YOU MAY HAVE NOTICED
A CHANGE…

Our phone number has been updated. Unfortunately, the phone company issued us a long distance phone number. We’re sorry for any inconvenience. All of our previous phone numbers will continue to work for a year. We appreciate your patience as we straighten out the unforeseen issues.

And our new website is live. Check it out!

CHECK OUT WHAT’S INSIDE!

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16-18 Nutrition Program & Menus
19-21 Join the Friends Group!
22-23 Calendar of Events
24 Important Phone Numbers

BLACK TIE BINGO
Save the Date
Black Tie Bingo Fundraiser
Thursday, April 25, 6:00-9:00 pm
Maple Bluff Country Club
Tickets go on sale February 11.
$40/single or $70/pair

YOUR CONNECTION TO SUCCESSFUL AGING
MISSION

NewBridge empowers older adults to access affordable resources to maintain their health, safety, independence and community connection.

All services and programs are offered without regard to race, gender, religion, color, creed, disability, sexual orientation, political beliefs, marital status, national origin, ancestry or age (where applicable), or any other basis prohibited by applicable law. Clients, participants, and volunteers are encouraged to report any discrimination relating to service delivery by NewBridge to the Executive Director or Board Chair, in writing.

The “NewBridge News” newsletter is a monthly publication that is mailed free of charge to NewBridge Friends. Anyone may pick up an issue at their local library, grocery store, church or neighborhood center. This newsletter contains at least 25% non-advertising. The NewBridge main office is located at 128 E. Olin Avenue #110, Madison, WI 53713.
A LETTER FROM THE DIRECTOR…

Welcome to 2019 and our new senior service agency, NewBridge! I am honored to serve as the Executive Director of the new organization, after serving as the Executive Director of the South Madison Coalition of the Elderly, and look forward to bringing you the news of the programs, activities and special events NewBridge will be providing for older adults throughout the City of Madison and Monona. We will continue to build upon the strong foundation of outstanding services, programs, activities and events that have been provided to residents of Madison and Monona for the past 40 years by the exceptional staff and volunteers.
The Case Management Program is designed to provide older adults, age 60 and over, the support they need to live independently by identifying resources and coordinating supportive services.

However, there are ways to lower your risk of heart disease. For example:

- **Don’t smoke.** Quitting smoking is the single most important step smokers can take to live longer.
- **Manage your medical conditions.** Work with your doctor and other health care providers. Take all medications you have been prescribed.
- **Make heart-healthy diet changes.** Fill half your plate with fruits and vegetables.
- **Exercise.** Try to get at least 30 minutes of exercise per day.

**FEBRUARY IS HEART MONTH**
*By the GWAAR Legal Services Team (for reprint)*

Heart disease can happen at any age. More and more people are at risk for health disease earlier in life. In fact, half of all Americans have at least one of the top three risk factors for heart disease.

Conditions and behaviors that put people at risk for heart disease include:

- **High Blood Pressure.** Uncontrolled high blood pressure is one of the biggest risks for heart disease.
- **High Cholesterol.** High cholesterol can increase your risk of heart disease. Diabetes, obesity, smoking, eating unhealthy foods, and not getting enough exercise can all contribute to high cholesterol levels.
- **Smoking.** Smoking damages blood vessels, which can lead to heart disease.
- **Obesity.** Carrying extra weight can stress the heart.
- **Diabetes.** Diabetes can cause high blood sugar. This can damage blood vessels and nerves that help control the heart.
- **Physical inactivity.** Exercise helps keep the heart and blood vessels healthy.
- **Unhealthy eating.** Eating foods with too much trans fat, saturated fat, and added sugar can increase your risk of heart disease.

**WALK-IN HOURS**

**SOUTH MADISON**

*Madison Senior Center*
330 W. Mifflin Street
Mondays, 11:00 am-Noon

*Romnes Apartments*
540 W. Olin Avenue
Thursdays, 11:00 am-Noon

*Fisher-Taft Apartments*
2025 Taft Street
Wednesdays, 10:30-11:30 am

**WEST MADISON**

*Lussier Community Education Center*
55 S. Gammon Road
Friday, February 15, 11:30 am-12:30 pm
Scott Vadnais is originally from Waukesha, WI and lived in New Haven, CT for 10 years after college. He’s now is back in WI and started volunteering with the Home Chore Program in 2018.

He is a jack of all trades and has helped his clients with many things. Last month he fixed a vacuum for one older adult and made sushi with another. His passion for helping others is inspiring.

“I wanted to volunteer to help make a difference in someone's life. Even on a small scale for the things I do, it matters to the people I help. My grandmother passed away recently and I saw first hand how important it was for her to stay living at home as long as possible. When the time came that there were no other viable options and she had to go to assisted living for her own safety, I hated seeing her in a place she wasn’t comfortable. It broke my heart to be asked to take her home when I saw her, knowing I could never do that again.

If I can help someone stay living independently in the place they call home for even one more day, I think it’s worth my time.”
VOLUNTEER OPPORTUNITIES

VOLUNTEER GUARDIAN OR REPRESENTATIVE PAYEE
NewBridge is looking for compassionate individuals interested in becoming a volunteer guardian or representative payee for incapacitated older adults living in Dane County. The people we serve have no family or friends who are able to serve in this way. Training and ongoing support for volunteers is provided.
Contact Katie Brietzman katieb@newbridgemadison.org or Ext. 1002 for more information.

NEWSLETTER MAILING
Tab, label, and bundle our monthly newsletters for mailing. Day of the week varies but it happens towards the end of the month from at the West and North Madison locations.
Contact Deb Temerbekova
debt@newbridgemadison.org or Ext. 4000 for more information for the West location.
Contact Lois Gerbitz loisg@newbridgemadison.org or Ext. 3002 for more information for the North location.

