

DECEMBER 2017

# Programs News & Events

MIDDLETON



SENIOR  
CENTER

ENRICHING THE LIVES OF OLDER ADULTS

## *Life Long Learning...*

### **Patient Advocacy**

Join us on **Tuesday, December 19th, at 1:00 p.m.** for a presentation about how to be a Patient Advocate, whether it is for yourself or your loved one. Brent Schmaling, studied at the UW Law School's Center for Patient Partnerships and he will discuss simple actionable strategies to improve conversations and communication with your health care providers.

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

## **Holiday Festivities**

### **Holiday Lunch and Piano Entertainment**

**Friday, December 15th, at 11:30 a.m. - 12:00 p.m.** Robert Auerbach will share his amazing piano talent at our holiday lunch. Make your lunch reservation by noon on Thursday, December 14th.

### **Holiday Musical Performance**

**Monday, December 18th, at 1:00 p.m.**

The Retro Swing Band will perform a variety of holiday and sentimental favorites for your listening pleasure.

If you would like to join us for lunch before the performance, please make your reservation by noon on Friday, December 15th.

**All other afternoon activities are cancelled on Monday, December 18th.**

*See Page 3 for detailed menus for both lunches.*

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# Menu

## DECEMBER

- 1 Friday .....Chili
- 4 Monday.....Cheeseburger on a Bun
- 5 Tuesday .....Italian Sausage with Peppers and Onions
- 6 Wednesday .....Traditional Meatloaf
- 7 Thursday.....Open Faced Chicken and Gravy Sandwich
- 8 Friday .....Spaghetti and Meat Sauce
- 11 Monday .....Chicken a la King
- 12 Tuesday.....Green Pepper Soup with Kidney Bean Salad
- 13 Wednesday .....Meatballs in Gravy
- 14 Thursday .....Baked Mostaccioli
- 15 Friday.....Buffet Ham (Holiday Meal)
- 18 Monday .....Roasted Turkey with Gravy
- 19 Tuesday.....Ham Slice
- 20 Wednesday .....Hearty Bean Soup with Mixed Greens
- 21 Thursday .....Meatballs in Marinara with Penne Pasta
- 22 Friday.....Closed for the Holiday
- 25 Monday .....Closed for the Holiday
- 26 Tuesday.....Potato Crusted Fish
- 27 Wednesday .....Homemade Beef Stew
- 28 Thursday .....Hungarian Goulash with Macaroni Pasta
- 29 Friday.....Closed for the Holiday
- 1 Monday .....Closed for the Holiday

-- 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 2nd & 4th 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, December 1st -- Chicken Santa Fe

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

### Friday, December 8th -- Taco Salad

Shredded lettuce topped with seasoned ground beef, diced tomatoes, green onion, cheese, salsa, black olives, sour cream and tortilla strips.  
No Dressing included.

### Friday, December 15th -- Harvest Salad

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

## 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.

## Senior Center Closed

A reminder that the Middleton Senior Center will be closed for the following holidays:

**Friday, December 22nd**

**Monday, December 25th**

**Friday, December 29th**

**Monday, January 1st**

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.

## Holiday Menus

### Friday, December 15th

Buffet ham, Au gratin potatoes, glazed baby carrots, chunky applesauce, dinner roll and a Christmas cookie.

Piano Entertainment at 11:30 a.m. by Robert Auerbach.

### Monday, December 18th

Roasted Turkey with Gravy, stuffing with cranberries, fresh greens with ranch dressing, banana and a pumpkin bar.

Musical Entertainment at 1:00 p.m. by the Retro Swing Band.

## 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.

# Regularly SCHEDULED PROGRAMS

## 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.

## 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. **Due to the Holiday Musical Program Wii Sports is cancelled on Monday, December 18th.**

## Pinochle

Join our Pinochle group on **Mondays and Fridays at 12:30 p.m.** New members are always welcome. **Due to the Musical Program, Pinochle is cancelled on Monday, December 18th.**

## 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. **Due to the Holiday Musical Program, Open Bridge is cancelled on Monday, December 18th.**

## 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. **Due to the Holiday Musical Program, Open Cards is cancelled on Monday, December 18th.**

## 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.

## 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. This service NOT covered by Medicare. For an appointment contact 831-2373.

