



# NEW BRIDGE NEWS

Your Connection to Successful Aging

APRIL 2019

## VOLUNTEER APPRECIATION WEEK

All through the year, NewBridge staff and clients are helped by hundreds of volunteers who provide thousands of hours of service. National Volunteer Appreciation Week, April 7-13, is an opportunity for NewBridge to extend a hearty thanks to these volunteers who are dedicated to our agency and the seniors we serve. During April, we will highlight a different volunteer on our Facebook page each day!

NewBridge is currently looking for a variety of volunteers in all different programs and capacities. We have a critical need for meal site volunteers. **Check out our volunteer opportunities on pages 6 & 7.**



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

Thursday, April 25

6:00-9:00pm

Maple Bluff Country Club

500 Kensington Drive

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

CHECK OUT  
WHAT'S  
INSIDE!

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[www.NewBridgeMadison.org](http://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...



NewBridge Madison is hosting a Black Tie Bingo fundraiser for adults of all ages on Thursday, April 25, 6:00-9:00 pm at Maple Bluff Country Club. The cost is \$40/single or \$70/pair. The ticket includes hors d'oeuvres, but bingo cards are an additional cost. The prize money for each bingo game is \$100. Chief Mike Koval will also be one of our bingo callers! The night begins with a social hour and cash bar with time to bid on silent auction prizes which include a two night stay in Chicago and tickets to a Carrie Underwood concert as well as a destination Kohler gift certificate for some golf or to use at the spa. Come meet your fellow Madisonians or invite some friends and enjoy a group outing. The money raised is used to help older adults access resources and maintain their health, independence and community connection. Tickets can be purchased in advance at [www.newbridgemadison.org](http://www.newbridgemadison.org) or at the NewBridge office located in the Warner Park Community Center. If you have any questions or would like more information, contact Ruth Hellenbrand, [ruthh@newbridgemadison.org](mailto:ruthh@newbridgemadison.org) or (608) 512-0000 Ext. 3012.

*Marcia Hendrickson, Executive Director*

## CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: [Info@NewBridgeMadison.org](mailto:Info@NewBridgeMadison.org)

Website: [www.NewBridgeMadison.org](http://www.NewBridgeMadison.org)

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

Like Us on Facebook: NewBridge Madison

## 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

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- MICHELLE ANDERSON, Programs Coordinator Ext. 4008
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- RUTH HELLENBRAND, Programs & Events Coordinator Ext. 3012
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- 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.

ID Statement: The April (issue 4) of "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.



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**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

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

## Smoking

Medicare's Preventive Benefits can help people with Medicare feel better and live healthier. The best way to stay healthy is to live a healthy lifestyle. But what if you smoke?

Smoking tobacco can cause many health problems, like heart disease, respiratory diseases, and lung cancer. Quitting smoking can help prevent these health problems. Medicare can help you take the first step.

Medicare covers eight face-to-face smoking cessation counseling sessions during a 12-month period. If you haven't been diagnosed with an illness caused or complicated by tobacco use, you pay nothing for these counseling sessions, as long as you get them from a qualified doctor or another Medicare provider.

Medicare also covers a lung cancer screening once per year for people who meet all of the following conditions:



- Age 55-77
  - No current signs or symptoms of lung cancer
  - Current smoker or have quit within last 15 years
  - A tobacco smoking history of an average of one pack a day for at least 30 years
  - Obtain written order from physician or qualified non-physician practitioner
- You generally pay nothing for this screening if your doctor or qualified health care provider accepts assignment. Remember, taking advantage of these and other Part B preventive services and screenings is an important step in promoting good health.



## 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

Good Shepherd Church  
5701 Raymond Road  
April 25, 10:00-11:00 am

### NORTH MADISON

Goodman Comm. Center  
149 Waubesa Street  
Wednesdays, April 10 & 24  
11:30 am-1:00 pm

# VOLUNTEER SPOTLIGHT



**Natalie Guyette** is from the Northeastern part of Wisconsin, specifically a tiny town of about 900 people called Shiocton. She moved to Madison for a job producing the show Central Time for Wisconsin Public Radio. She enjoys cooking and baking, running on trails all over the state, and really loves going to estate sales and other

second hand spots to look for antiques and vintage clothing.

