



# Sugar River Seniors Newsletter

February 2016

ISSUE 489

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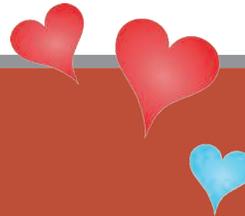
## New and Exciting Programs for 2016

We have many new programs beginning in 2016. We will begin this month offering two new breakfast groups, one for men called the ROMEO's and a women's group called the JULIET's. Check the activity calendar for the upcoming dates.

Our center will also now be offering music each month performed by the Paoli Street Pickers as well as a Sing-a-long with Leon. Please join us on these fun days for cookies, coffee and a 50/50 raffle drawing. Make sure to stop by!

Additional activities include a new book club that will meet twice a month. They will start with *The Best Exotic Marigold Hotel*, by Deborah Moggach. Also for those of you interested in challenging your mind we will have a puzzle group gathering.

Make sure to check the activity calendar on page 6 for all upcoming events and make sure to call ahead and join us for lunch!!



## Newsletter Sign Up

To receive the newsletter online/ via email visit [www.seekandfind.com](http://www.seekandfind.com)

1. Make sure your search area is Belleville, WI.
2. Search Sugar River Senior Center.
3. Click on Senior Citizen Program of Belleville Exeter & Montrose
4. Click "Latest Bulletin"
5. Click "Subscribe"
6. Enter your email address.
7. An email reply will be sent to you, accept and you will receive the E-Version of our newsletter!

\*Please notify us if you would like to stop receiving a paper Newsletter!

## Membership Forms

New in 2016 the Sugar River Senior Center will be requesting that people who participate in an activity or event at the senior center fill out a registration form. It will help us track the number of people we serve to assist in county and township funding. Please see the front desk for the registration form. Thank You!

## Attention Volunteers:

Please make sure that you document your volunteer hours on the back bulletin board. There is a clip board for each activity. If you do not record your hours they will not be submitted to RSVP.

Thanks



## Sugar River Senior Center Directory

**Hours:**  
**Monday-Thursday 9am-4pm**  
**Friday 9am-3pm**

**Phone: 424-6007**

**Fax: 424-1552**

**Email: srseniorcenter@outlook.com**

**Sugar River Senior Center**  
**PO Box 267**  
**21 S. Vine St., Belleville 53508**

### **Executive Director:**

Amanda Peterson  
 srseniorcenter@outlook.com

### **Case Manager:**

Tressa Proctor  
 tressa.srseniorcenter@outlook.com

### **Volunteer/ Activity Coordinator:**

Maria Lamboley  
 maria.srseniorcenter@outlook.com

### **Program Assistants:**

Judy Moe  
 Mary Jane Legler  
 Robert Hoffman  
 Pam Sharon  
 staff.srseniorcenter@outlook.com

### **Kitchen Manager:**

Carol Kramer

### **Kitchen Assistant:**

Carmen Garfoot

## From the Director

by Amanda Peterson

This month we have so many new and exciting things happening at the senior center.



Looking back on the last year I am so proud of our amazing community and all of the support we have received. Not only financial, but the support of the wonderful volunteers and members that have truly chipped in and helped to create this amazing place.

As a staff we are so happy to be able to offer more activities and events for a many generations of the senior community around us. In order to reach the vast number of aging adults in our area we would like to reach out and ask for your help. Your input and participation in our program is vital. We would like to see this awesome building filled with the buzz of happy people. Let us know what events, trips and resources you would be interested in. Stop in anytime and visit with myself, Maria or Tressa.

Your involvement truly warms our hearts during the bitter cold of winter. We can't wait to see new faces join the wonderful group of seniors that have supported this program for so many years.



*Amanda*

Stop in today and warm up with a cup of coffee, stay for lunch and join a new activity while the snow flies! See you soon and Happy Valentines Day!



# This and That

by Bob Hoffman

As you entered the door to the grocery stores of our youth, the opening of the door pulled a string attached to a bell hung on the door. That told the store owner a customer was entering. Our children probably do not even remember our stores, and for certain our grandchildren and great-grandchildren would not know what they were like.

The lack of grocery carts or grocery baskets that you took around to gather up what you wanted would be mystifying to them. Let's see if we can revisit those stores from our past.