## Diabetic Foot Care

We offer Diabetic Foot Care twice a month. The cost is \$28.00 per visit. This service is NOT covered by Medicare. Contact the Middleton Senior Center, at 831-2373, for an appointment.

## 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, December 5th and Tuesday, December 19th, at 10:00 a.m.** Sheet music is provided. Mary Duckwitz and Fran Jeatran lead this group as well as accompanying on the piano.

## 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, December 5th.** No reservation necessary, simply show up.

## Mending Service

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

# Regularly SCHEDULED PROGRAMS

## 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.

## Coffee & The Economy Postponed

Coffee & The Economy will not meet in December. Shannon Riley, of Edward Jones Investments, will resume hosting this program on the **second Tuesday of each month, on Tuesday, January 9th, at 9:00 a.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.

## Newsletter Assembly

The January newsletter will be assembled on **Tuesday, December 19th, 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.

## BINGO

BINGO is played on the last Tuesday of each month. Join us on **Tuesday, December 26th, 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.

## December Movie "Maudie"

Join us on **Friday, December 8th, at 12:30 p.m.** to watch the movie "Maudie".

Canadian folk artist falls in love with a fishmonger while working as a live-in housekeeper while she hones her skills as an artist and eventually becomes a beloved figure in the community.

Starring Sally Hawkins, Ethan Hawke and Kari Matchett.

PG - 13 | 1 Hour 55 Minutes  
Romance, Biography and Drama

## 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. 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.



# Calendar

## December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <ul style="list-style-type: none"> <li>• 9:00 Strength &amp; Flexibility</li> <li>• 9:00 Rummikub</li> <li>• 10:15 Video Lecture</li> <li>• 11:30 Lunch</li> <li>• 12:30 Pinochle</li> <li>• 12:30 Open Cards</li> </ul>
<b>4</b> <ul style="list-style-type: none"> <li>• 9:00 Scrabble</li> <li>• 10:00 Cribbage</li> <li>• 10:00 Chair Yoga</li> <li>• 11:30 Lunch</li> <li>• 11:30 Shopping Bus</li> <li>• 12:00 Medicare Part D Appointments</li> <li>• 12:30 Wii Sports</li> <li>• 12:30 Open Cards</li> <li>• 12:30 Pinochle</li> <li>• 12:30 Open Bridge</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>• 8:30 Medicare Part D Appointments</li> <li>• 9:00 Wood Carving Drop-In</li> <li>• 9:00 &amp; 10:00 Spanish Classes</li> <li>• 10:00 Sing-Along</li> <li>• 11:30 Lunch</li> <li>• 11:45 Shopping Bus</li> <li>• 12:30 Blood Pressure Screening</li> <li>• 12:30 Mah Jongg</li> <li>• 1:00 Stitchers</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>• 9:00 Strength &amp; Flexibility</li> <li>• 9:30 Medicare Part D Appointments</li> <li>• 9:15 Social Seniors Planning @ La Brioche</li> <li>• 9:00 - 12:00 Spanish Classes</li> <li>• 9:30 Sober Today</li> <li>• 9:30 AI-Anon</li> <li>• 10:00 Mystery Book Club</li> <li>• 10:00 Forget-Me-Notes</li> <li>• 11:30 Lunch</li> <li>• 1:00 Euchre</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>• 9:30 Middleton Jazz</li> <li>• 10:30 TOPS Meeting</li> <li>• Shopping Buses 11:00 &amp; 11:45</li> <li>• 11:30 Lunch</li> <li>• 12:30 Open Cards</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>• 9:00 Strength &amp; Flexibility</li> <li>• 9:00 Rummikub</li> <li>• 9:00 e-Reader Appointments</li> <li>• 10:15 Video Lecture</li> <li>• 11:30 Lunch</li> <li>• 12:30 Pinochle</li> <li>• 12:30 Open Cards</li> <li>• 12:30 Movie "Maudie"</li> </ul>
<b>11</b> <ul style="list-style-type: none"> <li>• 9:00 Scrabble</li> <li>• 10:00 Cribbage</li> <li>• 10:00 Chair Yoga</li> <li>• 11:30 Lunch</li> <li>• 11:30 Shopping Bus</li> <li>• 12:30 Wii Sports</li> <li>• 12:30 Open Cards</li> <li>• 12:30 Pinochle</li> <li>• 12:30 Open Bridge</li> <li>• 1:00 Scarf Dyeing</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>• 9:00 Wood Carving Drop-In</li> <li>• 9:00 &amp; 10:00 Spanish Classes</li> <li>• 9:00 Mending</li> <li>• 11:30 Lunch</li> <li>• 11:45 Shopping Bus</li> <li>• 12:30 Mah Jongg</li> <li>• 1:00 Stitchers</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>• 9:00 Strength &amp; Flexibility</li> <li>• 9:00 - 12:00 Spanish Classes</li> <li>• 9:30 Cookie Exchange</li> <li>• 9:30 Sober Today</li> <li>• 9:30 AI-Anon</li> <li>• 10:30 Women Embracing Change</li> <li>• 11:30 Lunch</li> <li>• 1:00 Euchre</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>• 9:30 Middleton Jazz</li> <li>• 10:00 Gadget Guru</li> <li>• 10:30 TOPS Meeting</li> <li>• Shopping Buses 11:00 &amp; 11:45</li> <li>• 11:30 Lunch</li> <li>• 12:30 Open Cards</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>• 9:00 - 12:00 Energy Appts</li> <li>• 9:00 Strength &amp; Flexibility</li> <li>• 9:00 Rummikub</li> <li>• 11:30 Lunch -- Holiday Meal &amp; Piano Music</li> <li>• 12:30 Pinochle</li> <li>• 12:30 Open Cards</li> <li>• 1:00 Paper Crafting Class</li> </ul>

