

November 2024

The Quill



Fort Atkinson Senior Center

Craft Sale!!

Choose from several types of craft items at one of over 30 tables at the annual Craft and Bake Sale. If interested in donating baked goods call the Senior Center, 920-397-9913.

Bake Sale!!

SATURDAY!
Date: **11/09/2024**

Time: **9:00 am– 1:00 pm**

Fort Atkinson Senior Center
307 Robert St.

Across the street from Barrie Park.
920-397-9913




Saturday, November 9

Craft Fair & Bake Sale!

Over 30 tables of crafts!

Dozens of Baked Goods!

Ham Sandwich Lunch Available for Purchase!

Mission Statement:

The Fort Atkinson Senior Center strives to improve the quality of life for older adults.



Accredited by the Wisconsin Association of Senior Centers
2016 & 2022



FIRESIDE SHOWS FOR 2025

All Fireside Shows are afternoon shows with arrival time at the Fireside set for 11:00 A.M.
Arrive on your own

West Side Story

Friday, March 7

Church Basement Ladies-

The Last Supper

Friday, June 13

Oklahoma!

Thursday, September 18

\$87.00 per person covers the cost of the Meal, Show, Taxes, and Tip
Sign up now as these shows are sure to fill up!



Connect With Us



Senior Center Hours

Monday-Friday 8:00am-4:00pm

(920) 397-9913



Call to speak with a receptionist or
leave a message for staff

Monthly Newsletter



Get information in The Quill &
online at www.ourseniorcenter.com
and search under Fort Atkinson.



fortparksandrec.activityreg.com

Find information about Parks &
Recreation and the Senior Center.



[Facebook.com/fortseniorcenter](https://facebook.com/fortseniorcenter)

Follow for reminders and the latest
special event information.



cnye@fortatkinsonwi.gov

Give us your email address to be
included in 'Friday Findings' e-blasts

-Senior Center Staff-

Senior Center Director: Chris Nye - cnye@fortatkinsonwi.gov

Program Assistant: Crystal Porter - cporter@fortatkinsonwi.gov

Custodian: Tim Miller

Trivia Time

Sponsored by Mr. Brews Taphouse,
& Terry Allison Agency.

**Wednesday, November 6 at
12:30**

Fun questions on the big screen at the Center and music as well! No competition, it is just for fun and learning new things! Treats afterwards, and a few sponsor prizes will be randomly given away to those in attendance!!



Current Sponsors

We are very fortunate to have some great sponsors here at the Senior Center.

Currently they are:

Our House	Bingo
Agrace Hospice	Bingo
Brom's Tire & Auto	Bingo
VFW Aux. #1879	Bingo
Terry Allison Agency	Trivia
Mr. Brews Taphouse	Trivia
Commonheart	Breakfast Social
Jones Dairy Farm	Breakfast Social
Frontida of Elkhorn	Monthly Entertainment



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Popcorn will be made prior to the movie time based on estimated attendance.

Monday, November 4 Sleepless in Seattle

Rated PG

1 hour 45 minutes

Maybe you have heard of this classic movie but never have seen it? Now is your chance with popcorn at the Senior Center. Meg Ryan and Tom Hanks star in this romantic comedy.

Thursday, November 21 Senior Moment

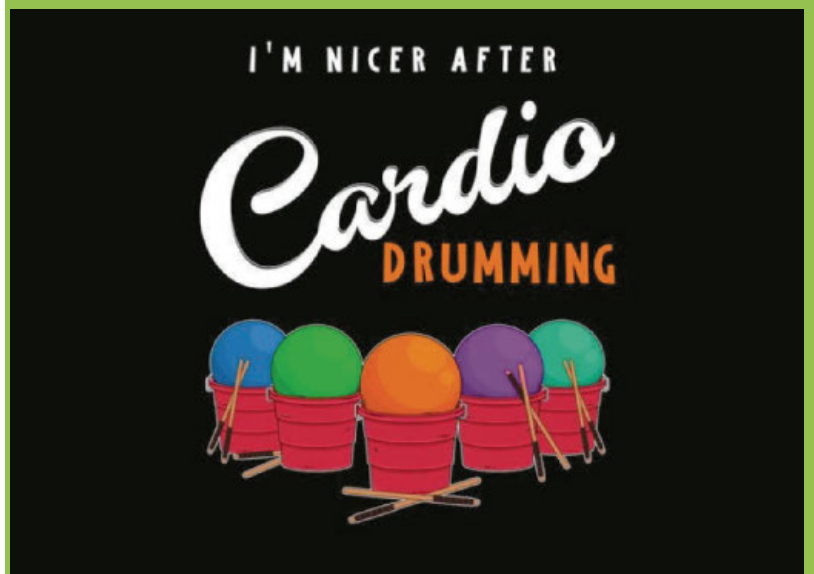
Rated PG

1 Hour 32 minutes

William Shatner, Jean Smart, Christopher Lloyd all star in this film where Victor (Shatner) loses his car for drag racing and has to take public transportation instead of his Porsche because his license is revoked. He finds love in his most unlikely place and life changes dramatically.