**What brought you to Newbridge as a volunteer?**

Two things brought me here. One, in college I was a part of a scholarship program that basically allowed me to "pay" for school by spending 300 hours a year serving the community through service

learning. By the end it felt like part of my identity so I decided to continue with it in my new city. I was also new to town and didn't know too many people, feeling a little lonely as we all do at some point in our lives. I thought I could provide companionship to someone and in return also receive companionship, and it has proven to be true. I really do think we, as an entire culture, need to pay more attention to aging, older adults in our communities. **What I enjoy most about volunteering?** My last visit with one of my seniors we talked about everything from her first time falling in love, favorite casserole recipes, Michael Cohen, country music and our mutual dislike for using oreos in a pie crust (we both would prefer the classic graham cracker version). I appreciate hearing from them and knowing that I am making a difference in their mood and their day (and mine too!)

**To read Natalie's full spotlight, check out our Facebook page!**



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# 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.

**Critical Volunteer Need:** Volunteers needed to wash dishes on Mondays and/or Fridays at the senior lunch dining site at the Madison Senior Center. Commercial dishwasher is available on site, volunteer will need to run the dishwasher. On site instructions available to show the volunteer how to use the dishwasher. If interested please contact Candice.

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

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

## 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

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GS3085 3/1/2019

# PROGRAMS & ACTIVITIES

## WEST & SOUTH MADISON

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

### April Programs

### Location Listed

*\*Note: Ongoing Exercise Classes will continue at St. Andrew's Church, Capital City Church, Attic Angels, Mound Street Yoga and Meadowood Neighborhood Center.*

### *West Side Warblers Sing Along*

Dale Heights Church, 5501 University Ave.  
1st and 3rd Tuesday, 6:00-7:30 pm  
April 2 will be Spring time music and April 16 will be Broadway Musicals and Birthday Celebration for pianist, Robert Auerbach!

### *Food Pantries*

Lussier Community Education Center  
55 S. Gammon Rd.  
Every Friday, 10:30 am-12:30 pm  
Meadowood Neighborhood Center  
5740 Raymond Rd. *\*New Time*  
Every Thursday, 12:15 am-1:30 pm

### *Tabletop Games*

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

### *Movies at Alicia Ashman Library*

733 N. High Point Rd.

Every Wednesday, 1:30-3:30 pm

April 3 - Hidden Figures

April 10 - Green Book

April 17 - Earth

April 24 - Fantastic Beasts: The Crimes of Grindelwald

### *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.



### *Poetry by Fabu*

Romnes Apartments, 540 W. Olin Ave.

Tuesday, April 2, 11:15 am

Fisher Taft Apartments, 2110 Fisher St.

Friday, April 5, 11:30 am

Coming to Meadowridge Commons soon!

Poet Fabu, Madison Poet Laureate (2008-2012), Literary Artist, Innovative Educator and Culture Columnist Journey to Wisconsin, African American Life in Haiku, Award winner  
[www.artistfabu.com](http://www.artistfabu.com)

### *Managing Diabetes*

Romnes Apartments, 540 W. Olin Ave.

Tuesday, April 9, 12-12:30 pm

Meadowridge Commons, 5734 Raymond Rd

Thursday, April 11, 11:30 am-12:00 pm



## April Programs Continued

### *Spring Safety Tips and Checklist by Michelle*

Romnes Apartments, 540 W. Olin Ave.

Tuesday, April 16, 12-12:30 pm

Meadowridge Commons, 5734 Raymond Rd

Thursday, April 18, 11:30 am-12:00 pm

### *Intergenerational Reading Program*

Meadowridge Commons, 5734 Raymond Rd

Mondays, April 15, 29 and May 6, 20

2:30-3:30 pm

Visit, read together, and have a snack with a K-5 student, one-on-one.

