



NEW BRIDGE NEWS

Your Connection to Successful Aging

MARCH 2019

Free Memory Screenings

The ADRC is offering 20 minute memory screens and results. Free and confidential. Please contact Sequoya Library to sign up. Additional locations and dates can be found at http://www.daneadrc.org/dementia_care.aspx

Sequoya Library, 4340 Tokay Blvd.
Thursday, March 21, 1:00-4:00 pm
(608) 266-6385



This is another reminder that our phone number has been updated
(608) 512-0000

14TH ANNUAL MULTICULTURAL SENIOR WELLNESS FAIR

FRIDAY, MARCH 29, 2019
9:00 AM - 11:30 AM

WARNER PARK COMMUNITY RECREATION CENTER
1625 NORTHPORT DRIVE, MADISON WI

FREE HEALTH SCREENINGS 9:00-11:30AM
INFORMATIONAL BOOTHS 9:00-11:30AM
LUNCH 11:30AM-12:15PM

Call 24 hours in advance to reserve your lunch spot (608) 512-0000.

BILINGUAL BINGO 12:15-1:00PM

¡Intérpretes
serán disponible!

For more information, contact Ruth
(608) 512-0000 ext. 3012
RuthH@NewBridgeMadison.org

HEALTHY SNACKS

DOOR PRIZES

BINGO

CHECK OUT
WHAT'S
INSIDE!

02 General Information
03 Staff
04 Case Management Services
05-07 Volunteer Opportunities
08-12 Programs & Activities

12-13 Cultural Diversity Programs
14-15 Health and Wellness
16-19 Nutrition Program & Menus
20-21 Join the Friends Group!
22-23 Calendar of Events

www.NewBridgeMadison.org

(608) 512-0000

GENERAL INFORMATION

MISSION

NewBridge empowers older adults to access affordable resources to maintain their health, safety, independence and community connection.



A LETTER FROM THE DIRECTOR...

“TRANSITIONS, TECHNOLOGY AND TRYING TIMES!”

As we enter into our third month as NewBridge, we continue to address the challenges of communications, systems, and several other issues relating to the merging of four separate entities into a new, future focused agency.

Change is seldom simple or easy, and at times it can be quite frustrating, so we appreciate everyone’s flexibility, patience and understanding as we identify problems and develop solutions.

We acknowledge that there have been problems with our phone systems, misplaced messages, and possible misinformation and we apologize for any confusion this may have caused. We are committed to improving our communication, both internally and externally, so that our messages are clear and concise.

Please continue to let us know how we are doing, positive or negative, as we face the challenges of improving customer service with ever-changing technology. We will continue to focus on providing the high quality programs, services and support to older adults in the cities of Madison and Monona as we have in the past and are proactively planning ahead to meet the demands of this quickly growing population.

Marcia Hendrickson, Executive Director

CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: Info@NewBridgeMadison.org

Website: www.NewBridgeMadison.org

Office Hours: Monday-Friday, 8:00 am-4:00 pm

Like Us on Facebook: [NewBridge Madison](https://www.facebook.com/NewBridgeMadison)

SOUTH MADISON ★ MAIN OFFICE

128 E. Olin Avenue, Suite 110, Madison, WI 53713

EAST MADISON/MONONA

4142 Monona Drive, Madison, WI 53716

NORTH MADISON

1625 Northport Dr. #125, Madison, WI 53704

WEST MADISON

5724 Raymond Road, Madison, WI 53711

BOARD OF DIRECTORS

- TIM CONROY - CEO, Capitol Lakes Community
- AMY DEVINE - Pro Bono Coordinator, Victim Advocacy Program, Disability Rights Wisconsin
- JULIE DIETERLE - Retired Physical Therapist
- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- CEDRIC JOHNSON - Community Relations Manager, Madison Gas & Electric
- TIM RYAN - CFO, Monona State Bank
- LAURA STEIN - Human Resources Advisor, American Family Insurance
- SARAH VALENCIA - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work
- BARBARA ZABAWA - President and Attorney, The Center for Health and Wellness Law, Clinical Assistant Professor, UW-Milwaukee MHA Program

STAFF

- MARCIA HENDRICKSON, Executive Director Ext. 1001
- KATIE GALLAGHER, Marketing Director Ext. 4001
- JIM KRUEGER, Fund Development Director Ext. 3005
- SONYA LINDQUIST, Senior Services Director Ext. 2002

- LOIS GERBITZ, Executive Assistant Ext. 3002
- JOE NEUMAIER, Administrative Assistant Ext. 2000
- DEB TEMERBEKOVA, Administrative Assistant Ext. 4000

- GABI ANZALONE, Case Manager Ext. 1006
- SAMMY AZUMA, Case Manager Ext. 1005
- JENNIFER BROWN, Team Lead Case Manager Ext. 2003
- JODIE CASTANEDA, Team Lead Case Manager Ext. 1004
- SUSY CRANLEY, Bilingual Case Manager Ext. 3004
- KARI DAVIS, Case Manager Trainer & Support Specialist Ext. 1003
- TEREZ FAHY, Case Manager Ext. 3003
- MARCIE FUHRMANN, Intern Case Manager Ext. 1010
- NORA HAMMER, Case Manager Ext. 2004
- KATHERINE MALLON, Intern Case Manager Ext. 1008

- RACHEL OKERSTROM, Case Manager Ext. 4002
- MAUREEN QUINLAN, Case Manager Ext. 4003
- ALLIE SCHRANK, Bilingual Case Manager Ext. 3006
- GREG SCHUMACHER, Case Manager Ext. 1007
- KATE SHENKER, Case Manager Ext. 3007
- GLEN THOMMESEN, Case Manager Ext. 2005

- MICHELLE ANDERSON, Programs & Events Coordinator Ext. 4008
- KATIE BRIETZMAN, Vol. & Guardian Rep-Payee Manager Ext. 1002
- RUTH HELLENBRAND, Programs & Events Coordinator Ext. 3012
- JEANETTE ARTHUR, Home Chore Coordinator Ext. 4007
- DAVID WILSON, Home Chore Coordinator Ext. 2006

- SHELLEY BLONDEAU, Nutrition Site Coordinator —
- BOB BURNS, Nutrition Site Coordinator —
- DEBI HANKINS, Nutrition Site Coordinator Ext. 3013
- KRISTEN HUBER, Nutrition Program Manager Ext. 2001
- CANDICE MARTIN, Nutrition Program Manager Ext. 4006
- TRACY OLIVER, Nutrition Site Coordinator Ext. 1009
- ARETHA RICHMOND, Nutrition Site Coordinator —

All services and programs are offered without regard to race, gender, religion, color, creed, disability, sexual orientation, political beliefs, marital status, national origin, ancestry or age (where applicable), or any other basis prohibited by applicable law. Clients, participants, and volunteers are encouraged to report any discrimination relating to service delivery by NewBridge to the Executive Director or Board Chair, in writing.

The "NewBridge News" newsletter is a monthly publication that is mailed free of charge to NewBridge Friends. Anyone may pick up an issue at their local library. This newsletter contains at least 25% non-advertising. The NewBridge main office is located at 128 E. Olin Avenue #110, Madison, WI 53713.