As you stood in the doorway two aisles opened in front of you leading to the back of the store where the owner stood behind a large wooden counter. A scale might be set in the center of the counter, and a cash register to one side. There were two opening for a customer, and if two people were on duty, then two customers could be waited on at one time. You the customer had a list. There was little impulse buying then. You stuck to your list, and you might even have listed a guess at the price of each item on your list, so you knew before hand just how much you planned to spend that visit.

There were two styles of shopping. One: you handed your list to the clerk who then went and gathered what was on your list. The items were placed on the counter, and you would be asked if there was to be anything else. The clerk would painstakingly write down each item and its cost in her bill-of-fare book that produced a carbon copy of your sale for your records. The clerk would carefully add up the items, twice, once going down the list of numbers and second going up the list. If the sum did not match, they would add again. No adding machine was used. Those clerks were excellent in speedy addition. You paid the clerk, she rang up the sum in the cash register, and she would pack your items for you to take home. She might use an empty box the store had, or you might have brought something to carry your items home, so she would fill that. Brown grocery bags would be used if nothing else was available for the transporting of your items.

Some customers preferred reading off from their list what they wanted, and the clerk would dash about the store gathering them. Behind the aisles was off limits to the customer, but you

might pick some selections off from the middle shelving as you passed to the counter in the back but for the most you were waited on in those general stores.

Some stores had a single gas pump in front, and a gas customer would pull up to the pump, honk the car horn, and wait for a person from the store to come and pump the gas. In good weather you might get your windshield and back window cleaned.

As a high school student and later college student, the Raught family owning the Dayton Store hired me to work when they wanted a day off or a few hours off on a week end or a few days off for a longer vacation. I loved that. The people were wonderful, and each day someone came just to visit with me and the customers. Cold bottled pop was available for such visits, and there was an bench available for such visitors. An inside bench was there for the bad weather days, and an outside bench was available in good weather conditions.

Thursday was stocking day, and I enjoyed doing that, too. I usually had enough time between customers that I could unpack and shelve the items with ease.

A few memories linger from that experience. One was a slight fear I had when I had to slice meat from the meat counter. I had a vision of slicing off a finger or two, but I never even got a cut.

Two customers remain in my memory. One was a very hard working farm lady running the farm by herself after the death of her husband. She shopped in spurts. She would order two items, have me write them up, and pay me. Then she would order a few more items, pay for them, and then order again. I realized she was counting her pennies, and she always paid in the exact change, but she would try to get me to lower the price for her, and when I wouldn't, she would grumble under her breath about how mean I was. One Monday night as she headed to her car, she told me she needed five gallons of gas. I went out to put in those five gallons of gas in her fairly new looking car.

**CONTINUED ON PAGE 4**



# Does It Really Matter?

By: Rosemary Ziehli

## The Right Soft Drink

The recent government findings of nutrition have declared a war on sugar and preservatives in foods. All you soda pop drinkers beware. It seems that soda contains a whale of a lot of sugar and that is not good for you.

There are so many different soft drinks displayed in the soft drinks aisle of the grocery store that it may be hard to choose which one satisfies your palate. I don't hesitate at all when it comes to choice. I always choose Coca-Cola.

I have fond memories of drinking coke out of a glass at the soda fountain and buying it in glass bottles to drink at home. A cherry coke and a bag of Red Dot potato chips made a great pick me up after school or just hanging out with friends.

The first batch of Coca-Cola was made in the backyard of Dr. John Styth Pemberton of Atlanta GA. in 1886. He was trying to duplicate a popular wine elixir named Vin Mariani that was made with coca. He developed a thick syrupy drink made of sugar water, a kola nut extract, and coca. He took it to a druggist friend of his who added carbonated water. The bookkeeper of the druggist suggested that they name it after the two main ingredients the coca leaf and the kola nut, change the spelling from k to c and the name Coca Cola was born. The rest is history.

A whole new generation of soft drink users came into being when Pepsi-Cola made its debut. They became known as the Pepsi Generation. In 1985 Pepsi outsold Coke for the first time in history. But, by 2004 Coke outsold Pepsi worldwide by a two to one margin.

