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**BBQ & Ice Cream Social!**

Thursday, July 11, 4:30—7:00 PM

A meal out on a summer evening that any family can afford!

Join us for a delicious barbeque sandwich or hot dog, with chips on the side!

Add an ice cream sundae for dessert!

- BBQ sandwich + chips = $4.00
- Hot dog + chips = $3.00
- Beverage = $1.00
- Build-your-own sundaes = $3.00

Toppings include strawberries, M & M's, peanuts, whipped cream, caramel and chocolate syrup!

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**Sounds of Summer Concerts Begin July 16!**

All concerts begin at 7:00 PM at Waterman-Triangle Park (rain location Oregon Area Senior Center). Food and beverages available to purchase from 6:00 to 8:00 PM.

<table>
<thead>
<tr>
<th>DATE</th>
<th>BAND</th>
<th>Food Vendor</th>
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</thead>
<tbody>
<tr>
<td>July 16</td>
<td>Universal Sound</td>
<td>Lil' Buddy's</td>
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<tr>
<td>July 23</td>
<td>Time Travelers</td>
<td>TBD</td>
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<tr>
<td>July 30</td>
<td>The Dang-Its</td>
<td>Ziggy's</td>
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<tr>
<td>August 13</td>
<td>Common Chord</td>
<td>JL Richards</td>
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<tr>
<td>August 20</td>
<td>Red Hot Horn Dawgs</td>
<td>Pizza Pit</td>
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<tr>
<td>August 27</td>
<td>All That Jazz</td>
<td>Ziggy's</td>
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</tbody>
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**FREE - Memory Screens**

Friday, July 19, morning by appointment

A memory screen is a wellness tool that helps identify possible changes in memory and cognition. It creates a baseline of where a person is at so future changes can be monitored. Memory screening will be held at the Senior Center. Please call Anne at 608-835-5801 to reserve your spot. Each appointment will be 15 minutes long.

Memory screening will be conducted by Emily Tachon, a trained staff member from the Dane County Aging and Disability Resource Center.

NOTE: A memory screen is only an indicator; follow-up with your doctor about memory and cognition is advisable.
**Spotlight by the Director...**

- Summer continues to fly by us, and it is already time to think about the annual Ice Cream Social, which will be held on Thursday, July 11, this year. With tasty, reasonably priced food, great music, and lots of familiar faces, this event promises to be fun. Last year’s Ice Cream Social was very heavy on the SOCIAL part, with many people proclaiming that they had seen so many old friends that they hadn’t talked to in awhile, or that they had a wonderful chance to catch up with people. Last year no one was in any hurry to go home, which is the sign of a good party, right? I hope that this year’s event is just as much fun! Please come join us and help make it a success!

- After the Ice Cream Social is past, we launch into the Summer Concert series. The Senior Center joins with several other community groups to bring six Tuesday evenings of music FREE to the community (although donations are always appreciated). Details regarding the concerts are on page one of the Newsletter. Let’s all hope that Mother Nature will smile on us and give us some warm, dry weather for the concerts. If she doesn’t, the rain location is indoors at the Senior Center.

- High blood pressure is a condition that should not be taken lightly. Please read the brief article in the Case Managers’ Corner about this chronic condition, and resolve to know your numbers. We offer free weekly blood pressure screenings performed by volunteers (retired nurses) each Friday between 9:30 and 10:30. No appointment is necessary.

- If you have been paying attention to your surroundings as you come and go to and from the Center during the last few months, I know you will want to join with me in thanking our volunteer gardeners for making our surroundings so inviting. From the gardens in front and behind the Center, to the porch railing boxes, the plants are beautiful!

**Movie Matinees**

**Tuesday, July 2, 1:00 PM: “A Dog’s Way Home”**

Lucas is a medical student who stumbles upon an orphaned dog he names Bella.

The two become inseparable and form a special bond that is put to the test when Bella gets accidentally separated from Lucas.

Determined to get back home, Bella sets off on an epic 400-mile adventure and meets new friends, human and otherwise, along the way.

Rated PG
2 hours, 17 minutes
Refreshments provided by Comfort Keepers.

**Thursday, July 25, 1:00 PM: “Instant Family”**

Idealistic couple Ellie and Pete find themselves overwhelmed when they open up their home to foster teenager Lizzy and her two younger siblings, Juan and Lita.

With the help of fellow foster parents and agency workers, they learn to navigate the joys and pitfalls of parenting to become a modern family.

Rated PG-13
1 hour, 57 minutes
Refreshments provided by Sienna Crest.
**Recreational and Educational Information**

**Know the Ten Signs: Early Detection Matters**

**Thursday, July 11, 1:00 PM**

The warning signs of Alzheimer’s disease are often dismissed as side effects of normal aging. This presentation shares the 10 warning signs of Alzheimer's disease, separates myth from reality, and addresses commonly-held fears.

The program is led by Sheila Stephens, Director of Sienna Crest Assisted Living. The last presentation in the series will be “Dementia Conversations” on August 8.