Cardio Drumming Free Sessions!

Come and give this fun new craze a try on either Friday, November 15 or Friday, November 22 each time at 10:00 A.M. Cardio Drumming involves drumsticks, large exercise balls, and buckets and is a great deal of fun where you exercise without the feeling of having to exercise. With enough interest, a class will start on Friday, December 6 at 10:00 A.M. for \$35 for 8 weeks. Come and give it a try, we think you'll like it!



Brian Jira from United Healthcare will be at the Senior Center on the first Wednesday of each month. The next time he will be at the Center will be:

Wednesday, November 6 at 2:00 PM.

Book Club

The Book Club at the Senior Center will be held on the SECOND Wednesday of each month at 10:00 am. **Next Date is Wednesday, November 13 to discuss Shotgun Lovesongs by Nickolas Butler.** Participants are to read the book and then come to the Wednesday gathering to discuss it. Books are available each month for pick up and return. It is important that all books borrowed are returned at the discussion meeting and no later, as they need to go back in a kit to the library.

Interim Health Presentation *In Home Services 101*

Monday, November 25 @ 12:30

Join Linette from Interim Healthcare for a presentation on the basics of In Home Services. What options are available for people? What are some things to think about when deciding on whether bringing someone in is the right choice? Yummy treats provided at the presentation!



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Activity Calendar November 2024






Monday	Tuesday	Wednesday	Thursday	Friday
	Craft Fair & Bake Sale Saturday November 9 9am-1pm			1 9:00 Zumba Gold 9:00 Dartball 1:00 Sheepshead 1:00 Line Dance
4 9:00 Knitting 8:30/9:45/11:00 Wii Bowling 12:30 Movie - Sleepless in Seattle 1:00 Cribbage	5 8:15 Women Warriors Exercise 9:00 Crocheting 9:00 Seniors Board Meeting 9:15 Free Exercise 10:00 Terry Allison Agency available 10:00 Parkinson's 10:00 Canasta 12:30 Euchre	6 8:30 to 3:30 Sewing & Quilting Groups 9:00/10:00 Chair Yoga 9:30 Scrabble! 12:30 Trivia 2:00 United Health Care	7 8:15 Women Warriors Exercise Group 9:00/10:00 Floor Yoga 9:00 Texas Hold Em 9:00 Canasta 12:30 Pinochle 12:30 Senior Life Solutions Edgerton Hospital	8 9:00 Zumba Gold 9:00 Dartball 11:00 Miracle on 34th Street at Fireside 1:00 Sheepshead 1:00 Line Dance
11 8:30/9:45/11:00 Wii Bowling 9:00 Knitting 12:30 Veteran Recognition & Quilts of Honor 1:00 Cribbage	12 8:15 Women Warriors Exercise 9:15 Free Exercise 10:00 Parkinson's 10:00 Canasta 12:30 Euchre	13 8:30 to 3:30 Sewing & Quilting Groups 9:30 Scrabble! 10:00 Book Club 12:30 Bingo	14 Red Cross Blood Drive at Senior Center 8:15 Women Warriors 9:00 Canasta 9:00 Texas Hold Em 12:30 Pinochle	15 9:00 Zumba Gold 9:00 Dartball 10:00 Cardio Drumming Free Trial Class 1:00 Sheepshead 1:00 Line Dance
18 8:30/9:45/11:00 Wii Bowling 9:00 Knitting 1:00 Cribbage	19 8:15 Women Warriors Exercise 9:00 Crocheting 9:00 Toenail Trimmers 9:15 Free Exercise 10:00 Parkinson's 10:00 Canasta 12:30 Euchre	20 8:30 to 3:30 Sewing & Quilting Groups 9:00/10:00 Chair Yoga 9:30 Scrabble! 12:30 Bingo 2:00 Our House Blood Pressure Checks	21 8:15 Women Warriors 9:00/10:00 Floor Yoga 9:00 Canasta 9:00 Texas Hold Em 9:00 Toenail Trimmers 10:00 Paint With Katie 12:30 Pinochle 12:30 Movie—Senior Moment 1:00-3:00 Fort HealthCare Blood Pressure Checks	22 8:00 Breakfast Social 9:00 Zumba Gold 9:00 Dartball 10:00 Cardio Drumming Free Trial Class 1:00 Sheepshead 1:00 Line Dance
25 8:30/9:45/11:00 Wii Bowling 9:00 Knitting 12:30 Interim Healthcare Presentation 1:00 Cribbage	26 8:15 Women Warriors Exercise 9:15 Free Exercise 10:00 Parkinson's 10:00 Canasta 12:30 Euchre	27 8:30 to 3:30 Sewing & Quilting Groups 9:30 Scrabble! 12:30 Bingo	28 Thanksgiving Senior Center Closed 	29 Senior Center Closed



