

**July 2025**

# The Quill



## Fort Atkinson Senior Center



**John Solis**

**Music Show**

**Thursday, July 10 at 12:30**

The Senior Center welcomes John Solis to our stage for this show for anyone and everyone to attend! John has been playing and singing since he was 14. He likes to play a variety of styles, oldies, country, classic rock and originals are regularly featured at his shows. The show is free to attend. We will have treats afterwards provided by Frontida of Elkhorn. Feeling lucky? Take a chance and help support the Senior Inc. Board by participating in the 50/50 raffle.



### 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**



## ***Fort HealthCare Presentations!***

***Wednesday, July 23- Vertigo***

***Wednesday, July 30- Services you may need and  
volunteer opportunities available to you***

Both presentations will be at approximately 2:00 P.M. immediately after bingo at the Senior Center. On the 23rd, hear about what vertigo is, Involved anatomy of the inner ear, how vertigo is diagnosed, how vertigo is treated, and other mechanisms for dizziness outside of vertigo. The presentation will be lead by a vertigo doctor with expertise in the field. Then join us on the 30th for a presentation from Tim Haak on volunteer opportunities with Fort HealthCare and hear of some great new programs taking place that those in the area can take advantage of. No registration is required.

## **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.mycommunityonline.com](http://www.mycommunityonline.com)**  
and search under Fort Atkinson.



**[fortparksandrec.activityreg.com](https://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](mailto: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](mailto:cnye@fortatkinsonwi.gov)

Program Assistant: Crystal Porter - [cporter@fortatkinsonwi.gov](mailto:cporter@fortatkinsonwi.gov)

Custodian: Tim Miller

## Red Cross Blood Drive

**Thursday, July 17**

### At the Senior Center

All those who give a pint of blood also get a pint of Culver's frozen custard!

Sign up at **1-800-733-2767**

**OR**

**[www.redcrossblood.org](http://www.redcrossblood.org)**



**American  
Red Cross**

## Current Sponsors

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

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



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City of Fort Atkinson Parks & Rec. Dept., Fort Atkinson, WI A 4C 01-1460





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

Movie Licensure Provided by the Senior Citizens Inc. Board

**Wednesday, July 2-** Double Feature Movie Day with Pizza in between films! Sign up and let us know if you will be having pizza with us in between movies on this day. **Sponsored by Devout Real Estate.** First movie (The Wild Robot) 2:30, Pizza at 4:30, Second Movie (Wicked at 5:00).

**First Movie- 2:30 P.M.**

**The Wild Robot 1 hours 42 minutes PG**

An intelligent robot is stranded on an island and bonds with the animals on the island and cares after a baby goose. This is an animated and heartwarming tale that is fun for anyone of any age.

**Pizza Served at 4:30 Reservations Requested**  
**Let us know if you will attend!**



**Second Movie- 5:00 P.M.**

**Wicked 2 hours 40 minutes PG**

In a story of how the Wicked Witch of the West ever gets to be that way, we follow Elphaba and Glinda, who become friends in school, but soon take on very different paths. How did the stage get set for Dorothy to ever save the day? Come find out!

**Monday, July 28- 12:30 P.M.**

**Mufasa- The Lion King 1 hour 58 Minutes PG**

**This is a great movie to bring the grandkids to!**

In this “prequel” to the original Lion King movie, we follow a young Mufasa as he has a chance encounter with Taka, a lion with royal bloodlines, that puts him on a wild journey. Teaming up along the way with a band of misfits he is led on the path to being the heir to the throne.

## Book Club

The Book Club at the Senior Center will be held on the **THIRD** Wednesday of each month at 10:00 am. **Next Date is Wednesday, July 16.**



Are you a stroke survivor?

We have a stroke support group where lots of good suggestions and supportive ideas are. Come to a place where friendly faces will greet you and hear your story.  
Thursdays at 1:00 P.M.

## Libraries- Not Just Books Anymore

Wednesday, July 16  
Presentation at 2:00 P.M.