FOOT CLINIC VOLUNTEERS
Help our nail technicians prepare the foot clinic site for clients by putting up signage, greeting participants, setting chairs, receiving and recording payments, tearing down and cleaning up.
Volunteers needed at the Goodman Center site in the morning, second Monday of each month.
Contact Ruth Hellendbrand
ruthh@newbridgemadison.org or Ext. 3012 for more information.

NUTRITION VOLUNTEERS AT NORTH
Are you looking to provide warm meals along with a warm smile to the older adults in our community? Join our dining site team. Responsibilities include assisting with set up, serving and clean up, along with eating and socializing.
Volunteers are able to select shifts that fit their schedule between 9:30 am–12:30pm, Monday–Wednesday, and Friday.
Contact Kristen Huber kristenh@newbridgemadison.org or Ext. 2001 for more information.

OFFICE VOLUNTEERS AT NORTH
Be the first point of contact for our older adults at the North Madison location and help facilitate our daily procedures. Welcome participants, clients, and visitors, and answer questions about our programs and services. Answer phone calls, assess the need of the caller, and transfer the call as needed. Register adults for programs and activities. Come and join our wonderful office volunteer team!
Contact Lois Gerbitz loisg@newbridgemadison.org or Ext. 3002 for more information.
HOME CHORE PROGRAM
Help an older adult with limited means remain in the comfort of his/her home or apartment by helping with minor home tasks. A few hours of your time each month develops a friendship while helping with tasks that have become too difficult. Areas of help often include: vacuuming, dusting, cleaning kitchen and bath floors, or organizing items. Be a friendly visitor to an older adult and help ease the isolation of an older adult in our Home Chore Program. Periodic visits can offer positive and rewarding social interactions for the older adult and the volunteer.
Contact David Wilson davidw@newbridgemadison.org or Ext. 2006 for more information for North, East and West Madison. Contact Jeanette Arthur Ext. 4007 or jeanettea@newbridgemadison.org for more information for South Madison.

BRATFEST VOLUNTEERS
This once a year, community-based event will be held over Memorial Day weekend, May 24-27, rain or shine on Willow Island, next to the Alliant Energy Center. A percentage of the proceeds will benefit our agency. The more volunteer hours, the more money we can raise for NewBridge! Various jobs are available, from grilling to golf cart valeting. Each volunteer will get a free brat, ice cream and a t-shirt.
Contact Jeanette Arthur jeanettea@newbridgemadison.org or Ext. 4007 for more information.
WEST MADISON
For information about programs at the West Madison location, call Michelle at (608) 512-0000 Ext. 4008

Ongoing Programs - Location Listed

Stretch and Strengthen Yoga *NEW
Mound Street Yoga, 1342 Mound St.
$15 drop-in charge, sliding scale available
Every Monday, 10:30-11:30 am

Exercise Classes
St. Andrew’s Episcopal Church
1833 Regent St. $4 drop in rate, $18 for 6 class pass, $20 for a month class pass
Every Monday Exercise 8:40-9:40 am
Monday Chair Exercise is canceled for the winter. Every Wednesday Exercise 8:40-9:40 am

Dance Fitness for Life
Capital City Church, 401 N. Blackhawk Ave
$10 class fee per class
Every Saturday 11:30 am-12:15 pm

Ping Pong, Pool and Air Hockey
Meadowood Neighborhood Center
5740 Raymond Rd.
Every Saturday 2:00-4:00 pm

West Side Warblers Sing Along
Dale Heights Church, 5501 University Ave.
1st and 3rd Tuesday, 6:00-7:30 pm

Food Pantries
Lussier Community Education Center
55 S. Gammon Rd.
Every Friday, 10:30 am-12:30 pm
Meadowood Neighborhood Center
5740 Raymond Rd.
Every Thursday, 10:30 am-1:00 pm

Movies at Alicia Ashman Library
733 N. High Point Rd.
Every Wednesday, 1:30-3:30 pm
February 6 - First Man
February 13 - Crazy Rich Asians
February 20 - Fences
February 27 - Saturday Night Fever

Cultural Arts Dance Fitness
Meadowood Neighborhood Center
5740 Raymond Rd.
Every Saturday 12:00-2:00 pm
Free to try then $5 a month

Cribbage
Meadowood Neighborhood Center
Every Wednesday 10:30 am-12:00 pm
Every Thursday 10:30 am-12:00 pm and 12:45-2:00 pm

Programs at Meadowridge Commons
5734 Raymond Rd.

Meet NewBridge Program Coordinator
Tuesday, February 5, 11:30 am-12:30 pm
Thursday, February 7, 11:30 am-12:00 pm

Brain Games
Tuesday, February 12, 11:30 am-12:30 pm

Valentine Bingo
Thursday, February 14, 11:30 am-12:00 pm

Ink Inspirations
Tuesday, February 19, 11:30 am-12:00 pm
Thursday, February 28, 11:30 am-12:00 pm

Cribbage and Euchre
Thursday, February 21, 10:30 am-12:00 pm or 12:45 pm-2:00 pm

Board Games
Tuesday, February 26, 11:30am -12:00 pm
Mark Your Calendar
Mary Todd Lincoln Part 2
Capital City Church, 401 N. Blackhawk Ave
Friday, May 24, 1:00-4:00 pm
Jessica Michna will be portraying Mary Todd Lincoln. Refreshments will follow.