4205 Monona Drive, Monona, WI
(608) 221-8151
www.medicineshoppe.com/0605
 Monday - Friday 9:00 am - 6 pm • Saturday 9:00 am - 1 pm

- Personal Medication Counseling
- Specialized Healthcare Services Available
 1. Immunizations
 2. Free Blood Pressure Readings the 1st Tuesday of every month from 1-4 P.M.
- 15-Minute Prescription Service
- Diabetic Shoes and Supplies Available
- Medicare, Medicare D, Medicaid, Wisconsin SeniorCare, Tri-Care, and most Insurance Plans Accepted
- Free Delivery on Madison's East Side & Monona — Monday thru Friday
- Drive Thru Pick Window

MIDWEST HOME CARE
 Senior Care Professionals
(608) 276-6000
www.midwesthomecare.com



Norwegian American Genealogical Center & Naeseth Library

415 West Main Street • Madison, WI 53703-3116
 Phone 608-255-2224
 Website nagcnl.org • Email genealogy@nagcnl.org
 Open Monday - Friday • 10:00 a.m. to 4:30 p.m.

Let us help you find your Norwegian roots!

- Expert genealogical research assistance for beginners and advanced researchers
- Stellar collection of books, microfilms, documents, and research materials
- Translation Services • Classes • Tours
- Web resources explained

Call or email for an appointment
nagcnl.org



DYKMAN'S TIME SHOP

- ◆ Watches and Clocks ◆
- ◆ Sales and Service ◆

Tuesday-Friday 9-6 • Saturday 9-2
www.dykmans.com

BRING IN AD FOR 10% OFF ANY PURCHASE

2701 University Avenue • 233-1444

Spacious, Senior Apartments "West" in Orchard Ridge
 2 Bed, 2 Bath, 1000 sqft. to 2100 sqft.
 Heat, Garage & Storage **included** in Rent.
 No Pets, No Smoking!
O - 608-227-6543 • C - 608-577-2451
www.KellerApartments.com

Heartland Hospice Care
Volunteers are the Heart of Hospice
 Heartland volunteers offer companionship and practical, compassionate help.
 • Friendly Visits • Pet Visits • Vigil
 • Veteran-to-Veteran visits • Clerical Support
 The time, care and support provided by Heartland volunteers greatly impacts our patients and their families. Volunteer time commitments are flexible.
Contact our Volunteer Coordinators at 608-819-0033



CASE MANAGEMENT SERVICES

The Case Management Program is designed to provide older adults, age 60 and over, the support they need to live independently by identifying resources and coordinating supportive services.

MY MONTHLY MIPPA MOMENT

MIPPA (Medicare Improvements for Patients and Providers Act) has the goal of educating older adults on benefits that are provided through Medicare! Each month, a different issue/benefit will be discussed.



March is Colorectal Cancer Month! According to the American Cancer Society, colorectal cancer is the third most common cancer diagnosed in both men and

women and the third leading cause of cancer-related death. However, the death rate from colorectal cancer has been dropping for several years due to polyps being found more often and earlier through colorectal screenings.

Did you know Medicare covers screening colonoscopies once every 24 months if you are at high risk for colorectal cancer? And every 120 months if you are not at high risk? Additionally, Medicare covers a screening flexible sigmoidoscopy (looking at the lower 20 inches of your colon) once every 48 months, if not completed within ten years of your last colonoscopy.

When discovered in its early stages, up to 90% of people have been able to win the battle against colorectal cancer. Getting this procedure is the best way for prevention and early detection! In combination with regular exercise and a diet low in fat and high in fruits and vegetables, your risk for developing colorectal cancer can be lowered.

Screening colonoscopies are part of the Medicare preventive services that are covered by Medicare Part B. The goals of these services are to assist in preventing illnesses, detecting medical conditions, and keeping you healthy long term. If you have not had a colonoscopy recently or have questions about your eligibility for a colonoscopy, reach out to your medical provider to schedule a screening.

WALK-IN HOURS

A Case Manager will be available at the following times and locations:

SOUTH MADISON

Madison Senior Center
330 W. Mifflin Street
Mondays, 11:00 am-Noon

Romnes Apartments
540 W. Olin Avenue
Thursdays, 11:00 am-Noon

Fisher-Taft Apartments
2025 Taft Street
Wednesdays, 10:30-11:30 am

WEST MADISON

Meadowridge Commons
5734 Raymond Road
March 12, 11:30 am-Noon

NORTH MADISON

Goodman Comm. Center
149 Waubesa Street
Tuesdays, March 13 and 27
11:30 am-1:00 pm

VOLUNTEER SPOTLIGHT



Max Nguyen is from eastern Iowa and moved here about two years ago. He worked at Edgewood College for two years as a graduate assistant in athletics communications while getting his Masters of Business Administration and graduated in May 2018. He's been a Home Chore volunteer for the last year and a half helping two older adults with indoor and outdoor tasks.

What brought you to Newbridge as a volunteer?

I've always been involved with volunteering every since elementary school and it has continued into my adult life. I always try and look for volunteer opportunities that allow me to build a relationship, have flexible hours and happen on a regular basis. I was looking online for a new opportunity and that's when the NewBridge Senior Chore Program caught my eye. The program hits on all the criteria I mentioned above! I have been matched for about a year and a half and it's been great.

What do you enjoy most about volunteering?

The best part of volunteering is seeing the difference you make in others' lives. That's why I more enjoy the 1-on-1 aspect or building a relationship as opposed to volunteer opportunities that may be more indirect help. Also, I don't do well just twiddling my thumbs at home so I like to get out in the community and help out.

In what ways do you think your experiences as a volunteer tutor have impacted you?

It gives me perspective on life and allows me to meet amazing people that I might not have otherwise. I think getting to know people from all walks of life (ages, cultures, etc.) has been the best part. We're all human beings so getting to see the uniqueness of others while helping them out is crazy awesome.

What inspires you to volunteer?

See above. Also, it makes everyone feel good inside. This is what we're supposed to do is help each other out, especially when we have the means and time to do it! You just never know when roles could be reversed or I might need help in the future.

What would you say to others who are thinking about volunteering?

Just do it! It's one of the most rewarding things you could ever do in life, hands down. Also, volunteering lets you try something new to broaden your horizons without the pressure, it's great. Or you could stick with what you are passionate about and share your enthusiasm and energy for the subject matter with somebody else while making a difference!



We are your choice for Long-Term Care for Seniors and adults with disabilities. Helping you remain safe, independent, and active in your community.

1-877-489-3814 www.mychoicfamilycare.org

MEADOWMERE MADISON
ASSISTED LIVING COMMUNITY




We value great care, wonderful meals, meaningful activities, & community involvement


Come visit us to see why we are so proud of our community.

5601 Burke Road • Madison • 608-268-9100

Monona Motors
Greg Carlson | Carlos Villota | John Disch




(608) 222-1342
4500 Winnequah Road
Monona, WI 53716



Honest, reasonably priced attorney
I Make House Calls!
Wills • Trusts
Domestic Partnership Agreements
Powers of Attorney • Real Estate

Paul O'Flanagan
Attorney at Law
862 Woodrow Street
Madison, WI 53711
608-630-5068
Paul@oflanaganlaw.com



Reena
SENIOR LIVING
...because the journey matters

Everyone here at Reena Senior Living is committed to making the journey through this stage of life as meaningful and rich as possible. We believe that the journey matters, for all of us. So everyone who comes to us to live, visit, or work here is treated with respect, compassion and dignity.

At Reena Senior Living our mission is to enrich the lives of those we serve because we truly believe... the journey matters! Love where you live at Reena Senior Living!

Reena Senior Living | 737 Reena Avenue, Fort Atkinson, WI 53538 | Phone 920-542-1521



M MERIDIAN **AFFORDABLE HOUSING IN YOUR NEIGHBORHOOD**

1, 2, and 3 Bedroom Apartment Homes For Rent

Specializing in Affordable Housing for Seniors, People with Disabilities, and Families
MADISON • MONONA • MIDDLETON • SUN PRAIRIE • MCFARLAND • COTTAGE GROVE
online at meridiangroupinc.net • Toll Free 1.800.236.6262



VOLUNTEER OPPORTUNITIES

VOLUNTEER GUARDIAN OR REPRESENTATIVE PAYEE

NewBridge is looking for compassionate individuals interested in becoming a volunteer guardian or representative payee for incapacitated older adults living in Dane County. The people we serve have no family or friends who are able to serve in this way. Training and ongoing support for volunteers is provided.