Libraries of today are a lot more than just books and you might be shocked at some of the various services you could be taking advantage of. Hear from Fort Atkinson's Dwight Foster Library Director, Minetta Lippert, on some of the many things that they can offer. Presentation will be held immediately after the conclusion of bingo at the Senior Center at approximately 2:00 P.M.



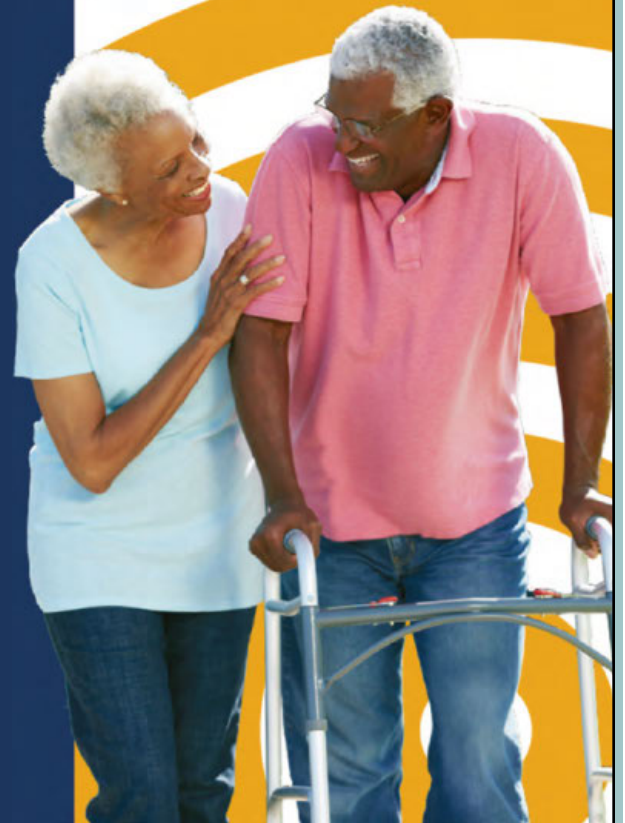
## Community Care

Set your independence in motion. It starts with a community that cares.

Contact your local Aging and Disability Resource Center (ADRC) at 844-WIS-ADRC (844-947-2372) to learn more about long-term care options in your area.