SOUTH MADISON
For information about programs at the South Madison location, call Michelle at (608) 512-0000 Ext. 4008

Programs at Romnes & Fisher-Taft Apartments
Meet NewBridge Program Coordinator
Monday, February 4
11:00-11:30 am Romnes
12:30-1:00 pm Fisher-Taft

Poetry Reading & Writing
Tuesday, February 5, 11:30 am at Romnes
2:45 pm at Fisher-Taft

Ink Inspirations
Monday, February 11
11:00-11:30 am Romnes
12:30-1:00 pm Fisher-Taft

Euchre and King's Corners
Monday, February 18
11:00-11:30 am Romnes
12:30-1:00 pm Fisher-Taft

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Leigh Maxwell
Licensed Sales Representative
2980 Cahill Main
Fitchburg, WI 53711
608-772-5700, TTY 711
Suite 205

A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 608-772-5700, TTY 711. Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a Medicare-approved Part D sponsor. Enrollment in the plan depends on the plan’s contract renewal with Medicare.
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New Bridge, Madison, WI
D 4C 01-2049
NORTH MADISON
For information about programs at the North Madison location, call Ruth at (608) 512-0000 Ext. 3012.

Ongoing Programs at Warner Park

5¢ Bingo
Every Friday, 10:15 am
Bilingual (Spanish) Bingo on the 1st Friday
Each card costs 5¢; all proceeds paid out to the winners. Call 24 hours ahead if you want to stay for lunch at 11:15 am.

Book Club
1st Tuesday, 10:00 am

Card Playing - All skill levels welcome!
Euchre - Mondays, 8:30-11:30 am
Sheepshead - 1st & 3rd Wed, 1:00-3:00 pm

Blood Pressure Clinic
4th Wednesday, 11:00 am-12:00 pm
GHC will be doing FREE blood pressure checks. No need to call in advance, just drop in.

FREE Senior Chair Yoga
Every Wednesday, 10:30 am
Increase strength, flexibility, and balance with chair based yoga stretches, and breathing techniques. Certified Yoga Instructor Kim Sprecher leads the class.

Technology Help Appointments
Every Wednesday, 10:00 am-12:00 pm
Sharon Persich, is available to answer your questions. Bring in your phone, laptop computer or tablet. Call to make an appointment (608) 512-0000 ext. 3000.

Knit & Crochet Club (Quilters too!)
2nd and 4th Tuesday, 9:00-11:00 am
Meet in the lobby of Warner Park Community Recreation Center.

Sassy Steppers Dance Crew
Every Monday, 4:00 pm
Sassy Steppers are a fun dance team that perform for events and other senior centers around the area.

Ping Pong League
Every Monday, 9:00 am-Noon
Warner Park Game Room
Looking for a fun way to exercise? This is the group for you!

Card-Making Club
2nd and 4th Wednesdays, 1:00 pm
Help create home-made cards for all occasions. We sell these cards in our office. All proceeds go to support NewBridge programs and services.

Sewing Club/FREE Mending Service
1st and 3rd Thursday, 9:00 am
Senior adults with general mending and alteration needs. Limit three articles per month.

Mahjong (American version)
Every Thursday, 1:00 pm

February Programs at Warner Park

Soups On!
February 27, 4:00-6:00 pm
Join Chef Lily Kilfoy and learn some new delicious soup recipes! Limited space available. Call Ruth to sign up.
EAST MADISON/MONONA
For information about programs at the East Madison/Monona location, call Ruth at (608) 512-0000 Ext. 3012.

Musician Jesse Walker
Tuesday, February 12, 11:00 am
Messiah Madison, 5202 Cottage Grove Rd.

Accordion Music By Patricia Stone
Wednesday, February 20, 11:00 am
Messiah Madison, 5202 Cottage Grove Rd.

February Programs - Monona Senior Center, 1011 Nichols Rd, Monona
For information about programs at the Monona Senior Center, call Diane at (608) 222-3415.

Snowshoe with Us!
Thursday, February 14, 10:00-11:00 am

Mark Your Calendar
Multicultural Wellness Fair
March 29, 9:30-11:30 am, Warner Park
Free health screenings and informational booths from 9:30-11:30 am. Over 12 screenings and 40 informational booths to check out. Door prizes, too!
Lunch at 11:30 am, followed by Bingo.
RSVP for lunch by calling 608-512-0000 Ext. 3000

5th Annual Black Tie Bingo Fundraiser
Thursday, April 25, 6:00-9:00 pm
Maple Bluff Country Club, 500 Kensington Drive. Tickets are $40/single or $70/pair.
Tickets will go on sale February 11.
LATINX CULTURAL DIVERSITY PROGRAM

Bilingual Bingo and Lunch with optional Computer Class
Friday, February 1, 10:00 am-2:00 pm
Warner Park Community Recreation Center, 1625 Northport Dr.
Computer class presented by Jorge Antezana of DANEnet from 12:30-2:00 pm at the Vera Court Neighborhood Center (participants will be shuttled)

Support Group in Meadowood
Thursday, February 7, 10:30 am-1:00 pm
Meadowood Neighborhood Center 5740 Raymond Rd.
Transportation available for those living in the West Madison service area.

Latinx Monthly Discussion Group
Wed., February 20, 5:45 pm-8:00 pm
Madison Senior Center, 330 W. Mifflin St.
Join us for our monthly discussion group as we discuss relevant issues on health and wellness.

Fitchburg Bilingual Bingo and Lunch
Friday, February 22, 10:30 am-12:30 pm
Fitchburg Senior Center, 5510 Lacy Rd.
Transportation available only for residents of Fitchburg and the surrounding West Madison neighborhoods.

AFRICAN AMERICAN CULTURAL DIVERSITY PROGRAM
Call (608) 512-0000 for more information.

LOCAL RESOURCES

West Madison Triad
Wednesday, February 27, 10:00 am
"Protect Your Identity" by Walter Sego
Oak Park Place West, 4327 Nakoma Rd.

Vets Connect at St. Paul’s Lutheran
Thursday, 4:45-7:00 pm
2126 N. Sherman Ave.
Connect with vet services, free dinner, games, movies and more!

MSCR Knitting & Crocheting
Every Wednesday, 9:30-11:30 am
Meadowood Neighborhood Center
Bring your project and enjoy the fellowship!

WISH LIST

We are non-profit on a tight budget, so if you’d like to donate an item, here is our wish list.