There are so many choices for you to pick for your favorite soft drink. Whether it is Coke, Pepsi, Gatorade, or 7-Up, Whatever wets your whistle? DOES IT REALLY MATTER ?



## This and That CONTINUED

As I stood by the tank some movement in the car caught my eye. She had a calf loose in the backseat. She was headed to the sale's barn to sell that calf. I didn't ask any questions, but I knew I would never transport any cattle in my backseat. Apparently it worked for her!

Sunday mornings were the busiest in that Dayton Store once church was over. People stopped for items on their way home. A friend offered to help me that morning as the crowd was larger than usual. He asked one woman, a former neighbor of mine, if he could help her. "No, Bob will need to help me."

She followed me up the center aisle, and she whispered to me that she needed a box of a feminine hygiene product. Now in those days the feminine products came to the store wrapped in brown paper. No one could see what was in the box. Such matters were not discussed in public in those times nor would any naked eye be forced to see what was in those brown wrapped products.

City super markets with shopping carts, the grazing up and down the aisles and impulse buying soon reached our small town, and the old general store that I described is now gone. Except if you are in Cornucopia, Wisconsin. You will find one there. They depend upon the tourist business, and even they have shopping baskets.

# Advisory Council Minutes

The Advisory Council of the Sugar River Senior Center met on Wednesday, January 13, 2016. Present were Nancy Yaun, Bob Hoffman, Phil Fransen, Lucille O'Connor, Mary Eichelkraut, Barb Palmer, Geraldine Nolden, Juanita Harbort and Director Amanda Peterson.

**Directors Report:** Amanda reports we are very busy in the office. Both Maria and Tressa's hours are up because of the work load. We are going to try some new activities such as puzzles groups, men and ladies breakfast groups, book club, and the Paoli Street Pickers musical group will perform.

**Old Business:** Bob passed out committee sheets for the members to choose which they want to chair. Discussion was held on the budget and final fund raising report was given.

**Holiday Bazaar:** 2015 reports were given. Most vendors really liked it at the center. November is a preferred date. Nancy made a motion for the Holiday Bazaar to be held on November 19, 2016 the Saturday before Thanksgiving, seconded by Phil.

**Trip Committee:** The Dells trip was cancelled due to lack of interest. The "out to lunch" group meets on the 3<sup>rd</sup> Wednesday of each month. Check in at the office if you are interested. The committee is always open to new suggestions.

**New Business:** The card party will be held on January 31, 2016 at the center at 1:00 pm. Euchre will be played and cash prizes will be awarded. Lunch will be served. There will not be a bake sale at the election in February, but probably will be on April 5<sup>th</sup>. The big challenge of the center is to get more people involved. Anyone who comes to the center or uses any of its services will be registered as a member. There are never any dues. We just need to keep track of how many people use the services. Ideas are always welcome. Remember, everyone over 55 is welcome to take part in the activities. The next meeting will be on February 1, 2016 at 9:30 am in the center.

A motion to adjourn was made by Nancy, seconded by Phil.

Respectfully submitted,

Lucille O'Connor

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# February Activity Calendar

