

MAY 2017

MIDDLETON

Programs News & Events



ENRICHING THE LIVES OF OLDER ADULTS

Life Long Learning...

Journaling 101 and How to Get Started Writing

If you have always wanted to write down your thoughts, but were apprehensive, this is the program for you.

Sue Carpenter will present an overview of the Middleton Senior Center's upcoming writing classes -- The Writing Diet and Wise Elders: Living Life Your Way. She will also share with you some advice on getting started and on putting your thoughts on paper.

Join us on **Tuesday, May 16th, at 1:00 p.m.** for this creative and self-starting discussion.

Come for lunch at 11:30 a.m. and stay for the program. Make your lunch reservation by calling 831-2373, by noon on Monday, May 15th.

The Writing Diet

The Writing Diet explores the relationship between writing and eating to reveal a surprising possibility – that journaling can create a compassionate and balanced rapport with food. This class series will be infused with a sense of fun and sincerity around transforming your relationship with eating.

This class will meet on **Wednesdays, 9:00 a.m. - 10:30 a.m. May 24th - June 28th.** The cost is \$36.00 for the 6-week class. Call 831-2373 to sign up for this program or contact Laura for more information about the classes.

Whats Inside:

BUS SCHEDULE
page 2

DONATIONS
page 10

MONTHLY CALENDAR
page 6-7

MONTHLY MENUS
page 2-3

MONTHLY PROGRAMS
& EVENTS
page 9-10

REGULARLY SCHEDULED
PROGRAMS
page 3-5, 8

UPCOMING EVENTS
page 10-11

VOLUNTEER
OPPORTUNITIES
page 11

Menu

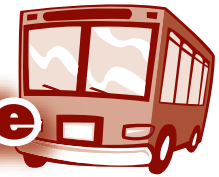
MAY

- 1 Monday.....Spaghetti w/ Meat Sauce
- 2 TuesdayShrimp Pasta Salad
- 3 WednesdaySwiss Steak
- 4 Thursday.....Chicken Macaroni Salad
- 5 FridayChicken Enchilada Casserole
- 8 Monday.....Ham & Au Gratin Potatoes
- 9 TuesdayPhilly Cheese Steak Sandwich
- 10 Wednesday.....Breaded Fish
- 11 ThursdayAmerican Chop Suey
- 12 Friday.....Cheeseburger
- 15 MondayChicken Cacciatore
- 16 Tuesday.....Meatloaf
- 17 Wednesday.....Baked Cod
- 18 ThursdayBeef Burrito Bake w/ Black Beans & Rice
- 19 Friday.....Sloppy Joe on a Bun
- 22 MondayBaked Fish
- 23 Tuesday.....BBQ Chicken
- 24 Wednesday.....Stuffed Green Pepper
- 25 ThursdayHam Slice
- 26 Friday.....Hamburger
- 29 MondayClosed for Holiday
- 30 Tuesday.....Baked Fish
- 31 Wednesday.....Spaghetti & Meat Sauce

-- Lunch is served at 11:30 a.m.
 -- Please remember to make your lunch reservation by noon the day before by calling the Middleton Senior Center at 831-2373.

The Middleton Senior Center meal site is part of Dane County Human Services.

Shopping Bus Schedule



Bus Schedule:

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

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

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

Day	Destination	Pick Up	Return
Monday	Lunch at Senior Center	10:30 a.m.	12:30 p.m.
Monday	Hilldale & 1st & 3rd Walgreens	11:30 a.m.	1:30 p.m.
Monday	West Towne Mall 2nd & 4th	11:30 a.m.	1:30 p.m.
Tuesday	Lunch at Senior Center	10:30 a.m.	12:30 p.m.
Tuesday	Pick 'n Save in Middleton	11:45 a.m.	1:00 p.m.
Wednesday	Lunch at Senior Center	10:30 a.m.	12:30 p.m.
Thursday	Lunch at Senior Center	10:30 a.m.	12:30 p.m.
Thursday	Walgreens in Middleton	11:00 a.m.	12:00 p.m.
Thursday	Pick 'n Save & Target on Junction Rd.	11:45 a.m.	1:00 p.m.
Friday	Lunch at Senior Center	10:30 a.m.	12:30 p.m.

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.