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**AARP Smart Driver**

**Thursday, July 18, 11:30 AM - 3:30 PM**

The AARP Smart Driver course is the nation’s first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course, and you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned. Benefits of the course include:

- Refreshing your driving skills and your knowledge of the rules — and hazards — of the road.
- Reducing your chances of receiving a traffic ticket or getting into an accident.
- Possibly receiving a discount from your insurance company if you complete the course. Consult your agent for details.

A light snack will be served in the afternoon, but you should eat before you come. Cost is $15.00 for AARP members and $20.00 for non-members. Scholarships are available. Call Anne at 835-5801 to register.

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**Shadow Drum & Bugle Corps**

**Friday, July 24, 10:00 AM**

Formerly the Shadow Armada Oregon Marching Band, the Shadow Drum and Bugle Corps competes with Drum Corps International. Members from the Corps will be performing in our parking lot, demonstrating the music they have learned this year. Come show your support. Corps members and spectators will enjoy an ice cream treat after the performance!

*Note: this event will be cancelled in the event of inclement weather. Call the Senior Center if the weather is questionable.*

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**Library Book Delivery**

The library has so many books, movies, and equipment you can borrow. But getting to the library can be a barrier for some users who (permanently or temporarily) have restricted mobility. If you are homebound and live in the Village of Oregon, the library can deliver to you! Go to [www.oregonpubliclibrary.org/adults/homebound-services](http://www.oregonpubliclibrary.org/adults/homebound-services) or call 835-3656 for more information.

Don’t live in the Village of Oregon? You can still get delivery services from the Dane County Library Home Service (266-6314) or the Wisconsin Talking Book and Braille Library (800-242-8822).

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**FREE Welcome to Medicare Seminar**

**Saturday, July 13, 2019, 9-11:30 am**

McFarland Municipal Center, 5915 Milwaukee St, McFarland

If you are turning age 64 this year, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options! Do you understand what Medicare is and isn’t... how to avoid penalties for late enrollment in Medicare... and how to get the most out of your health and prescription benefit plans? Some decisions and actions about Medicare can take place 3-6 months before you turn 65, so don’t wait until you are turning 65 to understand all you need to know about this important benefit. Want easy to understand answers to all of these complex questions? Sign up to attend the Free Welcome to Medicare Seminar. By attending a seminar, you’ll walk away with the accurate and detailed information you need from unbiased experts in benefit programs.

Call 261-9930 to register by July 3, 2019.
Feel the pressure—blood pressure, that is

About 1 in 3 U.S. adults have high blood pressure—and you could be one of them. If you haven’t checked your blood pressure lately, now’s the perfect time. High blood pressure usually has no signs or symptoms, but it can lead to a higher risk of heart disease, stroke, and kidney failure.

It’s important for you to know your blood pressure numbers, even when you’re feeling fine. Medicare covers blood pressure checks during your “Welcome to Medicare” preventive visit and yearly “wellness” visits at no cost to you.

If you have high blood pressure, you can help control it with lifestyle changes and medicine. You may be at risk for high blood pressure if you:

- Smoke
- Eat salty foods
- Don’t exercise enough
- Drink too much alcohol
- Have a family history of high blood pressure
- Are overweight

For more information, call MIPPA Program Specialist Gabi Anzalone at 512-0000 x 1006.

--Adapted from Article on Medicare.org Blog by Stuart Zang

New free educational website for women – www.healthybowelandbladder.org

Did you know that:

- 1 in 4 women have issues with bladder or bowel control before menopause?
- 1 in 2 women experience incontinence after menopause?

While these issues are very common, they don’t have to be. There are things we can do to prevent or improve symptoms — without medication or surgery. By doing low-impact exercises, and making small changes to how we eat and drink, we can improve bladder and bowel health and prevent leakage.

“Mind Over Matter: Healthy Bowels, Healthy Bladder” is an educational program designed to give women the tools they need to prevent or control bladder and bowel symptoms. Scientific studies showed that attending this program in-person reduced or even cured symptoms for many Wisconsin women.

Since not everyone has access to the in-person Mind Over Matter program, researchers at the University of Wisconsin – Madison created a website version of “Mind Over Matter: Healthy Bowels, Healthy Bladder.” This educational program for women is free of charge and you can access it whenever and wherever you want to, using a computer, tablet, or mobile phone.

Visit www.healthybowelandbladder.org to learn more. Even if you don’t have leakage symptoms now, it’s never too early to start thinking about your bladder and bowel health!
Regularly Scheduled Activities

**Silver Threads Among the Gold Club**

“Silver Threads Among the Gold” will meet Tuesday, July 16. After our 11:30 business meeting and the potluck meal at noon, we will enjoy a Barry Manilow DVD.

We meet at the Senior Center and ask everyone to provide a dish to pass and their own place setting. If you are unable to bring a food item, we welcome a monetary donation.

Yearly dues are $12 per single and $18 per couple. We welcome and encourage new members. Guests are welcome but are asked to contribute a donation to the entertainment. If you have questions or concerns, please call Clarice Dewey at 835-3224.