Jefferson County Nutrition Program
Senior Dining Centers and Home Delivered Meals



NOVEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>** Menu is subject to change without notice**</p> <p>Pork Steak Mashed Potatoes Peas and Carrots Applesauce Cinnamon Roll Bread</p>	<p><i>See back of menu for more details about reservations.</i></p> <p>Closed NO MEALS Election day </p>	 <p>6 Chicken Pattie Mashed Potatoes Baby Carrots Pineapple Tidbits Poppy Seed Torte Bread</p>	<p>7 Beef Stroganoff Casserole Spinach Salad Honeydew Melon Birthday Cake Dinner Roll</p>	<p>1 Glazed Ham Sweet Potato Bake California Blend Veg. Tropical Fruit White Brownie Bread</p>
<p>4 Pork Steak Mashed Potatoes Peas and Carrots Applesauce Cinnamon Roll Bread</p>	<p>5 Closed NO MEALS Election day </p>	<p>6 Chicken Pattie Mashed Potatoes Baby Carrots Pineapple Tidbits Poppy Seed Torte Bread</p>	<p>7 Beef Stroganoff Casserole Spinach Salad Honeydew Melon Birthday Cake Dinner Roll</p>	<p>8 Country Fried Steak Mashed Potatoes Peas/Pearl Onions Fruited Gelatin Raspberry Sherbet Bread</p>
<p>11 BBQ Meatballs Baked Potato Green Beans Peach Slices Cookie & Bread</p>	<p>12 Baked Chicken Garlic Mashed Potatoes Three Bean Salad Tropical Fruit Cinnamon Roll & Dinner Roll</p>	<p>13 Meatloaf Baby Red Potatoes Mixed Vegetables Pear Slices Frosted Cake & Bread</p>	<p>14 Chili Casserole Broccoli Cuts Fruited Gelatin Orange Sherbet Cheddar Biscuit</p>	<p>15 Mushroom/Pork Cutlet Mashed Potatoes Pickled Beet Salad Banana Cookie & Bread</p>
<p>18 Salisbury Steak Mashed Potatoes Corn Applesauce Vanilla Pudding & Bread</p>	<p>19 Scalloped Potatoes And Ham Casserole Spinach Salad Orange Fudge Brownie & Roll</p>	<p>20 Breaded Fish Fillet Calico Bean Casserole Cole Slaw Apple Ice Cream Cup Bread</p>	<p>21 Baked Spaghetti White Bean Salad Broccoli Cuts Pear Slices White Brownie French Bread</p>	<p>22 Swedish Meatballs Mashed Potatoes Carrots Pineapple Tidbits Cookie Bread</p>
<p>25 Roast Pork Loin Mashed Potatoes Peas and Carrots Tropical Fruit Cookie Bread</p>	<p>26 Pepper Steak Baby Red Potatoes Corn Peach Slices Chocolate Pudding Dinner Roll</p>	<p>27 Roast Turkey Mashed Potatoes Baby Carrots Cranberry Gelatin Pumpkin Chiffon Torte Bread</p>	 <p>28 Closed NO MEALS</p>	<p>29 Closed NO MEALS </p>

To reserve a meal, **call the Nutrition Site Manager, Kevin Purcell, at 920-728-4756** by no later than 11:00 AM one day before you want to dine at the Senior Center. For Monday meals, you must call by 11:00 AM on the Friday before.

Extended Trip Offerings from Senior Center partners: Call or stop in the Senior Center to discuss any of the following trip offerings.

