

SEPTEMBER 2018

Programs News & Events

MIDDLETON



SENIOR
CENTER

ENRICHING THE LIVES OF OLDER ADULTS

Life Long Learning...

Peripheral Neuropathy

If your life is limited by the symptoms of neuropathy, there is an opportunity for real relief. Join us for a presentation by the Realief Madison Clinic on **Tuesday, September 18th, at 1:00 p.m.** at the Middleton Senior Center.

This presentation will focus on the causes of peripheral neuropathy, conventional treatments and an exciting new therapy that can provide symptom control.

Come for lunch at 11:30 a.m. and stay for the program. Please make your lunch reservation by noon on Monday, September 17th.

Walking Group

The Middleton Senior Center has recently formed a Walking Group. They meet **every Thursday morning, 9:00 a.m.** at the Senior Center. They assemble in the Living Room and decide at that point where they would like to walk. Some have paired off to walk shorter distances, others have gone for longer distances. There are a variety of participants at a variety of paces.

No fees, no advance sign-up. Simply join in.

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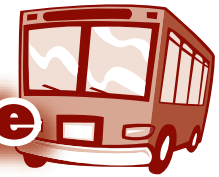
SEPTEMBER

- 3 Monday.....Closed for Labor Day
- 4 Tuesday.....Pizza Burger
- 5 Wednesday.....Ham and Potato Casserole
- 6 Thursday.....BBQ Chicken Breast
- 7 Friday.....Spinach/Bacon/Cheese Quiche
- 10 Monday.....Tuna Salad Sandwich
- 11 Tuesday.....Enchilada Casserole
- 12 Wednesday.....Beef Stroganoff over Noodles
- 13 Thursday.....Chicken Strips with BBQ Sauce
- 14 Friday.....Taco Pasta Casserole
- 17 Monday.....Roasted Turkey in Gravy
- 18 Tuesday.....Tuna Casserole
- 19 Wednesday.....Chicken Sandwich
- 20 Thursday.....Meatballs in Gravy
- 21 Friday.....Baked Chicken on the Bone
- 24 Monday.....Sloppy Joe on a Bun
- 25 Tuesday.....Chicken Macaroni Salad
- 26 Wednesday.....Spaghetti with Meat Sauce
- 27 Thursday.....Pork Loin in Gravy
- 28 Friday.....Lemon Baked Fish

** 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 & 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 7th --

Pulled Pork Santa Fe Salad

Mixed greens topped with seasoned shredded pork, black bean salsa and tortilla strips.
Ranch dressing included.

Friday, September 14th -- Hummus Plate

Hummus, pita bread, celery, green pepper, cucumber and cherry tomatoes.
No dressing included.

Friday, September 21st -- Harvest Salad

Mixed greens topped with beets, garbanzo beans cucumber, red onion, feta and croutons.
Balsamic Vinaigrette dressing included.

Friday, September 28th --

Chicken Confetti Salad

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

Vegetarian Option

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

Senior Center Closed

The Senior Center will be closed on **Monday, September 3rd**, 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.

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!

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.

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.

Wii Sports

The Middleton Senior Center has a Wii video gaming system. Participants primarily play bowling and tennis, however, there are other games as well, on **Mondays at 12:30 p.m.** No need to sign up, just show up.

Open Bridge

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

Regularly SCHEDULED PROGRAMS

Open Cards

Open Cards is for people that have a group 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

SSM Health at Home (formerly Home Health United) and the Middleton Senior Center offer foot care several times each month. The cost is \$22.00. This service is NOT covered by Medicare. Contact the Senior Center at 831-2373 for an appointment.

Diabetic Foot Care

We offer Diabetic Foot Care once a month. The cost is \$30.00 per visit. This service is NOT covered by Medicare. SSM Health at Home (formerly Home Health United) offers this service. For an appointment, contact the Senior Center, 831-2373.

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, creative skills and experience to share with each other each week. Anyone is welcome to join them any time.

Blood Pressure Screening -- Two Options

Blood Pressure Screening is held on the first Tuesday of each month at 12:30 p.m. and on the third Thursday of the month at 10:00 a.m. This month you can have your Blood Pressure checked on **Tuesday, September 4th, at 12:30 p.m. or on Thursday, September 20th, at 10:00 a.m.** No sign-up necessary, simply show up.

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 will take place on **Tuesday, September 4th, and September 18th, at 10:00 a.m.** Sheet music is provided. Mary Duckwitz and Fran Jeatran lead this group, as well as accompany on the piano.