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
9:00 Quilters 10:30 Bus Pick Up 11:00 BP Screening 11:00 Cards 12:00 Meal 1:00 Hoss & Pepper	10:00 Knitting @ Library 12:00 Meal 1:00 Puzzle Group	9:00 Coffee Hour 11:00 Bus Pick Up 11:30 Dominoes 12:00 Meal	12:00 Meal 1:00 Book Group	10:30 Bus Pick Up 11:00 Healing Touch Presentation 12:00 Meal
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
9:00 Winter Art Class 10:30 Bus Pick Up 11:00 Cards 12:00 Meal 1:00 Hoss & Pepper	9:00 Women's Juli- et Group Breakfast 10:00 Knitting @ Library 12:00 Meal	9:00 Coffee Hour 11:00 Bus Pick Up 11:30 UNO 12:00 Meal 3:30 Caregiver's Group	12:00 Meal 12:30 Paoli Street Pickers	10:30 Bus Pick Up 11:00 Cooking with Amanda 12:00 Meal
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
9:00 Quilters 10:30 Bus Pick Up 11:00 Cards 12:00 Meal 1:00 Hoss & Pepper	10:00 Knitting @ Library 10:30 Out to Lunch 12:00 Meal 12:30 Sing-a-long with Leon	9:00 Coffee Hour 11:00 Bus Pick Up 11:30 Dominoes 12:00 Meal 12:30 Foot Care	12:00 Meal 1:00 Book Group	10:30 Bus Pick Up 11:00 <b>Birthdays/ Ann. Entertainment</b> 12:00 Meal
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
9:00 Winter Art Class 9:30 Bus Pick Up 10:30 Newsletter 11:00 Cards 12:00 Meal 1:00 Hoss & Pepper	9:00 Men's Romeo Group Breakfast 10:00 Knitting @ Library 12:00 Meal	9:00 Coffee Hour 11:00 Bus Pick Up 11:30 Board Games 12:00 Meal	12:00 Meal 1:00 Puzzle Group	10:30 Bus Pick Up 11:00 Community Bank Bingo 12:00 Meal
Monday 29				
9:30 Bus Pick Up 11:00 Cards 12:00 Meal 1:00 Hoss & Pepper				

Tell us what you want to see on the Activity Calendar. Contact the Senior Center with ideas and suggestions. 424-6007

join  
now!

## Join our *NEW* Men's Group the Romeos!!

**Retired Older Men Eating Out** We are starting a new group just for men! We will be having a monthly breakfast at the Senior Center. The cost is \$5.00 for eggs, bacon, hash-browns, cinnamon rolls, coffee, juice. **WHEN:** 9:00 am Every 4th Tuesday of the month. We would like to add some outings as well, please call me or stop in with ideas.

## Don't worry Ladies... We have a *NEW* Group for you too, the Juliets!!

**Just Us Ladies Informally Eating Together** We are starting a new group just for you Ladies! We will be having a monthly breakfast at the Senior Center. The cost is \$5.00 for eggs, bacon, hashbrowns, cinnamon rolls, coffee, and juice. **WHEN:** 9:00 am Every 2nd Tuesday of the month. We would like to add some outings as well, please call me or stop in with ideas.

We are starting a NEW book group! The first book we will be reading is

### The Best Exotic Marigold Hotel

by Deborah Moggach

We will be meeting the First and Third Thursdays of the month at 1:00 pm.

Please call to sign up today! 424-6007



When Ravi Kapoor, an overworked London doctor, reaches the breaking point with his difficult father-in-law, he asks his wife: "Can't we just send him away somewhere? Somewhere far, far away." His prayer is seemingly answered when Ravi's entrepreneurial cousin sets up a retirement home in India, hoping to re-create in Bangalore an elegant lost corner of England. Several retirees are enticed by the promise of indulgent living at a bargain price, but upon arriving, they are dismayed to find that restoration of the once sophisticated hotel has stalled, and that such amenities as water and electricity are . . . infrequent. But what their new life lacks in luxury, they come to find, it's plentiful in adventure, stunning beauty, and unexpected love.



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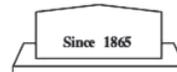
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## ARCHIE MONUMENTS

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# Birthdays & Anniversaries



**Friday,  
February 19**

**Entertainment  
followed by Lunch**

Della Beil  
Delores Butts  
Ruth Collins  
Art Fahey  
Sally Frankey  
Ann Hanson  
Betty Kluesner  
Larry Lasure  
Linus Loeffelholz  
Carol Messner  
Marcella Newell  
Lucille Pernot  
Kathy Weaver  
Steve Rhode

Bob and Dolores Deutscher  
Gilman and Hattie Harry  
Ray and Ethel Lamboley  
Glen and Elaine Morricks  
Francis and Lucille O'Connor

**Please join us for the  
Birthday/Anniversary  
Lunch!**  
**Everyone is WELCOME!**  
**Entertainer:**  
**Jeanette Bossingham**



### Winter Art Classes

We will begin Art Classes again in January! The classes are held on the second and fourth Mondays of each month at the Sugar River Senior Center from 9-11. Jonathan will be joining us again this year. The cost of the Art Classes is \$65. We would love to add some new faces to this great class. Please contact the Senior Center if you are interested.