### *Join us for Music and Lunch!*

Meadowridge Commons, 5734 Raymond Rd

Thursday, April 25, 11:30 am-12:00 pm

Island Style Music by John Duggleby



John, who has received 2nd place for singer songwriters in the Isthmus "Madison's Favorites" reader's poll, is the founder and former host of the monthly Songwriter Showcase at Tuvalu Coffeehouse in Verona.

### *Technology & Computer Q & A*

Meadowridge Commons, 5734 Raymond Rd

Make an appointment to ask questions

regarding computers, tablets, smart

phones. Call Michelle at (608) 512-0000

Ext. 4008

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# 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 Older Adult 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  
Older 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!

## April Programs at Warner Park, 1625 Northport Dr.

### 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. RSVP to Ruth by noon the day before (608) 512-0000 Ext. 3012.

### Intro to Ping Pong

Monday, April 15, 10:30-12:30 pm

If you are interested in trying Ping Pong, this is your chance! Join us for Ping Pong 101.

## Afternoon Matinee: Crazy Rich Asians

Tuesday, April 23, 12:30-3:00 pm



\$1.00 popcorn

Chinese American Yorker Rachel, travels to Singapore with her boyfriend to attend his best friend's wedding. PG 13- adult themes, language. Limited transportation available. RSVP lunch by calling

(608) 512-0000 Ext. 3000

## Agrace 101: Myth Vs. Fact

Tuesday, April 9, 10:30-11:15 am


The most common myths about Hospice Care will be discussed. Hospice can be misunderstood. But contrary to the hearsay and myths the purpose of hospice is to provide care, support and comfort to both patients and families.

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



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- 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.

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## EAST MADISON/MONONA

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

### April Programs at Monona Meadows, 250 Femrite Dr.

#### *Adult Coloring*

Wednesday, April 3, 11:00 am

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

#### *5¢ Bingo*

Monday, April 22, 11:30 am

Each card costs 5¢; all proceeds paid out to the winners. Two card limit per player.

### April Programs at Messiah Lutheran, 5202 Cottage Grove Rd.

#### *5¢ Bingo*

Tuesday, April 2, 11:30 am

Each card costs 5¢; all proceeds paid out to the winners. Two card limit per player.

#### *Agrace 101: Myth Vs. Fact*

Tuesday, April 16, 10:30-11:15 am

The most common myths about Hospice Care will be discussed. Hospice can be misunderstood.

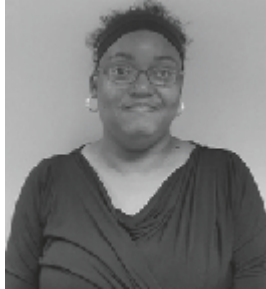
#### *Movie of the Month*

Tuesday, April 30, 11:30 am

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

## AFRICAN AMERICAN PROGRAM

### Welcome Erica Boeoy



Ericka joined the NewBridge Madison on March 25 as a full-time community outreach and activities planner for our cultural diversity program.

She is filling the position previously held by Pam Bracey. Ericka will be conducting outreach providing programs and services tailored for senior adults in the African American community. Ericka will be working out of our eastside office. The Cultural Diversity program is a county-wide program funded by Dane County Human Services and United Way of Dane County. Ericka previously worked for the Dane County Human Services Children, Families, and Youth Division. She also worked part-time for the North/Eastside Senior Coalition in 2017-2018 doing community outreach for the Cultural Diversity Program. Ericka is originally from Indiana and has been living in Madison, WI for the last 18 years. She is a graduate from the Human Services program at Madison College. Ericka is the mother of four sons. Her sons keep her very busy with sports and school. Her oldest son is at Madison College, and her next oldest son is working and trying to decide on a college. She has a son at UW Oshkosh who competes on the wrestling team. Her youngest is in high school at Madison East.