Mending Service

Mending is offered on the second Tuesday of each month. Morning appointments are available on **Tuesday, September 11th.** You are allowed to bring two items per appointment. You must make an appointment by calling 831-2373.

Stitchers

Join us on **Tuesday afternoons, 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.

Coffee & The Economy

Shannon Riley, of Edward Jones Investments, hosts this program on the **second Tuesday of each month, at 9:00 a.m.** This month they will meet on **Tuesday, September 11th,** and the topic is "A Market Outlook".

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.

Newsletter Assembly

The October newsletter will be assembled on **Tuesday, September 25th, 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 open at 8:00 a.m. and assembly begins at 8:30 a.m.

Pinochle

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

BINGO

BINGO is played on the last Tuesday of each month. Join us on **Tuesday, September 25th, at 1:00 p.m.** Come for lunch at 11:30 a.m. and stay for BINGO.

Regularly SCHEDULED PROGRAMS

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.

Spanish

You can boost your brain power at any age by learning Spanish. Ellen Soto teaches at several levels. This is a low stress group that accepts new members at any point. Improve your mental health by meeting new friends, learning something new, and having fun.

The cost is \$10.00 per month/per class. A new section begins each month and runs for 4 weeks.

If you are new to the Spanish group please attend an informational meeting at **10:00 a.m. on Tuesday, September 4th.** Ellen will speak to you about the different levels of classes, as well as help you decide which class is best for you.

Tuesdays

- 9:00 a.m. Spanish Conversation** - topics and stories from the students
- 10:00 a.m. Basic Spanish** - conversation based on questions and group interactions
- 11:00 a.m. Reading and Phonetics** - with new vocabulary

Wednesdays

- 9:00 a.m. Reading Spanish** - History and biographies are read in Spanish
- 10:00 a.m. Interactive Conversation** - Discussions and questions and answers in Spanish
- 11:00 a.m. Build Spanish Comprehension**
Words, diction and sentence building

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

September Movie "Book Club"

Join us to watch "Book Club" on **Friday, September 14th, at 12:30 p.m.**

Diane is recently widowed after 40 years of marriage, Vivian enjoys her men with no strings attached, Sharon is still working through her decades-old divorce, and Carol's marriage is in a slump after 35 years. The lives of these four lifelong friends are turned upside down after reading the infamous *50 Shades of Grey*, catapulting them into a series of outrageous life choices.

Comedy

Rated: PG-13

Time: 104 Minutes

Starring: Diane Keaton, Jane Fonda, Candace Bergen and Mary Steenburgen, Andy Garcia, Don Johnson. Craig T. Nelson & Richard Dreyfuss

Essential Tremor/Dystonia Support Group

The Essential Tremor Support group meets on the second Wednesday of each month. They will meet on **Wednesday, September 12th, at 10:30 a.m.** For more information, e-mail madmidet@charter.net or contact Laura, at 831-2373.

Women Embracing Change

This group's 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. Issues including personal challenges, practical dilemmas, and 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 each other to traverse the road. Please join us on **Wednesday, September 12th and September 26th, at 10:30 a.m.**

Euchre

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

Calendar

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 Closed for Labor Day	4 <ul style="list-style-type: none"> • 9:00 Wood Carving Drop-In • 9:00 & 10:00 Spanish Classes • 10:00 Chair Yoga Demonstration • 10:00 Sing-Along • 11:30 Lunch • 11:45 Shopping Bus • 12:30 Blood Pressure Screening • 12:30 Mah Jongg • 1:00 Stitchers 	5 <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 - 12:00 Spanish Classes • 9:15 Social Seniors Breakfast and Planning @ Denny's • 9:30 Sober Today • 9:30 Al-Anon • 10:00 Mystery Book Club • 10:00 Forget-Me-Not • 11:30 Lunch • 1:00 Euchre 	6 <ul style="list-style-type: none"> • 9:00 Walking Group • 9:00 Middleton Jazz • 10:30 TOPS Meeting • 11:00 & 11:45 Shopping Buses • 11:30 Lunch • 12:30 Open Cards • 12:30 Nimble Fingers 	7 <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 Mind Over Matter: Healthy Bowels, Healthy Bladder Presentation • 5:00 Strollin' Middleton
10 <ul style="list-style-type: none"> • 9:00 Scrabble • 10:00 Cribbage • 10:30 Chair Yoga • 11:30 Lunch • 11:30 Shopping Bus • 12:30 Wii Sports • 12:30 Open Cards • 12:30 Pinochle • 12:30 Open Bridge 	11 <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 • 2:00 Tai Chi 	12 <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 Women Embracing Change • 10:30 Essential Tremor Support • 11:30 Lunch • 1:00 Writing Group • 1:00 Euchre 	13 <ul style="list-style-type: none"> • 9:00 Walking Group • 9:00 Middleton Jazz • 9:00 Social Seniors Depart for Baraboo • 10:00 Gadget Guru • 10:30 TOPS Meeting • 11:00 & 11:45 Shopping Buses • 11:30 Lunch • 12:30 Open Cards • 12:30 Nimble Fingers • 2:00 Chair Yoga 	14 <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 Mah Jongg Lessons • 12:30 Movie "Book Club" • 1:00 Paper Crafting