May 2nd -- Garden Salad

Mixed greens and lettuce, cheese, garbanzo beans, cucumber, broccoli, tomato and peas.
Your choice of dressing.

May 9th -- Chicken Ranch Salad

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

May 16th -- Chef Salad

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

May 23rd -- Taco Salad

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

May 30th -- Italian Salad

Mixed greens with shredded lettuce, pepperoni, asiago cheese, cucumbers, black olives, onion and diced tomato.
Served with Italian Dressing.

Middleton Senior Center Closed

The Senior Center will be closed on **Monday, May 29th**, in observance of the Memorial 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 Ted Quincey, 831-2373, should you need additional meals during the extended weekend.

Vegetarian Option

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

Bakery Items -- Mondays

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

Scrabble Mondays

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

Cribbage

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

Piano Entertainment

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

Wii Sports

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

Pinochle

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

Regularly SCHEDULED PROGRAMS

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.

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 Mondays, 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, May 2nd** and **Tuesday, May 16th, 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. Morning appointments will be on **Tuesday, May 9th.** You are allowed to bring two items per appointment. You must make an appointment by calling 831-2373.

Coffee & The Economy

Shannon Riley, of Edward Jones Investments, will host a program on the **second Tuesday of each month, at 9:00 a.m.** at the Middleton Senior Center. Join him on **Tuesday, May 9th, at 9:00 a.m.** for coffee, pastries and a general discussion about financial issues. This month's topic is "An Investors Tour of Mutual Funds" in today's world.

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, May 2nd, at 12:30 p.m.**

Regularly SCHEDULED PROGRAMS

5
MAY 2017

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.

Tuesdays

9:00 a.m. Spanish Conversation
10:00 a.m. Grammar, Writing and Reading

Wednesdays

9:00 a.m. Spanish Beginners
10:00 a.m. Spanish Immersion

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

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 June newsletter will be assembled on **Tuesday, May 23rd, 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.

BINGO

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

May Movie "Wild Oats"

Join us on **Friday, May 12th, at 12:30 p.m.** Everything changes for Eva when she receives a life insurance check accidentally made out for \$5,000,000 instead of the expected \$50,000. She and her best friend take the money and head out for the adventure of a lifetime.

Starring: Shirley MaClaine, Demi Moore and Jessica Lange. Action, Adventure and Comedy
PG-13 86 Minutes

Euchre

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

Al-Anon Meeting

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

Sober Today Group

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

Essential Tremor/Dystonia Support Group

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

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, May 10th, at 10:30 a.m.** and on **Wednesday, May 24th, at 10:30 a.m.**

Calendar

May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 <ul style="list-style-type: none"> • 9:00 Scrabble • 10:00 Cribbage • 11:30 Lunch • 11:30 Shopping Bus • 12:30 Wii Sports • 12:30 Open Cards • 12:30 Pinochle • 12:45 Open Bridge 	2 <ul style="list-style-type: none"> • 9:00 Wood Carving Drop-In • 9:00 & 10:00 Spanish Classes • 10:00 Sing-Along • 11:30 Lunch • 11:45 Shopping Bus • 12:30 Blood Pressure Check • 12:30 Mah Jongg • 1:00 Stitchers 	3 <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 & 10:00 Spanish Classes • 9:15 Social Seniors @ Dennys • 9:30 Sober Today • 9:30 Al-Anon • 10:00 Mystery Book Club • 10:00 Forget-Me-Notes • 11:30 Lunch • 1:00 Euchre 	4 <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 	5 <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
8 <ul style="list-style-type: none"> • 9:00 Scrabble • 10:00 Cribbage • 10:00 Mind Over Matter • 11:30 Lunch • 11:30 Shopping Bus • 12:30 Wii Sports • 12:30 Open Cards • 12:30 Pinochle • 12:45 Open Bridge 	9 <ul style="list-style-type: none"> • 9:00 Wood Carving Drop-In • 9:00 & 10:00 Spanish Classes • 9:00 Mending • 9:00 Coffee & The Economy • 11:30 Lunch • 11:45 Shopping • 12:30 Mah Jongg • 1:00 Stitchers • 5:00 Social Seniors Trolley Tour & Dinner 	10 <ul style="list-style-type: none"> • 9:00 & 10:00 Spanish Classes • 9:30 Sober Today • 9:30 Al-Anon • 10:30 Essential Tremor Support • 10:30 Women Embracing Change • 11:30 Lunch • 1:00 Euchre 	11 <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 	12 <ul style="list-style-type: none"> • 9:00 Rummikub • 9:00 e-Reader Appointments • 10:15 Video Lecture • 11:30 Lunch • 12:30 Pinochle • 12:30 Open Cards • 12:30 Movie "Wild Oats"
15 <ul style="list-style-type: none"> • 9:00 Scrabble • 10:00 Cribbage • 11:30 Lunch • 11:30 Shopping Bus • 12:30 Wii Sports • 12:30 Open Cards • 12:30 Pinochle • 12:45 Open Bridge • 4:00 Commission on Aging 	16 <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 - Journal Writing 	17 <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 & 10:00 Spanish Classes • 9:30 Sober Today • 9:30 Al-Anon • 10:00 Forget-Me-Notes • 11:30 Lunch • 1:00 Euchre 	18 <p>ALL AMERICAN MADISON DAY TRIP</p> <ul style="list-style-type: none"> • 9:30 Middleton Jazz • 10:30 TOPS Meeting • Shopping Buses 11:00 & 11:45 • 11:30 Lunch • 12:30 Open Cards • 12:30 Nimble Fingers 	19 <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 Rummikub • 10:15 Video Lecture • 11:30 Lunch • 12:30 Pinochle • 12:30 Open Cards • 1:00 Paper Crafting Class

