

The Wisdom Years



Monthly Newsletter for the Jefferson Area Senior Center • August 2016

JEFFERSON'S NATIONAL NIGHT OUT

Tuesday, August 2 6-8:30 p.m. Riverfront Park

Come visit our table and see other city entities at the National Night Out in August.

Planned activities include:

- Air One Helicopter landing
- Jefferson Fire Department, EMS, Police & Public Works vehicles to view
- Food available for purchase
- Bounce house & face painting for kids!



BUNCO AND BAR-B-Q NIGHT

Tues., August 9
4:30-6:30 p.m. \$4

We will serve sloppy-jo sandwiches, tator tots, cake, coffee & Crystal Lite for the supper. Afterwards we will play the easy dice game Bunco. Person with the most Buncos—3 of a kind of the special number- gets \$10!

(Winnings split if there is a tie). Everyone who rolls a Bunco will get \$1 back! Other small prizes for most wins/losses, high/low score etc.

Sign up today so we know how much food to prepare!

MINIATURE GOLF

Thursday, August 11 11 am
King Pin Adventures Golf @
Rock River Lanes—F.A. \$5
Join us for a round of miniature golf and then head over to the Chinese Buffet Restaurant across the street for our Restaurant of the Month p.4
Transportation, lunch & golf fees on your own. *Sign up today!*

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“The Mission of the Jefferson Area Senior Center is to enrich the quality of life and maintain independence for adults age 50+”
Adults, Boomers & Seniors



Accredited by the
Wisconsin Association of
Senior Centers (WASC)

FOR YOUR INFORMATION

DIRECTORY

Sheila Frohmader—Coordinator

859 Collins Road • Jefferson, WI 53549

Phone.....(920) 674-7728

Hours..... Monday-Friday 8 am-4:30 pm

Like us on Facebook Jefferson Senior Center



Senior Dining & Meals on Wheels

Joy Clark.....(920) 675-0102

—Meals for those age 60+ for congregate meal site

—Meals on Wheels (for qualifying persons) within the Jefferson City Limits. Delivered by volunteer drivers to person who are infirmed or can not drive

—No carry outs available (like restaurants do).

Aging & Disability Resource Center of Jefferson County

Phone.....(920) 674-8734

Toll Free.....1-866-740-2372

Website.....www.jeffersoncountywi.gov

The mission of the Aging and Disability Resource Center is to connect older adults, persons with disabilities and their caregivers, to give information about resources, and to help them live an independent life with security and dignity.

Jefferson County Benefit Specialist

Phone.....(920) 674-8134

Social Security (Janesville Office)

Phone.....1-877-850-7826

Cab Rides for the Elderly

Phone.....(920) 674-5294

Jefferson Park and Recreation Department

Phone.....(920) 674-7720

Jefferson City Hall

Phone.....(920) 674-7700

Jefferson Public Library

Phone.....(920) 674-7733

Jefferson Public Works

Phone.....(920) 674-7737



GREETING CARDS \$1 EACH

We offer a nice variety of birthday, anniversary, get well, thinking of you, sympathy, serious illness and thank you cards, along with some speciality cards. Please pay at the front desk.

SENIOR DINING GIFT CERTIFICATES

These gift certificates are available for \$3.50 and make a great gift for the hard-to-buy for person. These certificates can be used at any senior dining site throughout Jefferson county or for meals-on-wheels.

DONATIONS AND MEMORIALS

If you or a love one enjoy your time spent at the senior center and wish to make a donation or a memorial contribution, please make checks payable to: City of Jefferson.

WANT TO ADVERTISE?



CONTACT LITURGICAL
PUBLICATIONS AT
1-800-950-9952

Jefferson Senior Center MAILED Subscriptions

\$6 for 12 month subscription

Name _____

Address _____

City _____

State _____ Zip Code _____

CENTER ACTIVITIES

3

ADVISORY BOARD

Monday, August 8—10 a.m. Classroom 1
Your Advisory Board members:
Jean Allen, Shirley Behm, Jeanette Brumm, Diann Lipperer, Kathi Miller, Barb Schuld and Bruce Whitmore

BENEFIT SPECIALIST

Thursday, August 4 10 a.m.– 12 noon
Call **920-674-8734** for an appointment

BIRTHDAY PARTY

Thursday, August 4—11 a.m.

