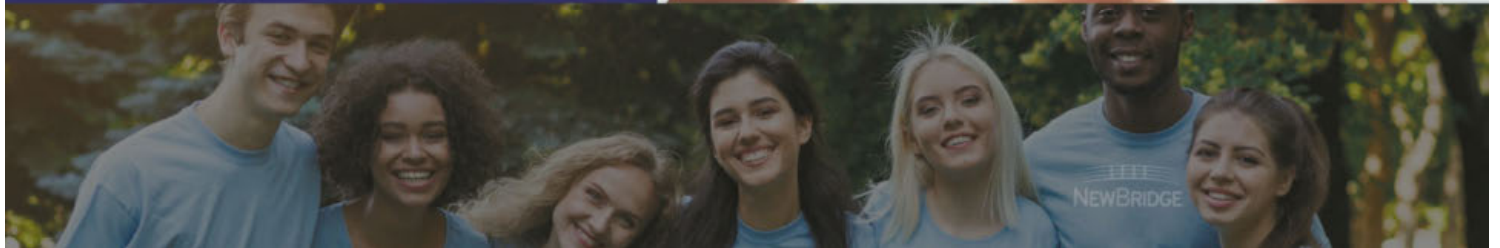




NEWBRIDGE NEWS

Your Connection to Successful Aging

APRIL 2024



**CHECK OUT
WHAT'S
INSIDE!**

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GENERAL INFORMATION

MISSION

Providing older adults a bridge to successful aging.

VISION

A community where all older adults live their best life.



A LETTER FROM THE DIRECTOR...

April 18 is National Exercise Day. It would be a great day to get back into my exercise routine that I stopped over the winter. But I am sure I can come up with an excuse not to exercise, just like every other day. Sound familiar? Or...I could reach out to a friend or neighbor and ask if they want to exercise with me. NewBridge has a couple of free opportunities to exercise each week (see our newsletter). In my case, I can go for walks or join my neighborhood health club. I know I will feel better, have more energy and be healthier. No more excuses, let's exercise today!

CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: info@newbridgemadison.org

Website: newbridgemadison.org

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

*See East Office Hours Below

NORTH OFFICE

1625 Northport Drive #125, Madison, WI 53704

WEST OFFICE

5724 Raymond Road, Madison, WI 53711

EAST OFFICE/LOAN CLOSET

505 Cottage Grove Road #200, Madison, WI 53716

*Hours: Monday-Thursday, 8:00 am-3:00 pm

Follow us! NewBridge Madison



BOARD OF DIRECTORS

- SARA CAMACHO, *President* - Public Health Supervisor, Public Health Madison & Dane County
- LAURA STEIN, *Vice President* - Member at Large or Community Member
- TIM CONROY, *Treasurer* - Executive Director, Capitol Lakes Community
- AMY DEVINE, *Secretary* - Attorney, Haskins Short & Brindley
- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- STEPHANIE MUNOZ - Project and Community Engagement Associate, Kids Forward
- JENNIFER SIMON-VOHS - Supervisor of Care Coordination Services at UnityPoint Health - Meriter

Thank you to our Funders:



Housing Partners:
Point Place Apartments
Sherman Glen Apartments

NEWBRIDGE STAFF (608) 512-0000

- JIM KRUEGER, Executive Director Ext. 3005
- KATIE GALLAGHER, Associate Director Ext. 4001
- ALI LAZAR, Fund Development Specialist Ext. 3012
- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
- JOE NEUMAIER, Administrative Assistant Ext. 2000

- KATHLEEN PATER, Mental Health Specialist Ext. 3007
- KATY POLICH, Mental Health Specialist Ext. 2002
- RACHEL ERICKSON, Mental Health Intern Ext. 3006
- TYLER SCHUEFFNER, Mental Health Intern Ext. 4004
- VIRGINIA WILCOX, Mental Health Peer Support Spec. Ext. 2003

- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- DAVID GENSON, Nutrition Substitute —
- ETHEL RANDLE, Nutrition Coordinator —
- FAITH SWINBURNE, Nutrition Coordinator —
- JUDY CAMPBELL, Nutrition Site Assistant —
- KEN HALIBURTON, Nutrition Coordinator —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- STANLEY GRAHAM, Nutrition Coordinator —

- ALIRIO PARDO, Diversity & Inclusion Program Cord. Ext. 1007
- ARIELLE HOLT, Diversity & Inclusion Program Cord. Ext. 2007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- DAVID WILSON, Marketing Manager Ext. 2006
- JASMINE SMITH, Volunteer Coordinator Ext. 4007
- KATIE BRIETZMAN, Community Outreach & Support Specialist Ext. 1002

- KEISHA FURNISS, Volunteer Coordinator Ext. 3008

- ALLISON BOWE, Case Manager Ext. 2005
- EBONIE BROOKS, Case Manager Ext. 2009
- HANNAH MORGAN, Case Manager Ext. 3011
- HEATHER SIMS, Case Manager Ext. 3004
- JACQUELINE SELEMANI, Case Manager Ext. 1009
- JODI EVANS, Case Manager Ext. 2008
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KAYLEIGH COLOSO, Bilingual Case Mngr. - español Ext. 2004
- LUCY HAGEN, Case Manager Intern Ext. 1008
- MAUREEN QUINLAN, Case Manager Ext. 4003
- PATTY WITTE, Case Manager Intern Ext. 1003
- RACHEL MAEL, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Assoc. Supervisor Ext. 1005
- SUSAN WATSON, Case Manager Ext. 1006
- VANINA MIGUEL, Bilingual Case Manager- español Ext. 1001

All services and programs are offered without regard to race, gender, religion, color, creed, disability, sexual orientation, political beliefs, marital status, national origin, ancestry, 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 President, 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 and clients. Madison and Monona residents may pick up an issue at their local library. This newsletter contains at least 25% non-advertising. The NewBridge North office is located at 1625 Northport Dr. #125, Madison, WI 53704.