Calendar (CONTINUED)

May 2017

7
MAY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>22</p> <ul style="list-style-type: none"> • 9:00 Scrabble • 10:00 Cribbage • 10:00 Mind Over Matter • 11:30 Lunch • 11:30 Shopping Bus • 12:30 Wii Sports • 12:30 Open Cards • 12:30 Pinochle • 12:45 Open Bridge 	<p>23</p> <ul style="list-style-type: none"> • 8:30 Newsletter Assembly • 9:00 Wood Carving Drop-In • 9:00 & 10:00 a.m. Spanish Classes • 11:30 Lunch • 11:45 Shopping Bus • 12:30 Mah Jongg • 1:00 Stitchers 	<p>24</p> <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 & 10:00 Spanish Classes • 9:00 Writing Diet Journaling Class • 9:30 Sober Today • 9:30 AI-Anon • 10:30 Women Embracing Change • 11:30 Lunch • 1:00 Euchre 	<p>25</p> <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 	<p>26</p> <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 Rummikub • 9:30 Social Seniors Depart for Sauk City • 10:15 Video Lecture • 11:30 Lunch • 12:30 Pinochle • 12:30 Open Cards
<p>29</p> <p>Closed for Memorial Day Holiday</p>	<p>30</p> <ul style="list-style-type: none"> • 9:00 Wood Carving Drop-In • 9:00 & 10:00 a.m. Spanish Classes • 11:30 Lunch • 11:45 Shopping Bus • 1:00 Stitchers • 1:00 BINGO 	<p>31</p> <ul style="list-style-type: none"> • 9:00 Strength & Flexibility • 9:00 & 10:00 Spanish Classes • 9:00 Writing Diet Journaling Class • 9:30 Sober Today • 9:30 AI-Anon • 11:30 Lunch • 1:00 Euchre 	<p>1</p> <ul style="list-style-type: none"> • 9:30 Middleton Jazz • 10:30 TOPS Meeting • Shopping Buses 11:00 & 11:45 • 11:30 Lunch • 12:30 Open Cards • 12:30 Nimble Fingers 	<p>2</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

** All programs and activities are subject to change.

** The Middleton Senior Center reserves the right to cancel or change locations of programs and activities at any time.

** Room assignments may vary depending on activities in the building that are scheduled before, during or after an activity.

** The Middleton Senior Center is able to provide a wide variety of excellent services, activities and programs because staff, volunteers and participants are flexible and cooperative when such changes are made.

Regularly SCHEDULED PROGRAMS

Mystery Book Club

The Mystery Book Club will meet on **Wednesday, May 3rd, at 10:00 a.m.** to discuss the book *The Survivors Club*, by Lisa Gardner. *The Survivors Club*, that's what Jillian Hayes, Carol Rosen, and Meg Pesaturo call it. They won't consider themselves victims. They are survivors. They helped lead the investigation that caught the man who changed their lives forever. Now they are the prime suspects in his murder. Could three ordinary women have been driven to do the unthinkable? Detective Sergeant Roan Griffin knows all too well what can drive even the best people to cross the line.

