

# 2019 Summer/Fall Link

## Active Aging

### SENIOR NEWSLETTER

Sauk Prairie Schools Community Education has joined with other area organizations to develop a resource for our active aging population in Sauk Prairie. This publication is published monthly by Sauk Prairie Community Education. The publication is available on the Sauk Prairie School District website under Community.

[www.saukprairieschools.org/community/Seniorprogramsandresources.cfm](http://www.saukprairieschools.org/community/Seniorprogramsandresources.cfm)

If you would like to receive this publication, please contact the Community Center at 643-8386.

### CAFE CONNECTIONS

Visit with friends, read a book, newspaper, or magazine. Stay for lunch, sit back and enjoy a cup of coffee!

**9:30 am** - Cafe opens and coffee is available, come on in and relax! Feel free to bring groups to play cards or any other activities.

**12:00-1:00 pm** - Lunch, to make a lunch reservation, please call Dining Center Manager at (608) 963-3437 at least 24 hours in advance.

**1:00-3:00 pm** - All card groups are welcome to our space! Have a group who just want to have a fun afternoon playing cards.? Come on in to play bridge, sheepshead, euchre, or any other card games or activities are welcome!

**Location:** Monroe Street Street Room, - Community Center.

### ADULT COLORING & JIGSAW PUZZLE

Visit the Community Center for Adult Coloring or to work on the community Jigsaw Puzzle in our Monroe Street Room. Coloring allows us to take our mind off other thoughts, focus only on the moment and use creative expression. Adult coloring books and colored pencils provided -- you be the artist! The puzzle is there for you to spend an hour or just a few minutes. There is no set schedule. You can come for coffee on weekday mornings during Cafe Connections starting at 9:30, or visit in the afternoon. Bring a friend!

### NEW BOARD GAMES

Visit the Community Center Monroe Street room to come and play new board games! Activities and board games provide great entertainment and help exercise the mind while having fun playing some of your favorite games. We have games such as chess, checkers, cribbage, scrabble dominoes and more! Bring your friends for coffee in the mornings and stay for the games in the afternoon, there is no set schedule. See you there!

## **LEARN TO PLAY - CRIBBAGE OR EUCHRE**

Cribbage is a fun card game that has been played since the 1600s. Euchre is a relatively simple game that involves strategy, risk-taking decisions and luck of the cards. Since it's simple and complex at the same time, Euchre is a great social card game. Come in and learn the basics of Cribbage or Euchre from our knowledgeable instructors. No experience required! Free coffee included!

**Date:** 2nd & 4th Thursdays of the month

**Time:** 9:00 am

**Location:** Community Center

**Fee:** FREE, please RSVP (608-643-8386)

## **BINGO**

Come on out with friends for BINGO! We will have prizes to win. **To register, stop in our office or give us a call at 608-643-8386.**

**Date:** Tuesdays, May 21, June 18, July 16, August 20, Sept. 17, Oct 15, Nov 19

**Time:** 10:30-11:30 am

**Location:** Community Center

**Fee:** FREE, please RSVP (608-643-8386)

## **YOUNG AT HEART EXERCISE**

This exercise group is a community-based fitness program that is offered to those 50+ years of age and/or disabled. The classes consist of five components, a warm-up, strength exercises, stretching, balance training, and a cool-down. All of these exercises can be done sitting or standing! Contact Nancy Schwandt at 608-370-6373 for more information.

**Date:** Every Monday & Thursday

**Time:** 10:00 am

**Location:** Sauk City Library

**Fee:** FREE, donations are appreciated

## **MORNING MOVIES**

Come enjoy a morning with friends. Catch up over a cup of coffee and then relax while watching a movie in the River Arts Theatre. Movies to be announced. This is sure to be a morning to remember! **Please register one week prior by calling 608-643-8386.**

**Dates:**

April 10

May 8

June 12

July 10

August 14

Sept 11 - Come and join us for a special performance of classic hits sung and played on guitar by Kari Labinski. You won't want to miss it!