_August Entertainment: Bill Bossingham, September Entertainment: Elvis DVD, October Entertainment: Spare Parts_

**Free Weekly Game Groups**

- **Mexican Train Dominoes** on Mondays at 10:30 AM
- **Bridge** on Mondays at 1:30 PM
- **Sheepshead** on Tuesdays at 12:30 PM
- **Euchre** on Wednesdays at 1:00 PM
- **Cribbage** on Thursdays at 1:00 PM

_Don’t know how? Our wonderful members will teach you how to play!_

**Monthly Card Parties**

- The Third Thursday Afternoon Euchre Card Party is scheduled for 1:00 PM on **July 18**. Cost is only $3.00. Treats are compliments of the State Bank of Cross Plains-Oregon.
- The next Saturday Card Parties will be on **July 6**, hosted by the Oregon Area Historical Society and **July 20**, hosted by Holy Mother of Consolation Catholic Church. The party begins at 6:30 PM with a light supper. Card playing begins after the meal. You can play Euchre or 500. For just $3.00 you will have dinner and an evening of fun!

**On-Going Free Activities and Groups**

- **Bingo**: Fourth Tuesday of each month at 9:30 AM.
- **Pool Players**: Every Thursday at 9:00 AM.
- **Rubber Stamping**: Third Thursday of each month at 9:00 AM. Bring your own supplies.
- **“Great Beginnings” Book Club**: First Wednesday of each month at 10:30 AM. Call the Oregon Public Library at 835-3656 for more information.

**Memory Café in Oregon**

Every first Thursday of the month at 9:30 AM

A Memory Café is a place where individuals with memory loss and their care partners get together in a relaxed setting, share common interests, and enjoy refreshments. There are different activities each month based on the interests of participants. There is no fee to participate.

_NOTE: No Memory Café in July due to Independence Day._

**Stamp Camp - Cards with Terry**

_Wednesday, July 10, 9:00-11:00 AM_

Create six handmade greeting cards to send to friends and loved ones. Instructor Terry Schultz will come with three different card samples, and you will make two of each design. Materials and envelopes provided. Please bring your own adhesive. Everyone is invited—no experience necessary. Great for unleashing your creativity...you learn a new skill each month. To sign up, call _Terry at 712-0572_ by Monday, July 8. _$13.00 per person._

**Technical Help with Gil**

_Section Tuesday of each month_

1:00 - 3:00 PM

Do you have a technology issue or question about your computer, your phone, or your digital camera? Wondering how to accomplish a task or change settings? Let Gil Helland give it a whirl with you and together you should be able to figure things out. While he doesn’t profess to be an expert, Gil has 30 years of experience working with computers. Walk-ins welcome!

_Note: Contrary to what the June newsletter stated, Gill WILL be available in July and August._
C.L.U.B. / Adult Day Program

The Adult Day Program, or C.L.U.B. (Cheerful, Lively, United Bunch) as it’s commonly referred to, is a program offered every Monday, Wednesday, and Friday from 9:00 AM through lunch. The C.L.U.B. provides a supportive, caring, and safe atmosphere away from home for participants. There is a fee of $35 per day, which helps defray the cost of supplies, morning snacks, field trips, and some administrative costs. Participants are asked to pay what they can. Additional services include music participation and performance, chair-based exercise, educational speakers, bowling, gardening, cooking and baking, games and cards, arts and crafts, and field trips. Please call 835-5801 for more information.

Staff Substitutes:
Bob Seidner,
Carolyn Cross,
Kathy Danielson,
Sue Lawrence

Monday, July 1
Bulletin Board, Hockey

Tuesday, July 2
Presidents and First Ladies, Velcro Ball

Wednesday, July 5
Cards and Dice, Ladder Ball

Monday, July 8
July Weddings, Ring Toss

Wednesday, July 10
Special Bingo, Frisbee Toss

Friday, July 12
Library Kit, Basketball

Monday, July 15
Fun with France, Shuffleboard

Wednesday, July 17
Music with Jeanne, Golf

Friday, July 19
Trip to the Moon, Moon Games

Monday, July 22
Make Ice Cream, Nerf Darts

Wednesday, July 24
Table Games, Ping Pong, Ukuleles

Friday, July 26
Crafts, Bean Bag Toss

Monday, July 29
Bingo, Velcro Ball

Wednesday, July 31
Bake with Blueberries, Balloon Volleyball

C.L.U.B. Wish List

- Large bottles of 100% juice
- Small, colorful paper plates
- Colorful cocktail napkins

Nutrition News

Celebrate Your July Birthday at the Senior Center

Wednesday, July 24: Join us at 11:45 AM for a free lunch and have a piece of birthday cake. We appreciate Avalon Assisted Living Community’s generosity in baking and donating the cake. Please let us know before 1:00 PM on Monday, July 20, if you are coming. Birthday celebrants get their name put in a drawing for $10 of Oregon Chamber Bucks!

NANCY ALLEN WILL ADD TO THE CELEBRATION BY ENTERTAINING US WITH HER LOVELY PIANO PLAYING DURING LUNCH!