# Calendar (CONTINUED)

## December 2017

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DECEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>18</b></p> <ul style="list-style-type: none"> <li>• 9:00 Scrabble</li> <li>• 10:00 Cribbage</li> <li>• 10:00 Chair Yoga</li> <li>• 11:30 Lunch</li> <li>• 11:30 Shopping Bus</li> </ul> <p><b>AFTERNOON CARDS CANCELLED</b></p> <ul style="list-style-type: none"> <li>• 1:00 Holiday Musical Performance</li> <li>• 1:00 Breath, Relax and De-stress</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>• 8:30 Newsletter Assembly</li> <li>• 9:00 Wood Carving Drop-In</li> <li>• 9:00 &amp; 10:00 Spanish Classes</li> <li>• 10:00 Sing-Along</li> <li>• 11:30 Lunch</li> <li>• 11:45 Shopping Bus</li> <li>• 12:30 Mah Jongg</li> <li>• 1:00 Stitchers</li> <li>• 1:00 Life Long Learning "Patient Advocacy"</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>• 9:00 - 12:00 Spanish Classes</li> <li>• 9:30 Sober Today</li> <li>• 9:30 AI-Anon</li> <li>• 10:00 Forget-Me-Nots</li> <li>• 11:30 Lunch</li> <li>• 1:00 Euchre</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>• 9:30 Middleton Jazz</li> <li>• 10:30 TOPS Meeting</li> <li>• Shopping Buses 11:00 &amp; 11:45</li> <li>• 11:30 Lunch</li> <li>• 12:30 Open Cards</li> </ul>	<p><b>22</b></p> <p><b>Closed for the Holiday</b></p>
<p><b>25</b></p> <p><b>Closed for the Holiday</b></p> <p>*****</p> <p><b>1</b></p> <p><b>Closed for the Holiday</b></p>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>• 9:00 Wood Carving Drop-In</li> <li>• 9:00 &amp; 10:00 a.m. Spanish Classes</li> <li>• 11:30 Lunch</li> <li>• 11:45 Shopping Bus</li> <li>• 1:00 Stitchers</li> <li>• 1:00 BINGO</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>• 9:00 - 12:00 Spanish Classes</li> <li>• 9:30 Sober Today</li> <li>• 9:30 AI-Anon</li> <li>• 11:30 Lunch</li> <li>• 1:00 Euchre</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>• 9:30 Middleton Jazz</li> <li>• 10:00 Gadget Guru</li> <li>• 10:30 TOPS Meeting</li> <li>• Shopping Buses 11:00 &amp; 11:45</li> <li>• 11:30 Lunch</li> <li>• 12:30 Open Cards</li> </ul>	<p><b>29</b></p> <p><b>Closed for the Holiday</b></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

## 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.

## Essential Tremor/Dystonia Support Group Suspends Meeting

The Essential Tremor Support group has suspended meeting in December and January. They will resume meeting on the second Wednesday of each month on **Wednesday, February 14th, at 10:30 a.m.** For more information, e-mail [madmidet@charter.net](mailto: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, December 13th, at 10:30 a.m.** The topic will be Holiday Traditions. No preparation necessary. They will not meet on Wednesday, December 27th, but will resume on **Wednesday, January 10th**, to discuss the Fifth Agreement, by Don Miguel Ruiz and Janet Mills.