• Valentines Day dinner napkins (unopened packages)
• St. Patty's Day dinner napkins (unopened packages)
• Bird Seed
• Small CD Player
• Centerpieces for Dining Sites
• Gift Cards to Walmart, Woodman's, Pick & Save
• Transit Vouchers
• Cab Vouchers
**LOCAL RESOURCES**

**Caregiver Support Group**
First Thursday, 10:00–11:00 am
Goodman Community Center
214 Waubesa St.
Caregiving is stressful and difficult no matter how much we may want to help a loved one. This group will offer caregiver resources, how to take care of yourself while taking care of others, and most importantly, a space to gather with other caregivers to share experiences and receive support. Co-sponsored by the Alzheimer’s & Dementia Alliance and Goodman Community Center. For more information, contact Gayle at (608) 204-8032

**Agrace February Grief Support Groups**
2906 Marketplace Dr., Fitchburg
Attendance is free for people whose family member had hospice care in the past 12 months. Fees can be lowered or waived for others. (608) 327-7118 to register.
- **Bridges Grief Support Group** is for adults. No pre-registration needed. Meets Wednesdays, alternating between morning and evening sessions.
- **Journey Through Grief Support Group** is a six-week support group series for grieving adults. Meets Mondays, beginning February 25. Pre-registration is required.
- **Spouse/Partner Loss Support Group** meets weekly for six weeks beginning Tuesday, February 26. Pre-registration is required.
NewBridge is partnering with Nail Technicians Gail Owens and Susan Hasey to provide foot care for $20. Please bring two towels. Call (608) 512-0000 to make an appointment.

**EAST MADISON**
Monona United Methodist Church
606 Nichols Road, Monona
Wednesday, February 20
Wednesday, February 27
12:45-3:30 pm

**NORTH MADISON**
Warner Park Community Rec. Center
1625 Northport Drive
Friday, February 8
9:00-11:30 am

Goodman Community Center
149 Waubesa Street
Monday, February 11
8:30-9:45 am

St. Paul Lutheran Church
2126 N. Sherman Ave
Tuesday, February 12
1:00-2:30 pm

Lakeview Lutheran Church
4001 Mandrake Road
Tuesday, February 19
1:00-2:30 pm

**WEST MADISON**
Capital City Church
401 N. Blackhawk Ave.
(PARKING is behind church turn at Bluff Rd. and then turn left on Eugenia Ave.)
Monday, February 4 **New Day & Time**
9:30-11:15 am
1:00-2:45 pm

Mount Olive Lutheran Church
110 N. Whitney Way Room 11
Tuesday, February 19
9:30-11:15 am

Our Lady Queen of Peace
401 Mineral Point Road
Monday, February 25
9:30-11:45 am

**MEDICAL EQUIPMENT LOAN CLOSET**
The East Madison/Monona location has a loan closet with items such as walker, raised toilet seats, commodes, crutches and more. Loan closet items are available to seniors for a donation. Call NewBridge to ask if the item you need is available. We currently would welcome in-kind donations of these items: shower chairs, tub transfer benches, and commodes. The loan closet is open Monday-Thursday 9:00 am-3:00 pm and closed on Fridays.
Aging Mastery Program®
Join the adventure!

What will I gain? Learn skills to master behaviors that lead to improved health, stronger financial security, and overall well-being through small by impactful changes. Meet people who are at the same stage in their life as you. Lean about valuable resources from local experts.

February 11 - March 11
Mondays, 5-8pm

Warner Park Community Recreation Center
1625 Northport Dr
Call 266-6581 for Information on fees and to register.
Limited Spots. Sign up now!

When life offers the gift of time...

how will you spend it?
We’ll help you every step of the way.
Offering a continuum of care for seniors:
> Independent Living > Assisted Living
> Memory Care > Rehabilitation

Call 608-663-8600 or email
madisonsales@oakparkplace.com.
718 Jupiter Dr., Madison, WI 53718
oakparkplace.com/madison

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CARING FOR ALL FAMILIES WITH COMPASSION, DIGNITY, AND PROFESSIONALISM SINCE 1938.
Nutritious daytime meals are offered at thirteen locations throughout the Madison and Monona area, Monday-Friday. The meal is well balanced and appealing for seniors who don’t enjoy cooking or eating alone. **Meals and transportation require a reservation.**

**RESERVATIONS**  
Meal, bus reservations, and cancellations should be made by calling (608) 512-0000 by Noon at least one business day in advance.

**TRANSPORTATION**  
Transportation is available through Transit Solution which is door-to-door service. Suggested donation is $1.00 per round trip, but no one is denied service. Reservation is required.

**DONATION**  
If you are age 60 and older, the suggested minimum donation is $4.00. If you’re under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost $8.97.

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**CONSOLIDATED CATERING MENU & LOCATIONS**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td><strong>04</strong></td>
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<tr>
<td>Beef Pot Pie</td>
<td>Chicken and Gravy</td>
<td>Fish Sandwich</td>
<td>Meatballs in Sauce</td>
<td>Chicken Salad</td>
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<tr>
<td>Cheeseburger</td>
<td>Egg Salad Sandwich</td>
<td>Beef Stew</td>
<td>Chicken Casserole</td>
<td>BBQ Ribs</td>
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<tr>
<td>Cheese Tortellini Bake</td>
<td>Chicken a la King</td>
<td>BBQ Chicken on Bone</td>
<td>Meatloaf</td>
<td>Pot Roast with Gravy</td>
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<tr>
<td>MO: Veggie Tortellini</td>
<td>MO: Soy a la King</td>
<td>MO: Mac-n-Cheese</td>
<td>MO: Veggie Meatballs</td>
<td>MO: Hummus Wrap</td>
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<tr>
<td>Egg Bake</td>
<td>Pizza Burger</td>
<td>Ham/Potato Casserole</td>
<td>BBQ Chicken Breast</td>
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<tr>
<td>MO: Cheese Sandwich</td>
<td>MO: Veggie Casserole</td>
<td>MO: Multigrain Burger</td>
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Items on this menu are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact.