Contact *Katie Brietzman Ext. 1002*

NEWSLETTER MAILING

Tab, label, and bundle our monthly newsletters for mailing. Day of the week varies but it happens towards the end of the month from at the West and North Madison locations.

Contact *Deb Temerbekova Ext. 4000 for West*

Contact *Lois Gerbitz Ext. 3002 for North*

FOOT CLINIC VOLUNTEERS

Help our nail technicians prepare the foot clinic site for clients by putting up signage, greeting participants, setting chairs, receiving and recording payments, tearing down and cleaning up.

Volunteers needed at the Goodman Center site in the morning, second Monday of each month.

Contact *Ruth Hellendbrand Ext. 3012*



NUTRITION VOLUNTEERS

Are you looking to provide warm meals along with a warm smile to the older adults in our community? Join our dining site teams. Responsibilities include assisting with set up, serving and clean up, along with eating and socializing.

Volunteers are able to select shifts that fit their schedule between 9:00 am-1:00 pm, Monday-Friday.

Contact *Kristen Huber Ext. 2001 for North and West*

Contact *Candice Martin Ext. 4006 for West and South*



OFFICE VOLUNTEERS

Be the first point of contact for our older adults at the North Madison location and help facilitate our daily procedures.

Welcome participants, clients, and visitors, and answer questions about our programs and services. Answer phone calls, assess the need of the caller, and transfer the call as needed. Register adults for programs and activities. Come and join our wonderful office volunteer team!

Contact *Lois Gerbitz Ext. 3002*

HOME CHORE PROGRAM

Help an older adult with limited means remain in the comfort of his/her home or apartment by helping with minor home tasks. A few hours of your time each month develops a friendship while helping with tasks that have become too difficult. Areas of help often include: vacuuming, dusting, cleaning kitchen and bath floors, or organizing items. **Be a friendly visitor to an older adult** and help ease the isolation of an older adult in our Home Chore Program. Periodic visits can offer positive and rewarding social interactions for the older adult and the volunteer.

Contact David Wilson Ext. 2006 for North, East & West
Contact Jeanette Arthur Ext. 4007 for South

BRATFEST VOLUNTEERS

This once a year, community event will be held over Memorial Day weekend, May 24-27, rain or shine on Willow Island, next to the



Alliant Energy Center. A percentage of the proceeds will benefit our agency. The more volunteer hours, the more money we can raise for NewBridge! Various jobs are available, from grilling to golf cart valeting. Each volunteer will get a free brat, ice cream and a t-shirt.

Contact Jeanette Arthur Ext. 4007

GREENTREEGLEN
SENIOR APARTMENTS

62+ 1 & 2 bedroom apartment homes

608-274-5161
732 Struck Street, Madison
greentreeglen@horizoncbm.com



www.horizon seniorhousing.com
Professionally managed by Horizon Management



IN-HOME CARE

- Companionship • Meal Preparation
- Light Housekeeping • Laundry
- Incidental Transportation
- Medication Reminders
- Grooming & Dressing Guidance

PERSONAL CARE SERVICES

- Bathing • Oral Hygiene
- Transferring & Positioning
- Incontinence Care & Toileting

**SPECIALIZING IN
ALZHEIMER'S, PARKINSON
AND DEMENTIA CARE**

608-442-1898

579 D' Onofrio Drive, Suite 10
Madison WI 53718



Comfort Keepers
www.comfortkeepers.com/madison-wi

An international network of independently owned and operated offices. ©2019 CK Franchising, Inc.



**Get a clear picture
of your energy use**

Ever wonder how your energy use compares to other homes in our area? Have you used more energy this year than last year?

Visit mge.com/compare and sign in to My Account. Find easy-to-use charts of your energy use. Get tips on how you can save more energy. Have questions? Call our Home Energy Line at 252-7117.



PROGRAMS & ACTIVITIES

WEST MADISON

For information about programs at the West Madison location, call Michelle at (608) 512-0000 Ext. 4008

Ongoing Programs

Location Listed

Stretch and Strengthen Yoga

Mound Street Yoga, 1342 Mound St.
Every Monday, 10:45-11:45 am ***New Time**
\$15 drop-in charge, sliding scale available

Exercise Classes

St. Andrew's Episcopal Church
1833 Regent St.
Every Monday Exercise 8:40-9:40 am
Monday Chair Exercise is canceled for the winter.
Every Wednesday Exercise 8:40-9:40 am
\$4 drop in rate and class pass options



Dance Fitness for Life

Capital City Church, 401 N. Blackhawk Ave
Every Saturday, 11:30 am-12:15 pm
\$10 class fee per class

Ping Pong, Pool and Air Hockey

Meadowood Neighborhood Center
5740 Raymond Rd.
Every Saturday 2:00-4:00 pm

West Side Warblers Sing Along

Dale Heights Church, 5501 University Ave.
1st and 3rd Tuesday, 6:00-7:30 pm

Pantries

Lussier Community Education Center
55 S. Gammon Rd.
Every Friday, 10:30 am-12:30 pm
Meadowood Neighborhood Center
5740 Raymond Rd.
Every Thursday, 10:30 am-1:00 pm

Movies at Alicia Ashman Library

733 N. High Point Rd.
Every Wednesday, 1:30-3:30 pm
March 6 - A Star is Born
March 13 - Searching
March 20 - Darby O'Gill & the Little People
March 27 - Served Like A Girl

Cultural Arts Dance Fitness

Meadowood Neighborhood Center
5740 Raymond Rd.
Every Saturday, 12:00-2:00 pm
Free to try then \$5 a month

Mindful Movement

Alicia Ashman Library
733 N. High Point Rd.
2nd and 4th Tuesday, 10:00 am
Join fitness and mindfulness coach Venus Washington to explore the mind/body connection. Learn how you think affects the way you move and how you move affects the way you think. Be prepared for movement, but at a level that's right and safe for you. Perfect for beginners. Space is limited. Call Michelle to reserve your spot Ext. 4008.



March Programs

Location Listed

Avoiding Scams

Thursday, March 14, 12:30-1:00 pm
Meadowridge Commons, 5734 Raymond Rd.

Euchre, Cribbage, Other Games

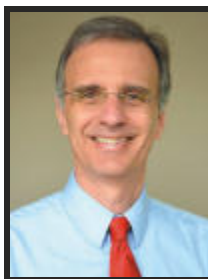
Thursday, March 21, 12:30-1:00 pm
Meadowridge Commons, 5734 Raymond Rd.

Container Gardening

Thursday, March 28, 12:30-1:00 pm
Meadowridge Commons, 5734 Raymond Rd.

Best Board Games of Your Time

Dale Heights Church, 5501 University Ave.
2nd and 4th Tuesday, 1:30-3:30 pm



Visit with County

Executive Joe Parisi

Coventry Village Comm. Rm
7707 North Brookline Drive
Friday, March 15, 1:30 pm

Madison Senior Center, 330 W. Mifflin Ave.
Wednesday, March 20, 10:00 am

Warner Park, 1625 Northport Dr.
Tuesday, April 2, 10:30 am

County Executive Joe Parisi will be visiting three locations to give an update on the work Dane County is doing to clean up our lakes, finance renewable energy development, and benefit county taxpayers. RSVP to Michelle by noon the day before Ext. 4008.