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era@bmcmadison.com

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924 Jackson St., Stoughton | (608) 873-7855
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SERVICES AND ACTIVITIES

Case Management

Provides older adults the support needed to live independently by identifying resources and coordinating services. Information, referrals, and advocacy are provided through case management home visit assessments of each older adult's individual needs. *Free for eligible Madison/Monona older adults (60+ or 50+ with MA).*

Food Bridge

Offers monthly food pantry delivery for Case Management clients at nutritional risk throughout Madison and Monona. *Free for eligible Madison/Monona older adults (60+).*

Home Chore

Matches Case Management clients who need basic household chore help with individual volunteers/volunteer groups who provide assistance and friendly visitation. *Free for eligible Madison/Monona older adults (60+). Sponsored in part by Oscar Rennebohm Foundation.*

Medical Equipment Loan Closet

Provides health equipment items to check out. Equipment available may include wheel chairs, walkers, canes, shower chairs, and more. *Available to City of Madison and Monona residents.*

Mental Health Resources

Supports older adults in the case management program with mental health needs and help access community resources to address their needs. *Free for eligible Dane County older adults.*

NewBridge University

Social, educational, exercise classes, and support groups to increase socialization and healthy aging opportunities with some programs designed specifically for Black and Hispanic older adults. Hispanic activities offered in Spanish only. *Free or low cost for older adults (60+) with scholarships available.*

Nutrition Dining Sites

Serves nutritious weekday meals and provides socialization at multiple Madison/Monona locations. Cost is an anonymous donation. Transportation available through Transit Solutions with donation. Advance reservations required for meal and transportation. *Sponsored in part by Oscar Rennebohm Foundation.*



Representative Payee & Guardianship Service

Connects vulnerable older adults with trained volunteers who serve as payees or guardians. The volunteers may make health care decisions, or manage social security benefits, and more. *Free for Dane County older adults (60+).*

DONOR SPOTLIGHT



Jess Lex is the owner of Madison-area real estate company Jess Lex Homes - Keller Williams Realty. Her specialty is in helping long-time homeowners strategically downsize their

homes. In addition to providing sellers and buyers with great real estate experiences, another part of the mission of Jess Lex Homes is to give back to the community. Jess pays it forward by providing educational community seminars about downsizing and also donates to a local non-profit after every closing.

This year, Jess Lex is excited to be working with NewBridge Madison as her non-profit partner. She is excited about this partnership because helping older adults remain independent yet purposefully think through life transitions is also a passion of hers. Jess has a goal to donate \$15,000 to NewBridge in 2024. Because Jess donates after each home sale, the more clients she's able to help this year, the more financial support she'll be able to contribute to NewBridge.

If you know of someone looking to downsize, sell, or buy a home, Jess would love to take your call (608) 571-6868 or jesslex@kw.com

2024 FRIENDS OF NEWBRIDGE ENROLLMENT FORM



Name/s: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Please check all boxes that apply:

- \$ _____ 2024 annual Friend of NewBridge renewal or new Friend of NewBridge
\$15 Older Adult • \$25 Individual • \$30 Family • \$50 Silver • \$100 Golden
Send my monthly newsletter via mail email both none
- \$ _____ Additional or general donation for NewBridge programs and services
- \$ _____ In honor/memory of: _____
- I wish my donation remain anonymous

Mail form & payment to NewBridge, 1625 Northport Dr. #125, Madison 53704.

You can also purchase a friendship or make a donation on our website or use the QR Code.

Friendships are renewed annually. *Donations may be tax deductible to the extent of the tax code.*

Questions? Call Ali at 608-512-0000 Ext. 3012 or AliL@newbridgemadison.org



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emailed to you.



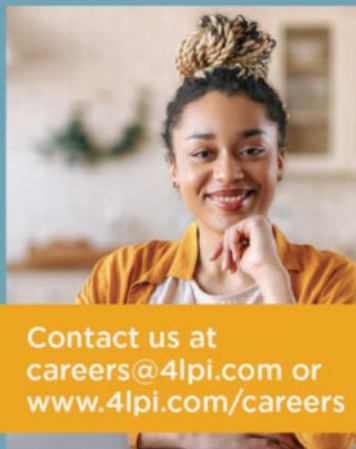
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NEWBRIDGE UNIVERSITY (NBU)



NewBridge University (NBU), a community of lifelong learners. As we age our learning paths may look different. The manner in which we learn may change and our learning curve might be steeper, but we never stop learning. At NBU we strive to engage, support and unite older adults in a social learning environment that is safe and inclusive.

NBU offers a hybrid model of programs, classes and activities that are either in-person or virtual (Zoom) and are developed with a focus on education (with a special emphasis on health education), socialization, arts, recreation and support groups. NBU is free to all older adults 60+ in Madison and Monona and extends into Dane County for our Black and Hispanic older adults.

STAFF CONTACT INFORMATION



Alirio Pardo
Program Coordinator for
Hispanic Older Adults
(608) 512-0000 Ext. 1007
AlirioP@
newbridgemadison.org



Arielle Holt
Program Coordinator for
Black Older Adults
(608) 512-0000 Ext. 2007
ArielleH@
newbridgemadison.org



Deenah Givens
Program Coordinator
(608) 512-0000 Ext. 3002
DeenahG@
newbridgemadison.org

La Universidad de NewBridge (NBU) es una comunidad de aprendices de toda una vida. En la medida que envejecemos nuestros caminos de aprendizaje podrían ser diferentes, la manera en que aprendemos podría cambiar y nuestra capacidad de aprender podría ser más lenta, pero nunca paramos de aprender. En la Universidad de NewBridge buscamos unir, apoyar y acoger a los adultos mayores en un ambiente de aprendizaje social que es seguro e inclusivo.

La Universidad de NewBridge (NBU) ofrece un modelo híbrido de programas, clases y actividades que son en-persona o virtuales (Vía Zoom) que están desarrollados con enfoque en la educación (con especial énfasis en la educación en la salud), socialización, artes, recreación y grupos de apoyo. La Universidad de NewBridge (NBU) es gratuita para todos los adultos mayores de 60 años que residen en el Condado de Dane.

NEWBRIDGE UNIVERSITY (NBU)

NBU is offered to all older adults. Some of our programs will be offered to specific groups to help provide a safe space where participants can share and express themselves with older adults who look like them and share similar life experiences. Check page 8 for staff contact to get more information about a specific class or activity and also to sign up and get transportation. The following symbols will be used to identify programs that are meant for specific groups:



Programs focus on our Black older adults



Programs focus on our Hispanic older adults and offered in Spanish only



RITMO Y TAMBORES: En Persona

Todos Los Jueves, 12:00-1:00 pm
Warner Park, 1625 Northport Dr.
Transporte limitado. No necesita saber cómo tocar los tambores. Tocar tambores ayuda a reducir la tensión, la ansiedad.

BILINGUAL BINGO: In-Person

Bingo called in English and Spanish
Friday, April 5, 10:15-11:15 am
Warner Park, 1625 Northport Dr.
Friday, April 19, 10:45-11:45 am
Good Shepherd Lutheran Church
50 cents p/card up to 4 cards; each bingo wins a \$1 & black out takes it all!

BINGO: In-Person

Fridays, April 12, 19, 26, 10:15-11:15 am
Warner Park, 1625 Northport Dr.
50 cents p/card up to 4 cards; each bingo wins a \$1 & black out Bingo takes the kitty!