Calendar (CONTINUED)

September 2018

7
S E P T E M B E R 2 0 1 8

Monday	Tuesday	Wednesday	Thursday	Friday
17 <ul style="list-style-type: none"> • 9:00 Scrabble • 10:00 Cribbage • 10:30 Chair Yoga • 11:30 Lunch • 11:30 Shopping Bus • 12:30 Wii Sports • 12:30 Open Cards • 12:30 Pinochle • 12:30 Open Bridge • 4:30 Commission on Aging 	18 <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 Stitchers • 1:00 Life Long Learning "Peripheral Neuropathy" • 2:00 Tai Chi 	19 <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 	20 <ul style="list-style-type: none"> • 9:00 Walking Group • 10:00 Blood Pressure Screening • 10:30 TOPS Meeting • 11:00 & 11:45 Shopping Buses • 11:30 Lunch • 12:30 Open Cards • 12:30 Nimble Fingers • 2:00 Chair Yoga • 5:00 Volunteer Appreciation 	21 <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 Rummikub • 9:00 Mind Over Matter • 10:15 Video Lecture • 11:30 Lunch • 12:30 Pinochle • 12:30 Open Cards • 12:30 Mah Jongg Lessons
24 <ul style="list-style-type: none"> • 9:00 Scrabble • 10:00 Cribbage • 10:30 Chair Yoga • 11:15 Social Seniors Depart for Prairie du Sac • 11:30 Lunch • 11:30 Shopping Bus • 12:30 Wii Sports • 12:30 Open Cards • 12:30 Pinochle • 12:30 Open Bridge • 1:00 Living Well with Chronic Conditions 	25 <ul style="list-style-type: none"> • 8:30 Newsletter Assembly • 9:00 Wood Carving Drop-In • 9:00 & 10:00 Spanish Classes • 11:30 Lunch • 11:45 Shopping Bus • 1:00 Stitchers • 1:00 BINGO • 2:00 Tai Chi 	26 <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 Women Embracing Change • 11:30 Lunch • 1:00 Euchre 	27 <ul style="list-style-type: none"> • 9:00 Walking Group • 9:00 Middleton Jazz • 10:00 Gadget Guru • 10:00 Caregiver Support Group • 10:30 TOPS Meeting • 11:00 & 11:45 Shopping Buses • 11:30 Lunch • 12:30 Open Cards • 12:30 Nimble Fingers • 2:00 Chair Yoga 	28 <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 Mah Jongg Lessons

- ** 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

Mystery Book Club will meet on **Wednesday, September 5th, at 10:00 a.m.** to discuss the book *Death is Now my Neighbor*, by Colin Dexter. Why would a sniper shoot suburban physiotherapist Rachel James as she sips her morning coffee? Inspector Morse's hunt for answers kicks off with a tabloid journalist, winds through the strip clubs of Soho, then returns to Oxford, where two senior dons and their wives battle for a plum promotion. Then, on the personal front, Inspector Morse receives intimations of his own mortality.

The book for **Wednesday, October 3rd**, will be *The Broken Promise*, by Lindwood Barclay. After his wife's death and the collapse of his newspaper, David Harwood has no choice but to uproot his nine-year-old son and move back into his childhood home in Promise Falls, New York. David believes his life is in free fall, and he can't find a way to stop his descent.

Then he comes across a family secret of epic proportions. A year after a devastating miscarriage, David's cousin Marla has continued to struggle. But when David's mother asks him to check on her, he's horrified to discover that she's been secretly raising a child who is not her own—a baby she claims was a gift from an "angel" left on her porch.

Writing Group

This is a group of creative seniors that write about a variety of topics in a variety of writing styles. Consider joining this thriving group of writers. They meet on the second Wednesday of each month. 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* at **1:00 p.m. on Wednesday, September 12th**. This month's topics are:

1. Tell us about a totally mesmerizing life event.
 2. If your doctor told you that you had 6 months to live, how would you live it.
 3. Please do a review of a fascinating book.
- New members are always welcome.

