

Fort Atkinson Senior Center

The Quill

March
2021

Where Friends Meet

The Senior Center is a great place to meet friends, and meet new people that can become new friends. It is also a place that can be an important outlet in those pivotal moments of life such as the loss of a spouse. The Senior Center has had some conversations with a group of individuals that are aware of how the loss of a spouse can be life changing and that it is something we are always going to see first-hand with our participants. After all, nearly 50% of married people are at some point going to be in this situation where they will be dealing with this loss. Our loss of spouse group is about 7 individuals who have “been there, done that” and while they don’t proclaim to have all the answers they have pledged to be a lending ear and can help answer questions by anyone who suddenly finds themselves in this situation. This group is on a “standby” basis so they don’t have regular times they meet. They are just ready for when someone says to us “I want to talk to them and hear how they did it”. There is no counselor, no therapist, no licensed social worker... just regular folks just like you that are ready to show you kindness and understanding when you may need it most. For more information, on this new group, talk to Director Chris Nye.



Accredited by the Wisconsin
Association of Senior Centers in 2016



Foot Care



Foot Care March 18

Foot care will be taking place at the Senior Center on Thursday, March 18 by **appointment only** from 8:30 AM to 3:00 PM. Participants must bring and wear a mask from home or put on a mask that will be available at the Center. The cost is \$15 for foot care and you should bring your

own towel. Foot care is provided by a registered nurse. To schedule an appointment please call the Senior Center at (920) 563-7773. The next foot care will be April 15, 2021 from 8:30 AM to 3:00 PM.

Brian Jira from United Healthcare will be at the Senior Center on the first Wednesday of each month. His next time he will be at the Center will be **Wednesday, March 3 at 2:00 PM**. Anyone with Medicare questions is encouraged to stop in and ask at this time.

Zane Gray, a representative from Security Health Plan, will be at the Senior Center at a later date. Lavinia, from Humana will be back to the senior center at a later date. The Dean Representative will be at the Senior Center at a date and time to be determined.

Wish upon a star... The Senior Center can always use donations especially bottled water, soda, AA batteries, small denomination gift cards, candy for candy bowls, disinfecting wipes, and hand sanitizer.

Senior Center Staff

Senior Center Phone— **920-563-7773**

Senior Center Director: Chris Nye - cnye@fortatkinsonwi.net
Program Assistant: Crystal Porter - cporter@fortatkinsonwi.net
Custodian: Tim Miller

Tidbits

The Senior Center would like to thank Vern Zech for all of the sharing of Senior Center information on his Facebook page.

Fort Healthcare has a Walking Path located inside Jansen's Banquet Hall and is open for walking Monday through Saturday from 8:00 AM to Noon. Masks are required while walking.

The Fort Atkinson Parks and Recreation Department has a new website so check it out! Information on the Senior Center can also be found there along with clicking on a link to see The Quill Newsletter. Their new website is — <http://fortparksandrec.activityreg.com>

The Senior Center is currently looking for folks who would like to help with getting the Senior Center reaccredited over the course of this summer.

Puzzles and Books and DVD's

The Senior Center has lots and lots of puzzles and plenty of books for you to borrow and return at your leisure. We are also taking donations of DVD movies and now have a nice collection of those as well.

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Movies

Movies for January will be taking place but will be limited to 9 participants spaced out at different tables if not from the same household. You must make reservations to attend as we have limited seating at each movie shown. Popcorn with more than 3 attending.

Hatari

Monday, March 8 12:00 NOON
&

Tuesday, March 9 1:00

John Wayne stars in this non-western movie from 1962 in color about a group of big game hunters that don't shoot their targets but capture them with ropes to provide animals for zoos and circus attractions. Not rated. 2 and a half hours long.

Forrest Gump

Monday, March 22 1:00

&

Tuesday, March 23 1:00

The last year has seemed like "A box of chocolates" where we haven't known what we were going to get. Now is your chance to watch again the film of a simple man who seems to stumble upon some of the biggest moments in history. If you have never seen it before it is one not to miss! Rated PG-13. 2 hours 21 minutes in length.