BLACK-BUSTERS MOVIE + DISCUSSION: In-Person

Friday, April 26, 2:00-4:00 pm
Warner Park, 1625 Northport Dr.
Come on out as we watch a movie, eat snacks, share laughs and hopefully have some important conversations in relation to 2016's film, Hidden Figures. Registration is required.



BINGO BILINGÜE: En Persona

Primer Viernes, 5 de Abril, 10:15-11:15 am
Warner Park, 1625 Northport Dr.
Tercer Viernes, 19 de Abril, 10:30-11:30am
Good Shepherd Lutheran Church
Habrà transportación limitada. Favor registrarse antes del 12 de Abril.



CARTAS Y JUEGOS DE MESA: En Persona

Todos Los Miércoles, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
Dominos, cartas bid whist, rummikub, tablero de parques y otros mas.
Transporte limitado para los que viven en el norte y este de Madison.



CÍRCULO DE AMIGOS: Zoom

Todos Los Miércoles, 1:00-2:00 pm
¡Estando tratando temas de actualidad. Su opinión es muy importante. Haga parte del círculo de una familia grande!



BOOK CLUB: Zoom

Wednesday, April 3, 10:00-11:00 am
 Warner Park, 1625 Northport Dr.
 The April book is Greenlights by Mathew McConaughey. You are responsible for getting and returning your book. Available at the Lakeview Library.

CARDS & GAMES: In-Person

Warner Park, 1625 Northport Dr.
 BUNCO, Mondays, 2:00-4:00 pm
 EUCHRE, Tuesdays, 1:00-3:00 pm
 CARDS/GAMES, 2nd Wed., 1:00-3:00 pm
 (Bid Whist, Dominoes, Rummikub & More)
 MAH JONG, Thursdays, 1:00-3:00 pm

CARD MAKING CLUB: In-Person

Wednesday, April 10, 1:00-3:00 pm
 Warner Park, 1625 Northport Dr.
 If you are crafty and enjoy making cards for others, please join us!

**DRUM CIRCLE “Ritmo & Drums”:
 In-Person**

Thursdays, 12:00-1:00 pm
 Warner Park, 1625 Northport Dr.
 Whether you have never touched a drum before or have drummed your whole life this is a group is for you! Drumming is a great social activity that can improve memory, keeps you active, and can be soothing to the spirit, mind and body.

B GAME DAY: In-Person

Wednesday, April 10, 1:00-3:00 pm
 Warner Park, 1625 Northport Dr.
 Let the games begin! Join us every 2nd Wednesday for cards and board games. Bring your own games and teach others, learn a new game or just come to meet new people and socialize.

PING PONG: In-Person

Mondays, 9:00 am-Noon
 Wednesdays, 1:00-3:00 pm
 Warner Park, 1625 Northport Dr.

SASSY STEPPERS: In-Person

Tuesdays, 2:00-3:00 pm
 Warner Park, 1625 Northport Dr.
 If you love to dance, enjoy performing, and meet new friends, come join us! We meet weekly to practice choreographed steps by group leader, Ardis Hempl.

SEWING CLUB: In-Person

Thursday, April 4, 18, 9:00 am-Noon
 Warner Park, 1625 Northport Dr.
 Light mending for older adults.

HOW TO GET YOUR ITEMS MENDED:

Bring your items (3 maximum) into the NewBridge North Office, 1625 Northport Drive, Suite 125, and leave them with our front desk volunteer and our volunteers will mend. No charge, donations welcome!

B TRIVIA DAY: In-Person

Thursday, April 18, 11:45 am-12:30 pm
 Warner Park, 1625 Northport Dr.
 Come flex your knowledge of Black facts at our new monthly trivia event. Register by April 12 required.



H CAFETERIA DE LA MEMORIA: Zoom

Todos Los Jueves, 2:00-3:00 pm
Entrene su memoria, percepción, atención, concentración y más...a través de retos y actividades divertidas. Las hojas de práctica se enviarán todos los viernes.

H YOGA SUAVE: Zoom

Todos Los Lunes, Enero 8-Junio 3
10:15-11:15 am
Practique yoga de pie, sentado(a), y/o acostado(a) sobre un tapete o colchoneta, para aliviar el estrés, fortalecer el sistema inmunológico y mejorar su bienestar.

TUESDAY SPARK!: In-Person

Tuesday, April 2, 11:30 am-1:00 pm
Warner Park, 1625 Northport Dr.
SPARK! is a cultural program for people with early to mid-stage memory loss and their care partners. Group sizes are limited, so please pre-register for the programs you plan to attend.

SPIRIT & STRENGTH: SHARING WISDOM IN TROUBLED TIMES THROUGH OUR STORIES: Zoom

Tuesdays, 1:00-2:30 pm
Join Pam Philips Olson, Writer, Storyteller and Author as she leads us through a process to help tell our own stories.

CHAIR YOGA: In-Person

Mondays, 10:00-11:00 am
Lakeview Library, 2845 N. Sherman Ave.
To register contact Deenah OR call Lakeview Library at (608) 246-4547 or register online at madpl.org/events.

CHAIR YOGA: In-Person

Thursdays, 10:30-11:30 am
Warner Park, 1625 Northport Dr.
Join Instructor Kim S. as she leads you through a series of gentle stretch and yoga movements from standing or seated positions. For all ability levels. No pre-registration needed at this time.

EASY YOGA PLUS: Zoom

Wednesdays & Fridays, 10:00-11:00 am
Ellen Millar leads a series of exercises that can be done standing or from a chair. These are safe, slow and easy practices.
To sign up, visit Ellen's website for the Zoom link www.thewonderofyoga.com

STRETCH & STRENGTH: Zoom

Mondays & Wednesdays, 9:00-9:45 am
Join Becky Ott-Forde for gentle stretch and strengthening exercises from the comfort of your own home. Cost \$25/mo.
To sign up, contact [Becky Otte Ford raonine@gmail.com](mailto:BeckyOtteFordraonine@gmail.com) or (608) 215-4119.



H BORDADO A MANO/CHOCHE EN LÍNEA: Zoom

Todos los Jueves, 3:15-4:15 pm
Desde la comodidad de su casa, aprenda los puntos y encadenados sencillos para hacer peluches de lana. Desarrolle sus cualidades para que pueda hacer su propio saco, bufanda y gorro para que pueda protegerse del frío. ¡Solicite el enlace para que se conecte con la maestra! ¡No olvide los materiales!

H CORTE Y CONFECCION: En Persona

Todos Los Jueves y Domingos
10:00 am-12:00 pm
Arts + Lit Lab, 111 S. Livingston St.
Aprenda cómo manejar las máquinas de coser, las puntadas básicas o si prefiere algo más avanzado, Alicia tiene la experiencia y conocimiento como empresaria y profesora universitaria de diseño y alta costura. Limitado número de participantes y transportación.