Oct 9

Nov 13

**Breakfast:** 9:15 am - Breakfast Treats and Coffee provided

**Movie:** 10:00 am

**Location:** River Arts Theater and Gallery

**Fee:** FREE

**Min/Max:** 10/65

### **GOLDEN EAGLE PASS**

All Sauk Prairie residents 55 years and older are eligible to receive a FREE lifetime Golden Age Eagle Pass. This card provides discounted admission to most High School athletic events (\$1) and reduced rates for pool admission (\$1) and water exercise classes (\$2). Passes are available FREE at the Community Center.

### **MEMORY CAFE AT CAFE CONNECTIONS**

If you have any questions, or would like to participate or volunteer, please contact Janet Wiegel Alzheimer's & Dementia Alliance of Wisconsin, at (608) 697-2838, (608) 742-9055 or email at: [janet.wiegel@alzwwisc.org](mailto:janet.wiegel@alzwwisc.org).

**Dates:** Thursdays April 18, May 16, June 20, July 18, August 15, Sept. 19, Oct. 17, Nov 21, Dec 19

**Time:** 9:30-11:00 am

**Location:** Community Center - Monroe Street Room

**Fee:** No charge, but donations appreciated!

**Sponsored by:** Alzheimer's & Dementia Alliance of Wisconsin, with additional community support; including a grant provided by the Greater Sauk County Community Foundation and Sauk County Aging & Disability Resource Center as a Community Partner.

**Note:** *If you would like to stay for the Community Meal please call (608) 963-3437*

### **ELDER BENEFIT SPECIALIST**

Pam Fuchs is the Elder Benefit Specialist from the Aging and Disability Resource Center that serves the Sauk Prairie area. Pam will answer your questions about Medicare A and B, Medicare advantage plans and supplements, Part D plans, Senior Care and numerous other public benefits. Customers are seen on a first-come, first-serve basis.

**Dates:** Thursdays, April 18, May 16, June 20, July 18, August 15, September 19, October 17, November 21, December 19

**Time:** 9:00-10:30 am

**Location:** Community Center - Monroe Street Room

If you would prefer a scheduled appointment in Pam's Baraboo office, please call the ADRC at 608-355-3289.

## **CAREGIVER SUPPORT GROUPS**

### **Third Tuesday of the Month**

**Date:** April 16, May 21, June 18, July 16, August 20, September 17, October 15, November 19  
December 17

**Time:** 5:00-6:00 pm **Family Caregiver Support Group**

**Time:** 6:00-7:00 pm **Grandparents raising grandchildren**

**Location:** Monroe St Room

## **POWERFUL TOOLS FOR CAREGIVERS**

This is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. Participants will learn to: Reduce stress, Improve self-confidence, Better communicate feelings, Increase ability to make tough decisions, and Locate helpful resources

Led by ADRC, Marina Wittman, Aging Program Specialist presenter

**Dates:** Thursdays, April 19 - May 24

**Time:** 1:30-3:30 pm

**Location:** Monroe St Room

## **RANGE OF MOTION (ROM) CLASS**

This program combines range of motion exercises recommended by doctors and therapists. ROM helps people with pain and physical limitations that affect everyday life.

**Dates:** Fridays beginning in October **Time:** 8:30-9:15 am

**Location:** Monroe Street Room

## **WATER EXERCISE**

Join us Monday, Wednesday, and Friday over the lunch hour for a great workout from 11:30-12:15 or lap swimming at your own pace from 11:30-12:30.

- Dates: Monday, Wednesday, Friday 11:30 -12:30
- Location: High School indoor pool
- \$3 per class drop in
- \$2 per class for Golden Eagle card holders

**Sauk Prairie Transit (Taxi): Call 644-9616 to schedule a ride**

**Hours:**

Monday-Friday 6:00 a.m.-6:00 pm

Saturday: 9:00 a.m.-1:00 pm

**ADRC Volunteer Driver Escort Program**

608-355-3278

**Volunteer Opportunities For Seniors**

Mentor program	Sauk Prairie School District	Contact
Business Mentor Program	SCORE	<a href="https://www.score.org/">https://www.score.org/</a>
Ushers, Program Assistants	River Arts Inc.	<a href="http://riverartsinc.org/">http://riverartsinc.org/</a>