Call 866-992-6600 for additional information



# Activity Calendar July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Saturday, July 12 Pool Party 6:15-7:45 P.M. \$10 Food, drink, games and Bahama Bob! Sign up By July 7.</b>	1 8:15 Women Warriors 9:00 Crocheting 9:00 Canasta 9:15 Free Exercise 10:00 Parkinson's Exercise Class 12:30 Euchre	2 8:30 to 3:30 Sewing & Quilting Groups 9:00/10:00 Chair Yoga <b>12:30 Trivia</b> <b>2:30 Movie Wild Robot</b> <b>4:30 Pizza</b> <b>5:00 Movie Wicked</b> 2:00 United Health Care Representative	3 8:15 Women Warriors 9:00/10:00 Floor Yoga 9:00 Texas Hold 'Em 9:00 Canasta 12:30 Pinochle 1:00 Stroke Support 2:00 Chess	4 <b>Senior Center Closed For 4th of July</b>
7 9:00 Knitting 8:30/9:45/ Wii Bowling 12:30 Bridge Women's Group 1:00 Cribbage <b>**Last Day to sign up Pool Party</b>	8 8:15 Women Warriors 9:00 Canasta 9:15 Free Exercise 10:00 Senior Inc. Board Meeting 10:00 Parkinson's Exercise Class 12:30 Euchre	9 8:30 to 3:30 Sewing & Quilting Group 9:00/10:00 Chair Yoga New Class Sessions <b>No Bingo Today</b>	10 8:15 Women Warriors 9:00 Toenail Trimmers 9:00/10:00 Floor Yoga New Class Sessions 9:00 Texas Hold 'Em 9:00 Canasta 12:30 Pinochle <b>12:30 John Solis Music</b> 1:00 Stroke Support 2:00 Chess	11 9:00 Zumba Gold 9:00 Dartball 10:00 Cardio Drumming Class 11:00 Fireside Show 1:00 Sheepshead 1:00 Line Dance
14 8:30/9:45/ Wii Bowling 9:00 Knitting 1:00 Cribbage	15 7:00 Manitowoc Day-trip Departs 8:15 Women Warriors 9:00 Toenail Trimmers 9:00 Canasta 9:15 Free Exercise 10:00 Parkinson's Exercise Class 12:30 Euchre	16 8:30 to 3:30 Sewing & Quilting Groups 9:00/10:00 Chair Yoga <b>10:00 Book Club</b> <b>12:30 Bingo</b> <b>2:00 Library Presentation by Minetta Lippert</b>	17 8:15 Women Warriors 9:00 Canasta 9:00 Texas Hold 'Em 12:30 Pinochle 1:00 Stroke Support <b>1:00 - 3:00 Blood Pressure Screening</b> 2:00 Chess <b>Red Cross Blood Drive</b>	18 9:00 Zumba Gold 9:00 Dartball 10:00 Cardio Drumming Class 1:00 Sheepshead 1:00 Line Dance
21 8:30/9:45 Wii Bowling 9:00 Knitting 1:00 Cribbage 2:00 Benefit Specialist ADRC	22 8:15 Women Warriors 9:00 Crocheting 9:00 Canasta 9:15 Free Exercise 10:00 Parkinson's Exercise Class 12:30 Euchre	23 8:30 to 3:30 Sewing & Quilting Groups 9:00/10:00 Chair Yoga <b>12:30 Bingo</b> <b>2:00 Vertigo Presentation</b>	24 8:15 Women Warriors 9:00 Canasta 9:00 Texas Hold 'Em 9:00/10:00 Floor Yoga 12:30 Pinochle <b>12:30 Belt's Presentation Galapagos Islands</b> 1:00 Stroke Support 2:00 Chess	25 <b>8:00 Breakfast Social</b> 9:00 Dartball 1:00 Sheepshead 1:00 Line Dance
28 9:00 Knitting 8:30/9:45/ Wii Bowling <b>12:30 Movie-- Mufasa The Lion King</b> 1:00 Cribbage	29 8:15 Women Warriors 9:00 Canasta 9:15 Free Exercise 10:00 Parkinson's Exercise Class 12:30 Euchre	30 8:30 to 3:30 Sewing & Quilting Groups 9:00/10:00 Chair Yoga <b>12:30 Bingo</b> <b>2:00 Fort HeathCare Opportunities and New Programs</b>	31 8:15 Women Warriors 9:00 Canasta 9:00 Texas Hold 'Em 9:00/10:00 Floor Yoga 12:30 Pinochle 1:00 Stroke Support 2:00 Chess	