Come, Eat & Enjoy
Open everyday 11 am-10 pm
Fri & Sat Bar open until 11pm

FITCHBURG 2949 Triverton Pike Dr. 608.278.7800	MADISON 1849 Northport Dr. 608.241.1144	MIDDLETON 1109 Fourier Dr. 608.826.0555
---	--	--

www.benvenutos.com

Ready for Medicare?

Stop by to explore your UnitedHealthcare® options and compare plan benefits. And when you're ready, you can enroll with a local licensed sales representative on-site.

We're here for you. No appointment needed.

Leigh Maxwell Licensed Sales Representative Farmer Insurance Agency	2980 CAHILL MAIN Fitchburg, WI 53711 608-772-5700, TTY 711 Suite 205
---	---

A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 608-772-5700, TTY 711. Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a Medicare-approved Part D sponsor. Enrollment in the plan depends on the plan's contract renewal with Medicare.
Y0066_180221_023118 Accepted SPRJ40652

Sun Prairie
HEALTH CARE CENTER

Live well, feel safe, we've got you covered.

- Rehabilitation Services
- Skilled Nursing Care
- Assisted Living
- Independent Living

228 W. Main Street • Sun Prairie
608-837-5959
www.sunprairiehc.com

SENIOR HELPERS
Care and comfort at a moment's notice.

Help care for those who have cared for us
Now Hiring Caregivers

* Flexible Hours * Training Provided
* Great Team

Apply Today 608-729-5365
www.seniorhelpersmadison.com

JOSH LAVIK
associates

PARTNERED WITH **kw** REAL ESTATE
"A Better Real Estate Experience"

"QUICK START GUIDE FOR DOWNSIZING HOMEOWNERS!"

CALL TODAY FOR YOUR FREE COPY !

200 RIVER PLACE STE 130 • MONONA, WI 53716 | **608-440-9607**



PROGRAMS & ACTIVITIES

NORTH MADISON

For information about programs at the North Madison location, call Ruth at (608) 512-0000 Ext. 3012.

Ongoing Programs at Warner Park, 1625 Northport Dr.

5¢ Bingo

Every Friday, 10:15 am
Bilingual (Spanish) Bingo on the 1st Friday
Each card costs 5¢; all proceeds paid out to the winners. Call 24 hours ahead if you want to stay for lunch at 11:15 am.

Book Club

1st Tuesday, 10:00 am

Card Playing- All skill levels welcome!
Euchre - Mondays, 8:30-11:30 am
Sheepshead - Wednesdays, 1:00-3:00 pm
Mahjong - Thursdays, 1:00 pm

Blood Pressure Clinic

4th Wednesday, 11:00 am-12:00 pm
GHC will be doing FREE blood pressure checks.
No need to call in advance.

FREE Senior Chair Yoga

Every Wednesday, 10:30 am
Increase strength, flexibility, and balance with chair based yoga stretches, and breathing techniques. Certified Yoga Instructor Kim Sprecher leads the class.

Technology Help Appointments

Every Tuesday, 10:00 am-12:00 pm
Sharon Persich, is available to answer your questions. *Bring in your phone, laptop computer or tablet.* Call to make an appointment Ext. 3000.



Knit & Crochet Club (Quilters too!)

2nd and 4th Tuesday, 9:00-11:00 am
Meet in the lobby of Warner Park.

Sassy Steppers Dance Crew

Every Monday, 4:00 pm
Sassy Steppers are a fun dance team that perform for events and other senior centers around the area.

Ping Pong League

Every Monday, 9:00 am-Noon
Warner Park Game Room
Looking for a fun way to exercise? This is the group for you!



Card-Making Club

2nd and 4th Wednesdays, 1:00 pm
Help create home-made cards for all occasions. We sell these cards in our office. All proceeds go to support NewBridge programs and services.

Sewing Club/FREE Mending Service

1st and 3rd Thursday, 9:00 am
Senior adults with general mending and alteration needs. Limit three articles per month.

Conversation Pods

1st Tuesday, 10:30 am-11:15 am

Each table will pick a random topic for discussion!

March Programs at Warner Park, 1625 Northport Dr.

Barbie's Birthday!

Tuesday, March 26, 10:30 am-11:35 am

Ruth will be bringing part of her Vintage Barbie Collection in for the Annual Barbie Birthday Celebration. Do you have a favorite Doll? Bring her along and share your favorite memories of childhood toys.



Artful Aging

Wednesday, March 6-May 29 (No class April 10)

1:30-3:30 pm

Madison Senior Center, 330 W. Mifflin Ave.

Artful Aging is an art class designed for older adults, and geared toward each person's artistic tools, processes of communication and social engagement through creativity. FREE! All supplies provided. Limited transportation available. Join now by calling Ruth Ext. 3012.

Visit with County Executive Joe Parisi

Tuesday, April 2, 10:30 am

County Executive Joe Parisi will be to give an update on the work Dane County is doing to clean up our lakes, finance renewable energy development, and benefit county taxpayers. RSVP to Ruth by noon the day before Ext. 3012.



Aster Senior Living ...
ASSISTED LIVING & MEMORY CARE *Redefined*

Well-Designed Apartments · Chef-Prepared Meals · 24-hour Care
Medication Management · Laundry & Housekeeping
Transportation · Exciting Social Events & Outings · Memory Care

To learn more and schedule a tour, call (608) 333-9306 today!
111 & 139 E. Reynolds St., Cottage Grove, WI 53527 | AsterSeniorCommunities.com

Are you a man who has, or is concerned about osteoporosis, low bone density or fractures?

The University of Wisconsin Osteoporosis Clinical Research Program is looking for men who have been diagnosed with osteoporosis or low bone density and are not receiving drug therapy. Participants must be willing to:

- Come to the study office for 9 visits over 15 months
- Administer a daily dose of injectable study medication or placebo (injection with no medicine)

If interested, please call the UW Osteoporosis Clinical Research Program at 608-265-6410 and ask about the Bone Density study.

Accessibility Solutions That Are Customizable To Meet Your Needs!



BathPlanet
Proudly serving the Greater Madison Area for 80 years!
Call: (608) 222-1243
Gansercompany.com

NEW Senior Care from Agrace
Now it's easier to stay at home



Age at Home
by Agrace
(608) 327-7456

FREE AD DESIGN WITH PURCHASE OF THIS SPACE.
- 800-950-9952 -



PROGRAMS & ACTIVITIES

EAST MADISON/MONONA

For information about programs at the East Madison/Monona location, call Ruth at (608) 512-0000 Ext. 3012.

March Programs at Monona Meadows, 250 Femrite Dr.

Adult Coloring

1st Wednesday, 11:00 am

Coloring has long been considered a therapeutic activity suitable for all ages. Supplies provided.

5¢ Bingo

Monday, March 18, 11:30 am

Each card costs 5¢; all proceeds paid out to the winners.



March Programs at Messiah Lutheran, 5202 Cottage Grove Rd.

5¢ Bingo

Tuesday, March 5, 11:30 am

Each card costs 5¢; all proceeds paid out to the winners.

Celebrate St. Patty's Day!

Tuesday, March 19, 11:30 am

Wear green and put on your best Irish finery.

Prizes for 1st, 2nd and 3rd place.

Patricia Stone will be performing!



Movie

Tuesday, March 26, 11:30 am

Join us for a short movie and conversation. Movie to be announced.

CULTURAL DIVERSITY PROGRAM

AFRICAN AMERICAN PROGRAM

Solomon Carter Fuller Brain Health Brunch

Saturday, March 16, 9:00 am-2:00 pm

Wyndham Garden Hotel

2969 Cahill Main, Fitchburg

Learn how to live life like it's golden!