**Art Classes**  
**January -April**  
**2nd/4th Mondays**  
**9-11**  
**\$60**



### Healing Touch Presentation

Healing Touch is a compassionate energy therapy in which practitioners use their hands in a heart-centered and intentional way to support and facilitate your physical, emotional, mental and spiritual health and self-healing.

Healing Touch facilitates a deep sense of calm and relaxation as well as overall and specific responses for body-mind-spirit healing. You may feel nurtured, balanced and energized.

The practitioner uses their hands to assess your energy system. They proceed to clear and balance as needed using either off body touch (near body but no direct contact) or a gentle (still) touch over various areas of the body.

**Friday, February 5th**  
**at 11:00**

**Join us!!!**



## Out To Lunch

**Tuesday, February 16, 2016**  
**leave the Senior Center at 10:30**

**We will be heading to HyVee in Fitchburg for a shopping experience and Lunch.**

**Café items, lunch buffet (including Chinese food) or salad bar!**

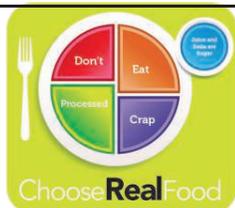
**Sign up today!!!**



# February Dining Menu



Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
*Meat Ball Sub Peas & Carrots Tropical Fruit Salad Carnival Cookie VO: Wrap w/ Cucumbers, Tomato, & Cheese	Chicken-Ala-King Biscuit Italian Green Beans Apricots Half Lemon Bar VO-Veggie Ala-King <b>Garden Salad</b>	Roast Beef Mashed Potatoes/ Gravy Buttered Spinach Pineapple/Mand. Orange Mix W.W. Roll VO: Veggie Burger	Lemon Baked Fish Baked Potato Buttered Veg. Blend Banana W.W. Bread Tartar Sauce VO: Veggie Cheese Sauce over Baked Pota- to	Sloppy Joe on Bun Buttered Capri Mix Coleslaw Fruit Cup V.O. Veggie Sloppy Joe
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Chicken Alfredo over Fettucine Noodles Buttered Winter Blend Mandarin Oranges W.W. Bread Vanilla Ice Cream V.O. Veggie Alfredo	*Sliced Ham Sweet Potato Nuggets Brussel Sprout Sliced Peaches Multi Grain Bread Butterscotch Pudding V.O. Veggie Dog w/Bun <b>Taco Salad</b>	Cheeseburger on Bun Buttered Corn Grape Juice Confetti Cake V.O. Veggie Burger on Bun	Meat Sauce over Spaghetti Buttered California Mix Pineapple Tidbits Garlic Bread V.O: Veggie Spaghetti Sauce	*Pork Cutlet w/ Mushroom Gravy Mashed Potato Buttered Broccoli Cinn. Applesauce W.W. Bread Valentine Cookie VO: Hummus Wrap
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Tuna Noodle Cass. Buttered Baby Car- rots Apple Juice Tropical Fruit Salad W.W. Roll VO: Vegetarian Casse- role	Philly Cheese Steak on Bun Mixed Vegetables Fresh Orange Brownies VO: Hummus Wrap w/ Peppers & Tomato <b>Chef Tuna Salad</b>	*Ham Slice Baked Sweet Potato Broccoli Pineapple Roll Coconut Cream Pie VO: Broccoli Cheese Sauce over Baked Pota- to	Vegetable Barley Soup Turkey & Cheese on Croissant Fruit Cup Candy Cookie VO: Cheese on Crois- sant	*Pork Roast Gravy Brown Rice Beets Pineapple/Orange Mix Multi Grain Bread Strawberry Ice Cream VO: Brown Rice & Beans
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
*Meat Balls in Gravy Egg Noodles Buttered Squash Sliced Pear's W.W. Bread Blueberry Pie VO-Veggie Noodle Casserole	Hearty Bean Soup Chicken Salad on W.W Bread Tomato Juice Fruit Cocktail Chocolate Chip Cookie VO: Cheese Sandwich <b>Chicken Ranch Salad</b>	Open Face Hot Roast Beef Sandwich/Gravy Mashed Potatoes Brussel Sprout Cubed Cantaloupe VO: Veggie Burger	Baked Chicken Baked Potato Mixed Vegetables Fresh Orange Multi Grain Bread V.O. Baked Pot w/ Veggie Cheese Sauce	Pepper Steak w/ Onions Rice Oriental Mix Apple Slices Rye Bread VO Veggie Pepper Mix- ture
Monday 29	*Meal has pork product. Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION			
*BBQ Rib on Bone Cheesy Potato's Green Beans w/ Almonds Chunky Applesauce W.W. Bread Lemon Bars V.O: Veggie Sausage.				



