NewBridge Volunteers:

WE THINK YOU’RE KIND OF A BIG DEAL!

...so we’d like you to be our special guest at our June 17 Summer Concert at Warner Park!

Check your mail or email for more information

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...so we’d like you to be our special guest at our June 17 Summer Concert at Warner Park!

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Golf Outing FORE NewBridge

Saturday, July 27, 8:00 am
Door Creek Golf Course

$100/person
$90/person early bird through June 1
Four Person SCRAMBLE, Shotgun Start

Register at newbridgemadison.org or call Ruth (608) 512-0000 Ext. 3012

July 24, First Pitch 12:05 pm

Purchase tickets by July 10 through MallardsTickets.com and enter Promo Code: NewBridge or call Ruth Ext. 3012.

SENIOR DAY PACKAGE

= $15

CHECK OUT WHAT’S INSIDE!

02  General Information
03  NewBridge 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  Friends of NewBridge
22-23  Calendar of Events

www.NewBridgeMadison.org  (608) 512-0000
MISSION
NewBridge empowers older adults to access affordable resources to maintain their health, safety, independence and community connection.

A LETTER FROM THE DIRECTOR…

FORE! NewBridge Madison will be holding a golf outing fundraiser on Saturday, July 27 at Door Creek Golf Course. For a $100 donation to NewBridge Madison you will get to play 18 holes of golf and support senior adults in our community. You can sign up as a team or an individual. Register online at newbridgemadison.org, or call Ruth (608) 512-0000 Ext. 3012.

NewBridge Madison’s Monday evening Summer Concert Series begins June 10, 6:00-7:30 pm, at the Warner Park Shelter. Older adults, families and people of all ages gather to enjoy free, live music. Grilled brats, hot dogs, veggie dogs, popcorn and soda are available for purchase at the concerts. Concert line-up and additional details are available at newbridgemadison.org.

Hope to see you on the golf course or at our Monday Summer Concerts.

Marcia Hendrickson, Executive Director

BOARD OF DIRECTORS

NEXT MEETING June 21, 9:00-10:30 am
Monona Bank on Bridges Road

- TIM CONROY - CEO, Capitol Lakes Community
- AMY DEVINE - Attorney, Haskins Short & Brindley LLC
- 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
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.

**WALK-IN OFFICE 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
June 11, 11:30 am-Noon

**NORTH MADISON**
Goodman Comm. Center
149 Waubesa Street
Wednesdays, June 5 & 19
11:30 am-1:00 pm

**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.

**Keep Your Heart Healthy**

Get Free Cardiovascular Screening with Medicare

It’s important to take care of your heart to help prevent a stroke or heart attack. High blood pressure, high LDL cholesterol and smoking are key risk factors for heart disease, according to the Center for Disease Control and Prevention (CDC). The CDC also estimates about half of Americans have at least one of these risk factors. The good news is that taking steps such as aspirin therapy, quitting smoking, and regularly checking your blood pressure and cholesterol levels can reduce your risk for heart related conditions.

Medicare beneficiaries can have free cardiovascular screening every five years. The screening includes a total cholesterol test, a cholesterol test for high density lipoproteins and a triglycerides test. Your healthcare provider will also talk with you about other things you can do to lower your risk for heart disease. Take advantage of free preventive screenings to keep you healthier and also to reduce future health care costs for yourself and the public. More information about Medicare’s Preventive Services can be found at www.medicare.gov.

For more information or assistance with these benefit programs, call Gabi Anzalone, MIPPA Program Specialist at (608) 512-0000 Ext. 1006.
Starting in June, the Area Agency on Aging of Dane County, will start to distribute farmer’s market vouchers to seniors for use in purchasing $25 worth of fruit, vegetables or herbs at Farmer’s Markets and roadside farm stands in Wisconsin during the 2019 season. The vouchers are distributed on a first come, first serve basis to those 60 or older, who have gross incomes under the 185% poverty level, which is $23,170 per year (or $1,926/mo) for a one person household and $31,284 (or $2,607/mo) for a two person household, and live in Dane County. One set of vouchers per household regardless of size of household. Vouchers cannot be mailed.

Vouchers will be handed out at various locations throughout Dane County. Here are the Madison/Monona distribution dates and times:

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Madison – East: NewBridge East, 4142 Monona Dr.</td>
<td>June 5</td>
<td>9:00-11:00 am</td>
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<tr>
<td>Madison – Northeast: Goodman Center, 149 Waubesa St.</td>
<td>June 20</td>
<td>2:00-3:00 pm</td>
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<tr>
<td>Madison – Northeast: Warner Park Center, 1625 Northport Dr.</td>
<td>June 3</td>
<td>10:00-11:30 am</td>
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<tr>
<td>Madison – South: Madison Senior Center, 330 W Mifflin St.</td>
<td>June 17</td>
<td>10:00-11:00 am</td>
</tr>
<tr>
<td>Madison – South: Dane County Office, 2306 S. Park St.</td>
<td>June 25</td>
<td>1:00-3:00 pm</td>
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<tr>
<td>Madison – South: Romnes Housing, 540 W Olin Ave.</td>
<td>June 19</td>
<td>2:00-3:00 pm</td>
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<tr>
<td>Madison – West: Good Shepherd Lutheran Church, 5701 Raymond Rd.</td>
<td>June 18</td>
<td>10:30-Noon</td>
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<tr>
<td>Madison – West: Lussier Community Center, 55 S Gammon Rd.</td>
<td>June 21</td>
<td>11:00 am-Noon</td>
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</table>
VOLUNTEER OPPORTUNITIES