## Senior Dining



## Jefferson County Senior Dining and Home Delivered Meals



## July 2025 REGULAR Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menu is subject to change without notice.</b> <b>WG: Whole Grain</b> <b>*Contains Pork</b> <b>MO: Meatless</b> <b>Option</b> <i>1% milk included with all meals</i>	<b>1</b> Meatloaf w/ Gravy Mashed Potatoes Capri Vegetable Blend Cranberry Sauce WG Bread w/ Butter Sliced Peaches Salted Caramel Cookie <b>MO: PB Meatloaf</b> <b>NCS: SF Cookie</b>	<b>2</b> Grilled Chicken Sand w/Fixings Paco Blend Vegetables California Vegetables Triple Berry Crumble Bar <b>MO: PB Chicken Breast</b> <b>NCS: SF Wafer</b>	<b>3</b> Teriyaki Meatballs* Brown Rice 3 Bean Medley Stir-Fry Vegetables Honeydew Melon Red, White, Blue Cake <b>MO: PB Meatballs</b> <b>NCS: SF Wafer</b>	<b>4</b> <b>CLOSED NO MEALS</b> 
<b>7</b> Brat on a Bun Hot Sauerkraut Baked Beans* Potato Salad Nutty Buddy Bar <b>MO: PB Sausage</b> <b>NCS: Planters Peanuts</b>	<b>8</b> <b>COLD MEAL</b> Macaroni Club Pasta Salad* Tomato Cucumber Salad Broccoli w/ Ranch Cantaloupe Super Donut <b>MO: Veg. Pasta Salad</b> <b>NCS: SF Jello</b>	<b>9</b> Meatball Sub Green Beans Crinkle Cut Carrots M&M Cookie <b>MO: PB Meatballs</b> <b>NCS: SF Cookie</b>	<b>10</b> Pulled BBQ Chicken Roasted Sweet Potato Mixed Vegetables Fresh Fruit Mix Pudding <b>MO: PB BBQ Chicken</b> <b>NCS: SF Pudding</b>	<b>11</b> Blackened Chicken Alfredo Sliced Hot Beets Broccoli Orange Wedges Rice Krispie Treat <b>MO: PB Chicken</b> <b>NCS: SF Wafer</b>
<b>14</b> Fajita Casserole Fiesta Corn Blend Pinto Beans Cantaloupe Sugar Cookie <b>MO: PB Taco Beef</b> <b>NCS: SF Cookie</b>	<b>15</b> Chicken Pot Pie Garlic Mashed Potatoes Cranberry Sauce Triple Chocolate Cake <b>MO: Veg. Pot Pie</b> <b>NCS: SF Cookie</b>	<b>16</b> <b>COLD MEAL</b> Ham & Cheddar Sand. w/ Fixings Baby Carrots w/ Ranch Tropical Fruit Mix Nutty Buddy Bar <b>MO: Egg Salad Sand.</b> <b>NCS: Planters Peanuts</b>	<b>17</b> Grilled Turkey Burger w/ Fixings Corn California Blend Veg. Rice Krispie <b>MO: Black Bean Burg.</b> <b>NCS: SF Wafer</b>	<b>18</b> Lemon Herb Chicken Wild Rice Prince Charles Veg. Peas & Pearl Onions Fresh Fruit Peanut Butter Pie <b>MO: PB Chicken</b> <b>NCS: Planters Peanuts</b>
<b>21</b> <b>COLD MEAL</b> Tuna Pasta Salad 3 Bean Medley Tomato Cucumber Salad Tropical Fruit Mix Rice Krispie <b>MO: Veg. Pasta Salad</b> <b>NCS: SF Wafer</b>	<b>22</b> Breakfast Scramble* Roasted Root Veg. Apple Juice Croissant Orange Wedges WG Blueberry Muffin <b>MO: PB Sausage Patties</b> <b>NCS: Banana</b>	<b>23</b> Taco Bar w/ Fixings Re-fried Beans Cantaloupe Oreo Cheesecake <b>MO: PB Taco Meat</b> <b>NCS: SF Wafer</b>	<b>24</b> <b>COLD MEAL</b> Italian Sandwich Dressing Packet Coleslaw Broccoli Craisin Salad Honeydew Melon Red Velvet Cookie <b>MO: Med. Sandwich</b> <b>NCS: SF Cookie</b>	<b>25</b> Chicken Lasagna Roasted Potatoes Italian Veg. Blend WG Bread w/ Butter Diced Pears Pudding <b>MO: PB Spg. Meatball</b> <b>NCS: SF Pudding</b>
<b>28</b> Crab Cake Tartar Sauce Good Grains Rice Pilaf Potato Salad Tropical Fruit Cherry Gelatin Cup <b>MO: PB Meatballs</b> <b>NCS: SF Jello</b>	<b>29</b> Salisbury Steak Rosemary Potatoes Green Beans WG Dinner Roll Orange Wedges Peanut Butter Cookie <b>MO: PB Patty w/ Gravy</b> <b>NCS: SF Cookie</b>	<b>30</b> <b>COLD MEAL</b> Chicken Salad Sand. Coleslaw 3 Bean Medley Fresh Fruit Mix Nutty Buddy Bar <b>MO: Egg Salad Sand.</b> <b>NCS: Cantaloupe</b>	<b>31</b> BBQ Rib Sandwich California Veg. Blend Baked Potato Cass. Peaches Cherry Apple Crunch Bar <b>MO: PB Sausage</b> <b>NCS: Red Grapes</b>	<b>NCS: No Concentrated Sweets (Alternate Dessert Option)</b> <b>SF: Sugar Free</b> <b>Med.: Mediterranean</b>