## Menu Guidelines:

Menus for the Dane County Dining Centers are prepared to meet one-third of the Daily Recommended Intake for Adults 50+ years of age. There is no salt added in the preparation of any item. Some items are higher in sodium and cholesterol than others. Overall the menu for the month has a moderate amount of both. Hot foods are served at 140+ degrees F. and cold foods at 40 degrees F., which may affect food consistency. This menu is ap-

# Sugar River Travelers



**JOIN US AT MEMORIES BALLROOM FOR AN AUDIENCE-  
INTERACTIVE MURDER MYSTERY!**

## *ZUMBAH TOO: THE DEATH DANCE*

**WHERE:** Memories Ballroom, Port Washington WI (approx. 2.25 hr drive)

**WHEN:** Friday February 5th **PICK UP:** 2:30 at Sugar River Lanes Belleville

5:45 pm Drinks and mingling with the cast, 6:30 pm Dinner is served, Show to follow and ends around 9:30. **COST:** \$73.00

Slabio - the new Zumbah sensation from the Ukraine - performs "The Death Dance" at the Zumbathon tribute to the late, great, Antonio Bandana! But will more murder shimmy into the mambo and samba gyrations of the celebrants? Come participate in the food, the dancing, the fun, and the DANGER!

### MENU

Salad, Rolls, All you can eat Broasted Chicken Buffet, Coffee, Tea and Milk, Delectable Dessert served during intermission

### DIAMOND JO CASINO

**WHEN:** March 15th

**COST:** \$30 per person

**INCLUDES:** Deluxe Motorcoach transportation, Free lunch buffet, and \$10 towards slot play

#### **ITINERARY:**

8:00am Depart: St. Francis Assisi  
338 S. Harrison St., Belleville, WI

8:20am Depart: Sugar River Lanes  
807 River St., Belleville, WI

8:45am Depart: Verona Senior Center  
108 Paoli Street, Verona, WI

10:00am Approximate arrival at Diamond Jo Riverboat.

**Please let us know if you have any new  
and exciting ideas for our 2016 trips.  
We want to hear from you!**

### THE CLAUSON FAMILY MUSIC SHOW

Spend the afternoon with music made famous by many of your favorite country stars!

**WHERE:** Clauson Barn, Coloma Wi

**WHEN:** April 7th

**COST:** \$79.00

**PICK UP:** 10am Sugar River Lanes Belleville

**Dinner at 12:30 pm with show to follow**

(approx. 1.5 hr drive)

**Includes Motorcoach transportation, Lunch and show.**

#### **Trip Policy:**

All trips are handicapped accessible unless noted. Reservations are mostly not refundable after our due dates. We often need to purchase tickets well in advance of a performance and most of the venues will no longer refund money for ordered but unused seating. Pickup points are arranged in several surrounding cities if they are on the way to the venue. Questions?

# Belleville Public Library



## TRINITY IRISH DANCERS

Sun, Feb 28

3:00 PM

Belleville High School Auditorium

Watch the Dance, Learn the Lore

## ORIGAMI



Learn the history of origami and create beautiful, useful objects with world-renowned artist Ruthanne Bessman.

Sat, February 13 @ 10 AM

Ages 8+ (younger with an adult helper)

## Mysteries of the Driftless

Explore our area's strange, pre-Ice Age landforms in this documentary about the Driftless Area.

Wed, Feb 17 @ 6:30 PM

Presented by Wade Moder of the Upper Sugar River Watershed Association

## Computer Classes



Wed, February 10

10:00 AM—Intro to Computers

1:00 PM—Email Basics

Thurs, February 11

6:00 PM—Files, Folder, and Flashdrives:  
Organizing Your Computer

Register at the library or call 424-1812



Community starts with neighbors who care.