H ESL-APRENDA INGLES BASICO Y AVANZADO: En-Person

Todos Los Martes, 11:00 am-12:00 pm
Good Shepherd Church, 5701 Raymond Rd
Tenemos maestras con una amplia experiencia en el area de la docencia. Esta clase prove la oportunidad de avanzar en el idioma desde el nivel donde se

encuentre. Se provera el material de estudio. Transporte limitado para las personas que viven en el West y sur de Madison.

B TECH MASTERS: In-Person

Wednesday, April 3, 1:00-3:00 pm
Madison Labor Temple, 1602 S. Park St.
If you are interested in learning about computers and getting more comfortable with them, this is the place for you. With a little bit of practice you'll become a Tech Master. Registration is required.

B THE CLASSICS BOOK CLUB:

In- Person
Wednesday, April 24, 1:00-2:00 pm
Madison Public Library – Goodman South
2222 S. Park St.
Join us as we explore new and old authors and expand our love of reading and books! Registration is required.

B WRITING WARRIORS: CREATIVE

WRITING WORKSHOP: In-Person
Thursday, April 11, 25, 10:00 am
Madison Church of Christ
2001 Fish Hatchery Rd.
Elevate your writing skills at this fun workshop lead by local poet Christopher Holt. Registration is required.

NATURE ADVENTURES: In-Person

2nd Thursday/Mo, April 11, 12:15-2:00 pm
Warner Park, 1625 Northport Dr.
Learn about nature all around us at Warner Park and in your own backyard! We will be bird watching, going on nature walks and a lot of indoor activities too!



MINDFULNESS MOVEMENT FOR LGBTQ+ FOLKS, FRIENDS & ALLIES: In-Person
 Wednesdays and Fridays, 10:15-11:45 am
 Warner Park, 1625 Northport Dr.
 Have more energy, feel more relaxed, learn to be mindful and reduce stress while having fun. Gently stretch energy meridians, practice calming breathing techniques, and improve your body's natural healing ability. Small donation requested. *This class is offered in collaboration with Outreach, Inc. 50+ Alliance and taught by Mimi Millen.*



MUSIC JAM SESSON: In-Person
 One Saturday/mo, 9:00 am-12:00 pm
 Village Hall Gymnasium, Maple Bluff
 All are welcome. "Turn it up!" Musicians meet to play and sing anything written after 1950. Come for all or part of the session. Bring your instrument, voice, favorite song, and enthusiasm.
 For more info please contact Walt Stewart (608) 576-5437.



MEANINGFUL RETIREMENT (FOR YOU), AN INTERACTIVE WORKSHOP: In-Person
 Tuesdays, April 9-April 30, 6:00–8:00 pm
 Goodman Comm Ctr, 214 Waubesa St.
 Cost: \$15
 Retirement can be an exciting life phase and a chance to re-invent yourself. It can also be an overwhelming time of change, and without a thoughtful plan, one can easily feel lost. We will provide you with inspiring stories, tools and activities to create your vision, as well as the action steps needed to get there. Sponsored by Goodman Community Center & NewBridge. To register, contact Gayle at gayle@goodmancenter.org or (608) 204-8032.

3RD ANNUAL PARTY @ THE PARK
 Friday, May 24, 5:00–7:00 pm
 Brittingham Park, 829 W. Washington Ave.
 DJ Diego - Can't wait to see you there.

2024 Summer Concert Series Line Up
 Mondays in June and July, 6:00-7:30 pm
 Warner Park Shelter
 June 10: Latin Jazz with Art & Lit Lab
 June 17: Frank Martin Busch & The Names
 June 24: Sista Sensi
 July 15: Universal Sound
 July 22: Eddie Butts Band
 July 29: Ladies Must Swing

APRIL NBU CALENDAR OF EVENTS

01 MONDAY

9:00 Ping Pong Warner Park
 9:00 Stretch & Strength Zoom
 10:00 Chair Yoga Lakeview Library
 10:15 Yoga Suave Zoom
 2:00 Bunco Warner Park

02 TUESDAY

11:00 ESL Good Shepherd
 11:30 Tuesday Spark! Warner Park
 1:00 Euchre Warner Park
 1:00 Spirit & Strength Zoom
 1:00 Foot Clinic Lakeview Church
 2:00 Sassy Steppers Warner Park

03 WEDNESDAY

9:00 Stretch & Strength Zoom
 10:00 Easy Yoga Plus Zoom
 10:00 Book Club Warner Park
 10:15 Mindful Movement Zoom
 1:00 Tech Masters Labor Temple
 1:00 Ping Pong Warner Park
 1:00 Círculo De Amigos Zoom
 1:00 Cartas y Juegos Warner Park

04 THURSDAY

9:00 Sewing Club Warner Park
 9:30 Foot Clinic Lake Edge
 10:00 Corte y Confeccion Art Lit Lab
 10:30 Chair Yoga Warner Park
 12:00 Drum Circle Warner Park
 12:00 Tambores Warner Park
 1:00 Mah Jong Warner Park
 2:00 Cafeteria Zoom
 3:15 Bordado a Mano Zoom
 4:00 Wellness Warriors Zoom

05 FRIDAY

10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 10:15 Bilingual Bingo Warner Park

07 SUNDAY

10:00 Corte y Confeccion Art Lit Lab

08 MONDAY

9:00 Ping Pong Warner Park
 9:00 Stretch & Strength Zoom
 10:00 Chair Yoga Lakeview Library
 10:00 Foot Clinic Goodman Com.
 10:15 Yoga Suave Zoom
 2:00 Bunco Warner Park

09 TUESDAY

9:30 Foot Clinic Monona United
 11:00 ESL Good Shepherd
 1:00 Euchre Warner Park
 1:00 Spirit & Strength Zoom
 2:00 Sassy Steppers Warner Park
 6:00 Retirement Goodman Com.