Games and activities that are currently not taking place due to the inability to physical distance

- Dartball
- Cribbage
- 500
- Texas Hold Em
- Sheepshead
- Euchre
- Canasta
- Monthly music or entertainment shows

Current Sponsors

We are very fortunate to have some great sponsors for several of our events here at the Senior Center. Currently they are:

Badger Basement	Bingo
Agrace Hospice	Bingo
Humana	Trivia

The Senior Center appreciates all our sponsors who have continued to support us during the year even when some activities are not occurring. Thank you sponsors!

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.



Trivia Time at the Senior Center 12:30 Hosted by Chris Sponsored by Humana Wednesday, March 3

Sign up to play a fun round of trivia on Wednesday, March 3 at 12:30 with visual cues on our large screen in the entertainment room. We can have up to 18 participants in this 'Just for Fun' version of trivia. We will have cookies to give away and door prizes! There is no winner based on answers. Door prizes will be randomly awarded. You will keep your own answers and correct them at the end of session. This trivia will be played individually and not teams.



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

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Activity Calendar March 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Knitting in Craft Room 9:00 & 10:15 Wii Bowling	2 9:00 Crocheting in Craft Room 9:00 Free Exercise Class Limit 9 12:00 Painting Group	3 8:00 Breakfast Bunch 8:30 to 3:30 Sewers & Quilters in Craft Room 10:00 Gentle Yoga 12:30 Trivia on the Big Screen w Chris 2:00 United Healthcare Rep	4	5 1:00 Line Dance
8 9:00 Knitting in Craft Room 9:00 & 10:15 Wii Bowling 12:00 Movie: Hatari 12:30 Senior Citizens Inc. Board Meeting	9 9:00 Free Exercise Class Limit 9 12:00 Painting Group 1:00 Movie: Hatari	10 8:00 Breakfast Bunch 8:30 to 3:30 Sewers & Quilters in Craft Room 10:00 Gentle Yoga 12:30 Limit 18 Bingo	11	12 1:00 Line Dance
15 9:00 Knitting in Craft Room 9:00 & 10:15 Wii Bowling	16 9:00 Free Exercise Class Limit 9 12:00 Painting Group	17 8:00 Breakfast Bunch 8:30 to 3:30 Sewers & Quilters in Craft Room 10:00 Gentle Yoga New Class Session 12:30 Remote Bingo	18 8:30 Foot Care By Appointment Only	19 1:00 Line Dance New Class Session 1:00 Painting With Katie
22 9:00 Knitting in Craft Room 9:00 & 10:15 Wii Bowling 1:00 Movie: Forrest Gump	23 8:00 Strong Women 9:00 Crocheting in Craft Room 9:00 Free Exercise Class Limit 9 12:00 Painting Group 1:00 Movie: Forrest Gump	24 8:00 Breakfast Bunch 8:30 to 3:30 Sewers & Quilters in Craft Room 10:00 Gentle Yoga 12:30 Limit 18 Bingo 4:00 Spaghetti Dinner Drive Through	25 8:00 Strong Women	26 1:00 Line Dance
29 9:00 Knitting in Craft Room 9:00 & 10:15 Wii Bowling	30 8:00 Strong Women 9:00 Free Exercise Class Limit 9 12:00 Painting Group	31 8:00 Breakfast Bunch 8:30 to 3:30 Sewers & Quilters in Craft Room 10:00 Gentle Yoga		