This year will include workshops, memory screenings, wellness fair, brunch, and more. Dr. Carl V. Hill of the National Institutes of Health will present a keynote speech on healthy aging, brain health, and Alzheimer's disease in the African American community.

This event is free and open to the public.
Contact Sonya Lindquist Ext. 2002 for more information.

CULTURAL DIVERSITY PROGRAM

LATINX PROGRAM

Bilingual Bingo and Lunch with optional Computer Class

Friday, March 1, 10:00 am-2:00 pm

Warner Park Community Recreation Center, 1625 Northport Dr.

Computer class, 12:30-2:00 pm at the Vera Court Neighborhood Center.

Support Group in Meadowood

Thursday, March 7, 11:00 am-2:00 pm

Meadowood Neighborhood Center
5740 Raymond Rd.

Transportation available for those living in the West Madison service area.

Monthly Discussion Group

Wednesday, March 13, 5:45 pm-8:00 pm

Madison Senior Center, 330 W. Mifflin St.

Join us as we discuss relevant issues on health and wellness.

Fitchburg Bilingual Bingo & Lunch

Friday, March 22, 10:30 am-12:30 pm

Fitchburg Senior Center, 5510 Lacy Rd.

Transportation available only for residents of Fitchburg and the surrounding West Madison neighborhoods.

Diabetes Support Group

Thursday, March 27, 5:45 pm-8:00 pm

Fitchburg Senior Center, 5510 Lacy Rd.



Madison Chiropractic
Quality Care Close to Home M.D.

2205 N. Sherman Ave.
Madison, WI 53704

Phone # (608) 244-0044

www.madisonchironorth.com



Care Wisconsin

carewisc.org
1-800-963-0035

WI Relay TTY 711

Government-funded programs for frail seniors and adults with disabilities.



We match our members to the health and long-term care supports and services they need.

More than 40 years as a non-profit!



MOVING or
Overwhelmed by Too Much Clutter?

SEGUES

Senior Move Specialists

608-345-1942
262-442-4200



Novation
Senior Commons

RESERVE NOW!
Call For Specials!

1 & 2 Bedroom Apartments for those 55 +

Rent includes; Heat, Washer & Dryer, Heated Underground Parking, Storage, Community Room with 3 Season Patio, Fitness Center, Resident Activities AND MUCH MORE!

CALL TODAY! 608.422.0595





NewBridge is partnering with Nail Technicians Gail Owens and Susan Hasey to provide non-diabetic foot care for \$20. Please bring two towels. Call (608) 512-0000 to make an appointment.

EAST MADISON

Monona United Methodist Church
606 Nichols Road, Monona
Wednesday, March 20, 12:45-3:30 pm
Wednesday, March 27, 12:45-3:30 pm

NORTH MADISON

Warner Park Community Rec. Center
1625 Northport Drive
Friday, March 8, 9:00-11:30 am

Goodman Community Center
149 Waubesa Street
Monday, March 11, 8:30-9:45 am

St. Paul Lutheran Church
2126 N. Sherman Ave
Tuesday, March 12, 1:00-2:30 pm

Lakeview Lutheran Church
4001 Mandrake Road
Tuesday, March 19, 1:00-2:30 pm

WEST MADISON

Capital City Church
401 N. Blackhawk Ave.
(PARKING is behind church turn at Bluff Rd. and then turn left on Eugenia Ave.)
Monday, March 4, 9:30-11:15 am and
1:00-2:45 pm

Mount Olive Lutheran Church
110 N. Whitney Way Room 11
Tuesday, March 19, 9:30-11:15 am

Our Lady Queen of Peace
401 Mineral Point Road
Monday, March 25, 9:30-11:45 am

MEDICAL EQUIPMENT LOAN CLOSET

The East Madison/Monona location has a loan closet with items such as walker, raised toilet seats, commodes, crutches and more. Loan closet items are available to seniors for a donation. Call NewBridge to ask if the item you need is available. We currently would welcome in-kind donations of these items: shower chairs, tub transfer benches, and commodes. The loan closet is open Monday-Thursday 9:00 am-3:00 pm and closed on Fridays.



14th Annual Multicultural Senior Wellness Fair

Friday, March 29, 9:00-11:30 am
Warner Park Community Recreation Center, 1625 Northport Dr.

Join us for special presentations, informational booths and health screenings. Language accommodations available for Spanish, Hmong and English. Bilingual Bingo from 12:15-1:00 pm.

Come for the Health Fair and stay for lunch and bingo! RSVP by calling NewBridge at (608) 512-0000 Ext. 3000 by March 25.

Black Tie BINGO

Save the Date

Join us for our 5th Annual Black Tie Bingo Fundraiser!

Thursday, April 25, 2019

6:00-9:00pm

Maple Bluff Country Club
500 Kensington Drive

Tickets on sale now! \$40/single; \$70/pair

When life offers the gift of time...

how will you spend it?

We'll help you every step of the way.

Offering a continuum of care for seniors:

- > Independent Living > Assisted Living
- > Memory Care > Rehabilitation

Call 608-663-8600 or email

madisonsales@oakparkplace.com.

718 Jupiter Dr., Madison, WI 53718

oakparkplace.com/madison



608-663-0336
4517 Monona Dr.



Now Selling SAS 

Wauunakee
MANOR

Whatever life brings, we've got you covered.

- Rehabilitation Services
- Independent Living
- Assisted Living
- Skilled Nursing Care

(608) 849-5016

801 Klein Dr. • Wauunakee
www.waunakeemanor.com

Monona Meadows

A Retirement Housing Foundation® Community

250 Femrite Drive, Monona, WI 53716

608-221-4422

Call for your personal tour today!



RYAN FUNERAL HOMES

CREMATION SERVICES

CARING FOR ALL FAMILIES WITH COMPASSION,
DIGNITY, AND PROFESSIONALISM SINCE 1938.

608-249-8257

www.ryanfuneralservice.com

Madison | Verona | DeForest



NUTRITION PROGRAM

Nutritious daytime meals are offered at thirteen locations throughout the Madison and Monona area, Monday-Friday. The meal is well balanced and appealing for seniors who don't enjoy cooking or eating alone. **Meals and transportation require a reservation.**