**Mike O'Connor, Agent**  
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Bus: 608-424-3367  
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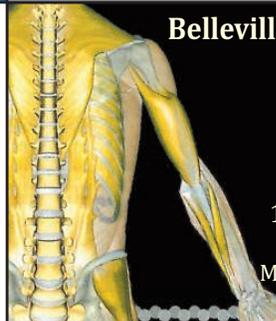
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# Donors Corner



We would like to thank this months generous donors:

## Road Rally

**Steve & Bonnie Vogler**

**Ann Marie Ott**

**Neighborhood Smiles**

**Charlie's Bark Park**

**Barb Palmer**

(In Memory of Lester Palmer)

If you feel we have missed you in our newsletter please notify the Senior Center.

Donation Letters are sent monthly.

Donations can be delivered or mailed to the:

**Sugar River Senior Center**  
PO Box 267  
Belleville WI  
53508



**Your donations are very important to our program!**

## Resource Programs



### Foot Care Clinic

Sugar River Senior Center 12:30

Provided by:  
Home Health United

Cost: \$20.00  
Diabetic Foot Care Cost: \$28.00

**Call 608-424-6007 for an appointment!**

THIRD Wednesday of Every Month

**Next Date: February 17**

### Caregivers Discussion Group

Sugar River Senior Center at 3:30

**Next Date: February 10**  
Always welcoming new Caregivers

### Blood Pressure Screening

**Next Date: February 1**

Sugar River Senior Center at 11:30  
This is a free service



### Dining Service & Home Delivered Meals

Guests 60 years and older are invited to enjoy their meal on an anonymous donation basis.

Anyone under age 60 is asked to pay the full cost of the meal. (\$7.50)

*Congregate Lunch is served at noon.*

Please call to order or cancel by 11:00 am the prior business day.

**Sugar River Senior Center**

**21 S. Vine St, Belleville**

**608-424-6007**

### RSVP Driver Escort

**Need assistance getting to medical appointments?**

Call the Sugar River Senior Center to check availability:

**608-424-6007**

Please call at least two days prior to your appointment.





**Our Library is Open!**  
 We have lots of Books and Puzzles to keep you busy during these winter months!! Stop in TODAY!



**We are still in need of your donations!! Stop in today and take a look at all the helpful services we offer!**

 <p><b>The Bank of New Glarus™ and Sugar River Bank Branches</b>          www.bankofnewglarus.com          Sugar River Bank - Belleville          12 North Shore Dr. • PO Box 350 • 608-424-1520          Hours: 9AM - 6PM Monday-Friday, 8AM-Noon Saturday</p> <p>Stop in for your banking needs!          Lending, Checking, Savings, CDs, and much more!</p> <p>Member FDIC </p>	<p><b>Hearts at Home</b>          In Home Personal Care</p> <p><b>Debbie Nash</b>          Home/Health Care Provider          501 14th Avenue #7          New Glarus, WI</p> <p><b>608-636-3164</b>          dsnash57@yahoo.com</p>	<p><b>Care for Your Whole Family</b></p> <p>UW Health          Belleville Family Medicine          (608) 424-3384</p> <p><b>UW Health</b>          uwhealth.org</p>
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<p><b>UNIQUE</b>          Heating &amp; Air Conditioning          137 W. Main St. • Belleville, WI 53508</p>  <p><b>Kurt Gilkes, Owner</b></p> <ul style="list-style-type: none"> <li>* All Makes</li> <li>* 24 Hour Service</li> <li>* Free Estimates</li> </ul> <p><b>(608) 424-3391</b></p>	<p><b>IN-HOME CARE</b></p> <ul style="list-style-type: none"> <li>• Companionship • Meal Preparation</li> <li>• Light Housekeeping • Laundry</li> <li>• Incidental Transportation</li> <li>• Medication Reminders</li> <li>• Grooming &amp; Dressing Guidance</li> </ul> <p><b>PERSONAL CARE SERVICES</b></p> <ul style="list-style-type: none"> <li>• Bathing • Oral Hygiene</li> <li>• Transferring &amp; Positioning</li> <li>• Incontinence Care &amp; Toileting</li> </ul> <p><b>SKILLED CARE</b></p> <ul style="list-style-type: none"> <li>• RN Services</li> </ul> <p><b>SPECIALIZING IN ALZHEIMER'S, PARKINSON AND DEMENTIA CARE</b></p> <p><b>608-442-1898</b>          5396 King James Way Suite 210          Madison, Wisconsin 53719</p> <p> <b>Comfort Keepers</b>          www.comfortkeepers.com/madison-wi</p> <p><small>An international network of independently owned and operated offices. ©2009 CK Franchising, Inc.</small></p>	<p> <b>Pleasant View</b>          NURSING HOME</p> <p><b>Monroe, WI</b></p> <p><i>"Providing Skilled Nursing and Rehab Care, with Respect, Dignity and Purpose of Life"</i></p> <p><b>(608) 325-2171</b></p>
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## Dental Care for Seniors