10 WEDNESDAY

9:00 Stretch & Strength Zoom
 10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 1:00 Cards/Games Warner Park
 1:00 Ping Pong Warner Park
 1:00 Card Making Warner Park
 1:00 Game Day Warner Park
 1:00 Círculo De Amigos Zoom
 1:00 Cartas y Juegos Warner Park

11 THURSDAY

10:00 Corte y Confeccion Art Lit Lab
 10:00 Writing Warrior Church of Christ
 10:30 Chair Yoga Warner Park
 12:00 Drum Circle Warner Park
 12:00 Tambores Warner Park
 12:15 Adventures Warner Park
 1:00 Mah Jong Warner Park
 2:00 Cafeteria Zoom
 3:15 Bordado a Mano Zoom

12 FRIDAY

10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 10:15 Bingo Warner Park

14 SUNDAY

10:00 Corte y Confeccion Art Lit Lab

15 MONDAY

9:00 Ping Pong Warner Park
 9:00 Stretch & Strength Zoom
 10:00 Chair Yoga Lakeview Library
 10:15 Yoga Suave Zoom
 2:00 Bunco Warner Park

16 TUESDAY

9:30 Foot Clinic Monona United
 11:00 ESL Good Shepherd
 1:00 Euchre Warner Park
 1:00 Spirit & Strength Zoom
 2:00 Sassy Steppers Warner Park
 6:00 Retirement Goodman Com.

17 WEDNESDAY

9:00 Stretch & Strength Zoom
 10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 1:00 Ping Pong Warner Park
 1:00 Círculo De Amigos Zoom
 1:00 Cartas y Juegos Warner Park

18 THURSDAY

9:00 Sewing Club Warner Park
 9:30 Foot Clinic Lake Edge
 10:00 Corte y Confeccion Art Lit Lab
 10:30 Chair Yoga Warner Park
 12:00 Drum Circle Warner Park
 12:00 Tambores Warner Park
 11:45 Trivia Day Warner Park
 1:00 Mah Jong Warner Park
 2:00 Cafeteria Zoom
 3:15 Bordado a Mano Zoom

19 FRIDAY

10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 10:15 Bingo Warner Park
 10:30 Bilingual Bingo Good Shepherd

21 SUNDAY

10:00 Corte y Confeccion Art Lit Lab

APRIL NBU CALENDAR OF EVENTS

22 MONDAY

9:00 Ping Pong Warner Park
 9:00 Stretch & Strength Zoom
 10:00 Chair Yoga Lakeview Library
 10:15 **Yoga Suave** Zoom
 2:00 Bunco Warner Park

23 TUESDAY

9:00 Foot Clinic Good Shepherd
 9:30 Foot Clinic Monona United
 11:00 **ESL** Good Shepherd
 1:00 Euchre Warner Park
 1:00 Spirit & Strength Zoom
 2:00 Sassy Steppers Warner Park
 6:00 Retirement Goodman Com.

24 WEDNESDAY

9:00 Stretch & Strength Zoom
 10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 1:00 Ping Pong Warner Park
 1:00 **Círculo De Amigos** Zoom
 1:00 **Cartas y Juegos** Warner Park
 1:00 Book Club Goodman Library

25 THURSDAY

9:00 Foot Clinic Warner Park
 10:00 **Corte y Confeccion** Art Lit Lab
 10:30 Chair Yoga Warner Park
 12:00 Drum Circle Warner Park
 12:00 **Tambores** Warner Park
 1:00 Mah Jong Warner Park
 2:00 **Cafeteria** Zoom
 3:15 **Bordado a Mano** Zoom

26 FRIDAY

10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 10:15 Bingo Warner Park
 2:00 **Movie+Discussion** Warner Park

28 SUNDAY

10:00 **Corte y Confeccion** Art Lit Lab

29 MONDAY

9:00 Ping Pong Warner Park
 9:00 Stretch & Strength Zoom
 10:00 Chair Yoga Lakeview Library
 10:15 **Yoga Suave** Zoom
 2:00 Bunco Warner Park

30 TUESDAY

11:00 **ESL** Good Shepherd
 1:00 Euchre Warner Park
 1:00 Spirit & Strength Zoom
 2:00 Sassy Steppers Warner Park
 6:00 Retirement Goodman Com.



Programs focus on our Black older adults.



Programs focus on our Hispanic older adults and offered in Spanish only.

PROGRAM LOCATIONS:

Arts + Literature Laboratory
 111 S. Livingston Street

Madison Church of Christ
 2001 Fish Hatchery Rd.

Good Shepherd Lutheran Church
 5701 Raymond Road

Goodman Community Ctr
 149 Waubesa Street

Goodman South Library
 2222 S. Park St.

Lake Edge Lutheran Church
 4032 Monona Drive

Madison Labor Temple
 1602 S. Park St.

Lakeview Library
 2845 N. Sherman Avenue

Lakeview Lutheran Church
 4001 Mandrake Road
 Madison Church or Christ

Madison Labor Temple
 1602 S. Park Street
 Meadowridge Commons
 5734 Raymond Road

Monona United Methodist Church
 606 Nichols Road, Monona

Warner Park Community Recreation Center
 1625 Northport Drive

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This project was supported, in part by grant number 90MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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New Bridge, Madison, WI

D 4C 01-2049



NewBridge is partnered with Nail Technician Susan Hasey, Registered Nurse Gail Owens and Cheryl Franz to provide foot care for older adults 60+. Cost is **\$25** and we ask that you bring 2 towels.

Appointments are required and should be made in advance by calling (608) 512-0000. Appointments fill up quickly. We recommend you call a few months in advance. We do keep a waitlist.

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

Lake Edge Lutheran Church
4032 Monona Drive
Thursday, April 4 and 18, 9:30-11:45 am

Goodman Community Center
149 Waubesa Street
Monday, April 8, 10:00 am-Noon

Monona United Methodist Church
606 Nichols Road, Monona
Tuesday, April 9, 16, 23, 9:30-11:45 am

Good Shepherd Lutheran Church
5701 Raymond Road
Tuesday, April 23, 9:00-11:40 am

Warner Park Community Rec Center
1625 Northport Drive
Thursday, April 25, 9:00-11:30 am



MEDICAL EQUIPMENT LOAN CLOSET

NewBridge provides equipment to check out such as walkers, raised toilet seats, commodes, crutches and more at the loan closet location:
505 Cottage Grove Rd.

Loan closet items are available to City of Madison and Monona residents. Monetary and equipment donations are welcomed.

Call NewBridge to ask if the item you need is available (608) 512-0000 Ext. 2000. The loan closet is open Monday-Thursday 8:00 am-3:00 pm and closed on Fridays.

We ask that you call ahead to make an appointment to pick up, return and to donate. *Currently accepting shower chairs and 4 wheel walkers with seat and brakes.*

VOLUNTEER OPPORTUNITIES



Keisha Furniss
Volunteer Coordinator
(608) 512-0000 Ext.
3008 KeishaF@
newbridgemadison.org

GUARDIAN & REPRESENTATIVE PAYEE

DESCRIPTION – Compassionate individuals to be guardians and payees who may make health care decisions, or manage social security benefits and more.

TIME COMMITMENT – 2 years, 3-6 hr/mo
Must be 26 years old. Call Katie Brietzman for information Ext. 1002.