Everyone is invited—
July birthday or not!



We play Bingo Jingo with small prizes, then we do brain fitness games and reminisce. Ice cream is served after!
Sponsored by Keystone Foods-Jefferson

BINGO

Tuesdays at 1 p.m. Cost \$2 (3 cards)

All money goes back as prize money.
Please pay with \$1 bills or \$5 bills.

Aug. 2—Sunset Ridge of Johnson Creek

Aug. 9—Sylvan Crossings of Jefferson

Aug. 16—Sunset Ridge Memory Care

Aug. 23 - Our House Assisted Living

Aug. 30—To be announced

BUNCO

Wednesday, August 24—1 p.m. Cost \$2

Bunco is an easy to learn dice game. Prizes are \$5 for most Buncos (split if tied) and \$1 back to everyone else who gets at 1 Bunco! Small prizes given too for most wins/losses etc.

A Bon Ton Bakery treat, coffee & juice served afterwards

Mulberry Glen of Whitewater sponsor

CARD GAMES—Cost \$2 per person

Mondays 1 p.m.—Sheepshead

Thursdays 1 p.m.—Euchre

Friday 1 p.m. - '500'

CARD MAKING CLASS

Tuesday, July 5—10 a.m.

Cost \$3 per card. Price includes all materials, instruction and an envelope.

Look at the nice card that was made in July for \$3!



COLORAMA AND DOT-TO-DOT

Wednesday, Aug. 3 & 10—1 p.m.

Time to sit and enjoy some coloring or dot-to-dot pages. You can bring in your own supplies or use ours. We serve a dessert, coffee & Crystal Light at 2:30 p

COMPUTER TUTOR

Thursdays, Aug. 11 & 25 1-3:00 p.m.

Half Hour appointments are \$10

Sign up ahead or time. You can bring in your own computer or iPad or Karl will have his. Let us know.

CRIBBAGE

Thursdays at 9 a.m. Classroom #2

MAH JONGG

Mondays at 12:30 p.m. Classroom #2

Try something new. Enjoy an afternoon of socialization. Chinese tile (similar to dominoes) game—Strategy needed. Different than the online version.

PEGS & JOKERS—Wednesdays 9:45 am

CENTER ACTIVITIES

RESTAURANT OF THE MONTH

Thursday, August 11— 12:00 Noon

“China Buffet” - 1525 Janesville Avenue

Sign up by noon, Wednesday, Aug.10, to make a reservation. Transportation & lunch price on your own.



“SCRUNCH” Party Wed, Aug. 24

2:30 p.m. Eat at 3:30 pm

Scrunch is the meal between lunch and supper. This month is “salad bar”.

We supply the lettuce, dressings, beverages, cake & big plates. You sign up to bring salad bar fixings, side dish, etc.

Sponsored by Our House Assisted Living

SEQUENCE—Tuesdays at 10 a.m.

SINGING GROUP—Back in September

SIT & STITCH— Back in September

TRAIN DOMINOES—Back in September

WII BOWLING—Wednesdays at 9:45 am

Easy to learn and play. Fun and exciting.

Makes you feel like you are really bowling without putting on the special shoes!

Men and women are welcome

PUZZLE PALS—Everyday Classroom 2

A puzzle is put out for everyone to enjoy!

PHOTO KEEPING CLASS

Thursday, August 11—1-3:00 p.m. \$10

Don't keep your photos in a shoebox or left in your cell phone or computer. Get them out for display! All materials are provided for this class. You just bring in 15-25 photos and place them in the specially designed sheets for photos. Then you add any embellishments that are available and you are done! I am working on a book for the senior center. Stop in and see the book. It's neat!