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<thead>
<tr>
<th>Meal Site</th>
<th>Address</th>
<th>Day Served</th>
<th>Meal Time</th>
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<tbody>
<tr>
<td>SOUTH MADISON</td>
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<tr>
<td>Fisher Taft Apartments</td>
<td>2025 Taft Street</td>
<td>M-F</td>
<td>11:30 am</td>
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<tr>
<td>Romnes Apartments</td>
<td>540 West Olin Avenue</td>
<td>M-F</td>
<td>11:30 am</td>
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<tr>
<td>Madison Senior Center</td>
<td>330 West Mifflin Street</td>
<td>M-F</td>
<td>11:30 am</td>
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<td>Meal Site</td>
<td>Address</td>
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<tr>
<td>NORTH MADISON and EAST MADISON/MONONA</td>
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<tr>
<td>Meal and Transportation Reservations:</td>
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<tr>
<td>Meal reservation is not required for the Festival Foods or Cranberry Creek sites. Transportation reservation is required by calling Transit Solutions at (608) 294-8747 by 10:00 am at least one business day in advance.</td>
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<tr>
<td>• More about Cranberry Creek: There are at four delicious breakfast meal options to choose from each week made from fresh, organic ingredients.</td>
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<tr>
<td>• More about Festival Foods: Enjoy the extensive salad bar and a bowl of soup. Dining space is available in the Festival Foods Mezzanine overlooking downtown Madison. After lunch, do your grocery shopping before returning home.</td>
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<td></td>
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<tr>
<td>Festival Foods</td>
<td>810 E. Washington Avenue</td>
<td>TH</td>
<td>11:00 am-1:00 pm</td>
</tr>
<tr>
<td>Cranberry Creek</td>
<td>1501 Lake Point Drive</td>
<td>F</td>
<td>8:30-10:30 am</td>
</tr>
<tr>
<td>WEST MADISON</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meal and Transportation Reservations:</td>
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<tr>
<td>Meal and transportation reservations are required by calling Paul Borowsky at Jewish Social Services (608) 442-4081 or <a href="mailto:office@jssmadison.org">office@jssmadison.org</a> by by 2:00 pm the preceding Wednesday. A meatless or strictly kosher option is available. Catered by UW Hillel Adamah Catering.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Beth Israel Center</td>
<td>1406 Mound Street</td>
<td>M Sept-May</td>
<td>Noon</td>
</tr>
</tbody>
</table>

HELP PROTECT YOUR FAMILY & HOME
CALL NOW! 1-888-891-6806

Reach the Senior Market
ADVERTISE HERE

Dennis Thompson to place an ad today! dthompson@4LPi.com or (800) 950-9952 x2470

our SENIOR CENTER
The Online Directory of Senior Centers
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MEDICAL ALERT SYSTEM
$29.95/MO BILLED QUARTERLY
CALL NOW! 1.877.801.5055 www.24-7MED.COM
**GOODMAN CATERING MENU & LOCATIONS**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
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<tbody>
<tr>
<td>04</td>
<td>05</td>
<td>06</td>
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<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>Fish/Cheese Sandwich MO: Blck Bean Burrito</td>
<td>Sliced Ham MO: Veggie Burger Salad: Chicken Caesar</td>
<td>Tater Tot Casserole MO: Veggie Curry</td>
<td>Chicken Alfredo MO: Tofu Alfredo</td>
<td>Chicken Salad MO: Veggie Burger</td>
</tr>
<tr>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
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<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td></td>
</tr>
<tr>
<td>Grilled Chicken Thighs MO: Baked Tofu</td>
<td>Sloppy Jo MO: Lentil Sloppy Jo Salad: Harvest</td>
<td>Chicken Pot Pie MO: Veggie Pot Pie</td>
<td>Baked Fish MO: Tofu</td>
<td></td>
</tr>
</tbody>
</table>

**Meal Site** | **Address** | **Day Served** | **Meal Time**
--- | --- | --- | ---
**EAST MADISON/MONONA** | | | |
Monona Meadows | 250 Femrite Drive, Monona | M & W | Noon
Messiah Madison | 5202 Cottage Grove Road | T | Noon

**NORTH MADISON**
| | | |
Warner Park Community Ctr | 1625 Northport Drive | M-W & F | 11:30 am
Goodman Community Ctr | 149 Waubesa Street | M-F | 11:45 am

**WEST MADISON**
| | | |
Meadowridge Commons | 5734 Raymond Road | T-TH | Noon
Lussier Community Center | 55 South Gammon Road | F | Noon

**MENUS FOR THE DANE COUNTY NUTRITION PROGRAM**
Menus are designed to meet one-third of the daily recommended intake for older adults. 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. Mary Browning, DTR, reviews all menus. All comments are welcome.
FRIENDS OF NEWBRIDGE

We are excited to announce our new Friends group and we want you to join! The Friends of NewBridge will support NewBridge's mission and its work with older adults in Madison and Monona. Friends will participate in a variety of programs, events, meetings and volunteer opportunities. Friends will have an influential voice in older adult issues in our community.

Benefits for Friends of NewBridge

- Monthly Newsletter
- Discount Card to Local Businesses
- Invitation to Special Events
- Valuable Social Connections

We invite you to join the Friends of NewBridge today and become a Founder of the Friends of NewBridge. Founders will pay a special introductory rate of $15 for up to two members of the same household to join the Friends group. This Founders offer began in December 2018 and extends through March 31, 2019. After March 31, the 2019 Friends group rate will be $15 for an individual and $25 for a family. Friends dues will be renewed annually.