Premier World Discovery— Sunny San Diego & Southern California Highlights March 14-19, 2025

\$3399 per person double occupancy

Includes: Roundtrip airfare from Milwaukee, Transfers, 8 Meals (5B, 3D), Professional Tour Director, Baggage Handling at Hotels, Admission fees at sightseeing. 5 nights at Embassy Suites San Diego.

Group Travel Masters- Alaska Cruise Tour May 20-31, 2025

From \$2639 to \$3719 per person for cruise and land tour Add \$1050 for Airfare

Includes: 7 Night Voyage of the Glaciers Cruise, 4 Night Land Tour, Denali Express Ultra Dome Railcar Ride, And More!

New England Fall Foliage September 20-27, 2025

\$2,339 per person with double occupancy \$2,999 Single Add Milwaukee to Boston air for \$400 Airfare subject to change until booking finalized. See Boston, Martha's Vineyard, Plymouth Rock, Norman Rockwell's studio, and Maine in this fabulous New England tour!

Collette & World Pulse Travel- Pacific Northwest & California! April 21-28, 2025

Start in Seattle and end up in San Francisco on this 8 day trip with stops in the Napa Valley, the Redwood National Park, and the Columbia River Gorge, just to name a few. Includes 11 meals. \$4,029 per person with double occupancy. Single is \$4,929. For more information visit the website link at: <https://gateway.gocollette.com/link/1237493> or call Carrie Chisholm at 920-397-9733.

Smoky Mountains and Pigeon Forge Holiday 2025 Trip

Details on this trip offering for 2025 are still to come. If interested please let Chris know and we can get you the info when it is finalized.

Important Numbers:

List of numbers you may need

Fort Atkinson Police Non-Emergency

(920)397-9905

ADRC (Aging & Disability Resource Center)

920-674-8734

Medigap Helpline & Part D Helpline

1-800-242-1060 Part D: 1-855-677-2783

Social Security numbers

1-877-850-7826 - Janesville

1-866-220-7885 - Waukesha

Whitewater Seniors in the Park

262-473-0535

Jefferson Senior Center

(920) 674-7728

Elder Abuse Intake Line (Elder Rights Project)

844-614-5468

Suicide Prevention Lifeline

1-800-273-TALK (8255)

Fort Parks & Rec-(920)397-9910

Jefferson County Human Services

(920) 674-3105

Bingo! 12:30 PM

Wednesday, November 13

Sponsored by VFW #1879

Wednesday, November 20

Sponsored by Broms Tire & Auto & Our House Senior Living

Wednesday, November 27

Sponsored by Agrace Hospice & Palliative Care

Bingo is \$2.00 for 3 cards



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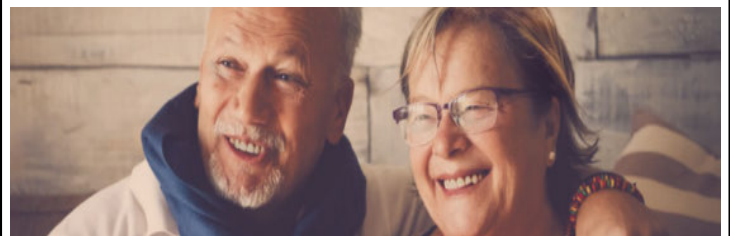


Anita Hawkins

Licensed Sales Agent

608-563-2503, TTY 711

ahawkinsagency@gmail.com



Arrangements

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920-563-5898

208 N. Park Street
Cambridge, WI 53523
608-423-3414

550 N. Newcomb Street
Whitewater, WI 53190
262-472-9118

NitardyFuneralHome.com



RainbowCommunityCare.org (920) 674-6255



THANK YOU VETERANS

Veteran's Day Program Monday, November 11

We urge everyone to attend this year's Veteran Recognition event at the Senior Center as we honor those in attendance and pay tribute to the military branches. The event is not just for veterans to attend. It is to show our support for their service and sacrifice they have made in protecting our nation. All veterans can eat the meal at 11:30 for free. All non veterans are asked to contribute \$5.00 towards the meal. Then stick around as we will recognize those in attendance from the different branches and hear from Russell Toeller, a Retired UH-60 Black Hawk helicopter Instructor in the United States Army. Our program will conclude with the annual highlight, with the presentations of the Quilts of Honor for this year's nominated veterans in our area to receive. Reservations for the meal at 11:30 are required and needed by Friday, November 8 at 11:00 A.M.



Look Ahead....