SOUTH MADISON MENU & LOCATIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meals provided by: Dane County Consolidated Food Services Division 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. MO = meatless option</p>				<p>01 Tuna Salad Sandwich Tomato Soup, Pears Apple Sauce Bar MO: Egg Salad Sandwich Salad: Chicken</p>
<p>04 Enchilada Casserole Cauliflower Corn with Black Beans Mandarin Oranges Frosted Churro Cake MO: Bean Cheese Burrito</p>	<p>05 Beef Stroganoff Stewed Tomatoes Mixed Green Salad Butterscotch Ice Cream MO: Veggie Balls</p>	<p>06 Spinach, Mushroom, Swiss Quiche, Stewed Tomatoes, Roasted Red Potatoes, Tropical Fruit Iced Zucchini Bars MO: N/A</p>	<p>07 Chicken Strips Green Beans, Chickpea Salad, Bread, Fruit Cup Apple Crisp MO: Garden Burger</p>	<p>08 Tuna Casserole Roasted Carrots Pickled Beets, Banana Lime Sherbet MO: Tom/Cheez Sandwich Salad: Hummus Platter</p>
<p>11 Roasted Turkey in Gravy Rice Pilaf, Creamed Corn Cranberry Sauce Fruit Cocktail, Brownie w Peanut Butter Frosting MO: Veggie Wrap</p>	<p>12 Taco Pasta Casserole Broccoli, Cauliflower Pineapple, Blueberry Crisp MO: Rice and Beans</p>	<p>13 Chicken Sandwich Lettuce, Tomato, Mayo Cheesy Potatoes 4 Bean Salad, Orange Frosted Chocolate Cake MO: Multigrain Burger</p>	<p>14 Meatballs in Gravy Mashed Potatoes California Blend Topical Fruit, Bread Strawberry Ice Cream MO: Veggie Balls</p>	<p>15 Sloppy Joe, Kidney Bean Salad, Mixed Vegetables Banana, Strawberry Cake MO: Soy Sloppy Joe Salad: Pork Taco</p>
<p>18 Corned Beef, Cabbage Carrots, Bread Roasted Red Potatoes Mandarin Oranges Mint Brownie MO: Veggie Balls</p>	<p>19 Chicken Macaroni Salad Marinated Tomatoes Broccoli Salad, Fruit Cup Sugar Cookie MO: Veggie Mac. Salad</p>	<p>20 Meat Sauce Spaghetti Wax Beans, Mixed Green Salad, Peaches, Ice Cream MO: Veggie Sauce</p>	<p>21 Pork Loin in Gravy Mashed Potatoes Garden Vegetables Bread, Mandarin Oranges Butterscotch Pudding MO: Hummus Wrap</p>	<p>22 Lemon Baked Fish Baked Sweet Potato Tropical Fruit, Bread Pound Cake MO: Black Bean Burger Salad: Tuna</p>
<p>25 Italian Sausage on Bun Roasted Potatoes Stewed Tomatoes Orange, Rice Pudding MO: Veggie Wrap</p>	<p>26 Chili, Baked Potato Cornbread, Banana, Strawberry Ice Cream MO: Veggie Chili</p>	<p>27 Pulled Pork on a Bun Coleslaw, Carrot Raisin Salad, Melon Frosted White Cake MO: Hummus and Pita</p>	<p>28 Chicken Stew, Bread Broccoli, Tropical Fruit Vanilla Pudding MO: Veggie Stew</p>	<p>29 Pot Roast & Gravy Potatoes, Carrots, Onions Corn, Bread, Cinnamon Apples, Blueberry Cobbler MO: Veggie Balls Salad: Chef's</p>

South Madison Locations	Address	Day	Time
Fisher Taft Apartments	2025 Taft Street	M-F	11:30 am
Romnes Apartments	540 West Olin Avenue	M-F	11:30 am
Madison Senior Center	330 West Mifflin Street	M-F	11:30 am

RESERVATIONS

Meal, bus reservations, and cancellations should be made by calling (608) 512-0000 by Noon at least one business day in advance.

TRANSPORTATION

Transportation is available through Transit Solution which is door-to-door service. Suggested donation is \$1.00 per round trip, but no one is denied service. Reservation is required.

DONATION

If you are age 60 and older, the suggested minimum donation is \$4.00. If you're under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost \$8.97.

MENUS FOR THE DANE COUNTY NUTRITION PROGRAM

Menus are designed to meet one-third of the daily recommended intake for older adults. Some items are higher in sodium and cholesterol than others; overall the

menu for the month has a moderate amount of both. Hot foods are served at 140+ degrees F. and cold foods at 40+ degrees F., which may affect food consistency. Mary Browning, DTR, reviews all menus. All comments are welcome.

HELP PROTECT YOUR FAMILY & HOME
CALL NOW! 1-888-891-6806

ADT AUTHORIZED DEALER

HOME SECURITY TEAM

Wisconsin's PRIVATE PRACTICE OF THE YEAR RECIPIENT



Dr. Sarah Stinevan, PT, DPT, OCS



Dr. Steph Greer, PT, DPT

Capitol Physical Therapy Medicare Accepted
608.848.6628

IN THE DOOR IN 24

MT HOREB | VERONA | AT ASSOCIATED PHYSICIANS | UNIVERSITY AVE | WAUNAKEE | SUN PRAIRIE
No referral needed to start PT!

WI WALK-IN showers

Trouble Stepping Over Your Tub?
Be Safe Taking a Shower with a Walk-In Shower Conversion

Fully installed for as low as \$995
Convenient - Works on Existing Tubs - Same Day Installation



For more information on our Tub to Shower Conversions
Call Steve at 608-225-3938 • www.wiwalkinshowers.com
Locally owned in Verona, WI

PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM

\$29.95/MO PLUS SPECIAL OFFER
BILLED QUARTERLY



CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

NORTH, WEST & EAST MADISON MENU & LOCATIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meals provided by: Goodman Catering 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. MO=Meatless Option Fruit and Dessert Served Daily</p>				<p>01 Beef Goulash Mixed Vegetables MO: Veggie Goulash</p>
<p>04 Sausage Mac and Cheese, Green Beans Mixed Salad MO: Mac and Cheese</p>	<p>05 Roasted Chicken Roasted Vegetables Brown Rice MO: Baked Tofu Salad: Chef</p>	<p>06 Cheese Burger Lettuce, Tomato Potato Soup MO: Veggie Burger</p>	<p>07 Pork Ribs, Cornbread Baked Beans, Coleslaw MO: BBQ Baked Tofu</p>	<p>08 Beef Stew with Vegetables, Biscuit Mixed Salad MO: Veg. Bean Stew</p>
<p>11 Chicken and Broccoli Alfredo, Squash Soup Mixed Salad MO: Tofu Alfredo</p>	<p>12 Brat, Sauerkraut Onions, Baked Beans MO: Veggie Burger Salad: Rasp. Chicken</p>	<p>13 Chicken Teriyaki Stir Fry Vegetables Rice, Mixed Salad MO: Tofu Teriyaki</p>	<p>14 Corned Beef Hash Mixed Vegetables Bread MO: Tofu Hash</p>	<p>15 Turkey Noodle Soup Roasted Root Veg. Mixed Salad MO: Veg. Noodle Soup</p>
<p>18 Chicken and Sausage Jambalaya, Peas MO: Veg. Jambalaya</p>	<p>19 Corned Beef, Cabbage Potatoes, Carrots Watergate Salad, Bread Grasshopper Pie, MO: Tofu and Cabbage Salad: Tuna Salad</p>	<p>20 Sweet and Sour Chicken Steamed Rice Stir Fry Vegetables Mixed Salad MO: Veggie Stir Fry</p>	<p>21 Hot Ham Sandwich Carrot Soup Mixed Salad MO: Grilled Cheese Sandwich</p>	<p>22 Chicken Casserole Broccoli Medley Mixed Salad MO: Veggie Casserole</p>
<p>25 Meat Lasagna, Corn Mixed Salad MO: Veggie Lasagna</p>	<p>26 Swedish Meatballs Noodles, Steamed Carrots, Mixed Salad MO: Veg. Bean Stew Salad: BLT Cobb</p>	<p>27 Pork Chops Red Potatoes Mixed Vegetables Bread MO: Veggie Burgers</p>	<p>28 Tater Tot Casserole Vegetarian Bean Soup Mixed Vegetables MO: Veg. Tater Tot Casserole</p>	<p>29 Baked Cod Roasted Sweet Potatoes, Coleslaw Bread, Fruit Salad MO: Baked Tofu</p>

East Madison/Monona Locations	Address	Day	Time
Monona Meadows	250 Femrite Drive, Monona	M & W	Noon
Messiah Madison	5202 Cottage Grove Road	T	Noon
North Madison Locations	Address	Day	Time
Warner Park Community Ctr	1625 Northport Drive	M-W & F	11:30 am
Goodman Community Ctr	149 Waubesa Street	M-F	11:45 am
West Madison Locations	Address	Day	Time
Meadowridge Commons	5734 Raymond Road	T-TH	Noon
Lussier Community Center	55 South Gammon Road	F	Noon

RESTAURANT, GROCERY AND KOSHER SITES

North Madison and East Madison/Monona Locations	Address	Day	Time
Festival Foods	810 E. Washington Avenue	TH	11:00 am-1:00 pm
Cranberry Creek	1501 Lake Point Drive	F	8:30-10:30 am

Meal and Transportation Reservations:

Meal reservation is ***not*** required for the Festival Foods or Cranberry Creek sites. Transportation reservation is required by calling Transit Solutions at (608) 294-8747 by 10:00 am at least one business day in advance.