See back for more details about reservations and salad meal options.

Meals are provided by Atlantis Valley Foods.

Meals will now need to be ordered by **10:00 a.m.** the day before you want to dine in.  
**Salad options are available each day with menus specific for those available at the Senior Center.**

- Kevin Purcell, Fort Atkinson Senior Dining Coordinator (920) 728-4756

## **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—**

#### **Smoky Mountains and Pigeon Forge Holiday 2025 Trip**

**December 7-11, 2025**

\$2799 with double occupancy for the early booking discount. Includes flight to Knoxville, TN and stops at the Biltmore Estate, Smoky Mountains National Park, Dollywood, and the Titanic Exhibit. 7 Meals.

#### **Landscapes and Lighthouses of Coastal Maine**

**September 20-26, 2025**

Fly into historic Boston and take a city tour before going on to Maine and stay in the Kennebunkport area. See Portland, Maine and take a scenic cruise and encounter charming lighthouses. Visit the Seashore Trolley Museum and board a lobster boat where local lobstermen will take you out in the harbor aboard a working boat for a hands-on experience before having a traditional lobster clambake.

#### **Treasures of Central Europe**

**May 4, 2026**

A trip featuring Berlin, Krakow, Warsaw and Prague! Regular price \$5149 per person double occupancy. 11 days, 14 meals. Air from Milwaukee. All admissions and guided tours. Checkpoint Charlie and the Holocaust Memorial.

### **Group Travel Masters-**

#### **New England Fall Foliage**

**September 20-27, 2025**

\$2,889 per person with double occupancy for land and air total price.

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!

### **World Pulse Travel**

#### **America's Cowboy Country – May 26-June 2, 2026**

\$4279/person double occupancy, with flights and hometown pick-up. Enjoy stunning views of the American West in Yellowstone, the Grand Tetons, and Custer State Park. Experience an incredible array of wildlife, marvel at towering peaks and mountain glaciers, and soak in stunning views of Mt. Rushmore and the Crazy Horse Memorials. Saddle up for an adventure of the natural wonders of the Wild West as it once was.

#### **Spotlight on Tuscany – September 23-October 1, 2026**

\$4,279/person double occupancy, with flights and hometown pick-up. Discover rolling hills, sprawling vineyards, and charming Tuscan medieval towns with a 7-night stay in Montecatini Terme, the famous resort and spa town. Visit Pisa, Florence, and San Gimignano, and experience the Gothic Line of WWII and the Museum of Liberation. Partake in a Tuscan cooking class, and sample local cheeses and wines.

### **Grand American Tours-**

#### **Panama Canal Cruise February 9-21, 2026**

Prices start at \$3,387 per person with double occupancy and include air from Chicago. Sail from Fort Lauderdale to Aruba, Curacao, Colombia and through the Panama Canal. Then stops at Costa Rica and Jamaica finish off this amazing Caribbean tour!