IMMEDIATE NEED – 10 volunteers

NUTRITION SITE VOLUNTEERS

DESCRIPTION – Help with check in, meal service, clean up, and socialize with older adults at our nutrition sites.

TIME COMMITMENT – Monday-Friday
11:00 am-1:00 pm. *Training will be provided by the Nutrition Site Manager.*

IMMEDIATE NEED – 2 volunteers needed every 3rd Friday at Good Shepard Church
2 volunteers needed for Monday and Wednesday at Madison Senior Center

NEWSLETTER DISTRIBUTION VOLUNTEER

DESCRIPTION – Help us distribute our newsletter to community centers, churches, and libraries. Personal vehicle required.

TIME COMMITMENT – Once per month for approximately 2-3 hours

HOME CHORE VOLUNTEERS

DESCRIPTION – Volunteers are matched with older adults to help them remain independent. This opportunity is for individuals, families, couples and groups. Duties may include: dusting, vacuuming, removing garbage, and friendly visitation.

TIME COMMITMENT – Flexible

IMMEDIATE NEED – 10 volunteers needed for Northside/Eastside/Monona,
10 volunteers needed for Westside

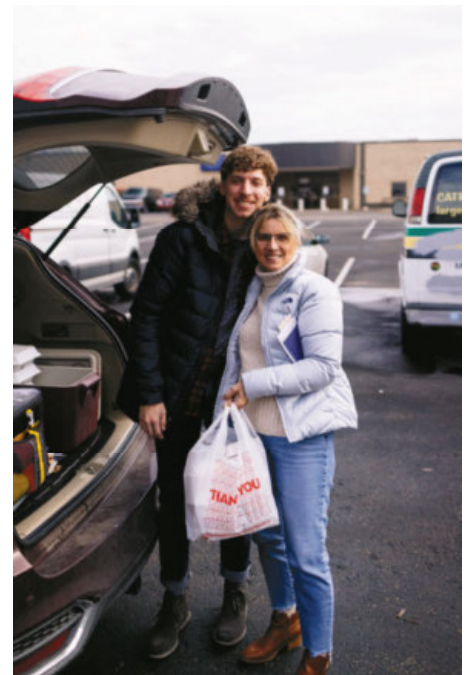
FOOD BRIDGE DELIVERY DRIVERS

DESCRIPTION – Deliver food pantry items from The River Food Pantry and/or St. Vincent de Paul and/or Middleton Outreach Ministry Food Pantry to an older adults front door. No person to person contact. From the comfort and safety of your own car. Flexible for your schedule.

TIME COMMITMENT – 2-4 times/month

IMMEDIATE NEED – 20 volunteers

needed for North/East/Central Madison. High need for Spanish-speakers.



VOLUNTEER SPOTLIGHT



Tell us about yourself.

My daughter Emma and I have been delivering food for the Food Bridge program for four years, and it's been fun having our match in our lives.

Emma graduated in spring and just left for college in Utah in January. Over the years we haven't done everything together like we used to, but we always had this in common, and it's been meaningful to both of us. I am an accountant at a bank, a job I enjoy, but it doesn't always feel charitable

like if I worked at a nonprofit or hospital!
What brought you to NewBridge as a volunteer?

When we heard that folks needed deliveries from the food bank, we thought, we can do that!

What do you enjoy most about volunteering?

Getting to know our match and having a nice relationship with her over the years. It's also been great to do this together as mother and daughter.

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

It's so rewarding to have a chance to do a little something to improve someone's life that little bit, human to human.

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NUTRITION MEAL SITES



Nutritious weekday meals and socialization for older adults at multiple Madison and Monona locations. The meal is well balanced and appealing for those who don't enjoy cooking or eating alone.

RESERVATIONS

Meal and transportation reservations and cancellations should be made on-site or by calling the number associated with the site by Noon, two business days in advance.

**starred sites do not require a meal reservation.*

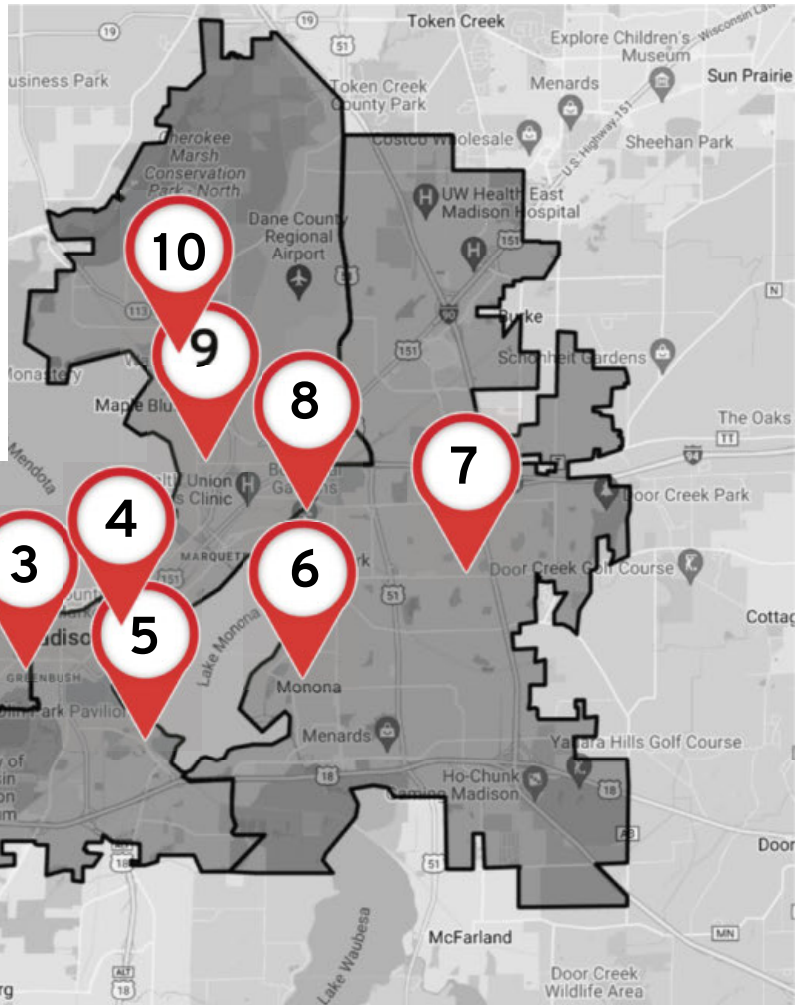
Transportation is available to the sites nearest to your home through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00/round trip.

Transportation reservation is always required.

DONATION

If you are age 60 and older, the suggested minimum donation is **\$4.50**. If you're under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost **\$17.22**.