(More information about the Friends on pages 20-21.)
FRIENDS OF NEWBRIDGE
NEW FRIENDS - NEW YEAR
Over 300 people have already become Founding Friends of NewBridge. This will be a year of discovery and imagining. You are invited to help plan events and explore opportunities. There will be a get-together early in March to start this process.

My membership with the North/Eastside Senior Coalition and the Friends of the Madison Public Library have given me many learning and serving experiences that I would not have had otherwise.

I have gained knowledge and valuable friendships over the years as a result. I look forward to expanding my knowledge and circle of friends to more parts of our city in the years to come.

If you want to help us make sure Friends of NewBridge is a vital and influential organization, please contact: Lois Gerbitz (608) 512-0000 Ext. 3002 LoisG@newbridgemadison.org

Thanks for your interest and support,
Barbara J. Arnold
Friends of NewBridge Organizing Committee

FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name: _______________________________________________________________________

Name of Second Household Member (if any): _______________________________________

Address: _____________________________________________________________________

City: ___________________________ State: ________________ Zip: ___________

Email Address: _______________________________________________________________

Please email me the newsletter: yes  no

Amount Enclosed: $15 for 2019 enrollment fee

$______ optional donation to help the Friends group support NewBridge

Make checks payable to: NewBridge
Please mail the form & payment to: NewBridge c/o Friends of NewBridge, 128 E Olin Ave. #110, Madison, WI 53713
Donations may be tax deductible to the extent of the tax code.
### BUSINESS BENEFITS FOR FRIENDS:

<table>
<thead>
<tr>
<th>Business</th>
<th>Address</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benvenuto’s Italian Grill</td>
<td>North Madison, Middleton, Fitchburg</td>
<td>FREE ice cream sundae with entrée purchase</td>
</tr>
<tr>
<td>Boomerangs Resale Store</td>
<td>1133 N Sherman Ave</td>
<td>10% off regular priced merchandise (excludes furniture)</td>
</tr>
<tr>
<td>Cambria Suites Madison</td>
<td>5045 Eastpark Blvd</td>
<td>Hotel stay $89/night for visiting family or relatives</td>
</tr>
<tr>
<td>Culver’s</td>
<td>1325 Northport Dr</td>
<td>FREE cone/dish of custard with the purchase of a cone/dish</td>
</tr>
<tr>
<td>Golden Heart Senior Care</td>
<td>437 S Yellowstone Dr #101</td>
<td>(608) 467-3590 One free hour of service for new clients</td>
</tr>
<tr>
<td>Kavanaugh’s Esquire Club</td>
<td>1025 N Sherman Ave</td>
<td>FREE dish of Schoeps ice cream with the purchase of lunch between 11:00 am-2:00 pm</td>
</tr>
<tr>
<td>Manna Café &amp; Bakery</td>
<td>611 N Sherman Ave</td>
<td>10% off in-dining food &amp; beverages</td>
</tr>
<tr>
<td>Meikle’s &amp; Dorn True Value</td>
<td>2935 N Sherman Ave</td>
<td>Have a free key made each month</td>
</tr>
<tr>
<td>Overture Center</td>
<td>201 State St</td>
<td>Receive reduced ticket prices for select shows</td>
</tr>
</tbody>
</table>

### STATUS OF YOUR FRIENDSHIP CARD & COMMEMORATIVE CERTIFICATE:

We are in the process of printing the 2019 Friendship Cards and Commemorative Certificates for Founding Friends and plan to begin mailing them by early February.