My Meal My Way Program

We hope to see you every week at Ziggy’s. Drop in on Thursdays between 11:30 AM and 1:00 PM and join us for lunch. (Each meal is designed to meet your nutritional requirements, so there are no substitutions.) The cost of the meal is a donation (suggested minimum donation is $4.00, but please pay what you can afford).

If you need a ride, please call Carol or Noriko at 835-5801. They will be happy to schedule a ride for you with the Transit Solutions Company van.

See page 12 for more information about the meal program at the Senior Center.
# Health and Wellness Opportunities

## Fitness Opportunities

- **ZUMBA GOLD**: Tuesday and Thursday, 9:45 - 10:30 AM. $3.00 per class. Zumba Gold meets the needs of the active older participant. It includes zesty Latin music, easy-to-follow moves, and a party-like atmosphere. If you have never taken a dance exercise class, this is the place to start! Instructor: Anne Stone

- **ZUMBA GOLD ADVANCED**: Tuesday and Thursday, 8:30 - 9:30 AM. $3.00 per class. Take the moves you learn in Zumba Gold to the next level. The steps are a little faster and more complex, but just as much fun! Instructor: Anne Stone

- **STRONGWOMEN**: Monday and Thursday, 10:30 - 11:30 AM OR Tuesday and Thursday, 5:30 - 6:30 PM. (No PM class the first Thursday of each month.) **NOTE: No evening class July 11.** $3.00 per class. An evidence-based program that includes a strength training curriculum to help women maintain muscle mass, strength, and function as they age. Instructor: Vicky Carroll

- **RHYTHM + MOVE, SILVER SNEAKERS**: Wednesday and Friday, 12:45 - 1:30 PM. **NOTE: No Monday classes during July and August.** A fun and interactive group class for all levels, focusing on balance, strength, and flexibility. Free to Silver Sneakers members, $5 per class for non-members. Instructor: Sam Wernberg, PT, DPT

- **BALANCE CLASS**: Monday, 1:45 PM and Friday, 10:45 AM. $5.00 per class. This class is designed for improving balance, overall strength, and reducing fall risk in older adults who may have balance problems or a fear of falling. It will incorporate primarily standing exercises so you can stand tall and feel more confident when walking. It’s never too early to start thinking about improving your balance and preventing falls! Instructor: Megan Albee

- **PARKINSON’S EXERCISE**: Tuesday, 10:30 - 11:30 AM, until July 23. **(No class July 16.)** $5.00 per class donation requested. This class is specifically designed for individuals diagnosed with Parkinson’s disease. Class content is based on current research targeting specific Parkinson’s disease movement deficits and focuses on improving function, mobility, mood, quality of life, and fall reduction in a fun atmosphere. Call 835-5373 to register. Instructor: Rachel Peerenboom

- **SENIOR WATER EXERCISE**: Monday, Wednesday, and Friday, 10:40 - 11:40 AM. $1.35 per class or a punch card of 20 for $20. Call the Oregon Pool at 835-4086 for more information.

- **FREE OUTDOOR PICKLEBALL**: Tuesday and Thursday, 6:00 - 8:00 PM at the Oak Street Courts. New players always welcome!

## Support Groups

- **Weight-loss Support**: meets every Monday at 1:00 PM.

- **Veterans’ Group**, facilitated by the Madison Vet Center, meets every fourth Tuesday of the month at 9:00 AM.

- **Memory Café** meets every first Thursday of the month at 9:30 AM, but is cancelled in July due to Independence Day.

- Call 835-5801 for more information on any of our support groups. Newcomers are always welcome.

## Health Services

- **Reflexology** with Beth Hilgendorf, second and fourth Monday, $25.00 / 30 minutes or $45.00 / 60 minutes. **Call Beth at 608-279-1656 for an appointment.**

- **Chair Massage** with Gary Kuzynski, second and fourth Thursday of each month. $13.00 / 15 minutes or $25.00 / 30 minutes. **Call 835-5801 for an appointment.**

- **Foot Care for Diabetics**, first Monday morning of each month, $30.00. Provided by SSM Health at Home. **Call 835-5801 for an appointment.**

- **Foot Care**, first and fourth Wednesday of each month, $25.00. Provided by Stoughton Hospital. **Call 835-5801 for an appointment.**

- **Free Eyeglass Adjustments** by the staff from Vision Source, 11:45 AM - 12:15 PM, second Monday of the month. **No appointment needed.**

- **Free Blood Pressure Screening**, every Friday, 9:30 - 10:30 AM. **No appointment needed.**
### July Menu