*March 2021***DINING MANAGER NUMBER— 920-728-4756****Kevin Purcell—Dining Site Coordinator****kpurcell@jeffersoncountywi.gov**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Salisbury Steak Mashed Potatoes Summer Blend Veg. Choc Pudding Peach Slices	2 BBQ Meatballs Red Beans & Rice Cole Slaw Orange Sherbet Fruit Cocktail	3 Chicken Marsala Baked Potato Baby Carrots Oatmeal/Raisin Cookie Pineapple Tidbits	4 Ham Rolls Sweet Potato Bake Wax Beans Birthday Cake Cantaloupe Slice	5 Seafood Creole over Brown Rice Calif. Blend Veg. Ice Cream Cup Pear
8 Meatloaf Garlic Mashed Corn Cinnamon Roll Applesauce Sliced Bread	9 Bratwurst on a Bun Baked Beans Winter Blend Veg. Fudge Brownie Honeydew Melon	10 Pork Steak Mashed Potatoes Peas and Carrots Alexander Torte Apricot Halves Sliced Bread	11 Meatballs iHoney Mustard Sauce Baby Potatoes Carrots Red Velvet Cake Apple Slices	12 Cheese Tortellini in Marinara Sauce Mixed Italian Salad Tapioca Pudding Petite Banana French Bread
15 Swiss Steak Mashed Potatoes Swiss Spinach Choc/Rasp Torte Fruit Cocktail Sliced Bread	16 Orange Chicken Baked Potato Green Beans Butterscotch Pud. Pineapple Tidbits Dinner Roll	17 Corned Beef Baby Red Potatoes Cabbage Carrots Key Lime Pie Pear Slices	18 Pork Jaegerschnitzel Mashed Potatoes Three Bean Salad Ice Cream Cup Applesauce	19 Tuna Casserole Broccoli Cuts Pumpkin Cake Honeydew Melon Sliced Bread
22 Chicken Breast Mashed Potatoes Carrots Vanilla Pudding Fruited Gelatin Sliced Bread	23 Baked Spaghetti Tossed Salad Coconut Cream Pie Apple Slices French Bread	24 Baked Chicken Twice Bk Style Pot. Copper Penny Sal. Choc Chip Cookie Peach Slices	25 Smoked Sausage Calico Bean Cass. Calif. Blend Veg. Cantaloupe Slices Spice Cake Dinner Roll	26 Salmon Loaf Baby Red Potatoes Mixed Vegetables Cinnamon Roll Petite Banana
29 Roast Beef Mashed Potatoes Green Beans Molasses Cookie Applesauce Sliced Bread	30 Chili Casserole Broccoli Cuts Butterfinger Torte Apricot Halves Cornbread	31 Chopped Steak in Burg/Mush Sauce Mashed Potatoes Peas and Carrots Ice Cream Cup Pear Slices		

The Fort Atkinson Senior Center will offer contactless, curbside carry-out hot meals for seniors, age 60 and older through the Elderly Nutrition Program provided by Jefferson County. To reserve a meal, **call Kevin Purcell, the Nutrition Site Manager, at 920-728-4756** or email him at **KPurcell@jeffersoncountywi.gov** by noon one day before you want to pick-up the meal.

For Monday meals, please call or email by noon on Friday.

Fort Atkinson Senior Center Extended Trip Offerings

Talk to Chris if interested (920)563-7773

At this time there are still some trips being offered through our travel partners. Please ask Chris for info on these trips as things are constantly changing due to travel restrictions with regards to COVID-19.

Go on a trip through Collette Travel and promoted by the Senior Center to London and Paris September 22-29 of this year! See the Tower of London, Trafalgar Square, Big Ben, Borough Market, Eurostar Train, Montmartre, Paradis Latin Cabaret, Arc de Triomphe, Eiffel Tower Dinner, and a Seine River Cruise! 9 meals included. \$3,729 per person with double occupancy. Flyers on this trip are available at the Senior Center. Or by going to <https://gateway.gocollette.com/link/1040752>

Friday Findings

Each Friday an email with all the latest scoop from the Senior Center is sent out to those on the email list.

To be added to our list for Friday Findings just email Chris at the Senior Center and simply ask to be added.