- More about Cranberry Creek: There are at four delicious breakfast meal options to choose from each week made from fresh, organic ingredients.
- More about Festival Foods: Enjoy the extensive salad bar and a bowl of soup. Dining space is available in the Festival Foods Mezzanine overlooking downtown Madison. After lunch, do your grocery shopping before returning home.

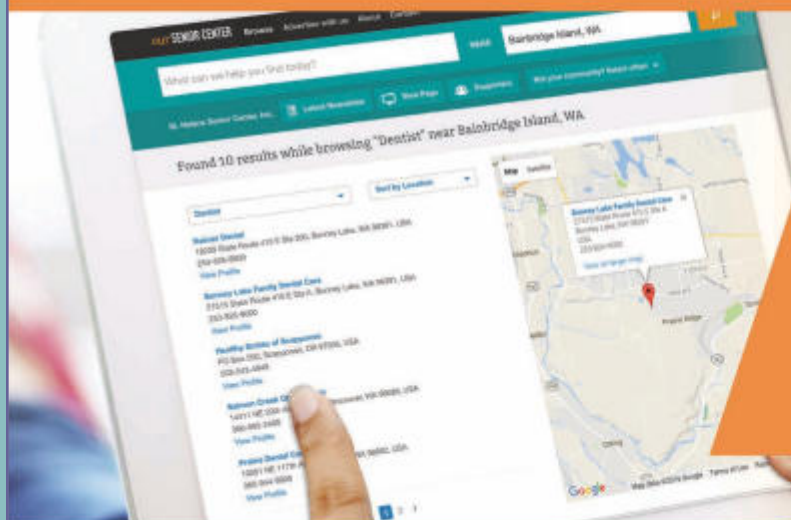
West Madison Kosher Site	Address	Day	Time
Beth Israel Center	1406 Mound Street	M Sept-May	Noon

Meal and Transportation Reservations:

Meal and transportation reservations are required by calling Paul Borowsky at Jewish Social Services (608) 442-4081 or office@jssmadison.org by 2:00 pm the preceding Wednesday. A meatless or strictly kosher option is available. Catered by UW Hillel Adamah Catering.

our SENIOR CENTER

A convenient source for local services



FIND AN ADVERTISER NEAR YOU

SEARCH SUPPORTERS
OF OUR CENTER
to find trusted services
in our area!

Sign up to have our newsletter emailed to you! ourseniorcenter.com



FRIENDS OF NEWBRIDGE

We are excited to announce our new Friends group and we want you to join! The Friends of NewBridge will support NewBridge's mission and its work with older adults in Madison and Monona. Friends will participate in a variety of programs, events, meetings and volunteer opportunities.

Friends will have an influential voice in older adult issues in our community.

Benefits for Friends of NewBridge

Monthly Newsletter
Invitation to Special Events

Discount Card to Local Businesses
Valuable Social Connections

We invite you to join the Friends of NewBridge today and become a Founder of the Friends of NewBridge. Founders will pay a special introductory rate of \$15 for up to two members of the same household to join the Friends group. This Founders offer began in December 2018 and extends through March 31, 2019.

After March 31, the 2019 Friends group rate will be \$15 for an individual and \$25 for a family. Friends dues will be renewed annually.

FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name: _____

Name of Second Household Member (if any): _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Please email me the newsletter: yes no

Amount Enclosed: \$15 for 2019 enrollment fee

\$_____ optional donation to help the
Friends group support NewBridge



Make checks payable to: **NewBridge**

Please mail the form & payment to: NewBridge c/o Friends of NewBridge, 128 E Olin Ave. #110, Madison, WI 53713

Donations may be tax deductible to the extent of the tax code.

BUSINESS BENEFITS FOR FRIENDS

Benvenuto's Italian Grill
 North Madison, Middleton, Fitchburg
 FREE ice cream sundae with
 entrée purchase



Boomerangs Resale Store
 1133 N Sherman Ave
 10% off regular priced
 merchandise (excludes furniture)



Cambria Suites Madison
 5045 Eastpark Blvd
 Hotel stay \$89/night for visiting
 family or relatives



Culver's
 1325 Northport Dr
 FREE cone/dish of custard with
 the purchase of a cone/dish



Golden Heart Senior Care
 437 S Yellowstone Dr #101
 (608) 467-3590
 1 free hr of service for new clients



Kavanaugh's Esquire Club
 1025 N Sherman Ave
 FREE dish of Schoeps ice cream
 with the purchase of lunch
 between 11:00 am
 and 2:00 pm



Madison Family Wellness
 222 N. Midvale Blvd. (608) 358-2068
 \$10 off first visit and 10% off
 follow-up visits

Manna Café & Bakery
 611 N Sherman Ave
 10% off in-dining food &
 beverages



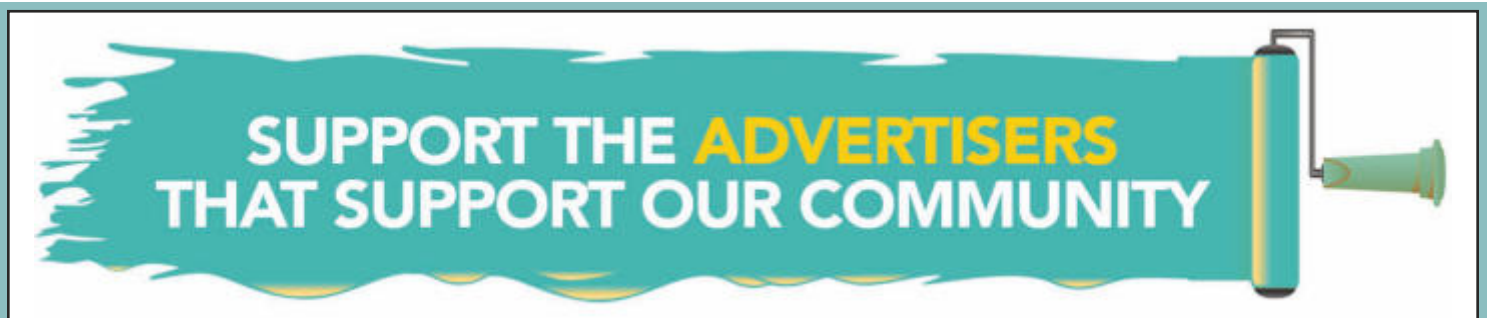
Meikle's & Dorn True Value
 2935 N Sherman Ave
 Free key made each month



Overture Center
 201 State St
 Receive reduced ticket
 prices for select shows



And more added monthly!