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<th>Monday 1</th>
<th>Tuesday 2</th>
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<td>Monday 15</td>
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<td>Friday 19</td>
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<tr>
<td>Lemon Baked Fish Baked Sweet Potato Tropical Fruit Whole Wheat Bread Blueberry Pound Cake MO – Hummus and Pita NCS – SF Cookie Packet</td>
<td>*Italian Sausage on White Bun Oven Roasted Potatoes Green Beans Orange Strawberry Ice Cream Cup MO – Veggie Crumble Pot Pie NCS – SF Jell-O</td>
<td>Chili Baked Potato Banana Combread Rice Pudding MO – Veggie Chili NCS – SF Pudding</td>
<td>Drop in between 11:30 AM and 1:00 PM</td>
<td>Baked Chicken on the Bone Potato Salad Stewed Tomatoes Bread Stick Melon Mix Cherry-Topped Cheesecake MO – Veggie Wrap NCS – Spiced Apples SO - Caprese Salad</td>
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**Lunch is served at 11:45 AM**

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*All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.*

Please note: Guests on a NAS diet should not be receiving: gravy, ketchup or mustard

MO = meatless option, SO = salad option, NCS = no concentrated sugar, * = contains pork

This is the on-site menu. Please call 835-5801 to receive a home-delivered menu.
<table>
<thead>
<tr>
<th>Monday 1</th>
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<tbody>
<tr>
<td>Morning: Diabetic Foot Care</td>
<td>8:30 Zumba Gold Advanced 9:45 Zumba Gold 10:30 Parkinson’s Class 12:30 Shopping at Pick-N-Save 1:00 Movie: “A Dog’s Way Home”</td>
<td>Morning: Foot Care 9:00 Club 10:00 Shopping at Hilldale 10:30 Book Club 12:45 Silver Sneakers 1:00 Euchre</td>
<td>Closed for Independence Day 9:00 Club 9:30 Blood Pressure 10:45 Balance Class 12:45 Silver Sneakers</td>
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<tr>
<td>9:00 Club</td>
<td>10:30 Dominoes 10:30 StrongWomen 1:00 Weight Loss Support 1:30 Bridge 1:45 Balance Class</td>
<td>5:30 StrongWomen</td>
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<tbody>
<tr>
<td>Morning: Reflexology</td>
<td>8:30 Zumba Gold Advanced 9:45 Zumba Gold 10:30 Parkinson’s Class 12:30 Shopping at Pick-N-Save 1:00 Technical Help with Gil</td>
<td>9:00 Club 9:00 Full COA Meeting 12:45 Silver Sneakers 1:00 Euchre</td>
<td>Morning: Chair Massage 8:30 Zumba Gold Advanced 9:00 Pool Players 9:00 COA Meeting 9:45 Zumba Gold 10:30 StrongWomen 12:30 Shopping at Bill’s 1:00 Cribbage 1:00 Know the Ten Signs of Dementia 1:00 Powerful Tools for the Caregiver 4:30 - 7:00 BBQ and Ice Cream Social</td>
<td>9:00 Club 9:30 Blood Pressure 10:45 Balance Class 12:45 Silver Sneakers</td>
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<td>9:00 Club</td>
<td>10:30 StrongWomen 10:30 Dominoes 11:45-12:15 Eyeglass Adjustments 1:00 Weight Loss Support 1:30 Bridge 1:45 Balance Class</td>
<td>5:30 StrongWomen 7:00 Sounds of Summer</td>
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<th>Saturday 6</th>
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<tr>
<td>6:30 Card Party</td>
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<tr>
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<td>Morning: Chair Massage 8:30 Zumba Gold Advanced 9:00 Pool Players 9:45 Zumba Gold 10:30 StrongWomen 12:30 Shopping at Bill’s 1:00 Cribbage 1:00 Movie: “Instant Family”</td>
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<td></td>
<td>Saturday Card Party July 20, 6:30 PM Hosted by Holy Mother of Consolation Church</td>
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</table>
Thank You!

Thank you for your monetary donation! Oregon Community Bank, Oregon Town and Country Women’s Club, Karen and Larry Ladell, Nancy Allen, and St. John’s Lutheran Church.


Thank you for your sponsorship!
- State Bank of Cross Plains-Oregon for providing snacks for the monthly Thursday card party.
- Comfort Keepers for providing snacks for the first movie each month.
- Avalon Assisted Living Community for providing our monthly birthday cake and balloons.
- Vision Source (James and Enyart) for providing monthly eyeglass adjustments.
- Sienna Crest for providing snacks for the second movie each month.

Wish List

ICE CREAM SOCIAL REQUESTS:
- Individual bags of chips (please make sure expiration date is after July 11)
- 1 - 3 pounds of your own recipe of BBQ
- Chocolate Sauce
- Caramel Sauce
- Mini M & M’s
- Peanuts
- Canned Whipped Cream
- Frozen, unsweetened strawberries
- Cash /check to help pay for other supplies

Please call Anne at 835-5801 to let her know what you plan to donate.

Save the Date

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Night Out</td>
<td>August 6</td>
<td>7:00 PM</td>
</tr>
<tr>
<td>Dementia Conversations</td>
<td>August 8</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Sounds of Summer Concerts</td>
<td>August 13, 20 and 27</td>
<td>7:00 PM</td>
</tr>
<tr>
<td>Piano and Chimes Recital</td>
<td>August 23</td>
<td>11:00 AM</td>
</tr>
</tbody>
</table>

SCHOOL SUPPLIES NEEDED for the Oregon School District!