**We are very excited to welcome Ericka as part of the NewBridge Madison team!**

# CULTURAL DIVERSITY PROGRAM

## LATINX PROGRAM

### *Support Group in Meadowood*

Thursday, April 4, 11:00 am-2:00 pm  
Meadowood Neighborhood Center  
5740 Raymond Rd.

Join us for lunch! Transportation available for those living in the West Madison service area. Bus pick up time around 10:45 am.

### *Monthly Discussion Group*

Wednesday, April 10, 5:45 pm-8:00 pm  
Madison Senior Center, 330 W. Mifflin St.  
Join us as we discuss relevant issues on health and wellness. Dinner and transportation provided. Call (608) 512-0000 if you would like to join or see if you qualify for transportation. Taxi pick up time between 5:15-5:30 pm.

### *Fitchburg Bilingual Bingo & Lunch*

Friday, April 26, 10:30 am-12:30 pm  
Fitchburg Senior Center, 5510 Lacy Rd.  
5¢ Bilingual Bingo and lunch. Transportation available only for residents of Fitchburg and the surrounding West Madison neighborhoods. Bus pick up time around 10:45 am.

### *Grandparent Support Group*

Wednesday, April 24, 5:45-8:00 pm  
Madison Senior Center, 330 W. Mifflin St.  
Join us for our monthly support group for seniors that care for loved ones. Dinner will be provided and transportation. Call if you would like to join or to see if you qualify for transportation. Taxi pick up time between 5:15-5:30 pm.



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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, April 17, 1:00-3:00 pm  
Wednesday, April 24, 1:00-3:00 pm

### NORTH MADISON

Warner Park Community Rec. Center  
1625 Northport Drive  
Friday, April 12, 9:00-11:30 am

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

St. Paul Lutheran Church  
2126 N. Sherman Ave  
Tuesday, April 9, 1:30-2:30 pm

Lakeview Lutheran Church  
4001 Mandrake Road  
Tuesday, April 16, 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, April 1, 9:30-11:15 am and  
12:45-2:45 pm

Mount Olive Lutheran Church  
110 N. Whitney Way Room 11  
Tuesday, April 16, 9:30-11:15 am

Our Lady Queen of Peace  
401 Mineral Point Road  
Monday, April 22, 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 older adults 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 four-wheel walkers with seat and brakes. The loan closet is open Monday-Thursday 9:00 am-3:00 pm and closed on Fridays.



# MADISON SENIOR CENTER PROGRAMS & ACTIVITIES

## LGBT Senior Alliance Spring Social

Thursday, April 18, 6:00-8:00 pm  
 Madison Senior Center, 330 W. Mifflin Ave.  
 Michelle Citron – Film, Video, Multimedia Artist, Scholar and Author. Michelle's work is internationally known and has been shown in many museums. Her films and interactive narratives are distributed worldwide and are part of the permanent collections of over two hundred universities and museums. We will view two of her short documentaries: *Leftovers* (2014) An experimental documentary about two women who lived together in Chicago for almost fifty years; and *Lives: Visible* (2017) An essay/documentary of 2000 snapshots taken over four decades by a close group of lesbian friends.

## Financial Literacy Series – part 2

Monday, April 15, 10:00–11:15 am  
 Power of Attorney (POA) vs. Payable on Death (POD)  
 Victoria Davis a manager with Associated Bank and an attorney from Boardman, Clark & May will be explaining what power of attorney and payable on death really mean, and why it is important that you know the difference. As difficult as it is, these are things that you want to have in writing before you actually need them.

## 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 art class continues. FREE! Limited transportation available. Join now by calling Ruth (608) 512-0000 Ext. 3012.