Send your email request to be added to: cnye@fortatkinsonwi.net

Limited Size Bingo

Wednesday, March 10

Sponsored By Badger Basement Systems

Wednesday, March 24

Sponsored by Agrace Hospice Care

Bingo at the Senior Center with a bingo caller is set for the above dates. Our bingo sessions are able to have up to 18 people with technically 9 in the entertainment room side and 9 in the dining room side of the large room. Everyone will have their own table and be spaced out by 6 feet. The cost is \$2.00 for three cards and all money is given out as prizes. Bingo starts at 12:30.



Important Numbers:

List of numbers you may need

Fort Atkinson Police Non-Emergency

(920)563-7777

ADRC (Aging & Disability Resource Center)

920-674-8734

Medigap Helpline

1-800-242-1060

Medigap Part D Helpline

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

Elder Abuse Intake Line (Elder Rights Project)

844-614-5468

Suicide Prevention Lifeline

1-800-273-TALK (8255)

Fort Parks & Recreation- (920)563-7781

Computer Volunteer Available to Help You

We have a new computer volunteer to help you learn how to use your computer, cell phone, or tablet. Our volunteer, Tom Fick, has volunteered in other locations in other capacities, and will do his best to help you get on the right track. For a time to meet with him, call the Senior Center, and we will pass along your contact info to him. He will call you to schedule a time at the Center to meet!

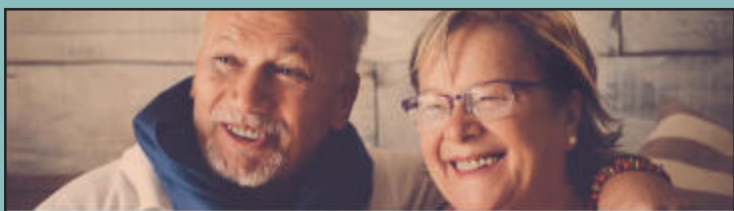


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Painting with Katie

Friday, March 19

1 PM - 3 PM

\$25.00

Painting with Katie is back on Friday, March 19 from 1pm to 3pm. For \$25 get all the paint materials, and instruction to complete your piece of art! You don't need to bring any supplies of your own. It is a fun and great way to make something that looks wonderful and cheerful when you are done. Just in time for Spring! Sign up at the Senior Center or call us 920-563-7773.



NEW KIDS ON THE BLOCK.....NO



Kim
McDarison



Chris
Spangler



Michael
Clish

FortAtkinsonOnline.com is an online-only local news provider owned and operated by Fort Atkinson Online LLC. Readers are invited to view and subscribe to their free content. Fort Atkinson Online is a free website – no paywall – that they hope will become the go-to clearinghouse for what's happening in the Fort Atkinson area. Coverage will include everything from features and hard news to city council, school board meetings and more.

Kim McDarison, who must recently worked part time for the Daily Jefferson County Union, is reporter-publisher, while **Chris Spangler**, former Daily Union managing editor, is assisting as a volunteer writer and editorial consultant. In addition, veteran newsman **Michael Clish**, formerly of WFAW/WSJY radio in Fort Atkinson, will be the volunteer host of "What's Up? With Michael Clish". The You Tube platform videotaped show will be a regular installment.

They embrace the opportunity for many content providers to flourish within the community, so their offerings will be an enhancement to the pool of content that already exists. They appreciate your support through readership and hope you will visit their site and send them your comments and ideas. **WELCOME AND CONTINUED SUCCESS TO ALL!!**

LET'S PLAY BINGO - REMOTELY

Wednesday, March 17 12:30 until Approximately 1:15

Join us for a fun game of BINGO! We will play 6 games and it will last approximately 45 minutes. Pick up a bingo sheet with call in instructions on the sheet at the Senior Center.

There is no cost to play. 1 Sheet with two bingo cards per person.

Prizes will be \$5 gift cards or Chamber Bucks for area businesses that you can pick up after bingo is over.

The dial-in number is not subject to extra surcharges but normal long distance charges would apply for landline callers without unlimited long distance.