Gadget Guru Appointments

Dave, our Gadget Guru, is available to assist you with your devices, cell phones, tablets, electronic readers or lap tops. Appointments are on the second and fourth Thursdays of the month. Schedule your appointment by calling 831-2373, for **Thursday, mornings September 13th or Thursday, September 27th**.

TOPS Meetings

Taking Off Pounds Sensibly (TOPS) meets at the Middleton Senior Center on **Thursday mornings at 10:30 a.m.** (Weigh-in is at 10:15 - 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. Annual 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.

Caregiver Support Group

The Middleton Senior Center has a new Caregiver Support Group that meets on the **last Thursday of the month at 10:00 a.m.** at the Senior Center. Carmen Sperle, is a counselor with Heartland Home Health and Hospice. She will be facilitating this group each month. If you are taking care of a loved one, consider joining us on **Thursday, September 27th, at 10:00 a.m.** If you have any questions, please feel free to contact Laura at 831-2373.

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, 9:00 a.m. - 11:00 a.m.** They play a variety of songs but specialize in New Orleans jazz. Stop by, join in or have a listen. Please note they will not be performing on Thursday, September 20th.

Programs & Events FOR THIS MONTH

6 SEPTEMBER 2018

Nimble Fingers

The Nimble Fingers group (ladies who knit, crochet and sew for charity) meet on the first and third Thursdays each month at 12:30 p.m. for sharing and working on projects. The sewers continue to meet every Thursday to work on quilts and other sewing items. All items will be donated to local charities, except for a few that are for sale in the craft corner on the main level. Anyone is invited to join the group. Just show up and bring along any projects you may be working on.

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 players are welcome.

e-Reader 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. Mary Driscoll, from Dane County Library Service will be at the Senior Center on **Friday, September 7th.** To schedule an appointment, call 831-2373. Please bring your library card.

Paper Crafting with Judy

Join us on **Friday, September 14th, 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. Cost is \$10.00 and space is limited. Call 831-2373 to make your reservation today.

Dementia Caregivers Wanted

Tricia Egan, is a doctoral student at the UW and is looking for Dementia Caregivers to participate in a one hour interview. You will be compensated \$20.00. If you are caring for someone with dementia, and would be willing to meet with her please contact Tricia at (608) 334-8556.

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 5th, at 9:15 a.m.

Meet for breakfast and planning at Denny's, 433 S. Gammon Road

** Thursday, September 13th, at 9:00 a.m.

Meet at the Middleton Senior Center to carpool to the International Crane Foundation in Baraboo and then to Wisconsin Dells to ride the Ducks. Estimated cost for both is (\$40.00) A lunch stop will also be planned.

** Monday, September 24th, at 11:15 a.m.

Meet at the Middleton Senior Center to carpool to Vintage Brewing Company, 600 Water Street, in Sauk City, for lunch.

Mah Jongg Lessons

Learn American Mah Jongg - a fun game of skill, strategy, calculation, and a bit of luck.

Classes are **Friday afternoons, 12:30 p.m. - 3:30 p.m., September 14th - October 5th, (four weeks),** Cost is \$25.00 per person and includes your first Mah Jongg card. Space is limited, call 831-2373 to reserve your space.

Living Well with Chronic Conditions

Register now for Living Well with Chronic Conditions, a six-week evidence-based program that helps people with any chronic condition better manage their lives by learning new approaches, setting goals, and working to meet those goals in a supportive environment. Adults of all ages welcome: very low-cost (\$5.00 for textbook & \$5.00 for snacks.) The Middleton Senior Center will host a class on **Monday afternoons, September 24th - October 29th, 1:00 - 3:30 p.m.** A healthy snack is provided mid-class. For more information or to register contact Kathy Lauer at (608) 831-2373. RSVP required.

Programs & Events FOR THIS MONTH

Curious about Yoga? Free Demonstration

You are invited to join in this single introductory class of Gentle Chair Yoga. Using breath, movement, and slow mindful transitions, you can experience the benefits of yoga for yourself - all while seated in a chair. (No fee - simply bring a canned good as a donation). **Tuesday, September 4th, at 10:00 a.m.** Advance registration requested by Friday, August 31st, call 831-2373 to sign up.