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# NUTRITION PROGRAM

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

## SOUTH MADISON MENU & LOCATIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>01</b> Beef Pot Pie Creamed Spinach Apple Juice Strawberry Jell-O MO: Veggie Pot Pit	<b>02</b> Chicken and Gravy Mashed Potatoes Green Beans, Orange Cookie MO: Veggie Chicken	<b>03</b> Fish Sandwich Yams, Coleslaw Fruit Cup, Cake MO: Black Bean Burger	<b>04</b> BBQ Chicken Potato Salad, Cali Blend Melon Cup Pineapple Cake MO: Veggie Wrap	<b>05</b> Meatballs over Pasta Carrots, Green Salad Banana Ambrosia Salad Salad: Veggie Meatballs
<b>08</b> Chicken Salad, Croissant Broccoli Salad Pickled Beets, Peaches Cheesecake Brownie MO: Egg Salad	<b>09</b> Cheeseburger Calico Beans Potato Salad, Fruit Pineapple Ruff MO: Garden Burger	<b>10</b> Egg Salad Sandwich Carrot Cabbage Slaw 3 Bean Salad, Grape Juice Dreamside Whip MO: N/A	<b>11</b> Beef Stew Biscuit, Green Beans Applesauce Chocolate Banana Cake MO: Veggie Stew	<b>12</b> Italian Lasagna Salad, Breadstick Fresh Fruit, Lemon Bar MO: Veggie Lasagna Salad: Tuna
<b>15</b> Chicken Mac Casserole Peas, Tomato Juice Pineapple Butterscotch Pudding MO: Mac and Cheese	<b>16</b> Cheese Tortellini Bake Spinach, Oranges Sugar Cookie MO: Veggie Tortellini Bake	<b>17</b> Baked Chicken Mashed Potatoes, Gravy Green Beans, Applesauce Blueberry Pie MO: Veggie Chicken	<b>18</b> Meatloaf with Gravy Mashed Potatoes Corn, Apple Juice Frosted White Cake MO: Hummus Wrap	<b>19</b> Chicken a la King Biscuit, Carrot Corn Salad Peaches, Sherbet MO: Veggie Chicken Salad: Chef's
<b>22</b> Ham Slice Sweet Potatoes Broccoli Salad, Roll Pineapple Coconut Cream Pie MO: Multigrain Burger	<b>23</b> Pot Roast with Gravy Mashed Potatoes Mixed Green Salad Orange, Pudding MO: Veggie Meatballs	<b>24</b> Egg Bake, Red Potatoes Grape Juice, Biscuit Spiced Apples MO: N/A	<b>25</b> Pizza Burger Bean Salad, Cucumbers Banana Chocolate Chip Cookie MO: Garden Burger	<b>26</b> Ham & Potato Casserole Cali Blend, Fruit Cup Chocolate Cream Pie MO: Veggie Casserole Salad: Chicken Taco
<b>29</b> BBQ Chicken Sweet Potato, Fruit Chocolate Cake MO: Veggie Chicken	<b>30</b> Tuna Salad Sandwich Veggie Salad, Pears Chickpea Salad, Apple Bar MO: Egg Salad	<b>Meals provided by: Dane County Consolidated Food Services Division</b> 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		