You can use your cell phone or land line.

Instructions on call in and claiming a bingo are on the bingo sheets.

Fireside Shows

New Dates and Times for Shows due to rescheduling

- Church Basement Ladies has been postponed and rescheduled for April of 2022.
- What Happens In Vegas Steve Watts Show is now scheduled for July 21, 2022.
- Holiday Inn has been postponed with a 2021 date of this year TBA.

Fireside shows are \$75 and include all tips, meal and performance. To sign up for a Fireside show call the Senior Center, (920)563-7773.



Jean Linos

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BOARD BITS

Fort Atkinson Senior Center Mission Statement

The Fort Atkinson Senior Center

Improves the quality of life for older adults

Current Board of Directors for Senior Citizens Inc.

Larry Whitmore, President; Sandy Czech, Vice President; Crystal Porter, Secretary;
Diane Lunde, Treasurer; Chuck Truman, Donna Abel, Bill Hartwig, Audrey Postel and Tom
Sehnert

Highlights from the Fort Atkinson Senior Center Citizens Board Inc. Meeting Minutes of February 8, 2021

Attendance for January - 417

Chairs, New, Old & Remaining - New chairs should be arriving today. Still chairs for sale.

Table Wheels - The round tables now have wheels for easy moving and set-up.

Spaghetti Dinner w/Reena - Curbside pickup dinner planned in March. Details to be forthcoming.

Aging Mastery Program - Current program is ongoing with future dates. Great program for our seniors.

Brat Fest - Board of Directors planning another curbside brat fest sometime in April.

Refrigerator - The center will be purchasing a new refrigerator, the old one quit.

New Window Blinds - Tom Sehnert is installing window blinds in the craft room and the exercise room.

Old Business - Nothing to report

New Business - Dartball monies will be deposited in the credit union.

Treasurer Report - Diane Lunde, treasurer, president gave the treasurers report.

Next board meeting will be March 8, 2021 @ 12:30 PM

Respectfully submitted,
Crystal Porter, Recording Secretary

ANNOUNCEMENT REGARDING COVID-19 VACCINE ELIGIBILITY FOR INDIVIDUALS AGED 65+

IF YOU ARE 65 YEARS OF AGE OR OLDER, LIVE IN JEFFERSON COUNTY, AND WISH TO BE VACCINATED, COMPLETE THE SURVEY LINKED BELOW. YOU WILL SOON RECEIVE ANOTHER LINK VIA EMAIL TO REGISTER FOR AN APPOINTMENT AT AN UPCOMING VACCINE CLINIC.

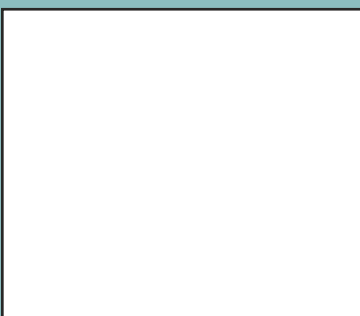
DUE TO LIMITED VACCINE SUPPLY, YOU MAY NOT RECEIVE A LINK RIGHT AWAY TO REGISTER FOR AN UPCOMING CLINIC. IF THIS HAPPENS, YOU WILL RECEIVE A LINK TO REGISTER FOR AN APPOINTMENT AT THE NEXT CLINIC.

We will be verifying appointments and age at our next clinic, so make sure to bring an ID or similar document to your appointment. Please be sure to list your age accurately on the survey. Only Jefferson County residents are eligible to sign up at this time.

Please note that this survey does not guarantee anyone an appointment time or vaccine. This simply denotes your interest to the Jefferson County Health Department in receiving a vaccine.


<https://www.surveymonkey.com/r/65EKDISL> Questions? Contact- Vaccine@jeffersoncountywi.gov

The Jefferson County Human Services Department is currently seeking volunteer drivers for its Home Delivered Meals Program. Volunteer drivers utilize their own vehicles to deliver meals and provide a well-being check for eligible Jefferson County residents, aged 60 and older. If you enjoy driving, meeting new people, and have a few free hours in the middle of the day, please give Kimberly Swanson, Senior Nutrition Program Supervisor, a call at 920-674-8134.