VOLUNTEER GUARDIAN OR REPRESENTATIVE PAYEE
NewBridge is looking for compassionate individuals to be guardian's and payee's. 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

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 clean up.
Contact Ruth Hellenbrand Ext. 3012

OFFICE VOLUNTEERS
Be the first point of contact for our older adults at the North Madison location. 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 Deenah Givens Ext. 3002

NUTRITION VOLUNTEERS
Help provide warm meals along with a smile to the older adults. Tasks include set up, serving and clean up, along with eating and socializing. Specific need at the Madison Senior Center.
Contact Candice Martin Ext. 4006 for West and South
Contact Kristen Huber Ext. 2001 for North and East

PROGRAM VOLUNTEERS
Sewing volunteers needed to help with general mending and alterations. 1st/3rd Thursday, 9:00 am, North Madison.
Contact Ruth Hellenbrand Ext. 3012

HOME CHORE PROGRAM
Help an older adult remain in the comfort of their home by helping with minor home chores. Areas of help often include: vacuuming, dusting, cleaning kitchen and bath floors, organizing items and friendly visiting. Specific need lawn mowers in East Madison every other week.
Contact David Wilson Ext. 2006 for North & East
Contact Jeanette Arthur Ext. 4007 for South & West

SUMMER CONCERTS
4 volunteers needed for all 6 summer concerts. Tasks include: assisting with concession sales, greeting and passing out programs. Concert dates are June 10, 17, 24 and July 8, 15, 22 at the Warner Park shelter.
Contact Ruth Hellenbrand Ext. 3012

AM FAM CHAMPIONSHIP
9 volunteers needed to run a beverage booth for four hour shifts for the American Family Insurance Golf Championship. University Ridge Golf Course, June 21-23.
Contact Ruth Hellenbrand Ext. 3012

APPLEFEST VOLUNTEERS
20+ volunteers are needed October 19 between 8:30 am-4:00 pm for 4 hour shifts at the North Madison location. We need help with the Kiddie Carnival, Jewelry Sale, concession stand, front door entry, bake sale, and book sale.
Contact Ruth Hellenbrand Ext. 3012

LOAN CLOSET
1-3 volunteers are needed to check out loan closet items to clients on Fridays at the East Madison location. Hours are 9:00 am-3:00 pm which can be split into several shifts.
Contact Joe Neumaier Ext. 3012
Music has a profound impact on our brains and our bodies. The first and third Tuesday of the month at Dale Heights Ellie, Patricia, and Bob with 16-35 participants gather to have a fun and motivating sing-along. Ellie sets it up with volunteers, Patricia plays the accordion, Bob plays the piano, and the participants sing. A comment from one of the participants, “Singing lifts my mood and relaxes me.”

We thank each person that assists and participates in this rewarding program.

Patricia Stone volunteers her time by playing the accordion for the Westside Warblers. Patricia grew up in a Polish and German community on the south side of Milwaukee. At her parent’s urging, she began to play the accordion when she was six years old. She picked it back up after retirement and loves music. Patricia plays polkas and waltzes, swing, big band music as well as Dixieland jazz. She also has a selection of European Cafe music for those seeking a more laid-back music experience. Patricia loves playing and sharing music with people.

Robert “Bob” Auerbach volunteers his time by playing the piano for the Westside Warblers. Bob was born on April 12, 1929, in Berlin, Germany. Bob escaped the Holocaust and fought to overcome poverty here in America. Bob graduated from Berea College in 1949 and earned his masters and doctorate in Zoology/Genetics at Columbia University. He was honored with a professorship from UW as well as a Distinguished Alumnus Award from Berea. In addition to his career, he has always made music, playing in jazz bands. In his retirement, Bob volunteers his time as a pianist for local senior centers.
Day Trip to Galena, Illinois
Wednesday, August 21, 8:00 am-6:00 pm
Join us a Badger Motor Coach to beautiful and historic Galena, IL. This is for those who can walk distance. REGISTER EARLY! Payment of $35 per person (non-refundable) includes transportation only is due at registration by July 10. Register with Michelle Ext. 4008

Bus Pick Up
8:00 am at Warner Park
8:25 am Shopko East
8:45 am South TBD
9:00 am Meadowridge Neighborhood Cntr

Movies at Alicia Ashman Library
733 N. High Point Rd.
Every Wednesday, 1:30-3:30 pm
June 5 - The Mule (R)
June 12 - Mary Poppins Returns
June 19 - The Upside
June 26 - Barefoot in the Park (Classic)

Medicare Resources
Good Shepherd Church, 5701 Raymond Rd
Thursday, June 20, 11:30 am
Guest Speaker Gabi Anzalone
MIPPA Program Specialist
Area Agency on Aging of Dane County

WEST & SOUTH MADISON
For information about programs, call Michelle at (608) 512-0000 Ext. 4008

June Programs
Location Listed

Medicare Resources

*Note: Ongoing Exercise Classes will continue at St. Andrew’s Church, Attic Angels, Mound Street Yoga & Meadowood Neighborhood Center. See the calendar pages 18-19 for the details.