1. Meadowridge Commons, 5734 Raymond Rd.
2. Good Shepherd Church, 5701 Raymond Rd.
3. Beth Israel Center, 1406 Mound St.
4. Madison Senior Center, 330 W. Mifflin St.
5. Romnes Apartments, 540 W. Olin Ave.
6. Monona Senior Center, 1011 Nichols Rd.
7. Messiah Lutheran, 5202 Cottage Grove Rd.
8. Goodman Community Cntr, 149 Waubesa St.
9. Esquire Club, 1025 N. Sherman Ave.
10. Warner Park Center, 1625 Northport Dr.



WEST MADISON

Meadowridge Commons

5734 Raymond Rd.

Tuesday, Thursday, Noon

For reservations call (608) 512-0000 Ext. 4006

Closed Tuesday, April 2 for Election Day

Good Shepherd Church

5701 Raymond Rd.

Friday, Noon

For reservations call (608) 512-0000 Ext. 4006

SOUTH MADISON

Romnes Apartments, 540 W. Olin Ave.

Monday-Friday, 11:30 am

For reservations call (608) 512-0000 Ext. 4006

Madison Senior Center, 330 W. Mifflin St.

Monday-Friday, 11:30 am

For reservations call (608) 512-0000 Ext. 4006

Closed Tuesday, April 2 for Election Day

EAST MADISON/MONONA

Messiah Lutheran Church

5202 Cottage Grove Rd.

Tuesday and Thursday, Noon

For reservations call (608) 512-0000 Ext. 2001

Monona Senior Center

1011 Nichols Rd.

Friday, Noon

For reservations call (608) 512-0000 Ext. 2001

Closed Friday, April 5 for City-wide Garage Sale

NORTH MADISON

Warner Park Community Recreation

Center, 1625 Northport Dr.

Mon., Tues., Thurs., Fri., 11:30 am

For reservations call (608) 512-0000 Ext. 4006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 *Barbecue Pulled Pork Good Grains Rice Pilaf w Vegetables, Capri Veg Blend Orange, Chocolate Chip Cookie MO: Barbecue Jack Fruit Entrée Salad: Turkey Club*	02 French Toast Casserole Turkey Sausage Patties Roasted Potatoes, Juice, Banana Cinnamon Roll MO: Plant Based Bfast Sausage Entrée Salad: Spinach Salad*	03 Hamburger Corn, Paco Blend w/ Potatoes Rice Krispy MO: Black Bean Burger Entrée Salad – Southwest Chicken Salad	04 Swedish Meatballs Mashed Potatoes California Vegetables Bean Medley Salad, Kringle MO: Plant Based Meatballs Entrée Salad – Garden Vegetable	05 Turkey Sausage Kale Soup , Side Salad w/ Tomatoes & Cucumber, Pineapple Tidbits Planters Peanuts MO: Garden Vegetable Soup
08 Meatloaf with Gravy Mashed Potatoes, Green Beans Tomato & Cucumber Salad Nuttty Buddy MO: Impossible Loaf with Veggie Gravy Entrée Salad – Chicken Caesar	09 Lemon Pepper Chicken Breast over Long Grain Wild Rice Broccoli, Roasted Root Veg Grapes, Sugar Cookie MO: Plant Based Garlic Herb Chicken Breast Entrée Salad – Sunflower Crunch	10 Salisbury Steak Paco Vegetables with Roasted Potatoes, Prince Charles Veg Sliced Peaches, Brownie MO: Beyond Burger Patty Entrée Salad – Cobb Salad *	11 Chicken Dumpling Soup Peas & Carrots, Cantaloupe Pudding MO: Minestrone Entrée Salad: Chef Salad*	12 *Oven Baked Ham with Gravy, Hoppin John Beans Cauliflower, Tropical Fruit Mix Cherry Gel Cup MO: Smoked Tempeh w/ Vegetable Gravy
15 Spaghetti and Meatballs Peas & Pearl Onions Steamed Broccoli, Mixed Fruit Tapioca Pudding MO: Veggie Meatballs Entrée Salad – *Italian Salad	16 Roasted Turkey with Gravy Mashed Potatoes, Corn Cranberry Sauce Chocolate Cake MO: Plant Based Chicken Breast Entrée Salad – Greek Salad	17 *Creamy Potato Soup with Bacon, 3-Bean Salad Fruit Cocktail, M&M Cookie MO: Cheesy Broccoli Soup Entrée Salad – Chicken Bacon*	18 Crab Cake Good Grains Rice Pilaf w/ Vegetables, Potato Salad Orange,Cherry Apple Crunch Bar MO - Plant Based Shrimp Entrée Salad – Garden Vegetable	19 Sausage and Egg Breakfast Scramble* Roasted Potato, Asparagus Tips Honey Dew, Blueberry Muffin MO: Vegetarian Egg Bake
22 Rigatoni Bolognese Parmesan Cheese California Veg Blend,Diced Pears Chocolate Chip Cookie MO: Plant based Balls and Sauce Entrée Salad – Grilled Chicken Almond	23 Cabbage Rolls Green Beans, Crinkle Cut Carrots Cantaloupe Apple Cinnamon Muffin MO: Plant Based Cabbage Roll Entrée Salad – Turkey Club*	24 Macaroni and Cheese Capri Vegetables Vegetarian Baked Beans Orange Slices, Yogurt Entrée Salad – Southwest Chicken	25 Chicken Breast Broccoli Mashed Sweet Potatoes Peanut Butter Pie MO: Grilled Plant Based Chicken Entrée Salad - *Cobb	26 Shredded Beef in Gravy Peas & Carrots Roasted Garlic Mashed Potato Mixed Fruit, Nutty Buddy MO: Plant Based Sausage
29 Chili, Corn Bread Cowboy Caviar Yellow Corn Tortilla Chips Sliced Peaches, Sugar Cookie MO: Veggie Chili Entrée Salad – Chicken Caesar	30 Barbecue Pulled Chicken Baked Beans Prince Charles Veg Blend, Apple Cheesecake MO: Barbecue Tofu Entrée Salad – Italian Salad*	CATERED BY: AtlantisValley Foods All menu items are prepared in a kitchen that is not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. Salads include roll, better, fruit and dessert. Chickpeas can be substitutes for meatless option. No substitutions allowed. MO = Meatless Option. *Contains Pork		

NUTRITION MEAL SITES

SOUTH MADISON

Lechayim Lunchtime Plus

Beth Israel Center, 1406 Mound St.

Catered by UW Hillel Adamah Catering

Join us for great food, friends, fun and interesting programs. Check JSS website

jssmadison.org or call for more

information (608) 442-4083 or

paul@jssmadison.org by Wednesday

preceding the meal. The cost of the meal

is \$17.20 for those younger than 60 years.

Every Monday, 11:00-11:30 am: Yoga from a chair

Monday, April 1

11:30 am-12:15 pm: Roasted chicken w/lemon-rosemary sauce, (MO: seared tofu), rice pilaf, roasted carrots, fruit salad & dessert

12:30-1:30 pm: Coach Marisa Moseley – UW Madison Women’s basketball

Monday, April 8

11:30 am-12:15 pm: Traditional braised brisket, (MO: pesto risotto w/ seared tofu), herbed basmati rice, tri-color carrots, fruit & dessert

12:30-1:30 pm: Jeff Spitzer-Resnick – World Music

Monday, April 15

11:00 am-12:00 pm: Blood pressure screening with Lori Edelstein

11:30 am -12:15 pm: Roasted chicken w/wine and mushroom sauce, (MO: seared tofu w/ wine and mushroom sauce), rice pilaf, snap beans, fruit salad & dessert

12:30- 1:30 pm: Rabbi Renee Bauer – Passover commemoration, meaning and traditions

Lechayim will not meet last two Mondays in observance of Passover.

EAST MADISON

Goodman Community Center

149 Waubesa St.

Monday-Friday, 11:45 am

For reservations call (608) 241-1574 Ext. 3126

Closed Friday, April 19

M	TU	W	TH	F
01 Jerk Chicken Rasta Pasta	02 Turkey Tacos	03 Beef Chili	04 Chicken Pesto Sandwich	05 Baked Lemon Haddock
08 Sloppy Jo	09 Lemon-Herb Baked Chicken	10 Turkey Pad Kra Pao	11 BBQ Chicken Thighs	12 Fish and Cheese Sandwich
15 Beef Stew	16 Taco Lasagna	17 Pepperoni Pizza	18 Baked Ziti	19 CLOSED
22 Lasagna	23 Roast Pork	24 Sweet and Sour Chicken	25 Arroz Con Pollo y Queso	26 Baked Cod
29 Parmesan Chicken	30 Chili Dog			

NORTH MADISON

Kavanaugh's Esquire Club

1025 N. Sherman Ave.

Wednesdays, 11:00 am-1:30 pm

**No meal reservation required*

For transportation, call 512-0000

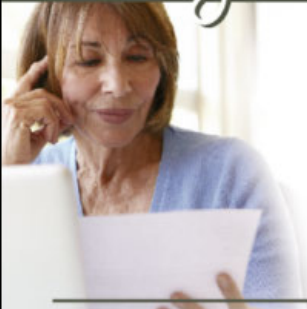
Ext. 2001 by 10 am the Monday prior.

Catered by Kavanaugh's.

- **Wednesday, April 3**
- **Wednesday, April 10**
- **Wednesday, April 17**
- **Wednesday, April 24 : Every Wednesday:**
Baked Fish or Sandwich & Soup

Check our website for the menu.

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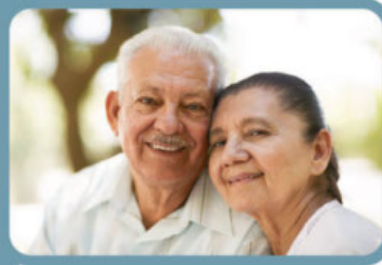


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- Oregon 608-835-3515
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New Bridge, Madison, WI

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CASE MANAGEMENT WALK IN HOURS

Case Management provides older adults support needed to live independently by identifying resources and coordinating services. Information, referrals, and advocacy provided through home visit assessments of each older adult's individual needs.

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

Madison Senior Center

330 W. Mifflin St.

Tues, April 2, 16, 10:30 am-12:30 pm

Romnes Apartments Meal Site

540 W. Olin Ave.

Tuesday, April 2, 10:30-11:30 am

Monona Senior Center

1011 Nichols Rd.

Friday, April 12, 11:30 am-12:30 pm

Goodman Community Center

214 Waubesa St.

Tuesday, April 16, 11:30 am-12:30 pm

Good Shepherd Church

5701 Raymond Rd.

Friday, April 19, 11:15 am-Noon

Bilingual English/Spanish

SAVE THE DATE

AGING ADVOCACY DAY 2024

Tuesday, May 14, 2024 | Madison, WI

Join us for the 8th annual Aging Advocacy Day!

Advocates from around the state will gather to help educate state legislators about issues affecting older adults and caregivers in Wisconsin!

No experience necessary; training is provided.

Morning training at the Best Western Premier Park Hotel, 22 S. Carroll St., Madison; and **Afternoon visits** with your legislators/key staff members at the Wisconsin State Capitol.

We will also be working with local aging network partners to schedule and host follow up in-district meeting opportunities over the summer of 2024.

Make a difference. Let your voice be heard.



Contact: Janet Zander
1414 MacArthur Rd.
Madison, WI 53714

janet.zander@gwaar.org

(608) 228-7253

#WIAgingAdvocacyDay

#WIAAD24

APRIL 26, ADMINISTRATIVE PROFESSIONALS DAY

The backbone of many organizations is the administrative staff and that is so true at NewBridge. ***We have two of the best.***



When you call our office, you will likely talk to Joe Neumaier, one of the friendliest people on earth. Joe, located at our east office, also schedules foot care clinic appointments and oversees the NewBridge loan closet. With his leadership these two services run flawlessly.

Deb is our Executive Assistant and works behind the scene tending to the essential day-to-day office management tasks and details that make NewBridge so successful.



Deb is incredibly organized and does an amazing job supporting the work of Jim Krueger, Executive Director and our entire team. Deb helps oversee financial accounts, Friends of NewBridge renewals, performs various human resource duties and manages multiple other tasks. Deb is a great team player with a heart of gold. We are very lucky to have such talented and caring administrative staff.

Thank you, Deb and Joe, for all that you add to the success of NewBridge!

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New Bridge, Madison, WI

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RECOGNIZING VOLUNTEER PROGRAM STAFF

The following NewBridge staff keep our volunteer programs running smoothly:



Katie Brietzman, Community Outreach & Support Specialist
Katie has been with NewBridge for 25 years. She coordinates the Volunteer Guardian & Representative Payee programs.



Keisha Furniss, Volunteer Coordinator
Keisha has been with NewBridge for 4 years. She coordinates the Food Bridge program and recruits volunteers.



David Wilson, Marketing Manager
David has been with NewBridge for 7 years. He supervises the Home Chore and Food Bridge programs. He also does our agency marketing.



Jasmine Smith, Volunteer Coordinator
Jasmine has been with NewBridge for close to 1 year. She coordinates the Home Chore program.

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