Thursday, December 12 Holiday Party
Tuesday, December 31 Noon Countdown
Friday, February 14 Valentine's Day Party
Sunday, February 23 Mystery Auction!
Monday, March 17 St. Patrick's Day Party

The Senior Center is pleased to offer a Hearing Loop system to aid guests with hearing loss. If you wear hearing aids with a telecoil, the system will either automatically amplify the sound or you may need to turn that function on.



Paint With Katie

Thursday, November 21
10:00 A.M.

Come and have some painting fun with all materials provided so you complete your own masterpiece to take home that day. Cost of the two hour class is \$25.00.

Picture at right is not necessarily the painting this month



National Family Caregiver Month is in November. Tips For Caregivers

1. Seek support from other caregivers. **You are not alone!**
2. **Take care of your own health** so that you can be strong enough to take care of your loved ones.
3. **Accept offers of help** and suggest specific things people can do to help you.
4. Learn to **communicate effectively with doctors.**
5. Caregiving is hard work, so **take respite breaks.**
6. Watch out for **signs of depression**-don't delay getting professional help when you need it.
7. Be open to **new technologies** that can help you care for your loved one.
8. **Organize medical information** so it's up-to-date and easy to find.
9. Make sure **legal documents** are in order.
10. **Give yourself credit for doing the best you can in** One of the toughest jobs there is!



Jean Linos

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I do not offer every plan available in your area. Any information I provide is limited to the plans I do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

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City of Fort Atkinson Parks & Rec. Dept., Fort Atkinson, WI

D 4C 01-1460



Board Bits

Fort Atkinson Senior Center Mission Statement

*The Fort Atkinson Senior Center
strives to improve the quality of life for older adults*

Senior Inc. Board Members:

1st Row: Bill Hartwig, Terry Bowes, Crystal Porter & Greg Sireno.

2nd Row: Bette Delsarte, Kay Udey, Roxie Koch, Judy Brown & Janet Turpin.

Highlights of the Board Meeting October 8 , 2024

- ◆ The new Wii Bowling equipment is up and running.
- ◆ The automatic door openers/closures for the Robert St. entrance and the women/men bathrooms will be installed by November and the new microphones will be installed on October 14th along with a headset.
- ◆ Breakfast issues were discussed for the October breakfast.
- ◆ The November 9th Craft Fair and Luncheon was discussed again and notes were sent to all board members regarding the craft fair and luncheon.
- ◆ Two new trips coming up in 2025 along with Fireside trips. A casino trip to the Island is scheduled for March 23 and 24, 2025 and a Milwaukee trip during lent for "Friday Fish Fry" tour and brewery tour on April 11, 2025.

Welcome to our new board member Judy Brown and all returning board members (**New Picture at the top of page**)

Parks and Rec - Ben Dayton gave updates on the different areas of Parks and Rec. and updates on the city functions.

The next board meeting will be November 5, 9:00 AM (**NOTE NEW DATE & TIME FOR NOVEMBER**)

Respectfully submitted,
Crystal Porter, Recording Secretary

Meeting was 1 hour 23 minutes

Card Games at the Senior Center

The following list consists of games that are played at the Senior Center:

Cribbage – Mondays at 1:00 Euchre – Tuesdays at 12:30

Canasta – Tuesdays 10:00 & Thursdays at 9:00

Scrabble - Wednesdays 9:30

Texas Hold Em – Thursdays at 9:00 AM

Pinochle - Thursdays at 12:30

Sheepshead – Fridays at 1:00

If you would like to start a game that you don't see above talk with Director Chris.

Monthly Breakfast Social!

Friday, November 22 @ 8AM

Join us for a breakfast of complimentary items along with Jones Dairy Farm sausage, donated by our sponsor Jones Dairy Farm, and fruit provided by our other breakfast sponsor, Commonheart Home Health & Hospice. Enjoy a wide variety of food at this month's breakfast! Our special Guest Eater will be Jen Jaeckel, our Zumba Gold and Cardio Drumming instructor.



Red Cross Blood Drive

**At the Senior Center
Thursday, November 14
9am - 2 pm**

Make an appointment today by calling or going online!

1-800-733-2767

OR

www.redcrossblood.org

Walk-Ins Usually Taken



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DHS Approved 4/22/2021

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Amy R. Devine



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Fun & Fitness Classes

Floor Yoga

Thursdays at 9AM & 10 AM

Kathy S. teaches floor yoga in this class. Bring your own mat. Classes are 8 week sessions for \$40.00

Gentle Chair Yoga **Wednesdays**

Classes are held on Wednesdays at 9:00 AM and another session of classes at 10:00 AM. Most exercises are done while seated. 8 week classes will be held on a revolving basis. \$35.00 per 8 week session.