The book for discussion on **Wednesday, June 7th** will be *The Virgin of Small Plains*, by Nancy Pickard. *Small Plains, Kansas, January 23, 1987*: In the midst of a deadly blizzard, eighteen-year-old Rex Shellenberger scours his father's pasture, looking for helpless newborn calves. Then he makes a shocking discovery: the naked, frozen body of a teenage girl, her skin as white as the snow around her. Even dead, she is the most beautiful girl he's ever seen. It is a moment that will forever change his life and the lives of everyone around him. The mysterious dead girl—the "Virgin of Small Plains"—inspires local reverence.

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 on **Wednesday, May 3rd and Wednesday, May 17th, 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. *It is important that you register with Kathy before attending this program.* This program is in partnership with St. Luke's Lutheran Church and the West Madison Senior Coalition.

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, on Wednesday, May 10th, at 1:00 p.m.** This month's topics are:

1. Rubbing elbows with the rich or famous. Tell about your connection.
 2. The Great Depression of the 1930's - family stories.
 3. Experiences learning to drive a vehicle.
- New members are always welcome.

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. - 11:00 a.m. on Thursday, May 11th and Thursday, May 25th.**

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, May 3rd, at 9:15 a.m.** meet at Denny's, 433 S Gammon Road, for breakfast and planning upcoming events.
- * **Tuesday, May 9th, 5:00 p.m.** at the Senior Center to take the Trolley to Sprecher's for dinner.
- * **Friday, May 26th, 9:30 a.m.** meet at the Senior Center to car pool to the Sauk City River Museum and lunch at the Blue Spoon in Sauk City.

Programs & Events FOR THIS MONTH

6
MAY 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 meet on **Thursday, May 25th, at 10:00 a.m.** This month's book is *Ringlingville, USA* by Jerold Apps. The Ringling Brothers began their business under the most modest of circumstances and through hard work, business savvy, and some luck created the largest, most famous circus in the world. They became wealthy men, one 50 cent admission ticket at a time. *Ringlingville USA* chronicles the brothers' journey from immigrant poverty to enduring glory as the kings of the circus world. Now, for the first time, the brothers' detailed financial records and personal correspondence are available to researchers. Jerry Apps weaves together that information with newspaper accounts, oral histories, colorful anecdotes, and stunning circus ephemera and photos, many never before published, to illuminate the importance of the Ringlings' accomplishments. He describes how the Ringling Brothers confronted the challenges of taxation, war, economic pressure, changing technology, and personal sorrows to find their place in history. The brothers emerge as complex characters whose ambition, imagination, and pure hucksterism fueled the phenomenon that was the Ringling Brothers' Circus.

Coffee Fund

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

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.

Crocheters, Knitters and Sewers

The Nimble Fingers group at the Middleton Senior Center is looking to recruit some new members. If you or someone you know crochets, knits or sews, please consider joining our group. The items we make are donated to charities in the immediate area, such as Gilda's, MOM, UW Children's Hospital, VA Hospital and many more. We provide yarn and fabric. It is a great group of ladies that enjoy handcrafting items for charity. We meet on the first and third Thursday of each month at 12:30 p.m. in the lower level. This month join us on **Thursday, May 4th and May 18th, at 12:30 p.m.**

Rummikub

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

eReader Appointments

Learn to download free eBooks from the library to your Kindle, iPad, tablet or other device through Wisconsin's Digital Library, at a personalized eBook training. You may make your appointment for **Friday morning, May 12th**, by calling 831-2373. You will also need to bring your library card.

Paper Crafting with Judy

Join us on **Friday, May 19th, 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.

Programs & Events FOR THIS MONTH

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!

Asbury Church.....Donation
 Patrick O'Connor.....Donation
 Bradley Subera.....Donation

Tax Preparation Donations

Marge Shumate
 Lorraine Kosovac
 Alan Hamstra
 Bernie Maulbetsch
 Germaine Utter
 Barb Crowley
 Walter Brinkman
 Marilyn Lokken
 Marie Cosmos
 Sandra Drury
 Steve & Julia Peckham
 Edward Baker
 Sue Steele
 Linda Brown
 Charlotte Marshall
 Helen Frey
 Ruth Rand
 Sharon Googins
 Leigh Luedtke
 Marilyn Pertzborn
 Bonnie Miller
 Anita Koehler
 Darlene & Ralph Schulenberg
 Jeannette Crumb
 Mary Duckwitz

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.