Bring supplies in to the Senior Center until Friday, August 16. We partner with the Youth Center to make sure the children who need supplies the most, get them.

Most wanted items: pocket folders, washable markers, scissors, highlighters, glue sticks, scotch tape, colored pencils, #2 pencils, wide-ruled spiral notebooks, loose leaf paper, 3 x 5 index cards, fine-tipped dry-erase markers, 1” binders and ½” binders.

Thank you so much for your donations!
Lifelong Learning Opportunities

Computer Classes Taught by Milly McCartney

Exploring Your iPad and iPhone
Learn how to download apps, organize your home page, explore settings and privacy options, personalize your wallpaper and sounds, search the internet, check your email, manage pictures and videos, and use your calendar so you never forget an appointment or birthday again. Remember your power cord!
July 24, 4:00 - 5:30 PM

Protecting You and Your PC
Is your computer protected from viruses and worms? Learn how to remove cookies, add-ons, and temporary files. Leave knowing how to tell if you are using a secure site, make strong passwords, keep your software up-to-date, and remove unwanted/outdated programs. Bring your laptop or tablet. Remember your charger and tell us what type of device you will be bringing.
August 28, 4:00 - 6:00 PM

NEW* Get to know Alexa
Learn all the wonderful things you can do with Alexa and the Amazon Echo. Set your alarm, check your calendar for the day, and ask Alexa to remind you of upcoming events or tasks to do. She can tell you the weather, order your groceries, play music, even get pizza delivered. Leave knowing Alexa better and all the cool things she can do for you.
September 18, 4:00 - 5:30 PM

Google Apps
Explore some of the many apps Google has to offer. Google Docs and Sheets work like Word & Excel and can be shared on any personal computer; Windows or Macbooks. Be introduced to Google+, Books, Map, and Drive. You can video chat, send personal group text messages, edit and store photos with Picasa. Yes, even Picasa is now a Google app. The options are endless.
October 16, 4:00 - 6:00 PM

NEW* Improve your experience with Google Home
Learn how to control the lighting, thermostat, and entertainment systems in your home, as well as all the basics. Set alarms, manage shopping and to-do lists. Learn how to connect your speaker to YouTube, Pandora, and various News outlets. You will leave with a better understanding of Google Home and Google Assistant.
November 20th, 4:00 - 6:00 PM

Online Selling
Learn simple techniques and keywords to selling items online. Learn how to upload pictures, write a good description of your item and be safe exchanging goods and taking payments. Find social media sites, free classifieds, and business sites to sell your goods.
December 11, 4:00 - 6:00 PM

One-on-One with Milly
One-hour appointments are available for specialized software and for help navigating your technical devices. Cost is $25. For $5 more, Milly will come to your home.
Call Milly at 608-212-1653 to schedule an appointment.
Every 1st Wednesday of the month by appointment.

Hearing Aid Batteries Available at the Senior Center
We are aware of how fast hearing aids use up batteries, and how expensive batteries can be. We have accumulated a good number of hearing aid batteries that are available to anyone who can use them. Please stop by the Case Management office and see if we have the right types of batteries for your hearing aids.

A partnership between the Oregon Area Senior Center and Oregon School District Community Education Department.
Use our computers or bring your own laptop, tablet or smart phone.

Call 835-5801 for more information or to sign up.
Class sizes are limited and each costs $20, cash or check only.
Transportation

Monday through Friday: Lunch Site (Thursday’s ride is to Ziggy’s)—50¢ each way
Monday, Wednesday and Friday: Adult Day Program—$2 to $3 round trip
Tuesday: Pick-N-Save, Stoughton, 12:30 PM—$1.50 each way
First Wednesday of the month:
Out-of-town shopping by Dane County and Transit Solutions. Pick up at OASC at 10:00. Return to the center around 1:30. Lunch is on your own. Reserve your seat by 1:00 the day before. Limited to 8 passengers—$3.00 round trip.

July 3 - Hilldale Shopping Center

Call the Senior Center at 835-5801 to reserve your ride.