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

Recognizing Senior Bullying
Madison Senior Center, 330 W. Mifflin St.
Friday, June 7, 10:30 am
Guest Speaker Janet Bollig, SSM Health at Home, Learn why bullying is an issue in the senior community and how to promote positive relationships.

Building a Non-Financial Legacy
Attic Angels Community Center
8301 Old Sauk Rd.
Thursday, June 13, 10:00 am
Guest Speaker Ruth Tongen and Andy Davis author of, “Building a Fulfilling Aging Plan.”
@ Romnes Apartments
Music Greg Matysik
Tuesday, June 11, 12:00 pm

RSVP Foster Grandparent Program
Tuesday, June 25, 11:45 am

@ Meadowridge Commons
Technology & Computer Q & A
Make an appointment to ask questions regarding computers, tablets, smart phones. Call Michelle at Ext. 4008.

Nutrition Education: Making Superfood Smoothies
Wednesday, June 5, 11:30 am

Dental Health
Thursday, June 6, 12:30 pm
Jacob King, Familia Dental

Stepping On Program
Starting Thursday, Sept. 12, 1:15-3:15 pm
Meadowridge Commons, 5734 Raymond Rd

Stepping On is an evidence-based workshop meeting once per week for seven weeks. The class is led by trained leaders who work with you to help improve your balance and reduce your risk of falling by reviewing medications, exploring the role of vision and falls, teaching strength and balance exercises, and offering help to improve your safety at home. Older adults who may have balance problems or fear of falling are the best fit for this class.
NORTH & EAST MADISON
For information about programs, call Ruth at (608) 512-0000 Ext. 3012.

Programs @ Warner Park
1625 Northport Dr.

5¢ Bingo
Every Friday, 10:15 am
Bilingual (Spanish) Bingo on the 1st Friday

Book Club
1st Tuesday, 10:00 am

Card Playing
- All skill levels welcome
  Euchre - Mondays, 8:30-11:30 am
  Kings Corner - Mondays, 10:30 am
  Sheepshead - Wednesdays, 1:00-3:00 pm
  Mahjong - Thursdays, 1:00 pm

FREE Older Adult Chair Yoga
Every Wednesday, 10:30 am
Certified Yoga Instructor Kim Sprecher

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

Sassy Steppers Dance Crew
Every Monday, 4:00 pm Practice
Fun dance team that perform for events and other senior centers around the area. Any skill level welcome!

Ping Pong League
Every Monday, 9:00 am-Noon
Warner Park Game Room

Blood Pressure Clinic
3rd Wednesday, 11:00 am-12:00 pm

Card-Making Club
2nd and 4th Wednesdays, 1:00 pm
Help create home-made cards for all occasions.

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!

Recognize Senior Bullying
Monday, June 10, 10:30 am
Join SSM Health at Home for a discussion on why bullying is an issue in the senior community, ways to recognize it, how to help perpetrators and victims and steps to take to prevent it.

A Walk in Warner Park
Tuesday, June 11, 10:30 am
Weather permitting

LGBTQ+ Outreach Coffee Meet Up
Monday, June 17, 1:00-3:00 pm
50+ Join us for our monthly get together to discuss whatever is on your mind in a relaxed atmosphere and where the coffee is free.

Medicare Resources
Tuesday, June 18, 10:30 am
On Medicare and need help covering the costs? You may be eligible for programs that could save you money. Gabi Anzalone, MIPPA Specialist

RSVP Foster Grandparent Program
Monday, June 24, 10:30 am
1 on 1 student engagement to increase learning and to create a steady trust and mentorship.
Capital View Farmer’s Market
Wednesday, June 19
Drop off at 3:00 pm/Pick Up at 5:00 pm
Call Ruth at ext. 3012 to arrange a ride.

Day Trip to Veterans Museum Tour
Thursday, June 27, Tour begins at 1:00 pm
Door to Door Transportation is available by calling Ruth Ext. 3012. FREE.

Artful Aging Art Reception
Wednesday, June 5, 1:00-3:00 pm
Madison Senior Center
View the artwork and meet the artists.

Adult Coloring
1st Wednesday, June 4, 11:30 am
Monona Meadows - All supplies provided.