Advancing age puts many seniors at risk for a number of oral health problems, such as:

Darkened teeth, dry mouth, diminished sense of taste, root decay, gum disease, tooth loss, uneven jaw-bone, and thrush. Age in and of itself is not a dominant or sole factor in determining oral health. However, certain medical conditions, such as arthritis in the hands and fingers, may make brushing or flossing teeth difficult to impossible to perform. Medications can also affect oral health and may make a change in your dental treatment necessary.

To maintain good oral health, it's important for all individuals -- regardless of age -- to:

- Brush at least twice a day with a fluoride-containing toothpaste
- Floss at least once a day
- Rinse with an antiseptic mouthwash once or twice a day
- Visit your dentist on a regular schedule for cleaning and an oral exam

If you are a senior on a limited or fixed income and can't afford regular dental care, ask your dentist about payment plans or call to set up an appointment to speak with me about available options.

WebMD. [2016]. WebMD Medical Reference. *Dental Care for Seniors*. American Dental Association, Reviewed by Michael Friedman, DDS on May 22, 2014. [Website]. Retrieved (January 14 2016) from <http://www.webmd.com/oral-health/guide/dental-care-seniors>



### Hoss & Pepper

By: Juanita Harbort

Hoss & Pepper is played on Monday afternoons at Sugar River Senior Center from 1:00 until about 3:45. Practice and instruction for new players starts about 12:30 or so. Snacks are served. Prizes are awarded to the 1st through 4th place winners.



#### Lucky players from December are:

	December 7	December 14	December 21	December 28
1st	Russell Pernot	Charlain Boley	Betty Fahey	Cancelled due to weather
2nd	Juanita Harbort	Delbert Meyer	Russell Pernot	
3rd	Ruth Duerst	Betty Fahey	John Casey	
4th	John Casey	Don Boley	Adonis Paraskevas	

### Euchre

Interested in playing Euchre? Please contact the Senior Center to sign up!

We will set up groups and dates based on participants!

Call Today!!

608-424-6007



**Remember to drop off you Burreson's receipts to the Sugar River Senior Center for the "Funds for Friends" Program!**

# Cooking with SRSC

## Easy 5 Ingredient Chili

### Ingredients:

- 1 lb. ground beef or turkey\*
- 3 (15 oz.) cans diced tomatoes with green chiles
- 2 (15 oz.) cans beans, drained (black beans, kidney beans, a combo, or whatever you like)
- 1 small white onion, diced
- 2 Tbsp. chili powder
- (optional toppings: shredded cheese, chopped green onions, sour cream, cilantro, etc.)

### Directions:

In a large stockpot, cook ground beef or turkey over medium-high heat until browned, stirring frequently. Drain the excess grease. Add remaining ingredients and stir to combine. Bring to a boil, then reduce heat to medium-low, cover, and simmer for 15 minutes or until the onion is cooked and softened.



**The piano is now  
tuned and ready  
to go!!!**



## Ethel's Words of Wisdom

### What's Your Name, Again?

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to playing cards a few times a week.

One day when playing cards, one looked at the other and said, "Now don't get mad at me. I know we've been friends a long time, but I just can't think of your name. I've thought and thought, but I can't remember it. Please tell me what your name is."

Her friend glared at her. For at least three minutes she just stared and glared. Finally she said, "How soon do you need to know?"