May 17th - July 5th (8 weeks)

And/Or

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

May 19th - July 7th (8 weeks)

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

Wise Elders: Living Life Our Way

What brings a sense of joy, meaning and freedom to life? How can we wisely create the ability to revel in these qualities - even as we age? This series will weave together the discovery, knowledge and wisdom of present joy and the ability to translate these living qualities into an advance medical directive, MPOA, and other life affirming documents. What better way to create peace of mind and ensure that our Voice will always be heard. This is a 6-week class, **Mondays at 1:00 p.m. - 3:30 p.m., June 5th - July 10th.** The cost is \$36.00 per person.

Bridge Lessons -- Play of the Hand

This is the first continuation after the Bidding Basics classes - \$80. Those who took the Bidding in the 21st Century class will receive a \$10 rebate from the teacher at the completion of this class. The teacher is certified in the techniques taught by the American Contract Bridge League and Better Bridge teacher Audrey Grant. Topics include basic and intermediate play concepts and techniques with many sample hands. The handbook is included. Classes are **12:30 p.m. - 3:00 p.m. on Tuesdays and Thursdays, June 6th & June 8th, June 13th & June 15th, June 20th & June 22nd, June 27th & 29th.** Register and payment to the Middleton Senior Center, 831-2373. For more details call Phil at 445-0579 or email him at PhilJoanneE@charter.net.

Upcoming PROGRAMS... Mark Your Calendars!

MAY 2017

Volunteer 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.

Newsletter Helpers

Come join us for the assembly of our monthly newsletter. We will assemble the newsletter on **Tuesday, May 23rd, at 8:30 a.m.** Contact Sandy Witte at 831-2373 for more information.

Lower Level Remodeling

The Lower Level Four Seasons Suite is being remodeled. Programs in those rooms have been relocated to other places in the Senior Center. Please check at the front desk to confirm your room location. We are hopeful it will be just a few more weeks until the project is complete. Thank you for your flexibility during this time. Please feel free to call the Senior Center, 831-2373, to confirm your event.

The 2017 Senior Games

Wisconsin Senior Games offers competitive events in the Madison Area. The 2017 games are held from **Monday, June 3rd to Saturday, June 17th** and are for adults age 50 and over. Events are divided by age brackets and men's and women's categories. Participants may choose to enter any number of events.

Euchre will be played at the Middleton Senior Center on **Thursday, June 8th, at 1:00 p.m.**

Team events include volleyball, basketball, and softball. See www.wiseniorgames.org for more details and the latest information. Registrations for all events must be postmarked on or before the deadline. This year the registration deadline is May 19, 2017.

Overture Center Tickets

The Middleton Senior Center has reserved a block of tickets for the 2017-2018, Season at Overture Center. Tickets are limited and these are the only dates we are offering. All tickets must be paid (cash or check only) to the Middleton Senior Center by **July 1st, 2017**. No refunds or exchanges available. Contact Laura at 831-2373 for more information or www.overture.org

Straight No Chaser

Thursday, September 28th, 2017 @ 7:30 p.m.
\$53.50 per ticket

A Gentleman's Guide to Love and Murder

Thursday, October 5th, 2017 @ 7:30 p.m.
\$80.00 per ticket

How the Grinch Stole Christmas

Tuesday, November 21st, 2017 @ 7:30 p.m.
\$80.00 per ticket

Rent

Thursday, January 4th, 2018 @ 7:30 p.m.
\$80.00 per ticket

An American in Paris

Thursday, March 1st, 2018 @ 7:30 p.m.
\$96.00 per ticket

Les Miserables

Thursday, April 5th, 2018 @ 7:30 p.m.
\$80.00 per ticket

Disenchanted

Saturday, April 28th, 2018 @ 8:00 p.m.
\$40.50 per ticket

On Your Feet

Thursday, May 24th, 2018 @ 7:30 p.m.
\$80.00 per ticket

Waitress

Thursday, July 26th, 2018 @ 7:30 p.m.
\$80.00 per ticket



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