Movie of the Month (Movie TBA)
Tuesday, June 25, 11:30 am
Messiah Lutheran Church

BINGO!
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Messiah Lutheran Church

Recognizing Senior Bullying
Tuesday, June 11, 11:30 am
Messiah Lutheran Church

Medicare Resources
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Monona Meadows

With SSM Health at Home

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Wednesday, June 19, 11:30 am
Monona Meadows

With SSM Health at Home

Accessibility Solutions That Are Customizable To Meet Your Needs!
LATINX PROGRAM

Welcome Glenda
Glenda Escalera Quinones started on May 20 as the Cultural Diversity Program Coordinator. Her main office will be at North Madison. Glenda has a Health and Science Educator degree that she got from the University of Puerto Rico.

Bilingual Bingo and Lunch
Friday, June 7, 10:15 am-12:30 pm
Warner Park Community Recreation Center, 1625 Northport Dr.
Computer class available after lunch at Vera Court Neighborhood Center

Summer Concert at Warner Park
Monday, June 10, 6:00-7:30 pm
Warner Park Shelter

Monthly Discussion Group
Wednesday, June 12, 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.

Diabetes Support Group
Wednesday, June 26, 5:45-8:00 pm
Fitchburg Senior Center, 5510 Lacy Rd.

Limited transportation available, Call Glenda at Ext. 3009 for more information.

AFRICAN AMERICAN PROGRAM

Diabetes Support Group
Monday, June 10, 12:00-2:00 pm
Burr Oaks Senior Apartments
2417 Cypress Way

Summer Concerts at Warner Park
Monday, June 10, 6:00-7:30 pm
Funky Chunky (soul, rhythm & blues) is performing.

Heart Health Group
Thursday, June 27, 2:00-4:00 pm
Catholic Multicultural Center Classroom #4, 1862 Beld St.

Black Arts Fest In Milwaukee
Saturday, August 3, Maier Festival Park
Celebrating African and African-American culture. Pick up Mt. Zion at 10:00 am and return 6:00 pm. Cost is $25 for admission and ticket for event. Snacks and water provided on bus. Please sign up by June 20 with payment by calling Ericka.

Limited transportation available, Call Ericka at Ext. 2007 for more information.
Items Needed

Used Books and Jewelry
for our fundraiser, AppleFest.
We are accepting donations until Oct. 4:

- Children’s Books
- Fiction/Non-Fiction
- Music
- Mystery/Romance
- Large Print
- Puzzles
- Books on Tape
- Games
- Cook Books
- DVD’s
- Craft/Hobby/How To
- Gently Used Jewelry

You can drop off at any of the NewBridge locations. Please call in advance so we can prepare space. Remember, your donation may be tax deductible!

AppleFest is Saturday, Oct 19. Mark your calendar for a fun family event!

BLACK TIE BINGO UPDATE

2019 Black Tie Bingo fundraiser had 140 people in attendance and raised $7,400. It was our first fundraiser as NewBridge!

We would like to thank:

- **Silver Sponsors $1,000**
  - Associated Bank
  - Haskins, Short & Brindley LLC
- **Bronze Sponsors $500**
  - Kollath & Associates, CPA
  - Research Products Corporation
- Door prize and silent auction donors
- Bingo callers Chief Mike Koval and Ryan Stephenson
- Emcee Laura Gallagher

Check out photos from the event on our Facebook page.
HEALTH & WELLNESS

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, June 12, 1:00-3:00 pm
Wednesday, June 26, 1:00-3:00 pm

NORTH MADISON
Warner Park Community Rec. Center
1625 Northport Drive
Friday, June 14, 9:00-11:30 am

Goodman Community Center
149 Waubesa Street
Monday, June 10, 8:30-9:45 am

Lakeview Lutheran Church
4001 Mandrake Road
Tuesday, June 18, 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, June 3, 12:45-2:45 pm

Mount Olive Lutheran Church
110 N. Whitney Way Room 11
CANCELLED for June

Our Lady Queen of Peace
401 Mineral Point Road
Monday, June 24, 9:30-11:45 am

MEDICAL EQUIPMENT LOAN CLOSET
The East Madison/Monona location has a loan closet with items such as walkers, 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.

LOCAL RESOURSE
Groceries, Clothing, and Meal Available for Seniors
Every Wednesday, 11:00 am-1:00 pm
The River Food Pantry, 2201 Darwin Rd.

For older adults age 60+ Groceries, clothing and community meal will be available to seniors. Volunteers will be available to assist.
**WELCOME NEW STAFF**

**Stephanie Aguilera** is a Case Manager at NewBridge South. She graduated with her Master of Social Work from the University of Wisconsin-Madison. Stephanie has previous experience working with older adults in long-term support and hospice. She is bilingual in English and Spanish. Stephanie enjoys spending time with friends and family, loves dogs, and enjoys spending time at the Terrace.

**Deenah Givens** is the Administrative Assistant at North Madison. She is a very active parent, grandparent and community member. In 1983 she began her career as a grassroots community organizer, working in the Kennedy Heights Neighborhood. She has had the privilege of working with community members in neighborhoods all over Madison on programs that support them in their day-to-day lives, and that is what makes her heart sing.