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Ann Herdendorf, CTF

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Fun & Fitness Classes

Fitness Room Availability

We ask that you use a wipe to wipe down any equipment you will use BEFORE & AFTER use. You will also need to sign a waiver.

Yoga Class Mondays

This class is currently not being offered due to space constraints for physical distancing with being in the fitness room.

Tuesday No-Cost Exercise

At 9:15 we have a free exercise class taught each Tuesday by Claire from Sport & Spine in Fort Atkinson. Any fitness level is welcome!

Strong Women

Strong Women class will start a new session on Tuesday, March 23 for 8 weeks on Tuesday and Thursday mornings from 8:00 - 9:00 AM. Cost is \$40 for the 8 weeks.

Gentle Chair Yoga Thursdays

A new yoga session will start on March 17. Classes are held on Wednesdays at 10:00 am. Most exercises are done while seated. Classes are taught by Ivy Miles. \$27.00 for this 6 week session.

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

Line Dance Class

A new class session will start March 19. 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 entertainment room.



As the weather gets cold we like to remind you that the fitness room has a lot of times that are open to stop in and use a treadmill or bicycle machine. Hand weights and ellipticals are also in the 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 and that you wipe down the machine or equipment before and after use. Masks are mandatory at all times.

March- Birthdays



Aries

Pisces and Aries

	Mar.
William Bowes	1
Shirley Umland	1
Gwen Vershaw	8
Robert Ehrke	9
Ron Braden	9
Fran Herrick	9
Bud Crossman	20
Ken Kiefer	23
Jim Nye	24
John Wagner	24
Marian Jasurda	25
Kathy Ponyibfanyi	29
Diana Baumann	31



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

Spaghetti Dinner Drive Through!

March 24 from 4:00 to 6:30 PM

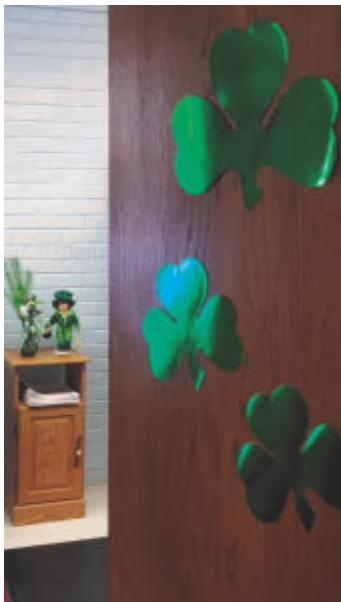
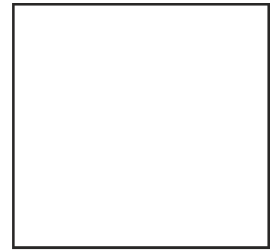
Sponsored by Reena Senior Living and
Hosted at the Senior Center!

Jump in the car on the 24th and drive to the Senior Center, and pick up a spaghetti dinner, at the Senior Center parking lot from 4:00-6:30. The meal is provided by Reena Senior Living and there is no charge for it. You do not need to make reservations to pick up a meal for this event. There will be volunteers at the Senior Center parking lot to assist with traffic so we anticipate a nice smooth flow to the event. We would love to see all your smiling faces as we hit one year into the current pandemic and look to better and brighter things ahead as we get closer to summer and a lot more people vaccinated. We hope to see you at the Center on the night of the 24th! Event is a drive-through only, no inside dining will be available.





Senior Center
307 Robert St.
Fort Atkinson, WI 53538



St. Patrick's Decorations at the Senior Center!

Special Thanks to Sandy Czech and Larry Whitmore for helping to decorate and fixing some of our decorations for the season!
Stop in and see the displays in person as pictures don't do justice.