We appreciate and thank you for your patience.
## FEBRUARY CALENDAR OF EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Venue</th>
</tr>
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<tbody>
<tr>
<td>01 FRIDAY</td>
<td>10:15 Bilingual Bingo</td>
<td>Warner Park</td>
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<tr>
<td></td>
<td>11:30 Food Pantry</td>
<td>Lussier Center</td>
</tr>
<tr>
<td></td>
<td>12:30 Computer Class</td>
<td>Vera Court</td>
</tr>
<tr>
<td>02 SATURDAY</td>
<td>11:30 Dance Fitness</td>
<td>Capital City</td>
</tr>
<tr>
<td></td>
<td>12:00 Cultural Dance</td>
<td>Meadowood</td>
</tr>
<tr>
<td></td>
<td>2:00 Ping Pong/Pool</td>
<td>Meadowood</td>
</tr>
<tr>
<td>04 MONDAY</td>
<td>8:30 Euchre</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>8:40 Exercise</td>
<td>St. Andrew's</td>
</tr>
<tr>
<td></td>
<td>9:00 Ping Pong</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>9:30 Foot Clinic</td>
<td>Capital City</td>
</tr>
<tr>
<td></td>
<td>10:30 Yoga</td>
<td>Mound St. Yoga</td>
</tr>
<tr>
<td></td>
<td>11:00 Meet Michelle</td>
<td>Romnes</td>
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<tr>
<td></td>
<td>12:30 Meet Michelle</td>
<td>Fisher-Taft</td>
</tr>
<tr>
<td></td>
<td>9:30 Foot Clinic</td>
<td>Capital City</td>
</tr>
<tr>
<td></td>
<td>4:00 Sassy Steppers</td>
<td>Warner Park</td>
</tr>
<tr>
<td>05 TUESDAY</td>
<td>10:00 Book Club</td>
<td>Warner Park</td>
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<tr>
<td></td>
<td>11:30 Poetry</td>
<td>Meadowridge</td>
</tr>
<tr>
<td></td>
<td>11:30 Meet Michelle</td>
<td>Romnes</td>
</tr>
<tr>
<td></td>
<td>2:45 Poetry</td>
<td>Fisher-Taft</td>
</tr>
<tr>
<td></td>
<td>6:00 Sing Along</td>
<td>Dale Heights</td>
</tr>
<tr>
<td>06 WEDNESDAY</td>
<td>8:40 Exercise</td>
<td>St. Andrew's</td>
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<tr>
<td></td>
<td>10:00 Tech Appt.</td>
<td>Warner Park</td>
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<tr>
<td></td>
<td>10:30 Cribbage</td>
<td>Meadowood</td>
</tr>
<tr>
<td></td>
<td>10:30 Chair Yoga</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>1:00 Sheepshead</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>1:30 Movie</td>
<td>Alicia Ashman</td>
</tr>
<tr>
<td>07 THURSDAY</td>
<td>9:00 Sewing Club</td>
<td>Warner Park</td>
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<tr>
<td></td>
<td>10:30 Cribbage</td>
<td>Meadowood</td>
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<tr>
<td></td>
<td>10:30 Food Pantry</td>
<td>Meadowood</td>
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<tr>
<td></td>
<td>10:30 Latinx Support</td>
<td>Meadowood</td>
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<td></td>
<td>11:30 Meet Michelle</td>
<td>Meadowridge</td>
</tr>
<tr>
<td></td>
<td>12:45 Cribbage</td>
<td>Meadowood</td>
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<tr>
<td></td>
<td>1:00 Mahjong</td>
<td>Warner Park</td>
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<td>08 FRIDAY</td>
<td>9:00 Foot Clinic</td>
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<td></td>
<td>10:15 Bingo</td>
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<td></td>
<td>11:30 Food Pantry</td>
<td>Lussier Center</td>
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<tr>
<td>09 SATURDAY</td>
<td>11:30 Dance Fitness</td>
<td>Capital City</td>
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<td></td>
<td>12:00 Cultural Dance</td>
<td>Meadowood</td>
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<td>2:00 Ping Pong/Pool</td>
<td>Meadowood</td>
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<tr>
<td>11 MONDAY</td>
<td>8:30 Euchre</td>
<td>Warner Park</td>
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<td>8:30 Foot Clinic</td>
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<td>8:40 Exercise</td>
<td>St. Andrew's</td>
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<td></td>
<td>9:00 Ping Pong</td>
<td>Warner Park</td>
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<tr>
<td></td>
<td>10:30 Yoga</td>
<td>Mound St. Yoga</td>
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<tr>
<td></td>
<td>11:00 Ink Inspirations</td>
<td>Romnes</td>
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<tr>
<td></td>
<td>12:30 Ink Inspirations</td>
<td>Fisher-Taft</td>
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<td></td>
<td>4:00 Sassy Steppers</td>
<td>Warner Park</td>
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<td></td>
<td>5:00 Aging Mastery</td>
<td>Warner Park</td>
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<td>12 TUESDAY</td>
<td>9:00 Knit Group</td>
<td>Warner Park</td>
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<tr>
<td></td>
<td>11:00 Jesse Walker</td>
<td>Messiah</td>
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<td></td>
<td>11:30 Brain Games</td>
<td>Meadowridge</td>
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<td>1:00 Foot Clinic</td>
<td>St. Paul's</td>
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<td>10:30 Cribbage</td>
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<td>10:30 Chair Yoga</td>
<td>Warner Park</td>
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<td></td>
<td>1:00 Card Making</td>
<td>Warner Park</td>
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<td>1:30 Movie</td>
<td>Alicia Ashman</td>
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<td>14 THURSDAY</td>
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<td>11:30 Bingo</td>
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<tr>
<td></td>
<td>12:45 Cribbage</td>
<td>Meadowood</td>
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<tr>
<td></td>
<td>1:00 Mahjong</td>
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<td>15 FRIDAY</td>
<td>10:15 Bingo</td>
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<td>16 SATURDAY</td>
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<td>2:00 Ping Pong/Pool</td>
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<td>18 MONDAY</td>
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<td>Warner Park</td>
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<td>St. Andrew's</td>
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<td>9:00 Ping Pong</td>
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<td></td>
<td>10:30 Yoga</td>
<td>Mound St. Yoga</td>
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<td>11:00 Euchre/King's</td>
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<tr>
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<td>Fisher-Taft</td>
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<td>4:00 Sassy Steppers</td>
<td>Warner Park</td>
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<td>5:00 Aging Mastery</td>
<td>Warner Park</td>
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<td>19 TUESDAY</td>
<td>9:30 Foot Clinic</td>
<td>Mount Olive</td>
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<tr>
<td></td>
<td>11:30 Ink Inspirations</td>
<td>Meadowridge</td>
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<tr>
<td></td>
<td>1:00 Foot Clinic</td>
<td>Lakeview</td>
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<td></td>
<td>6:00 Sing Along</td>
<td>Dale Heights</td>
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<td>20 WEDNESDAY</td>
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<tr>
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<td>10:00 Tech Appt.</td>
<td>Warner Park</td>
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<tr>
<td></td>
<td>10:30 Chair Yoga</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>11:00 Accordion Music</td>
<td>Messiah</td>
</tr>
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<td></td>
<td>12:45 Foot Clinic</td>
<td>Monona United</td>
</tr>
<tr>
<td></td>
<td>1:00 Sheepshead</td>
<td>Warner Park</td>
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<tr>
<td></td>
<td>1:30 Movie</td>
<td>Alicia Ashman</td>
</tr>
<tr>
<td></td>
<td>5:45 Latinx Discussion</td>
<td>Madison SC</td>
</tr>
</tbody>
</table>
21 THURSDAY
9:00  Sewing Club  Warner Park
10:30 Cribbage/Euchre  Meadowood
10:30 Food Pantry  Meadowood
12:45 Cribbage/Euchre  Meadowood
1:00 Mahjong  Warner Park

22 FRIDAY
10:15 Bingo  Warner Park
10:30 Latinx Bingo  Fitchburg SC
11:30 Food Pantry  Lussier Center

23 SATURDAY
11:30 Dance Fitness  Capital City
12:00 Cultural Dance  Meadowood
2:00 Ping Pong/Pool  Meadowood

25 MONDAY
8:30 Euchre  Warner Park
8:40 Exercise  St. Andrew’s
9:00 Ping Pong  Warner Park
9:30 Foot Clinic  Queen of Peace
10:30 Yoga  Mound St. Yoga
4:00 Sassy Steppers  Warner Park
5:00 Aging Mastery  Warner Park