**Alyce Riechenbacher** is the Dane County Registered Dietitian & Healthy Aging Coordinator. She completed her Bachelors in Nutrition & Dietetics with an Emphasis in Culinary Arts at St. Louis University then completed her Masters in Nutrition and Dietetics. Her hobbies include spending time with family (including playing Sets and Runs with my 94 year old grandmother); being active and working out at Orangetheory Fitness; and cooking new recipes with old friends.
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.**

## NUTRITION PROGRAM

**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

### SOUTH MADISON MENU & LOCATIONS

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>Egg Bake Diced Roasted Red Potatoes, Biscuit Spiced Apples</td>
<td>Ham and Potato Casserole California Blend Mixed Fruit Cup Chocolate Cream Pie MO: Veggie Casserole</td>
<td>Meatloaf Mashed Potatoes &amp; Gravy Green Bean Casserole Chunky Applesauce Frosted Carrot Cake MO: Veggie Meatballs</td>
<td>Pizza Burger Navy Bean Salad Marinated cucumbers Banana, Pecan Pie MO: Garden Burger</td>
<td>BBQ Chicken Breast Baked Sweet Potato Tropical Fruit Chocolate Cake MO: Veggie BBQ Chicken Salad: Beef Taco</td>
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<td><strong>24</strong></td>
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### South Madison Locations

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Fisher Taft Apartments</td>
<td>2025 Taft Street</td>
<td>M-F</td>
<td>11:30 am</td>
</tr>
<tr>
<td>Romnes Apartments</td>
<td>540 West Olin Avenue</td>
<td>M-F</td>
<td>11:30 am</td>
</tr>
<tr>
<td>Madison Senior Center</td>
<td>330 West Mifflin Street</td>
<td>M-F</td>
<td>11:30 am</td>
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</tbody>
</table>
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.

TRANSPORTATION

Transportation is available through Transit Solution which is door-to-door service. Suggested donation is $1.00 per round trip. No one is denied service. Reservation is required. (608) 512-0000

RESERVATIONS

Meal reservation, transportation reservation, and cancellation should be made by calling (608) 512-0000 by Noon at least one business day in advance.

Important

Meadowridge Commons Lunch Temporarily Moving to Good Shepherd Church

Effective Tuesday, June 18 until Thursday, August 15, the Meadowridge Commons lunch will be held at Good Shepherd due to the MSCR Programming.

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

For More Information on our Tub to Shower Conversions
Call Steve at 608-225-3938 • www.wi-walkinshowers.com
Locally owned in Verona, WI

Williamstown Bay

Amenities:
- Storage, Parking
- A/C & Dishwasher Included
- Same Floor Laundry
- Pets Welcome - Some Restrictions Apply
- Community Room and Resident Activities
- On Bus Line
- Intercom / Key Entry

Beautiful and Spacious 1 and 2 Bedroom Apartments Available for those age 55+

Call (608) 819-6288
913 Acewood Blvd.
Madison, WI 53714
wtb-east@oakbrookcorp.com

Professionally managed by Oakbrook Corporation

For ad info. call 1-800-950-9952 • www.4lpi.com
New Bridge, Madison, WI
H 4C 01-2049
MONDAY
Chicken Teriyaki Stir Fry Vegetables Steamed Brown Rice Asian Cabbage Salad MO: Vegetarian Teriyaki

TUESDAY
04 Beef and Bean Enchilada Casserole, Cowboy Caviar Mixed Salad MO: Bean and Cheese Enchilada Casserole Salad: Beef Taco

WEDNESDAY
05 Seasoned Baked Cod Roasted Sweet Potatoes Summer Vegetable Mixed Salad MO: Lemon Baked Tofu

THURSDAY
06 Hungarian Beef Goulash Cucumber Salad Mixed Salad MO: Vegetable Goulash

FRIDAY
07 Sausage Mac and Cheese Steamed Broccoli Mixed Salad MO: Mac and Cheese

10 Grilled Brat Whole Wheat Bun Sauerkraut and Onions Summer Vegetable Salad MO: Grilled Veggie Brat

11 Grilled BBQ Bone-In Chicken Thigh Baked Potato Mediterranean Quinoa Salad, Mixed Salad MO: Falafel and Hummus Salad: Mediterranean

12 Country Style Boneless Pork Ribs Baked Beans Tomato Salad Cornbread MO: 3 Bean and Mushroom Stew

13 Beef Stew over a Biscuit Mixed Salad MO: Vegetable Stew over a Biscuit

14 Sloppy Jo Whole Wheat Bun Potato Wedges Steamed Broccoli MO: Lentil Sloppy Jo

17 Crispy Chicken and Cheese Sandwich Whole Wheat Bun Vegetable Salad Mixed Salad MO: Crispy Tempeh Sandwich

18 Chicken Alfredo Whole Wheat Penne Steamed Green Beans Summer Vegetable Salad MO: Veggie Alfredo Salad: Chicken Caesar

19 Egg Bake Breakfast Potatoes Whole Wheat English Muffin w/Jam V8 Juice MO: Vegetable Hash

20 Open Faced Turkey and Gravy Sandwich Roasted Maple Squash and Brussels Sprouts Cornbread MO: 3 Bean Stew

21 Cold Chicken and Rotini Salad Broccoli Salad Carrot Slaw MO: Vegetarian Bean & Mushroom Jambalaya

24 Baked Lemon Tilapia Baked Potato Cole Slaw Whole Wheat Dinner Roll MO: Baked Lemon Tofu

25 Sweet and Sour Chicken Steamed Rice Stir Fry Vegetables Mixed Salad MO: Chickpea & Mushroom Stir Fry Salad: Asian Chicken