## 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, December 13th.** If you have a short book to read, please bring it. For additional information contact Patty at 225-4663.

## Mystery Book Club

Mystery Book Club meets on the first Wednesday of each month. The book for **Wednesday, December 6th, at 10:00 a.m.** will be *Tied up in Tinsel: a Roderick Alleyn Mystery*, by Ngaio Marsh. An English manor house on the moors is an ideal setting for a murder. The book for **Wednesday, January 3rd**, will be *Bruno, Chief of Police*, by Martin Walker.

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, December 6th and Wednesday, December 20th**, 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 a partnership with St. Luke's Lutheran Church and the West Madison Senior Coalition.

## Writing Group

The Middleton Senior Center has a thriving group of writers that meet 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. This month they will be celebrating the holidays together at one of the member's homes at 883 N. High Point Road, on **Wednesday, December 13th, at 1:00 p.m.** Please bring a snack to share. You may write about one of the following:

1. Did you or anyone follow in the footsteps of another family member as a profession or an occupation?
2. My favorite food or combination of food(s) is \_\_\_? or share a recipe and a memory of food.
3. Santa Claus. Do you believe? When/how did you find out about Santa?

New members always welcome.



# Programs & Events FOR THIS MONTH

6 DECEMBER 2017

## 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.

## Books R Us

Books R Us will not meet in December. They will resume meeting on the **fourth Thursday of the month on Thursday, January 25th 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.

## 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.

## Gadget Guru Appointments

Dave, our Gadget Guru, is available to assist you with your devices, cell phones, tablets, electronic readers or laptops. He is available for appointments on **Thursday, December 14th and Thursday, December 28th, beginning at 10:00 a.m.** Call 831-2373, to schedule an appointment.

## Nimble Fingers Express Gratitude

The Nimble Fingers women would like to express their gratitude to those who supported the recent craft fair. Also, a big thank you to those who have donated yarn or fabric during 2017. They really appreciate all your donations, big or small!

They have been fortunate to sign up several new members which allows us to make and donate more items to various local charities. For anyone interested, they will NOT be meeting during the month of December, but will resume meetings on **Thursday, January 4, 2018, 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

## 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, December 6th, at 9:15 a.m.**

Meet at La Brioche, 2862 University Avenue (near UW Hospital) for breakfast and planning.

For additional information contact Laura, 831-2373.

## 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, December 8th**, by calling 831-2373. You will also need to bring your library card.

## Energy Assistance

Do you need help with energy bills? A representative from Energy Services will be at the Middleton Senior Center on **Friday, December 15th, 9:00 a.m. - 12:00 p.m.** Appointments are necessary. You may schedule your appointment by calling Energy Assistance directly at 267-8601.

# Programs & Events FOR THIS MONTH

## Last Call for Medicare Part D Open Enrollment

All Medicare beneficiaries have the option to make enrollment changes in their prescription drug plans through **December 7th, 2017**. We still have a few appointments available until the December 7th deadline. You may set up an individual appointment with a Middleton Senior Center volunteer to assist you in making your decision. Call 831-2373 to schedule an appointment -- no walk-ins.

## Scarf Dyeing Class

Judy Arawinko will be teaching a scarf dyeing class at the Middleton Senior Center on **Monday, December 11th, 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.

## Paper Crafting with Judy

Join us on **Friday, December 15th, at 1:00 p.m.** for a fun afternoon of card-making and paper crafting. Let your creative side shine through with the use of embellishments and pretty papers. All supplies included. Glue sticks are provided for this class, but feel free to bring your own double sided adhesive. Cost is \$10.00 and space is limited. Call 831-2373 to make your reservation today.

## 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+**

## Cooking for One or Two

Wednesdays  
 January 24th & January 31st  
 6:00 p.m. - 9:00 p.m.