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.**

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# NORTH, WEST & EAST MADISON MENU & LOCATIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>01</b> Parmesan Chicken Penne Pasta, Peas MO: Pasta Bake	<b>02</b> Chicken Salad Sandwich, Potato Salad MO: Veggie Burger Salad: Harvest	<b>03</b> Beef Stir Fry Mixed Salad MO: Tofu Stir Fry	<b>04</b> BBQ Chicken Thighs Sweet Potatoes Mixed Salad MO: Veggie Burger	<b>05</b> Meatloaf Mashed Potatoes Sweet Corn MO: Veggie Curry
<b>08</b> Pulled Pork, Baked Beans, Mixed Salad MO: 3 Bean Stew	<b>09</b> Spaghetti, Meat Sauce Mixed Salad MO: Veggie Pasta Salad: Rasp. Chicken	<b>10</b> Grilled Chicken Thighs Baked Potato, Corn MO: Baked Tofu	<b>11</b> Sloppy Joe Potato Wedges Steamed Broccoli MO: Lentil Joe	<b>12</b> Chicken Pot Pie Mashed Potatoes MO: Veggie Pot Pie
<b>15</b> Baked Cod Vegetable Soup MO: Baked Tofu	<b>16</b> Beef Goulash Mixed Vegetables MO: Veggie Goulash Salad: Tuna Salad	<b>17</b> Sausage Mac & Cheese Steamed Green Beans Mixed Salad MO: Mac and Cheese	<b>18</b> Roasted Herb and Garlic Chicken Roasted Vegetables Brown Rice MO: Baked Tofu/Veg.	<b>19</b> Cheeseburger Potato Soup MO: Veggie Burger
<b>22</b> BBQ Pork Ribs Baked Beans, Veggies Cornbread MO: Grilled Tofu	<b>23</b> Sliced Ham Cheesy Potatoes Green Beans Pineapple Coconut Pie Salad: BLT Cobb	<b>24</b> Beef Stew with Veggies, Mixed Salad Biscuit MO: Veggie Burgers	<b>25</b> Chicken and Broccoli Alfredo Squash Soup MO: Tofu Alfredo	<b>26</b> Brat on Bun Baked Beans MO: Veggie Burger
<b>29</b> Chicken Teriyaki Stir Fry Veggies Brown Rice MO: Tofu Teriyaki	<b>30</b> Corned Beef Hash Mixed Vegetables MO: Tofu Hash Salad: Chef	<p><b>Meals provided by: Goodman Catering</b></p> <p>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>		

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.

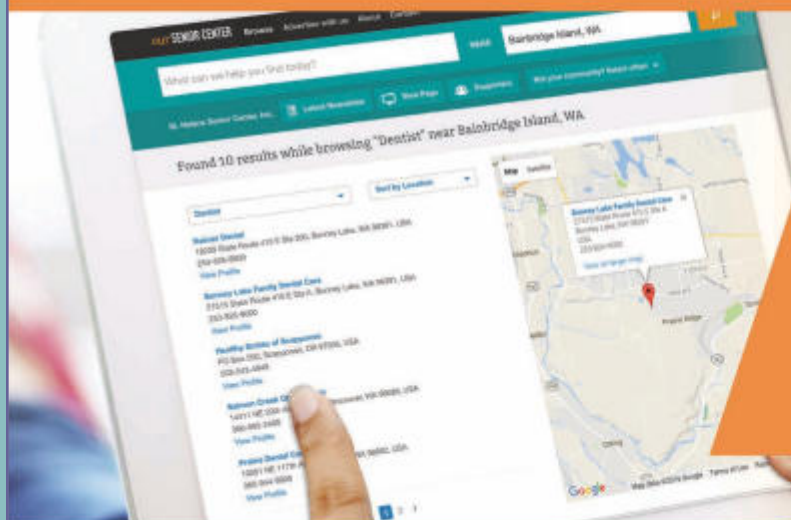
West Madison Kosher Site	Address	Day	Time
Beth Israel Center	1406 Mound Street	M Sept-May	Noon

### 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.

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Monthly Newsletter

Discount Card to Local Businesses

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Valuable Social Connections

We invite you to join the Friends of NewBridge today! Dues will be renewed annually.

## Save the Date : Friends of NewBridge Founders Gathering

Wednesday, May 8, 4:00 - 5:30 pm

Warner Park Community Recreation Center, 1625 Northport Drive

Meet your fellow Founders. Enjoy some light appetizers and refreshments. Receive an update on NewBridge and the Friends of NewBridge. Share your ideas about Friends of NewBridge.

Call (608) 512-0000 Ext. 3000 by April 30 to RSVP.

## FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name: \_\_\_\_\_

Name of Second Household Member (if any): \_\_\_\_\_

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Email Address: \_\_\_\_\_

Please email me the newsletter:    yes    no

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# CALENDAR OF EVENTS



## 01 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  
 12:45 Foot Clinic Capital City  
 4:00 Sassy Steppers Warner Park

## 02 TUESDAY

10:00 Book Club Warner Park  
 10:00 Tech Appt. Warner Park  
 10:30 Conversation Warner Park  
 10:30 Joe Parisi Warner Park  
 11:15 Poetry Romnes  
 11:30 Bingo Messiah  
 6:00 Sing Along Dale Heights

## 03 WEDNESDAY

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

## 04 THURSDAY

9:00 Sewing Club Warner Park  
 12:15 Food Pantry Meadowood  
 1:00 Mahjong Warner Park

## 05 FRIDAY

10:15 Bingo Warner Park  
 10:30 Food Pantry Lussier Center  
 11:30 Poetry Fisher Taft  
 12:30 Computer Class Vera Court

## 06 SATURDAY

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

## 08 MONDAY

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

## 09 TUESDAY

9:00 Knit Group Warner Park  
 10:00 Tech Appt. Warner Park  
 10:00 Mindful Movement Alicia Ashman  
 10:30 Agrace 101 Warner Park  
 11:30 Bingo Messiah  
 12:00 Managing Diabetes Romnes  
 1:30 Board Games Dale Heights  
 1:30 Foot Clinic St. Paul's

## 10 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

## 11 THURSDAY

11:30 Managing Diabetes Meadowridge  
 12:15 Food Pantry Meadowood  
 1:00 Mahjong Warner Park

## 12 FRIDAY

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

## 13 SATURDAY

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

## 15 MONDAY

8:30 Euchre Warner Park  
 8:40 Exercise St. Andrew  
 9:00 Ping Pong Warner Park  
 10:30 Ping Pong 101 Warner Park  
 10:45 Yoga Mound St. Yoga  
 2:30 Reading Meadowridge  
 4:00 Sassy Steppers Warner Park

## 16 TUESDAY

9:00 Knit Group Warner Park  
 9:30 Foot Clinic Mount Olive  
 10:00 Tech Appt. Warner Park  
 10:30 Agrace 101 Messiah  
 12:00 Safety Tips Romnes  
 1:00 Foot Clinic Lakeview  
 6:00 Sing Along Dale Heights

## 17 WEDNESDAY

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

## 18 THURSDAY

9:00 Sewing Club Warner Park  
 11:30 Safety Tips Meadowridge  
 12:15 Food Pantry Meadowood  
 1:00 Mahjong Warner Park

## 19 FRIDAY

10:15 Bingo Warner Park  
 10:30 Food Pantry Lussier Center

## 20 SATURDAY

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

# CALENDAR OF EVENTS

## 22 MONDAY

8:30 Euchre Warner Park  
 8:40 Exercise St. Andrew  
 9:00 Ping Pong Warner Park  
 1:00 Foot Clinic Queen of Peace  
 10:45 Yoga Mound St. Yoga  
 11:30 Bingo Monona Meadows  
 4:00 Sassy Steppers Warner Park

## 23 TUESDAY

9:00 Knit Group Warner Park  
 10:00 Tech Appt. Warner Park  
 10:00 Mindful Movement Alicia Ashman  
 12:30 Movie Warner Park  
 1:30 Board Games Dale Heights  
 1:00 Foot Clinic Lakeview



## 24 WEDNESDAY

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

## 25 THURSDAY

11:30 Music Meadowridge  
 12:15 Food Pantry Meadowood  
 1:00 Mahjong Warner Park  
 6:00 Black Tie Bingo Maple Bluff

## 26 FRIDAY

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

## 27 SATURDAY

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

## 29 MONDAY

8:30 Euchre Warner Park  
 8:40 Exercise St. Andrew  
 9:00 Ping Pong Warner Park  
 10:45 Yoga Mound St. Yoga  
 2:30 Reading Meadowridge  
 4:00 Sassy Steppers Warner Park

## 30 TUESDAY

10:00 Tech Appt. Warner Park  
 11:30 Movie Messiah

## 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







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The Madison Senior Coalitions have merged to create NewBridge, providing case management, older adult activities, meals, volunteer home chore program and more!

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