26 Italian Chicken Sandwich on a Whole Wheat Bun Balsamic Glazed Carrots Tomato and Cucumber Salad MO: Veggie Burger

27 Chicken Enchilada Casserole Broccoli Medley Mixed Salad MO: Black Bean and Cheese Enchilada Casserole

28 Beef Lasagna Garlic Butter Sweet Corn, Mixed Salad Garlic Bread MO: Vegetable Lasagna

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.

East Madison/Monona Locations

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monona Meadows</td>
<td>250 Femrite Drive, Monona</td>
<td>M &amp; W</td>
<td>Noon</td>
</tr>
<tr>
<td>Messiah Madison</td>
<td>5202 Cottage Grove Road</td>
<td>T</td>
<td>Noon</td>
</tr>
</tbody>
</table>

North Madison Locations

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warner Park Community Ctr</td>
<td>1625 Northport Drive</td>
<td>M-W &amp; F</td>
<td>11:30 am</td>
</tr>
<tr>
<td>Goodman Community Ctr</td>
<td>149 Waubesa Street</td>
<td>M-F</td>
<td>11:45 am</td>
</tr>
<tr>
<td>(meal reservation not required)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

West Madison Locations

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meadowridge Commons (June 3-13)</td>
<td>5734 Raymond Road</td>
<td>T-TH</td>
<td>Noon</td>
</tr>
<tr>
<td>Good Shepherd Church (June 18-August 15)</td>
<td>5701 Raymond Road</td>
<td>T-TH</td>
<td>Noon</td>
</tr>
<tr>
<td>Lussier Community Center</td>
<td>55 South Gammon Road</td>
<td>F</td>
<td>Noon</td>
</tr>
</tbody>
</table>
### North Madison and East Madison/Monona Locations

<table>
<thead>
<tr>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Festival Foods</td>
<td>TH</td>
<td>11:00 am-1:00 pm</td>
</tr>
<tr>
<td>810 E. Washington Avenue</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cranberry Creek</td>
<td>F</td>
<td>8:30-10:30 am</td>
</tr>
<tr>
<td>1501 Lake Point Drive</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.
- 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.

### West Madison Kosher Site

<table>
<thead>
<tr>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beth Israel Center</td>
<td>M Sept-May</td>
<td>Noon</td>
</tr>
<tr>
<td>1406 Mound Street</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

**Lechym is done for the season and will start again in September.**
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.

Benefits for Friends of NewBridge

- Monthly Newsletter
- Discount Card to Local Businesses
- Invitation to Special Events
- Valuable Social Connections

Update from the Friends of NewBridge Committee

On May 8 the Friends of NewBridge held our first gathering at Warner Park with Founding Friends enjoying food and socializing. Attendees were welcomed by Blinda Beason, member of the Madison Committee on Aging, who invited everyone to bring their ideas to the table. The Friends of NewBridge founders in attendance then discussed the following topics:

- How can the Friends be welcoming to all parts of Madison?
- What do the Friends need to know to inform others about, and advocate for, the great programs offered by NewBridge?
- In what ways would the Friends like to volunteer?
- What kinds of events could the Friends sponsor?

There was a lot of energy and some wonderful ideas and stories were shared. As a result, the Friends of NewBridge planning team will create a follow-up survey for the July newsletter to seek your input on the ideas generated.

If you want to become involved with the Friends of NewBridge please contact Deenah at (608) 512-0000, Ext. 3002.

FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name: ___________________________________________________________

Additional Family Names: __________________________________________

Address: _________________________________________________________

City: ____________________________ State: __________ Zip: __________

Email Address: __________________________________________________

How would you like newsletter? □ Mail □ Email □ Both

Amount Enclosed: □ $ 15 and up for an Individual
□ $ 25 and up for a Family
□ $____ Additional Donation

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

You can also purchase a friendship or give a donation on our website at newbridgemadison.org

Donations may be tax deductible to the extent of the tax code.
Benvenuto’s Italian Grill
North Madison, Middleton, Fitchburg
FREE ice cream sundae with entrée purchase

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

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

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

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

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

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

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

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

And more added monthly!

SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY

Reach the Senior Market
ADVERTISE HERE

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

“Our family will take good care of your family.”

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Funeral and Cremation Care
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East Madison/Monona • West Madison/Middleton
Mt. Horeb • Stoughton • Black Earth • Oregon
Cross Plains • Fitchburg • Lodi
## CALENDAR OF PROGRAMS

### Hello, June!

<table>
<thead>
<tr>
<th>03 MONDAY</th>
<th>10 MONDAY</th>
<th>17 MONDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 Euchre</td>
<td>8:30 Foot Clinic</td>
<td>8:30 Euchre</td>
</tr>
<tr>
<td>8:40 Exercise</td>
<td>8:30 Euchre</td>
<td>Warner Park</td>
</tr>
<tr>
<td>9:00 Ping Pong</td>
<td>8:40 Exercise</td>
<td>Warner Park</td>
</tr>
<tr>
<td>10:00 FM Vouchers</td>
<td>9:00 Ping Pong</td>
<td>Warner Park</td>
</tr>
<tr>
<td>10:30 Kings Corner</td>
<td>10:00 FM Vouchers</td>
<td>Madison SC</td>
</tr>
<tr>
<td>10:30 Yoga</td>
<td>10:30 Kings Corner</td>
<td>Warner Park</td>
</tr>
<tr>
<td>12:45 Foot Clinic</td>
<td>10:30 Yoga</td>
<td>Mound St. Yoga</td>
</tr>
<tr>
<td>4:00 Sassy Steppers</td>
<td>11:00 Medicare</td>
<td>Messiah</td>
</tr>
<tr>
<td>10:00 Tech Appt.</td>
<td>1:00 LGBTQ+</td>
<td>Warner Park</td>
</tr>
<tr>
<td>10:00 Book Club</td>
<td>4:00 Sassy Steppers</td>
<td>Warner Park</td>
</tr>
<tr>
<td>10:30 Conversations</td>
<td>6:00 **Concert</td>
<td>Warner Park</td>
</tr>
<tr>
<td>11:30 Coloring</td>
<td>10:00 Tech Appt.</td>
<td>Warner Park</td>
</tr>
<tr>
<td>11:30 Bingo</td>
<td>10:30 FM Vouchers</td>
<td>Good Shepherd</td>
</tr>
<tr>
<td>6:00 Sing Along</td>
<td>10:30 Medicare</td>
<td>Warner Park</td>
</tr>
<tr>
<td>10:00 Tech Appt.</td>
<td>1:00 Foot Clinic</td>
<td>Lakeview</td>
</tr>
<tr>
<td>10:00 Book Club</td>
<td>6:00 Sing Along</td>
<td>Dale Heights</td>
</tr>
<tr>
<td>10:30 Smoothies</td>
<td>11:00 **Concert</td>
<td>Madison SC</td>
</tr>
<tr>
<td>1:00 Sheepshead</td>
<td>1:00 Tech Appt.</td>
<td>Warner Park</td>
</tr>
<tr>
<td>1:00 Art Reception</td>
<td>10:30 FM Vouchers</td>
<td>Madison SC</td>
</tr>
<tr>
<td>1:30 Movie</td>
<td>1:00 Medicap</td>
<td>Monona Meadows</td>
</tr>
<tr>
<td>1:30 Movie</td>
<td>1:30 Movie</td>
<td>Alicia Ashman</td>
</tr>
<tr>
<td>8:30 Euchre</td>
<td>2:00 FM Vouchers</td>
<td>Goodman</td>
</tr>
<tr>
<td>8:40 Exercise</td>
<td>2:00 FM Vouchers</td>
<td>Lussier Center</td>
</tr>
<tr>
<td>9:00 Ping Pong</td>
<td>10:15 Bingo</td>
<td>Warner Park</td>
</tr>
<tr>
<td>9:00 Ping Pong</td>
<td>11:15 Food Pantry</td>
<td>Meadowood</td>
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<tr>
<td>10:30 Kings Corner</td>
<td>1:00 Mahjong</td>
<td>Warner Park</td>
</tr>
<tr>
<td>10:30 Yoga</td>
<td>10:30 Legacy</td>
<td>Attic Angles</td>
</tr>
<tr>
<td>11:30 Bullying</td>
<td>11:15 Food Pantry</td>
<td>Meadowood</td>
</tr>
<tr>
<td>11:30 Bullying</td>
<td>1:00 Mahjong</td>
<td>Warner Park</td>
</tr>
<tr>
<td>12:00 Foot Clinic</td>
<td>12:00 Foot Clinic</td>
<td>Warner Park</td>
</tr>
<tr>
<td>10:15 Bilingual Bingo</td>
<td>10:15 Bingo</td>
<td>Warner Park</td>
</tr>
<tr>
<td>11:30 Food Pantry</td>
<td>11:30 Food Pantry</td>
<td>Lussier Center</td>
</tr>
<tr>
<td>10:30 Bullying</td>
<td>11:30 Food Pantry</td>
<td>Lussier Center</td>
</tr>
<tr>
<td>12:00 Cultural Dance</td>
<td>12:00 Cultural Dance</td>
<td>Meadowood</td>
</tr>
<tr>
<td>2:00 Ping Pong/Pool</td>
<td>2:00 Ping Pong/Pool</td>
<td>Meadowood</td>
</tr>
</tbody>
</table>

### 04 TUESDAY | 11 TUESDAY | 18 TUESDAY |
| 10:00 Tech Appt. | 9:00 Knit Group | 10:00 Tech Appt. |
| 10:00 Book Club | 10:00 Tech Appt. | Warner Park |
| 10:30 Conversations | 10:30 FM Vouchers | Good Shepherd |
| 11:30 Coloring | 10:30 Walk Warner | Warner Park |
| 11:30 Bingo | 11:30 Bullying | Messiah |
| 6:00 Sing Along | 12:00 Music–Greg Matysik | Romnes |
| 10:30 Chair Yoga | 12:00 Diabetes Support | Burr Oak |
| 1:00 Sheepshead | 4:00 Sassy Steppers | Warner Park |
| 1:00 Foot Clinic | 6:00 Concert | Warner Park |
| 11:00 Medicare | 11:00 Medicare | Monona Meadows |
| 1:00 LGBTQ+ | 11:30 Medicare | Good Shepherd |
| 4:00 Sassy Steppers | 1:30 Movie | Alicia Ashman |
| 6:00 Concert | 2:00 FM Vouchers | Romnes |
| 11:30 Bullying | 3:00 Farmer’s Market | Capital View |
| 12:00 Cultural Dance | 2:00 Farmers Market | Meadowood |
| 2:00 Ping Pong/Pool | 22 SATURDAY | 20 THURSDAY |
| 12:00 Cultural Dance | 12:00 Cultural Dance | Meadowood |
| 2:00 Ping Pong/Pool | 2:00 Ping Pong/Pool | Meadowood |
| 12:00 Cultural Dance | 2:00 Ping Pong/Pool | Meadowood |
| 2:00 Ping Pong/Pool | 2:00 Ping Pong/Pool | Meadowood |
**CALENDAR OF PROGRAMS**

### 24 MONDAY
- **8:30** Euchre   Warner Park
- **8:40** Exercise   St. Andrew
- **9:00** Ping Pong   Warner Park
- **9:30** Foot Clinic   Queen of Peace
- **10:30** Kings Corner   Warner Park
- **10:30** Foster Grandparent   Warner Park
- **10:30** Yoga   Mound St. Yoga
- **11:30** Bingo   Monona Meadows
- **4:00** Sassy Steppers   Warner Park
- **6:00** Concert   Warner Park

### 25 TUESDAY
- **9:00** Knit Group   Warner Park
- **10:00** Tech Appt.   Warner Park
- **11:45** Foster Grandparent   Romnes
- **11:30** Movie   Messiah

### 26 WEDNESDAY
- **8:40** Exercise   St. Andrew
- **10:30** Chair Yoga   Warner Park
- **1:00** Sheepshead   Warner Park
- **1:00** Card Making   Warner Park
- **1:00** Foot Clinic   Monona United
- **1:30** Movie   Alicia Ashman
- **5:45** Latinx Diabetes   Fitchburg SC

### 27 THURSDAY
- **11:15** Food Pantry   Meadowood
- **12:30** Aprons   Good Shepherd
- **1:00** Mahjong   Warner Park
- **1:00** Day Trip   Veteran’s Museums
- **2:00** Heart Health   Catholic MCC

We will be closed Thursday, July 4 and Friday, July 5

### PROGRAM LOCATIONS

- **Alicia Ashman Library**
  733 N. High Point Road
- **Attic Angels**
  8301 Old Sauk Road
- **Burr Oaks Apartments**
  2417 Cypress Way
- **Capital City Church**
  401 N. Blackhawk Avenue
  Parking lot on Eugenia Avenue
- **Catholic Multicultural Center**
  1862 Beld St.
- **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
- **Good Shepherd Church**
  5701 Raymond Rd
- **Lakeview Lutheran Church**
  4001 Mandrake Road
- **Lussier Community Education Center**
  55 S. Gammon Road
- **Madison Senior Center**
  330 W. Mifflin St.
- **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

**28 FRIDAY**
- **10:15** Bingo   Warner Park
- **11:30** Food Pantry   Lussier Center

**29 SATURDAY**
- **12:00** Cultural Dance   Meadowood
- **2:00** Ping Pong/Pool   Meadowood

**Volunteer Recognition Concert**
25 Years of Summer Concerts at Warner Park

MONDAY'S 6:00-7:30PM • FREE FOR ALL AGES!

- June 10: Funky Chunky
- June 17: Who Dat
- June 24: Ladies Must Swing
- July 8: The Lower 5th
- July 15: Pupy Costello
- July 22: Acoplados

Sponsored by:
Madison Community Foundation
Dane Arts


Madison Arts Commission
This project is funded in part by a grant from the Madison Arts Commission; with additional funds from the Wisconsin Arts Board.

Kollath and Associates CPA

SENIORS! Limited Transportation Available
Call (608) 512-0000

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newbridge madison.org

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