### 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

#### Nutrition Site at Senior Center (Kevin)

920-728-4756

## Bingo! 12:30 PM

### Wednesday, July 16

Sponsored by VFW #1879 & Super Wash Fort Atkinson

### Wednesday, July 23

Sponsored by Broms Tire & Auto & Our House Senior Living

### Wednesday, July 30

Sponsored by Agrace Hospice & Palliative Care

Bingo is \$2.00 for 3 cards



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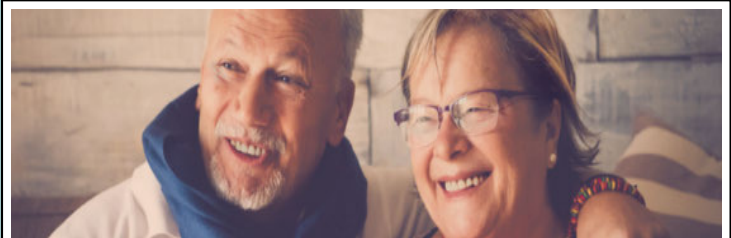
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### Arrangements

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C 4C 01-1460

Fort Atkinson Senior Center invites you to the  
Fort Aquatic Center at 1200 Lillian St. for a....

# **Pool Party!**

## **Golden Hour Swim**

### **With Bahama Bob!**

**For Adults Over 55**

**Saturday, July 12**  
**6:15-7:45 P.M.**



**Party Hors d'oeuvres & A Mocktail Included**  
**Duck Races on the slide for prizes!**  
**Concessions, Games, And So Much More!**

Make your reservations and payment online or at the Senior  
Center by Monday, July 7 at 307 Robert Street OR  
<https://fortparksandrec.activityreg.com>

**Ticket cost for the event is \$10.00 per person.**

**No refunds unless entire event is cancelled.**

**Some deck chairs available or bring  
your own.**

## Look Ahead....



**Thursday, August 7– Tapestry Music Show**  
**Wednesday, August 13– VJ Day presentation**  
**Saturday, September 13– Drive Thru Brat Bash**  
**Wednesday, September 17– Allyukes**  
**Thursday, October 16– Cowboy Bob**



# Trivia Time

Sponsored by Mr. Brews Taphouse,  
Terry Allison Agency, Super Wash,  
and Transitions At Home.

**Wednesday, July 2 at  
12:30**

Fun questions on the big screen  
at the Center and music as well!

No competition.

Just for fun and  
learning new  
things! Treats  
afterwards, and a  
few sponsor prizes  
will be randomly given away to  
those in attendance!!



## Day/Overnight Trips Policy Information

Participants must be able to travel independently and be self-sufficient. If accompanied by a caregiver, the caregiver must be a paying passenger and follow the same guidelines.

A wait list will be created if a trip fills up before the deadline.

All deposits and payments are non-refundable. A traveler may send a substitute or ask to be replaced by someone from the waiting list, if applicable. If a replacement is found, a refund may be given. Exceptions may be made as determined by the senior center staff for extenuating circumstances. Checks are made out to the Fort Atkinson Senior Center.

Travelers must provide contact information at the time of registration to include date of birth.

Verbal reservations will be accepted, however, payment in full must be received by the registration deadline **which is a minimum of 30 days before trip departure.** The reservation is not guaranteed until payment is received. Wait list passengers do not pay until they are confirmed to have a spot.



**Jean Linos**

Local Licensed Agent

P 262-458-2880

jlinos@myeph.com

www.eplatinumhealth.com/jlinos

We do not offer every plan available in your area. Currently we represent 6 organizations which offer 55 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) 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.

The Senior Inc. Board will be having their annual elections in September.

We encourage you to consider running for a Senior Board position.

Board members serve two year terms. Some of the key functions of the Board each year are brat bashes, monthly breakfasts, support at certain Senior Center events, a luncheon at the Craft Fair, and monthly meetings. Board members are at many of these dates and programs but attendance at all of them is not required. As a Board Member you are also one of the first to know many Senior Center happenings and get to be on the ground level for making new decisions and ideas.

Please let a current board member or Senior Center Director, Chris know of your interest in being a new Board Member.

The Senior Inc. Board has their own financial account and are a separate organization. They act as an advisory piece for the Senior Center. They are not directly connected to the City of Fort Atkinson. The Senior Center and staff are City employees.