“OH WHAT FUN!” FUNDRAISER

Next meeting: September 12—9 a.m.

Fundraiser date—Sat., November 5

Raffle tickets will be printed soon and distributed for selling beginning in September. We are looking for Crafters. \$10 per table.

knowledge is knowing a tomato
is a fruit.
wisdom is not putting it in a fruit
salad.

REFRESHMENT CORNER

See page 11 for announcement on this

STAY HEALTHY

BIKE RIDING GROUP

Join Norm Matzinger and our bike ride group on **Thurs, Aug. 11 and 25 at 1 p.m.** Meet at the Senior Center. No ride if rain.

BOCCE BALL

Thursdays, Aug. 4 and 18 at 1 p.m. West end of Stoppenbach Park (by tennis courts). Led by Jean Allen.

COFFEE TALK

Tuesday, Aug. 2 - 10 a.m. Great Room Join staff from Sylvan Crossings and let them know what topics of programs or talk you would like.

FOOT CARE

Tuesday, Aug. 9—9-11 a.m. \$15 Foot soak, nail trim and light massage. Bring your own towel.

GRANDPARENT SUPPORT GROUP

Tuesday, August 2—10 a.m.
—Do you have grandchildren living with you or are you the primary provider for them?
—Do you struggle with concerns of multi-generational living?
—Are your grandchildren a part of a family that struggles financially or emotionally?
This is a warm, caring, safe group that you can feel comfortable being a part of.

LINE DANCE CLASS—Fridays 10 a.m.

Contact Nancy at **920-674-6974** for info!



WALK AND TALK GROUP
Mondays at 1 p.m. in August

MEMORY CAFÉ

Monday, August 15 10-11:30 a.m.
VFW Recreational Ctr.—1420 S. Rockwell S
The Memory Café is for those with early to mid-stage Dementia or Alzheimer's Disease and is a nice, social outing for the person afflicted and their care partner. This is not a support group.

POLICE TALK

The August police talk date is TBA. Don't forget the National Night Out on Tuesday, August 2 at Riverfront Park.

MOVING WITH MIKE—DVD

Wednesdays at 9 a.m. with Doris Cavin

PHYSICAL THERAPY EXERCISE

Thursdays 10:30-11 a.m.

Rocky Baldry of the Sport and Spine Clinic leads the class in good stretching and toning exercises. Low impact.



SENIOR EXERCISE CLASS

Senior volunteer Doris Cavin leads this class on **Mondays and Fridays from 9-9:45 a.m.** Stretching, toning, sit & be fit exercises and walking are incorporated in this exercise program. Coffee and socialization follow.

TUESDAY TONING EXERCISE CLASS

Bill Lust has moved to take on a new job, so Norm Matzinger will lead this class in the same fashion that Bill did. The class is **Tuesdays at 9 a.m.** It has toning exercises and walking segments in and around the building.

“LA CROSSE BOATS & BLUFFS” **Wednesday, September 28—\$99**

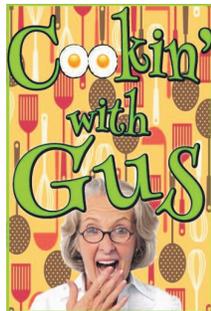
Pickup at Johnson Creek Park & Ride.
 If 10+ travelers sign up, pickup in Jefferson
 Enjoy a day trip to LaCrosse, WI where
 you will board the La Crosse Queen
 Paddle Wheeler for a
 luncheon cruise on
 the upper Mississippi
 River! We will also
 have a tour of
 La Crosse with a
 local guide, make a
 stop atop Granddad Bluff and finish the
 day at Southwind Orchards for shopping
 and wine tasting.
 —Rest stops to & from La Crosse
 —Lunch includes chef carved turkey &
 Swedish meatballs



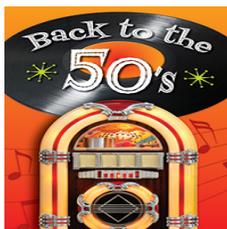
“COOKIN’ WITH GUS”

Wednesday, October 8—\$84

Pickup at Johnson Creek Park & Ride
 If 10+ travelers sign up, pickup in Jefferson
 Menu: Bourbon glazed ribs, wild
 rice, steamed vegetables,
 Memories’ Famous Fluff, Dinner
 salad, corn meal muffins and
 apple kuchen for dessert.
 Gussie has her own cooking
 show but has acquired stage
 fright. See how she handles
 the problem in this comedy!