Tuesday No-Cost Exercise

At 9:00 we have a free exercise class taught each Tuesday by Claire from Doctors of Physical Therapy in Fort Atkinson. Any fitness level is welcome!! A great class to work on balance.

Line Dance Class

Sessions are 8 weeks and cost \$35. This is a beginners class or those with only basic line dance knowledge. Classes are great exercise and lots of fun! Classes are now held on Fridays at 1pm in the craft room. Music played is all types not just country music!

Women Warriors Group

Tuesday and Thursday mornings at 8:00 AM this group of women gather to exercise. It is not an instructor led class.

Fun & Fitness Classes **(cont'd)**

Independent Exercise

Treadmills, Hand weights, a recumbent bicycle, and ellipticals are in the fitness room for use. There is no cost to use the equipment at the Center but we do ask that you sign one of our waivers the first time you exercise. We ask that you use a disinfectant wipe (provided in the room) to wipe down any equipment you will use after use.

Parkinson's Exercise Class

Ongoing Class every Tuesday at 9:00
To find out about joining this class please call the instructor at the number given below.

This class taught by a certified instructor focuses on big movements and real world situations for those with early level Parkinson's. To sign up call Joy at 307-631-3414

Zumba Gold

Classes are held on Fridays at 9:00 AM
Classes are adaptable for standing or sitting. This class is great for balance and a lot of fun! Dance along to the music.

Cardio Drumming Class

Join us for free demonstration classes of this fun fitness craze on Friday, November 15 & Friday, November 22 at 10:00 A.M. each time. Then, be sure to sign up for classes starting Dec. 6.

November Birthdays

	November
John Porter	2
Evon Heine	4
Gloria O'Donnell	6
Barb Orlando	7
Terry Wenzel	8
Jean Osborne	12
Roxanne Koch	15
Marie Hathaway	15
David Reed	16
Bette Hoesly	18
Tom Sehnert	19
Gene Brown	22
Judy Punzel	24
Howard Johnson	26
Carol Blasing	28



Please let us know if someone appears on the list that you know has passed away or would no longer would like to be on the list.



Scorpio & Sagittarius

Ways you can give to the Senior Center:

- * Donation to the Senior Citizens Inc. Board at the Senior Center
- * Estate Planning Gift
- * Community Foundation's Senior Center account within Parks & Recreation

Fort Atkinson Senior Center Health Day!

Blood Pressure Screenings will take place on November 21, 2024 from 1:00 - 3:00 PM. The screenings will take place in the Craft Room this month. Anyone is invited to stop in for a blood pressure screening which is conducted on a first-come basis. Special thanks to Fort HealthCare for providing this service! Do you know what your numbers are? Come in and find out! **Our House** will provide blood pressure checks free on **Wednesday, November 20 at 2:00 PM.**



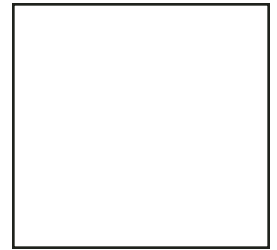
Winter Weather Policy

The Fort Atkinson Senior Center will be closed for a Winter Weather Emergency any time that the Fort Atkinson School District closes for the day prior to 8:00 AM because of Winter Weather. In addition, if staff of the Senior Center determines conditions to be too dangerous for the senior population to be traveling to and from the Center they can also decide to close the building. Those persons who are expected to arrive on the day the Center is closed will have staff attempt to notify them by phone that the Center is closed. If the Senior Center is closed there will be no meal service at the Center and all activities are cancelled.

As a general rule of thumb, if the Fort Atkinson School District is already off for holiday, or a break, then the Senior Center uses "Winter Storm Warning" as the guiding principle guide for closing or not.



Senior Center
307 Robert St.
Fort Atkinson, WI 53538



Thanks to a generous donation the Wii Bowlers at the Senior Center have brand new large tv's and new stands for them!



Toenail Trimmers LLC

To schedule an appointment for foot care, please call Toenail Trimmers LLC at 262-719-0336. Appointments will no longer be taken by Senior Center staff or volunteers. You must contact Toenail Trimmers LLC directly to set up a time for an appointment at the Senior Center.

The cost for foot care with Toenail Trimmers LLC is \$35.00. Their website is www.toenailtrimmersrn.com for those who would like to schedule an appointment online.