Gentle Chair Yoga for Wellness Two Classes to Choose From

If you think you can't do yoga - "I'm too out of shape", "I'm not flexible", "I can't get down on the floor" - you are invited to experience this six-week class. Using breath, movement, and mindful transitions, we begin seated in a chair and explore simple postures. Modifications offered to honor individual needs. There will also be options for those to explore moving into simple standing poses.

Mondays at 10:30 a.m.
September 10th - October 15th (6 weeks)
 Cost is \$45.00.

And/Or

Thursdays at 2:00 p.m.
September 13th - October 4th (4 weeks)
 Cost is \$30.00.

Cost for both classes is \$60.00. Payment for both classes is due by Friday, September 7th. Call 831-2373 to sign up.

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 5th - October 24th (8 weeks)

And/Or

Fridays, 9:00 a.m. - 10:00 a.m.
September 7th - October 26th (8 weeks)

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

Mind Over Matter:

Healthy Bowels, Healthy Bladder

More than half of women over 65 have issues with bladder or bowel control. There are solutions that improve symptoms without medicine or surgery. Mind Over Matter: Healthy Bowels, Healthy Bladder is a new workshop that is proven to improve bladder and bowel symptoms. It helps women build skills to do simple exercises and make diet changes to improve health.

The Middleton Senior Center is offering this 3-session workshop for senior women that includes: information, group activities, and simple exercises to do at home. The class will be held on **Friday mornings, 9:00 a.m. - 11:00 a.m. September 21st, October 5th and October 19th.** The cost is \$50.00.

If you are interested in more information, join us on **Friday, September 7th, at 12:30 p.m.** to hear Dr. Heidi Brown, UW OB/GYN present about the results of the study and give you a chance to ask questions. To sign-up for the presentation or the class, call 831-2373.

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.)

Watercolor Painting - All Levels

Mondays
 September 24th - October 22nd
 12:30 p.m. - 3:30 p.m.

Class #33949
 Estimated Senior Cost is \$87.70

Creative Writing: Memoirs

Fridays
 October 19th - December 14th
 12:30 p.m. - 3:30 p.m.

Class #33930
 Estimated Cost is \$87.70

Upcoming PROGRAMS... Mark Your Calendars!

Seniors Living in the Area for 40+ Years

Middleton High School students would like to meet with seniors and discuss the geographical changes you have seen in Middleton, West Madison and beyond. If you would be available for an hour to meet with a student at **10:15 a.m. on Tuesday, September 25th.** at the Middleton Senior Center, please contact Laura at 831-2373.

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 7th, 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 Lulu Quintet. Admission is free. Enjoy strollin' from venue to venue in downtown Middleton.

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 2nd, 9:00 a.m. - 2:00 p.m. AND Saturday, November 3rd, 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!

- Bonnie Smith.....Donation
- Emil & Wava HaneyDonation
- James & Margaret Blanchard..Donation
- Harold & Evelyn AndersonDonation
- Kimberly & Wilfred Hensen..Donation

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 at 831-2373.

Receptionists

We are in need of receptionists to fill in at the front desk as substitutes. We are looking for cheerful, helpful people who understand the importance of great customer service. Shift are 1:00 - 4:30 p.m. Monday thru Friday. If you are interested in this volunteer opportunity, contact Sandy at 831-2373.

Spa Assistant Subs for Foot Care

This position assists the nurse that performs foot care. You will not be cutting any nails. Your responsibilities will be taking money, getting towels and drawing water. Volunteer needed for the 4th Tuesday of the month from 9:00 a.m. - 11:30 a.m. If you are interested, contact Sandy, Volunteer Coordinator, at 831-2373.

Volunteer Appreciation 2018

Mark your calendar for the 2018 Volunteer Appreciation – Festa Italiana

Date: **Thursday, September 20th**

Time: 5:00 p.m. Live Italian Music

6:00 p.m. Italian Feast

Place: Middleton Senior Center, 7448 Hubbard Avenue. Invitations will go out in August to all Volunteers. Must sign up by **Friday, September 7th.** Free for Volunteers – Guests \$10.00

Incontinence Supplies

The Middleton Senior Center has several packages of adult disposable undergarments in size Large and XXL. (Depends type incontinence supplies) If you or someone you know could use them, please contact a staff member for more information 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

- Director
email:
- 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
- Lisa Britt** Administrative Assistant
email: lbritt@ci.middleton.wi.us
- Sandy Witte** Volunteer Coordinator
email: switte@ci.middleton.wi.us
- Olivia Kroll** Receptionist
email: okroll@ci.middleton.wi.us
- Jim Wexler** Receptionist
email: jwexler@ci.middleton.wi.us