26 TUESDAY
9:00 Knit Group  Warner Park
11:30 Board Games  Meadowridge

27 WEDNESDAY
8:40 Exercise  St. Andrew’s
10:00 Tech Appt.  Warner Park
10:30 Cribbage  Meadowood
10:30 Chair Yoga  Warner Park
11:00 Blood Pressure  Warner Park
12:45 Foot Clinic  Monona United
1:00 Card Making  Warner Park
1:30 Movie  Alicia Ashman
4:00 Soups On!  Warner Park

28 THURSDAY
10:30 Cribbage  Meadowood
10:30 Food Pantry  Meadowood
11:30 Ink Inspirations  Meadowridge
12:45 Cribbage  Meadowood
1:00 Mahjong  Warner Park

PROGRAM LOCATIONS:
Alicia Ashman Library
733 N. High Point Road

Capital City Church
401 N. Blackhawk Avenue
Parking lot on Eugenia Avenue

Dale Heights Church
5501 University Avenue

Fisher-Taft Apartments
2110 Fisher Street

Fitchburg Senior Center
5510 Lacy Road, Fitchburg

Goodman Community Center
149 Waubesa Street

Lakeview Lutheran Church
4001 Mandrake Road

Lussier Community Education Center 55 S. Gammon Road

Meadowood Neighborhood Center, 5740 Raymond Road

Meadowridge Commons
5734 Raymond Road

Messiah Madison
5202 Cottage Grove Road

Monona United Methodist Church
606 Nichols Road, Monona

Mound Street Yoga
1342 Mound Street

Mount Olive Lutheran Church
110 N. Whitney Way

Our Lady Queen of Peace
401 Mineral Point Road

Romnes Apartments
540 W Olin Avenue

St. Andrew’s Episcopal Church
1833 Regent Street

St. Paul Lutheran Church
2126 N. Sherman Avenue

Vera Court Neighborhood Center
614 Vera Court

Warner Park Community Recreation Center
1625 Northport Drive
<table>
<thead>
<tr>
<th><strong>IMPORTANT PHONE NUMBERS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>AARP ................................................. (866) 448-3611</td>
</tr>
<tr>
<td>Access Community Health- Erdman Clinic .......... 443-5480</td>
</tr>
<tr>
<td>Access Community Dental Clinic ..................... 443-5482</td>
</tr>
<tr>
<td>Access Community Health- Wingra Clinic .......... 263-3111</td>
</tr>
<tr>
<td>Access to Independence ............................. 242-8484</td>
</tr>
<tr>
<td>ADRC Aging and Disability Resource Center ........ 240-7400</td>
</tr>
<tr>
<td>Affordable Housing Resource Line .......... (855) 510-2323</td>
</tr>
<tr>
<td>Age Advantage Older Workers ........................ 242-4914</td>
</tr>
<tr>
<td>Agrace Hospice ...................................... 276-4660</td>
</tr>
<tr>
<td>Alzheimer's &amp; Dementia Alliance ................... 232-3400</td>
</tr>
<tr>
<td>Alzheimer's Association ............................ 203-8502</td>
</tr>
<tr>
<td>American Parkinson Disease Association ............ 229-7628</td>
</tr>
<tr>
<td>Area Agency on Aging of Dane County ............... 261-9930</td>
</tr>
<tr>
<td>Catholic Multicultural Center ...................... 661-3512</td>
</tr>
<tr>
<td>Care Wisconsin ........................................ 240-0020</td>
</tr>
<tr>
<td>Centro Hispano ....................................... 255-3018</td>
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<tr>
<td>Community Action Coalition ........................ 246-4730</td>
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<td>Crisis Line ........................................... 280-2600</td>
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<tr>
<td>Dane County SOS Senior Council ..................... 256-7626</td>
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<tr>
<td>Dane County Veteran's Service Office ............... 266-4158</td>
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<tr>
<td>Domestic Abuse Intervention Service ............... 251-4445</td>
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<tr>
<td>Elder Abuse &amp; Neglect Helpline ..................... 261-9933</td>
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<tr>
<td>Goodman Community Center ............................ 204-8032</td>
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<td>Home Health United/VNS .............................. 242-1516</td>
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<tr>
<td>Homeless Services Consortium ....................... (855) 510-2323</td>
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<td>Independent Living ................................... 274-7900</td>
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<td>Jewish Social Services ................................ 278-1808</td>
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<td>Lussier Community Education Center ................. 833-4979</td>
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<td>Madison Public Health ................................ 266-4821</td>
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<td>Madison School &amp; Community Rec .................... 204-3000</td>
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<td>Meals on Wheels (lunch) .............................. 276-7598</td>
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<td>Meals on Wheels (evening) ........................... 204-0923</td>
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<td>Mental Health Crisis Line ............................ 280-2600</td>
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<td>National Alliance on Mental Illness .................. 249-7188</td>
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<td>NewBridge .............................................. 512-0000</td>
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<td>Non-Emergency Police Dispatcher ................... 255-2345</td>
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<td>SAIL Sense of Security (SOS) ........................ 230-4321</td>
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<td>Social Security Administration ...................... (866) 770-2262</td>
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<td>St. Vincent De Paul ................................... 257-0919</td>
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<td>Veterans Service Office Of Dane County ............ 266-4158</td>
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<td>Tenant Resource Center ................................ 257-0006</td>
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<td>Transit Solution ....................................... 294-8747</td>
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<td>United Way 2-1-1 ...................................... 2-1-1</td>
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<td>Warner Park Community Rec. Center .................. 245-3690</td>
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