### *Card Games at the Senior Center*

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

Cribbage – Mondays at 1:00 No Cost to Play

Euchre – Tuesdays at 12:30 \$2.00

Canasta – Tuesdays 9:00 & Thursdays at 9:00 No Cost to Play

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, July 25  
8:00 A.M.***

***Next monthly Breakfast Social will be held on Friday, July 25 with John Kutz from the Kiwanis. Sponsors -Jones Dairy Farm providing sausage, and Commonheart providing the fruit.***



**Benefit Specialist -ADRC  
Available By Appointment  
Monday, July 21  
2pm - 4pm**

The Benefit Specialist from the ADRC will be available by appointment to meet with you at the Senior Center on this date. To make an appointment call the ADRC at 920-674-8734. Benefit Specialists are highly knowledgeable in the following areas: Medicare, Food Share, Social Security Disability, Supplemental Security Income (SSI), SeniorCare and Medical Assistance.

**Pinochle (12:30) and Chess (2:00) are played on Thursdays and both groups want more players! Come and give it a try!**



My Choice Wisconsin  
is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

**Visit us today:  
[mychoicewi.org/LPI](http://mychoicewi.org/LPI)  
1-800-963-0035**

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

**LET'S GROW YOUR BUSINESS**  
Advertise in our Newsletter!

**CONTACT ME  
Nick Palasini**

**[npalasini@lpicommunities.com](mailto:npalasini@lpicommunities.com)  
(800) 950-9952 x2162**

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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 9:15 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.

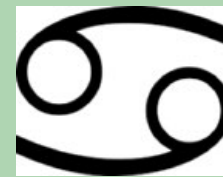
### **Cardio Drumming Class**

Fun fitness craze that is lots of fun and popular. Be sure to sign up for classes for this exciting new activity.  
8 week class for \$35.00.



# July Birthdays

July	July Cont.
Sandy Czech 3	Carol Ann Christie 24
Carol LeRoy 4	Randi Svanoe 25
Teresa Metcalf 6	Millie Wanninger 26
Terry Bowes 7	Joyce Stronz 29
Ann Nettum 7	Frank Lewandowski 31
Ted Swanson 9	
Harvey Taylor 11	
Tina Beckman 20	
Dan Belzer 23	
Carolyn Burow 23	
Sandy Basich 24	



## Cancer & Leo

### 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

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. Or, let us know if you are not on our birthday list and would like to be!

## Blood Pressure Screening Day!

**Blood Pressure Screenings will take place on July 17 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!



## Villa Louis - Prairie du Chien Trip

**Tuesday, September 23**

See the home of three generations of the Hercules Dousman family before heading to Huckleberry's Restaurant for lunch and a chance to browse their gift shop. Stop at The Cannery, built in 1912, for unique antiques, crafts, and collectibles. On the way back home from a fun day will be a stop at Rural Route 1 Popcorn.

The trip departs from Pick N Save in Fort Atkinson at 8:00 A.M.

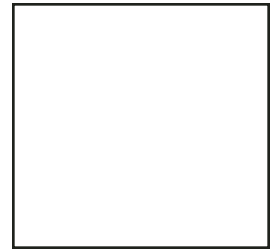
Trip includes charter coach transportation, lunch including the tip at Huckleberry's, and entrance to Villa Louis.

Cost of the trip is \$80.00





Senior Center  
307 Robert St.  
Fort Atkinson, WI 53538



## Ken & Pat Belt Images of the Galapagos Islands

**Join us at 12:30 on Thursday, July 24** for a journey to the Galápagos Islands. Made famous by Charles Darwin, each island is home to unique species of animals that evolved separately from other islands.

Cruise around the Pacific Ocean at the equator to visit cactus-covered islands and snorkel with sea lions. Search for Giant Tortoises, Marine Iguanas, Sally-lightfoot Crabs, Blue-footed Boobies, colorful fish, Magnificent Frigatebirds, Spotted Eagle Rays, Darwin's Finches, and even Penguins!

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.