2017 FIRESIDE SHOWS



BACKROADS OF SUNNY FLORIDA **February 17-24, 2017 (Motor Coach)** **8 Days and 12 Meals**

Twin \$1,599 & Single Room \$2,288

This isn't your normal "touristy" trip to Florida,
 but rather an enjoyable stay at a 232 acre resort!
 —Enjoy the Crystal River Plantation Resort
 —Enjoy a boat ride through Homassas State
 Park
 —See colorful wildlife throughout the region
 —We will be near the Gulf of Mexico
 —Dinner & Show at the Derby Dinner Playhouse
 Much More!

HAWAII FOUR ISLANDS

March 2-13, 2017

12 Days & 14 Meals

Twin \$4,884 & Single Room \$6,543

—Ride to and from airport. All airport transfers
 —Fresh flower lei greeting upon arrival
 —Spend 3 nights on the Island of Oahu—home
 of Waikiki Beach
 —Oahu touring including Pearl Harbor
 —Honolulu City tour & Polynesia dinner show
 —Spend 2 nights on the "Garden Isle" of Kauai
 —See Waimea Canyon (Hawaii's Grand Canyon)
 —Spend 2 night son the "Big Island of Hawaii"
 —Drive through Volcanoes National Park
 —Spend 3 nights on the "Valley Isle" of Maui
 —Enjoy a relaxing cruise on the Wailua River
 —Experience a traditional Hawaiian luau

MUSIC OF THE MOUNTAINS

Blue Ridge & Smoky Mountains & Nashville

May 20-27, 2017 (Motor Coach Tour)

8 Days and 11 Meals

Twin \$1,879 and Single Room \$2,648

—Spend 3 nights in Pigeon Forge, TN
 —Visit the Titanic Museum
 —Ride the Ober Gatlinburg erial Tramway
 —Dinner & entertainment at Hatfield & McCoys
 —Guided Tour of Great Smokey Mountains Park
 —Visit the fabulous Biltmore Estate
 —2 nights at the Opryland Resort, Nashville
 & More!

SENIOR DINING MENUS-AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Call 675-0102 by 12 noon the day before Eating. Call Friday for Monday</p>	<p>1 Swedish meatballs Mashed potatoes California Veg. Fruited Jello Bread</p>	<p>2 Hungarian Goulash Casserole Peas/Pearl onion Cantaloupe Dinner Roll</p>	<p>3 Roast turkey Mashed potatoes Green Bean casserole Cinnamon Roll Bread</p>	<p>4 Beef stroganoff casserole Tossed salad "Birthday" cake Dinner roll</p>	<p>5 Ham rolls Squash Health slaw Applesauce Bread</p>	<p>6</p> 
<p>7 Milk & Coffee Served to Congregate diners</p>	<p>8 Country fried steak Mashed potatoes Carrots Butterfinger Torte & bread</p>	<p>9 Baked chicken American potato salad Winter veggies Fruited Jello Dinner roll</p>	<p>10 Pork Jaeger schnitzel Mashed potatoes Baby carrots Alexander Torte Bread</p>	<p>11 Chicken cacciatore Baby red potatoes Mixed Italian salad Fruit cocktail Dinner roll</p>	<p>12 Beef & pork chop suey Brown rice Chinese ramen salad Orange sherbet Bread</p>	<p>13</p>
<p>14 All bread And dinner Rolls are Homemade From Feils</p>	<p>15 Hamburger on a Bun German potato salad Corn Watermelon</p>	<p>16 Meatballs in a honey mustard sauce Baked potato Peas & carrots Dreamsicle torte Dinner roll</p>	<p>17 Baked spaghetti Italian veggies Cantaloupe French bread</p>	<p>18 Chicken breast Mashed potatoes Carrots Peanut butter cookie Dinner roll</p>	<p>19 Fruited chicken salad over lettuce Petite banana Bread</p>	<p>20</p>
<p>21 Meal Payment is A confidential donation. Suggested Donation \$3.75</p>	<p>22 Roast pork loin Mashed potatoes Summer veggies Applesauce cake Bread</p>	<p>23 Salmon loaf Escalloped poatoes California veg. Pineapple tidbits Dinner roll</p>	<p>24 Baked chicken Garlic mashed Potatoes Copper penny salad Key lime pie Bread</p>	<p>25 Smoked sausage Baked potato Spinach salad Apple slices Dinner roll</p>	<p>26 Chopped steak in a Burgundy mushroom sauce Corn Mashed potatoes Ice cream cup Bread</p>	<p>27</p>
<p>28</p>	<p>29 Hawaiian meatballs Baby red potatoes Carrots Pineapple tidbits Bread</p>	<p>30 Swiss steak Mashed potatoes Peas/Pearl onion Chocolate banana torte Dinner roll</p>	<p>31 Chicken broccoli & rice casserole Tossed salad Apricot halves Bread</p>			

JEFFERSON AREA SENIOR CENTER CALENDAR • AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<p>1 9 Exercise 11:45 Dining 12:30 Mah Jongg 1 Sheepshead 1 Walk & Talk</p>	<p>2 9 Toning 9 Sequence 10 Grandparent gr 10 Coffee talk 10 Card making 11:45 Dining 1 Bingo 3 '65' 6 Nat'l Night Out</p>	<p>3 9 Moving Mike 9:30 Wii Bowling 9:45 Pegs/Jokers 11:45 Dining 1 Coloring 2:30 Scrunch</p>	<p>4 9 Yoga 9 Cribbage 10:30 P/T Ex 11 Birthday party 11:45 Dining 1 Euchre 1 Bocce ball</p>	<p>5 9 Exercise 10 Line Dance 11:45 Dining 1 '500'</p>		
<p>7</p>	<p>8 9 Exercise 10 Advisory Bd 11:45 Dining 12:30 Mah Jongg 1 Sheepshead 1 Walk & Talk</p>	<p>9 9 Toning Ex. 9 Foot Care 10 Sequence 11:45 Dining 1 Bingo 3 '65' 4:30 Bunco/BBQ</p>	<p>10 9 Moving Mike 9:30 Wii Bowling 9:45 Pegs/Jokers 11:45 Dining 1 Coloring</p>	<p>11 9 Yoga 9 Cribbage 10:30 P/T Ex. 11 Miniature golf 11:45 Dining 12 R.O.M. 1 Euchre & 1 Bike 1 Scrapbooking 1 Computer Tutor</p>	<p>12 9 Exercise 10 Line Dance 11:45 Dining 1 '500'</p>		
<p>14</p>	<p>15 9 Exercise 10 Memory Café 11:45 Dining 12:30 Mah Jongg 1 Sheepshead 1 Walk & Talk</p>	<p>16 9 Toning Ex. 10 Sequence 11:45 Dining 1 Bingo 3 '65'</p>	<p>17 9 Moving Mike 9:30 Wii Bowling 9:45 Pegs/Jokers 10:30 Fireside 11:45 Dining 1 Bunco</p>	<p>18 9 Yoga 9 Cribbage 10:30 P/T Ex. 11:45 Dining 1 Euchre 1 Bocce ball</p>	<p>19 9 Exercise 10 Line Dance 11:45 Dining 1 '500'</p>	<p>20</p>	
<p>21</p>	<p>22 9 Exercise 11:45 Dining 12:30 Mah Jongg 1 Sheepshead 1 Walk & Talk</p>	<p>23 9 Toning Ex. 10 Sequence 11:45 Dining 1 Bingo 3 '65'</p>	<p>24 9 Moving Mike 9:30 Wii Bowling 9:45 Pegs/Jokers 11:45 Dining</p>	<p>25 9 Yoga 9 Cribbage 10:30 P/T Ex. 11:45 Dining 1 Euchre 1 Bike Group 1 Computer tutor</p>	<p>26 9 Exercise 10 Line Dance 11:45 Dining 1 '500'</p>	<p>27</p>	
<p>28</p>	<p>29 9 Exercise 11:45 Dining 12:30 Mah Jongg 1 Sheepshead 1 Walk & Talk</p>	<p>30 9 Toning Ex. 10 Sequence 11:45 Dining 1 Bingo 3 '65'</p>	<p>31 9 Moving Mike 9:30 Wii Bowling 9:30 Pegs/Jokers 11:45 Dining</p>				

ROUND OF APPLAUSE

The Jefferson Area Senior Center wishes to thank the following people for their recent donations:

- Irene Gentz**—Crystal Light & raspberry torte
- Sheila Frohmader**—Bottles of juice
- Toots Koch**—6 pkgs of quart bags & 6 decks of playing cards
- Colleen Orval**—\$10 for program supplies
- Lois Schoenike**—Donut holes & lemon pineapple cake
- Diane Schultz**—2 packages of napkins



Due to rising costs of supplies, as of August 1, all items for our Refreshment Corner will be \$.50 each. Bananas will continue to be \$.25

Soda prices have risen to a minimum of \$.32, and the tiny cans are \$.37—and that’s if I can find a deal on them. Your favorite Little Debbie bars are \$.25-.35. Doing all of the Accreditations around the state, I notice that everyone has their soda at a minimum of \$.50+ so we are not out of line. It seems you can’t find much anymore for a quarter or less and we have to make a little money to keep this service going. Thank you for patronizing this service. This service is for you and your enjoyment.

Please remember..Any checks written to us should be made out to:
The City of Jefferson



SEVERE WEATHER
All activities will be suspended if a tornado **WARNING** is given for Jefferson County.

- Participants should take shelter in the East Hallway of the Senior Center
- Participants can leave if they choose (however, this is *not* recommended)
- Activities will resume as weather permits

Extra newsletters available at:
County City Credit Union—Jefferson
The Drug Store—Jefferson
Jefferson City Hall
Jefferson Public Library
Jefferson Vet Clinic
Lake Mills Market
Pick N Save Store—Fort Atkinson
Piggly Wiggly—Jefferson
Sentry Store—Lake Mills
Sylvan Crossings of Jefferson
Tan-A-Latte—Jefferson

The Senior Center wishes to thank these businesses!

- Amanda Waldhart**—(Scrapbook Class)
- County-City Credit Union of Jefferson** (Bingo)
- Jefferson Co. Aging & Disability Resource Center**
- Keystone/L.D. Foods of Jefferson** (Birthday party)
- Our House Assisted Living** (Bingo & Scrunch Party)
- Patti Folk** - (Card making class)
- Sport & Spine Clinic of Jefferson** (Thursday Ex.)
- Sunset Ridge of Johnson Creek** (Bingo)
- Sunset Ridge Memory Care of Jefferson** (Bingo)
- Sylvan Crossings of Jefferson**
(Memory Café, Coffee Talk & Bingo)

JEFFERSON AREA SENIOR CENTER

859 Collins Road
Jefferson, WI 53549



National Fried Chicken Day Scrunch event.
Top L-R Barb Schuld, Jean Allen, Shirley Behm & Marlene Dianich. Top Right L-R: Joyce & John Satterlee and Jan Arndt. Right L-R Carolyn Gerth, Karen Hillebrand Walling and Sandy White.