Thursday: Bill’s Food Center, 12:30 PM—$1.00 each way

Support Services

- **MEALS**—Nutritious lunches are offered on site Monday, Tuesday, Wednesday, and Friday at the Senior Center. On Thursdays, lunch is offered at Ziggy’s (see page 6). Home-delivered meals are available Monday through Friday. Suggested minimum donation for those 60 and older is $4.00 per meal, but please pay only what you can afford. Anyone under 60 is asked to pay the full amount of the cost to provide the meal, which is $8.97 for congregate and $9.46 for home-delivered meals. Congregate lunch is served at 11:45 AM. Home-delivered meals arrive between 11:00 AM and noon. Reservations and cancellations should be made by calling 835-5801 by 1:00 PM the day before.
- **LOAN CLOSET**—Durable medical equipment is available for loan at no cost. Included are wheelchairs, walkers, bath benches, commodes, canes, etc. Donations gladly accepted.
- **FOOD PANTRY**—The Oregon/Brooklyn Food Pantry, at 107 N. Alpine Parkway in Oregon, is open every Tuesday from 9:00 to 11:00 AM and every second and last Thursday of each month, 4:00-7:00 PM. Please call 835-5801 for assistance or directions.
- **LEGAL COUNSELING**—One-time offer of free one-half hour of legal counseling is available with either Attorney Beth Cox or Attorney Nancy Winter. Please call the Center at 835-5801 to arrange an appointment.
- **SEASONAL ASSISTANCE PROGRAMS**—Tax Assistance and Energy Assistance. Call for details.
- **LGBT SENIOR ASSISTANCE**—Call the Senior Advocate from the OutReach LGBT Community Center at 255-8582.
- **VETERANS’ ASSISTANCE**—Dan Connery, Dane County Veteran Service Officer, will be at the Oregon Area Senior Center on **Friday, September 6, 2019, from 8:00 AM until noon** to offer assistance to individual veterans. Please call 266-4158 to make an appointment.

Rides to doctor / dental appointments are available through **RSVP of Dane County Driver Services Program**.

**RESERVATIONS MUST BE MADE AT LEAST FOUR BUSINESS DAYS IN ADVANCE.** Call Carol or Noriko at 835-5801 between the hours of 9:00 AM and 4:00 PM weekdays only to schedule a ride. Rides are available only between the hours of 8:30 AM and 2:30 PM. You must be ambulatory to take advantage of this service. RSVP rides are on a donation basis, and medical rides take precedence over all other rides.

Rides to doctor / dental appointments are available through **RSVP of Dane County Driver Services Program**. Call Carol or Noriko at 835-5801 between the hours of 9:00 AM and 4:00 PM weekdays only to schedule a ride. Rides are available only between the hours of 8:30 AM and 2:30 PM. You must be ambulatory to take advantage of this service. RSVP rides are on a donation basis, and medical rides take precedence over all other rides.
**General Information**

**Golden Pass for Seniors**
All seniors age 60 or better in the Oregon School District are eligible for Golden Pass from the school district. This pass will allow you to attend games at the high school free of charge. (This does not include tournaments.) Please stop in at the Senior Center and see Anne for your official pass.

**Your free “File of Life” available at Senior Center**
What is it? A File of Life is a magnetic plastic pocket, which is meant to be attached to your refrigerator. In the pocket is a sheet on which you put your name, emergency contacts, hospital preference, and other information. If there is an emergency at your house, emergency personnel will have access to needed information.

The Senior Center, Police Department, and Fire Department purchased the Files of Life so that we could offer them to you free of charge. You can pick one up at any of the three locations. For your own safety, we encourage you to pick one up as soon as possible, fill it out immediately, and put it up.

**Bring in your receipts from Bill’s Food Center**
Bill’s pays us 1% of the total from every receipt that you bring in. You would be surprised at how much that adds up to over time.

In 2018, Bill’s gave us a total of $3,891.03. As of the end of March, they have given us $1058.12. We’re on our way to $4,000.00 in 2019! Please ask friends and family members to contribute as well!

**Two ways to keep medications safe**

1. **Lock them up!**

   *Free lock boxes and bags* are available at the Senior Center. Keep your medications safe at home with a lock box and while you travel with a lock bag. Drug thieves are sneaky and usually just take one or two pills from a bottle. If you have ever come up with fewer pills than you think you should have had, this might have happened to you. Safeguard your medications with a box and/or a bag.

2. **Safely dispose of them!**

   If you have old pills, liquid medications or patches, please dispose of them safely.
   - You can drop them off at the Oregon Police Department. Place the pills in a zip-lock bag and drop off in the lobby.
   - The Senior Center has *free drug deactivation bags* that you can use to dispose of old medications safely in the trash. Please call Noriko or Carol at 835-5801 for more information.

**Travel**
The Fitchburg Senior Center is offering:

- Travel Show  July 16th at 1:00 PM  Fitchburg Senior Center
- New England and Cape Cod Autumn Foliage, October 13th - 20th,  *special $299 airfare if booked by May 31st*

Questions? Please call Kathy S. 608-274-2768
Volunteer Corner

Volunteer Spotlight: Dawn Aschenbrenner

Dawn Aschenbrenner is one of the newer volunteers at our senior center. While she may be new to the senior center, she is not new to Oregon. Dawn and her family have been in the Oregon School District for 40 years.

Dawn is a recently retired R.N. with a lengthy background in the Operating Room and Management. She met her husband while in Nursing School in Wauwatosa, WI, where she is from. Dawn married her husband, Tom Aschenbrenner, in 1976. Tom’s position as a Civil Engineer brought them to the Madison area. They have 3 sons and 7 grandchildren residing in Wisconsin.