► Reach the Senior Market
ADVERTISE HERE

CONTACT

**Dennis Thompson to place an
 ad today! dthompson@4LPi.com
 or (800) 950-9952 x2470**

our
SENIOR CENTER
 The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!
 Sign up to have our monthly senior
 newsletter emailed to you at
www.ourseniorcenter.com

CALENDAR OF EVENTS



01 FRIDAY

- 10:15 Bilingual Bingo Warner Park
- 10:30 Food Pantry Lussier Center
- 12:30 Computer Class Vera Court

02 SATURDAY

- 11:30 Dance Fitness Capital City
- 12:00 Cultural Dance Meadowood
- 2:00 Ping Pong/Pool Meadowood

04 MONDAY

- 8:30 Euchre Warner Park
- 8:40 Exercise St. Andrew
- 9:00 Ping Pong Warner Park
- 9:30 Foot Clinic Capital City
- 10:45 Yoga Mound St. Yoga
- 1:00 Foot Clinic Capital City
- 4:00 Sassy Steppers Warner Park

05 TUESDAY

- 10:00 Book Club Warner Park
- 10:00 Tech Appt. Warner Park
- 10:30 Conversation Warner Park
- 11:30 Bingo Messiah
- 6:00 Sing Along Dale Heights

06 WEDNESDAY

- 8:40 Exercise St. Andrew
- 10:30 Chair Yoga Warner Park
- 11:00 Coloring Monona Meadows
- 1:00 Sheepshead Warner Park
- 1:30 Movie Alicia Ashman
- 1:30 Artful Aging Madison SC

07 THURSDAY

- 9:00 Sewing Club Warner Park
- 10:30 Food Pantry Meadowood
- 11:00 Latinx Support Meadowood
- 1:00 Mahjong Warner Park

08 FRIDAY

- 9:00 Foot Clinic Warner Park
- 10:15 Bingo Warner Park
- 10:30 Food Pantry Lussier Center

09 SATURDAY

- 11:30 Dance Fitness Capital City
- 12:00 Cultural Dance Meadowood
- 2:00 Ping Pong/Pool Meadowood

11 MONDAY

- 8:30 Euchre Warner Park
- 8:30 Foot Clinic Goodman Center
- 8:40 Exercise St. Andrew
- 9:00 Ping Pong Warner Park
- 10:45 Yoga Mound St. Yoga
- 4:00 Sassy Steppers Warner Park

12 TUESDAY

- 9:00 Knit Group Warner Park
- 10:00 Tech Appt. Warner Park
- 10:00 Fitness Coach Alicia Ashman
- 1:00 Foot Clinic St. Paul
- 1:30 Board Games Dale Heights

13 WEDNESDAY

- 8:40 Exercise St. Andrew
- 10:30 Chair Yoga Warner Park
- 1:00 Card Making Warner Park
- 1:00 Sheepshead Warner Park
- 1:30 Movie Alicia Ashman
- 1:30 Artful Aging Madison SC
- 5:45 Latinx Discussion Madison SC

14 THURSDAY

- 10:30 Food Pantry Meadowood
- 12:30 Avoiding Scams Meadowridge
- 1:00 Mahjong Warner Park

15 FRIDAY

- 10:15 Bingo Warner Park
- 10:30 Food Pantry Lussier Center
- 1:30 Joe Parisi Coventry Village

16 SATURDAY

- 9:00 Brain Brunch Wyndham Hotel
- 11:30 Dance Fitness Capital City
- 12:00 Cultural Dance Meadowood
- 2:00 Ping Pong/Pool Meadowood

18 MONDAY

- 8:30 Euchre Warner Park
- 8:40 Exercise St. Andrew
- 9:00 Ping Pong Warner Park
- 10:45 Yoga Mound St. Yoga
- 11:30 Bingo Monona Meadows
- 4:00 Sassy Steppers Warner Park

19 TUESDAY

- 9:30 Foot Clinic Mount Olive
- 10:00 Tech Appt. Warner Park
- 11:30 St. Pat Celebration Messiah
- 1:00 Foot Clinic Lakeview
- 6:00 Sing Along Dale Heights

CALENDAR OF EVENTS

20 WEDNESDAY

8:40 Exercise St. Andrew
 10:00 Joe Parisi Madison SC
 10:30 Chair Yoga Warner Park
 12:45 Foot Clinic Monona United
 1:00 Sheepshead Warner Park
 1:30 Movie Alicia Ashman
 1:30 Artful Aging Madison SC

21 THURSDAY

9:00 Sewing Club Warner Park
 10:30 Food Pantry Meadowood
 12:30 Euchre/Cribbage Meadowridge
 1:00 Mahjong Warner Park

22 FRIDAY

10:15 Bingo Warner Park
 10:30 Latinx Bingo Fitchburg SC
 10:30 Food Pantry Lussier Center

23 SATURDAY

11:30 Dance Fitness Capital City
 12:00 Cultural Dance Meadowood
 2:00 Ping Pong/Pool Meadowood

25 MONDAY

8:30 Euchre Warner Park
 8:40 Exercise St. Andrew
 9:00 Ping Pong Warner Park
 9:30 Foot Clinic Queen of Peace
 10:45 Yoga Mound St. Yoga
 4:00 Sassy Steppers Warner Park

26 TUESDAY

9:00 Knit Group Warner Park
 10:00 Fitness Coach Alicia Ashman
 10:00 Tech Appt. Warner Park
 10:30 Barbie's BDay Warner Park
 11:30 Movie Messiah
 1:30 Board Games Dale Heights

27 WEDNESDAY

8:40 Exercise St. Andrew
 10:30 Chair Yoga Warner Park
 11:00 Blood Pressure Warner Park
 12:45 Foot Clinic Monona United
 1:00 Card Making Warner Park
 1:00 Sheepshead Warner Park
 1:30 Movie Alicia Ashman
 1:30 Artful Aging Madison SC
 5:45 Latinx Diabetes Fitchburg SC

28 THURSDAY

10:30 Food Pantry Meadowood
 12:30 Gardening Meadowridge
 1:00 Mahjong Warner Park

29 FRIDAY

9:00 Wellness Fair Warner Park
 12:15 Bilingual Bingo Warner Park
 10:30 Food Pantry Lussier Center

PROGRAM LOCATIONS:

Alicia Ashman Library
 733 N. High Point Road

Capital City Church
 401 N. Blackhawk Avenue
 Parking lot on Eugenia Avenue

Coventry Village
 7707 North Brookline Drive

Dale Heights Church
 5501 University Avenue

Fisher-Taft Apartments
 2110 Fisher Street

Fitchburg Senior Center
 5510 Lacy Road, Fitchburg

Goodman Community Center
 149 Waubesa Street

Lakeview Lutheran Church
 4001 Mandrake Road

Lussier Community Education
 Center 55 S. Gammon Road

Meadowood Neighborhood
 Center, 5740 Raymond Road

Meadowridge Commons
 5734 Raymond Road

Messiah Lutheran Church
 5202 Cottage Grove Road

Monona Meadows Apartments
 250 Femrite Drive, Monona

Monona United Methodist Church
 606 Nichols Road, Monona

Mound Street Yoga
 1342 Mound Street

Mount Olive Lutheran Church
 110 N. Whitney Way

Our Lady Queen of Peace
 401 Mineral Point Road

Romnes Apartments
 540 W Olin Avenue

St. Andrew's Episcopal Church
 1833 Regent Street

St. Paul Lutheran Church
 2126 N. Sherman Avenue

Vera Court Neighborhood Center
 614 Vera Court

Warner Park Community
 Recreation Center
 1625 Northport Drive



South Madison Coalition of the Elderly
128 E. Olin Avenue #110
Madison, WI 53713

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
MADISON, WI 53713
PERMIT #2185



ENTER TO WIN!

Complete this short survey to help us plan for future programs.

Turn it in at a nutrition site, at any NewBridge office, or drop it in the mail with Attention Ruth or Michelle and be entered to win a gift card.

- What programs or activities would you like to see happen in your area?
(example: euchre, knitting, Mahjong, conversation or support groups, caregiver programs)

- Would you like more programs to happen at the nutrition site in your area?

Y N _____

- Do you attend a nutrition site? If yes, which location?

- Do you ride a bus or drive yourself to the nutrition site? **Bus** **Car** **Other**

- Where would you like to see activities happen?

Name: _____

Phone: _____

E-Mail: _____