## Class #64385

Estimated Cost is \$51.24

## Breath, Relax and De-Stress Back by Popular Demand

We offered this class in November, and due to an overwhelming response we are offering it again on **Monday, December 18th, at 1:00 p.m.**

As we head into the joys that the holiday season brings, we also know it can also be a time of stress with many things to do.

Gentle breathing, quiet movement and simple guided relaxation has been proven to reduce our level of stress. You are invited to attend this short half hour class - all while seated in a chair. There is no fee for this class, however space is limited. Make your reservation by calling 831-2373.

## 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 3rd - February 21st (8 weeks)**

**And/Or**

**Fridays, 9:00 a.m. - 10:00 a.m.**

**January 5th - February 23rd (8 weeks)**

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

## 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. January 8th - February 12th.** 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 \$45.00, and **payment is due by Wednesday, January 4th.** Call 831-2373, to sign up.

# Upcoming PROGRAMS... Mark Your Calendars!

## Video Lecture -- American Revolution

Join us on **Friday mornings at 10:15 a.m. January 5th - March 23rd** (12 weeks).

Why did those 13 colonies, with nothing resembling a unified and trained army and with no navy to speak of, believe they could defeat the most powerful nation on the planet? And why did the British fight the way they did, "served up by seemingly unthinking generals in solid rows of walking targets while the Americans crouched Indian-style behind rocks and trees"? Why did the Americans end up fighting this same way?

Considerations like these are indicative of just how unlikely this conflict was, Professor Allen C. Guelzo notes in his gripping new course The American Revolution. And they are far from the only ones.

The cost for the class is \$10.00 per person. If you would like the transcript book and class the cost is \$23.00. **Both must be paid by Thursday, December 21st.** Contact the Senior Center at 831-2373, to sign-up.

## Day Trip

**Palace Theater – The Marvelous Wonderettes Thursday, February 8, 2018**

Let's enjoy a motor coach trip to The Palace Theater in Wisconsin Dells. We will open our afternoon with a delicious lunch served to us in the theater. Relax after dinner and enjoy The Marvelous Wonderettes production. This smash off-Broadway hit takes you to the 1958 Springfield High School prom where we meet four girls with hopes and dreams as big as their crinoline skirts! As we learn about their lives and loves, the girls serenade us with classic '50s hits including "Lollipop", "Dream Lover", "Stupid Cupid", and "Lipstick on Your Collar". Featuring over 30 classic '50s and '60s hits, The Marvelous Wonderettes will keep you smiling in this must-take musical trip down memory lane. Bus will depart Middleton Senior Center at 10:15 a.m. and will return at approximately 5:30 p.m. Cost per person is \$70. Paid reservations are due on **Thursday, January 4th.** This trip will fill quickly, call 831-2373, to reserve your seat today.

## Holiday Cookie Exchange

Join us on **Wednesday, December 13th, at 9:30 a.m.** for coffee/tea and a cookie exchange. Bring in three dozen cookies along with an empty container to take your goodies home. Along with singing a few holiday songs, we will be having an informal conversation where you can share your own holiday traditions. Call 831-2373 to sign up by Friday, December 8th.

## Volunteer Wanted

### 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.

### 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.

### Hats & Tales Volunteers

Hats and Tales is a group of volunteers that read to preschool students with the use of hats and other props every 2nd Wednesday of the month at 10:00 a.m. at the Little Red Preschool in Middleton. If you are interested, contact Sandy Witte, 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.

Joan Knudson.....Donation  
Doris Fish .....Donation  
Al Malz.....Donation



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](http://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

- Jill Kranz** ..... Director  
email: [jkranz@ci.middleton.wi.us](mailto:jkranz@ci.middleton.wi.us)
- Laura Langer** ..... Program Coordinator  
email: [llanger@ci.middleton.wi.us](mailto:llanger@ci.middleton.wi.us)
- Kathy Lauer** ..... Case Manager  
email: [klauer@ci.middleton.wi.us](mailto:klauer@ci.middleton.wi.us)
- Jill Schonenberger** ..... Case Manager  
email: [jschonenberger@ci.middleton.wi.us](mailto:jschonenberger@ci.middleton.wi.us)
- Ted Quincey** ..... Dining Center Coordinator  
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ENRICHING THE LIVES OF OLDER ADULTS