After retiring, Dawn was interested in continuing to serve people in need. She is a driver with RSVP for McFarland and the Town of Dunn and a volunteer with the ADRC (Aging and Disabilities Resource Center) for their Brain and Body Fitness program for citizens with dementia. During this time she became interested in the Dementia Friendly Community in the Oregon area. Teaming up with others in the community, she is one of the organizers of the Oregon Area Memory Café. Recently Dawn has also begun volunteering to do blood pressure screenings at the Senior Center.

In her spare time, Dawn enjoys genealogy and reading, among various other hobbies.

Volunteer at the Senior Center

Kitchen Volunteer

This is our greatest current volunteer need! Our kitchen volunteers package home-delivered meals, serve meals in the dining room, and clean up. It takes about three hours. You may either volunteer on a regular or on a substitute basis. This job comes with a free lunch. Please call Lucy at 835-5801 for more information.

Drive Seniors to Medical Appointments

You will provide rides to medical appointments for older adults in our area who don’t have access to car, family or friends to transport the m. Volunteer drivers use their own vehicles and are reimbursed by the Retired and Senior Volunteer Program for mileage. The driving schedule is very flexible. You can choose to drive as often as you like and select the days that work best for you. You will receive a call when we have a ride request and can accept or decline based on your schedule. Please call Anne at 835-5801 for more information.

Display Case

During June Dairy Month, Cheryl TeWinkel shared her collection of cows. Continuing the dairy theme, Mary Murdock will display her cows in July! Please contact Anne at 835-5801 to share your collection.

Monthly Quilt

Elly Lawry shared her butterfly quilt in June. In July, we will see Judy Sadowsky’s quilt. Please call Anne at 835-5801 to reserve a month to display your quilt.
The Council on Aging

The mission of the Oregon Area Senior Center is to provide support, services and opportunities for older adults to remain as independent as possible.

The purpose of the Oregon Area Senior Center is to support older adults and their families in the Villages of Oregon and Brooklyn, and the Townships of Oregon and Rutland, intellectually, physically, socially and emotionally in their quest to remain independent in their own homes and in the community.

President—FeLou McElroy (Community Resource and Town and Country Women’s Club)
Vice President—Clarice Dewey (Community Resource)
Secretary—Nancy Sheldon (First Presbyterian Church)
Treasurer—Marilynn Rebman (Community Resource)
Past President—Char Clark (PUMC)
At Large—Caryl Farrell (RSVP)
At Large—Marcel Thoma (Community Resource)
Village Representative—Jeff Boudreau
Personnel—Gerald Neath (Oregon Historical Society)
Nancy Allen (Hillcrest Bible Church)
Dana Ames (Community Resource)
Joanie Byrne (Silver Threads)
Anne Dellemann (Dementia Friendly Oregon Coalition)
Kris Halverson (Community Resource)
Chris Johnson (Town of Oregon)
Sandy Mortensen (Village of Brooklyn)
Nina Noyce (Eastern Star)
Sue Wollin (Town of Rutland)
Beth Craig (Holy Mother of Consolation Church)
Sue Richards (St. John’s Lutheran Church)
Ruth Klahn (Faith Lutheran Church)

COUNCIL ON AGING HIGHLIGHTS OF MAY 2019


- Per McElroy: Red Hat Society will sponsor Aug. card party, OAHS will host their summer card parties as usual.
- Per Klahn: Checking account report. Motion made and passed to reinvest CD at OCB.
- Per Brickner: Brat Bash update—had to purchase new tents, Brat Fest to donate part of cost of meat and buns; Thoma will presents awards at OHS Honors Night; Non-discrimination clause to be added to Newsletter; survey will be included in June Newsletter; Thanksgiving program discussed.
- Village Report: Village President has appointed Trustee Jeff Boudreau to COA, he was unable to make this meeting.
- Per Neath: Intern has completed her hours. There may be a new intern next year, but that is not yet determined.

The Oregon Area Senior Center is a member of:

NCOA—National Council on Aging
NISC—National Institute of Senior Centers
WASC—Wisconsin Association of Senior Centers
CWAG—Coalition of Wisconsin Aging Groups
WRAP—Wisconsin Representatives for Activity Professionals
SWAPA—Southern Wisconsin Activity Professionals Association

ACCREDITED BY WISCONSIN ASSOCIATION OF SENIOR CENTERS, INC.

The Council meets on the third Wednesday of January, March, May, July, September, and November at 9:00 AM. The Executive Board meets on the second Thursday of every month at 9:00 AM.

The public is welcome.
The Oregon Area Senior Center is a multi-purpose center focusing on the needs of older adults. It is a department of the Village of Oregon in partnership with the Town of Oregon, and the Town of Rutland. In addition, we also receive support from the Town of Dunn, the Village of Brooklyn, the City of Fitchburg and Dane County. The Oregon Area Senior Center relies on the donations of generous folks in our area as well as annual fundraisers for our programming needs.

Phone: 608-835-5801  
Fax: 608-835-9299  
E-mail: oasc1980@gmail.com  
www.vil.oregon.wi.us

Open 8:00 AM to 4:00 PM Monday-Friday.  
Staff Unavailable Mondays from 1:00 to 2:00 PM

The Oregon Area Senior Center does not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations.