring two items per appointment. You must make an appointment by calling 831-2373.

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 for the class is \$5.00 per month. A new section begins each month and runs for four weeks. January classes begin the week of **January 3rd**.

Tuesdays

9:00 a.m. Conversational Spanish
10:00 a.m. Spanish for Short Sentences
11:00 a.m. Spanish Grammar

Wednesdays

11:00 a.m. Beginners Spanish

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

Blood Pressure Screening

Blood Pressure screening takes place on the first Tuesday of each month at 12:30 p.m. This month it will be on **Tuesday, January 3rd, at 12:30 p.m.**

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 February newsletter will be assembled on **Tuesday, January 24th, at 8:30 a.m.** for bulk mailing. 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.

January Movie "Sully"

Join us on **Friday, January 13th, at 12:30 p.m.** to watch the movie "Sully".

Tom Hanks stars in this portrait of airline pilot Chesley "Sully" Sullenberger, which depicts his successful emergency landing of an Airbus A320 on the Hudson River in January 2009.

In the aftermath of this unprecedented and heroic feat, the traumatized pilot must endure second-guessing by investigators, the weight of sudden fame, and his own doubts about his actions that fateful day.

Starring: Tom Hanks, Aaron Eckhart and Laura Linney

96 Minutes Rated PG-13

Poetry Class for Everyone

Exercise your mind and stretch your creative muscles in a poetry class led by writer/poet Marla Maeder. Turn your feelings, memories and observations into free verse, rhyme or haiku, anything goes. The Poetry group is suspended for January, however it will resume meeting weekly on **Tuesdays beginning on February 7th, at 10:30 a.m.** Contact Laura at 831-2373, for additional information.

BINGO

BINGO is played on the last Tuesday of each month. Join us on **Tuesday, January 31st, at 1:00 p.m.** Come for lunch at 11:30 a.m. and stay for BINGO.

Al-Anon Meeting

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

Sober Today Group

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

Calendar

January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Closed for the New Year's Day Holiday</p>	<p>3</p> <ul style="list-style-type: none"> 9:00 Wood Carving Drop-In 9:00 -11:00 a.m. Spanish Classes 10:00 Sing-Along 11:30 Lunch 11:45 Shopping Bus 12:30 Blood Pressure Check 12:30 Mah Jongg 1:00 Stitchers 	<p>4</p> <ul style="list-style-type: none"> 9:00 Strength & Flexibility 9:15 Social Seniors @ Hy-Vee 9:30 Sober Today 9:30 Al-Anon 10:00 Mystery Book Club 10:00 Forget-Me-Nots 11:00 Spanish 11:30 Lunch 1:00 Euchre 	<p>5</p> <ul style="list-style-type: none"> 9:30 Middleton Jazz 10:00 Reminiscing 10:30 TOPS Meeting Shopping Buses 11:00 & 11:45 11:30 Lunch 12:30 Open Cards 12:30 Nimble Fingers 	<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 1:00 Social Seniors Australia Travelogue @ Middleton Library
<p>9</p> <ul style="list-style-type: none"> 9:00 Scrabble 9:30 Cribbage 11:30 Lunch 11:30 Shopping Bus 12:30 Wii Sports 12:30 Open Cards 12:30 Pinochle 12:45 Open Bridge 	<p>10</p> <ul style="list-style-type: none"> 9:00 Mending 9:00 Wood Carving Drop-In 9:00 -11:00 a.m. Spanish Classes 11:30 Lunch 11:45 Shopping Bus 12:30 Mah Jongg 1:00 Stitchers 1:00 Mending 	<p>11</p> <ul style="list-style-type: none"> 9:00 Strength & Flexibility 9:30 Sober Today 9:30 Al-Anon 10:30 Women Embracing Change 11:00 Spanish 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 	<p>13</p> <ul style="list-style-type: none"> 9:00 Strength & Flexibility 9:00 e-Reader Appointments 9:00 Rummikub 9:30 Social Seniors Depart for Eagle Watch 10:15 Video Lecture 11:30 Lunch 12:30 Pinochle 12:30 Movie "Sully" 12:30 Open cards
<p>16</p> <ul style="list-style-type: none"> 9:00 Scrabble 9:30 Cribbage 11:30 Lunch 11:30 Shopping Bus 12:30 Wii Sports 12:30 Open Cards 12:30 Pinochle 12:45 Open Bridge 4:00 Commission on Aging 	<p>17</p> <ul style="list-style-type: none"> 9:00 Wood Carving Drop-In 9:00 -11:00 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 - Active Shooter Presentation 	<p>18</p> <ul style="list-style-type: none"> 9:00 Strength & Flexibility 9:30 Sober Today 9:30 Al-Anon 10:00 Forget-Me-Nots 11:00 Spanish 11:30 Lunch 1:00 Euchre 	<p>19</p> <ul style="list-style-type: none"> 9:30 Middleton Jazz 10:00 Reminiscing 10:30 TOPS Meeting Shopping Buses 11:00 & 11:45 11:30 Lunch 12:30 Open Cards 12:30 Nimble Fingers 	<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

Monday	Tuesday	Wednesday	Thursday	Friday
23 <ul style="list-style-type: none"> • 9:00 Scrabble • 9:30 Cribbage • 11:30 Lunch • 11:30 Shopping Bus • 12:30 Wii Sports • 12:30 Open Cards • 12:30 Pinochle • 12:45 Open Bridge 	24 <ul style="list-style-type: none"> • 8:30 Newsletter Assembly • 9:00 Wood Carving Drop-In • 9:00 - 11:00 a.m. Spanish Classes • 11:30 Lunch • 11:45 Shopping • 12:30 Mah Jongg • 1:00 Stitchers • 1:00 Mending 	25 <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:30 Sober Today • 9:30 Al-Anon • 10:30 Women Embracing Change • 11:00 Spanish • 11:30 Lunch • 11:30 Social Seniors Lunch @ Biaggi's • 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 	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 • 9:30 Cribbage • 9:30 Journaling Class • 11:30 Lunch • 11:30 Shopping Bus • 12:30 Wii Sports • 12:30 Open Cards • 12:30 Pinochle • 12:45 Open Bridge 	31 <ul style="list-style-type: none"> • 9:00 Wood Carving Drop-In • 9:00 - 11:00 a.m. Spanish Classes • 11:30 Lunch • 11:45 Shopping • 1:00 Stitchers • 1:00 BINGO 	1 <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:30 Sober Today • 9:30 Al-Anon • 10:00 Mystery Book Club • 10:00 Forget-Me-Notes • 11:00 Spanish • 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 Strength & Flexibility • 9:00 Rummikub • 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

Essential Tremor/Dystonia Support Group

The Essential Tremor Support group is on hiatus until March. They will resume meeting the second Wednesday of each month. They will meet at **10:30 a.m. on Wednesday, March 8th, 2017**. For more information, e-mail madmidet@charter.net.

Mystery Book Club

The Mystery Book Club will meet on **Wednesday, January 4th, at 10:00 a.m.** The book will be *Mr. Churchill's Secretary*, by Susan Macneal. London, 1940. Winston Churchill has just been sworn in, war rages across the Channel, and the threat of a Blitz looms larger by the day. But none of this deters Maggie Hope. Ensnared in a web of spies, murder, and intrigue, Maggie must work quickly to balance her duty to King and Country with her chances for survival. And when she unravels a mystery that points toward her own family's hidden secrets, she'll discover that her quick wits are all that stand between an assassin's murderous plan and Churchill himself.

The book for **Wednesday, February 1st**, will be *Bangkok 8*, by John Burdette. A thriller with attitude to spare, *Bangkok 8* is a sexy, razor-edged, often darkly hilarious novel set in one of the world's most exotic cities. Witnessed by a throng of gaping spectators, a charismatic Marine sergeant is murdered under a Bangkok bridge inside a bolted-shut Mercedes Benz. Among the witnesses are the only two cops in the city not on the take, but within moments one is murdered and his partner, Sonchai Jitpleecheep—a devout Buddhist and the son of a Thai bar girl and a long-gone Vietnam War G.I.—is hell-bent on wreaking revenge.

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

Euchre

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

Women Embracing Change Group

This group of women meet on the second and fourth Wednesday of each month. This women only group meets to discuss the changes we go through as we age. Pat Ball facilitates on topics that include, physical, emotional and psychological changes as well as a variety of other issues. Please join us on **Wednesday, January 11th, at 10:30 a.m.** and on **Wednesday, January 25th, at 10:30 a.m.**

Early Stage Memory Loss Group is now Forget-Me-Nots

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 on **Wednesday, January 4th and Wednesday, January 18th, at 10:00 a.m.** 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. For information and to register contact Kathy Lauer, at 831-2373. This program is in partnership with St. Luke's Lutheran Church and the West Madison Senior Coalition.

Writing Group

The Middleton Senior Center has a distinctive group of writers that meets on the second Wednesday of each month. This is a group of creative seniors that write about a variety of topics in a variety of writing styles. Each month a different member decides on the topics and styles of writing. Participants bring their homework to share with the class. This month they will meet at the Middleton Library, 7425 Hubbard Avenue, on **Wednesday, January 11th, at 1:00 p.m.** New members are always welcome.

You may write about one of the following topics this month:

1. A time when you displayed courage.
2. A time when you got lost.
3. Any honors or awards that you have won.
Possibly a graduation or another milestone.

Programs & Events FOR THIS MONTH

6 JANUARY 2017

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, January 11th.** If you have a short book to read, please bring it. For additional information contact Patty at 225-4663.

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, January 4th, at 9:15 a.m.** at Hy-Vee, 675 S. Whitney Way. Breakfast and Planning.
- * **Friday, January 6th, at 1:00 p.m.** Middleton Library, 7425 Hubbard Avenue, for an Australian travelogue by Claudia Miska
- * **Friday, January 13th, at 9:30 a.m.** meet at the Middleton Senior Center to car pool to Sauk City to watch the Bald Eagles and lunch following at Blue Spoon.
- * **Wednesday, January 25th, at 11:30 a.m.** they will have lunch at Biaggi's Restaurant, 1611 Aspen Commons, Greenway Station. It is restaurant week and you will enjoy a three course meal for \$15.00. You may meet at the Senior Center to carpool at 11:15 a.m. or meet at Biaggi's at 11:30 a.m.

TOPS Meetings

The Middleton Senior Center has a new and thriving TOPS program. They meet on **Thursday mornings at 10:30 a.m.** Taking Pounds Off Sensibly (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.

Books R Us

Books R Us will meet on **Thursday, January 26th, at 10:00 a.m.** It will be a Book Buffet, this is when everyone brings a book they've read and enjoyed to share with the group. You will have 5-10 minutes to review your book. This is a great way to learn about a variety of books and to get some good ideas for future reading.

Reminiscing Group

The Reminiscing Group meets the first and third Thursdays of each month at 10:00 a.m. They will meet on **Thursday, January 5th and Thursday, January 19th, at 10:00 a.m.** Join this interesting group and share your history and stories.

Gadget Guru

Our Gadget Guru is at the Middleton Senior Center on the second and fourth Thursdays of each month to assist you with your gadgets. This month Dave will be here at **10:00 a.m. on Thursday, January 12th and Thursday, January 26th.**

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.

Energy Assistance

Do you need help with energy bills? A representative from Energy Services will be at the Middleton Senior Center on **Friday, January 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.

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.

Programs & Events FOR THIS MONTH

Paper Crafting with Judy

Join us on **Friday, January 20th, 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 are furnished as well as envelopes and inserts for four cards. 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.

Nimble Fingers

2016 proved to be another stellar year for the Nimble Fingers group. In addition to our successful fall craft fair, they donated over 1000 items to 13 different local, charitable organizations. These included, Middleton Outreach Ministry (MOM), American Family Children's Hospital, Koats for Kids, the Veteran's Hospital in Madison, and the Domestic Abuse Intervention Services (DAIS).

We are fortunate to have dedicated women willing to share their time, yarn, fabric and talent.

Anyone is welcome to join the group. We knit, crochet and sew. We meet the first and third Thursdays of each month at 12:30.

We could always use more "nimble fingers" and we can always use donations of fabric for quilting and full skeins of yarn.

*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!

James & Gladys Otterson Donation
 Roy & Barbara Thompson..... Donation
 Lennie Redders Donation
 Cynthia Zellers..... Donation

Tax Counseling

The Middleton Senior Center is an AARP sponsored tax site. This service is designed for those with low to moderate income, catering especially to those over age 60. **We will begin scheduling appointments on Monday, January 16th**, for appointments in February. Appointments are required. You may do so by calling 831-2373, AFTER January 16th.

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.
 January 4th - February 22nd (8 weeks)
 And/Or**

**Fridays, 9:00 a.m. - 10:00 a.m.
 January 6th - February 24th (8 weeks)**

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

Joy of Journaling

Words are deeply powerful and have the ability to change and transform our life's experiences. Please join us in learning how to create a journaling ritual. Not as 'one more thing to do' – rather a joyful experience of finding your own unique Voice on paper.

- ** No need to be a writer
- ** No experience necessary
- ** We will learn together as we go

**Monday mornings
 9:30 a.m. - 10:45 a.m.
 January 30th - February 27th.**

This will be an exploration of many journaling techniques to allow you to find what works best for you. Along with being in an encouraging group setting – there will be many take home handouts to guide your journaling. The cost is \$30.00 for the 5-week class. Call the Senior Center at 831-2373, to sign up. Space is limited.

Upcoming PROGRAMS.... Mark Your Calendars!

JANUARY 2017

Kindles Available to Borrow

Dane County Library Service has loaned us several Kindles and e-Readers to loan. They are pre-loaded with books and you can borrow it to see if you would like one. Contact Laura at 831-2373, for more information.

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, January 13th**, by calling 831-2373. You will also need to bring your library card. This program is funded through the Library Services and Technology Act (LSTA). Volunteers Wanted

Driver Escorts

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

Receptionists

Are you the type of person who loves to help people and knows the importance of good customer service? Here is a great opportunity to use these skills by being a receptionist at the Senior Center.

Shifts available:

Thursdays 8:00 a.m. to 10:00 a.m.

Fridays 12:00 p.m. to 4:30 p.m.

Subs to back up the receptionists. If you are interested in this volunteer opportunity, contact Sandy Witte at 831-2373.

Musical Performance -- Mark Your Calendars

The Retro Swing Band will perform at the Middleton Senior Center on **Monday, February 27th at 1:00 p.m. Join us for lunch at 11:30 a.m.** and stay the musical program.

All cards will be cancelled for that afternoon.

Madison College Classes

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+

Android Device Basics

Tuesdays

January 31st - February 7th, 2017

9:00 a.m. - 11:30 a.m.

Class #62029

Estimated Senior Cost is \$49.45

The Zen of Kumihimo I

Tuesdays

February 7th - February 28th, 2017

9:00 a.m. - 12:00 p.m.

Class #61821

Estimated Senior Cost is \$66.90

Creative Writing: Memoirs

Wednesdays

February 15th - April 5th, 2017

1:00 p.m. - 3:00 p.m.

Class #62363

Estimated Cost to Seniors is \$87.70

The Zen of Kumihimo 2

Tuesdays

March 7th - March 28th, 2017

9:00 a.m. - 11:00 a.m.

Class #61822

Estimated Senior Cost is \$46.10

Watercolor Painting - All Levels

Mondays

March 27th - April 24th

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

Class #61823

Estimated Senior Cost is \$87.70



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

PRSR STD
U.S. POSTAGE
PAID
MADISON, WI
PERMIT NO. 4003

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