VOLUNTEER APPRECIATION WEEK

All through the year, NewBridge staff and clients are helped by hundreds of volunteers who provide thousands of hours of service. National Volunteer Appreciation Week, April 7-13, is an opportunity for NewBridge to extend a hearty thanks to these volunteers who are dedicated to our agency and the seniors we serve. During April, we will highlight a different volunteer on our Facebook page each day!

NewBridge is currently looking for a variety of volunteers in all different programs and capacities. We have a critical need for meal site volunteers. Check out our volunteer opportunities on pages 6 & 7.

JOIN US FOR OUR 5TH ANNUAL BLACK TIE BINGO FUNDRAISER!

Thursday, April 25
6:00-9:00pm
Maple Bluff Country Club
500 Kensington Drive
Tickets on sale now! $40/single; $70/pair
MISSION
NewBridge empowers older adults to access affordable resources to maintain their health, safety, independence and community connection.

A LETTER FROM THE DIRECTOR…
NewBridge Madison is hosting a Black Tie Bingo fundraiser for adults of all ages on Thursday, April 25, 6:00-9:00 pm at Maple Bluff Country Club. The cost is $40/single or $70/pair. The ticket includes hors d’oeuvres, but bingo cards are an additional cost. The prize money for each bingo game is $100. Chief Mike Koval will also be one of our bingo callers! The night begins with a social hour and cash bar with time to bid on silent auction prizes which include a two night stay in Chicago and tickets to a Carrie Underwood concert as well as a destination Kohler gift certificate for some golf or to use at the spa. Come meet your fellow Madisonians or invite some friends and enjoy a group outing. The money raised is used to help older adults access resources and maintain their health, independence and community connection. Tickets can be purchased in advance at www.newbridgemadison.org or at the NewBridge office located in the Warner Park Community Center. If you have any questions or would like more information, contact Ruth Hellenbrand, ruthh@newbridgemadison.org or (608) 512-0000 Ext. 3012.

CONTACT US
Phone: (608) 512-0000
Fax: (608) 299-0700
Email: Info@NewBridgeMadison.org
Website: www.NewBridgeMadison.org
Office Hours: Monday-Friday, 8:00 am-4:00 pm
Like Us on Facebook: NewBridge Madison

SOUTH MADISON ★ MAIN OFFICE
128 E. Olin Avenue, Suite 110, Madison, WI 53713
EAST MADISON/MONONA
4142 Monona Drive, Madison, WI 53716
NORTH MADISON
1625 Northport Dr. #125, Madison, WI 53704
WEST MADISON
5724 Raymond Road, Madison, WI 53711
STAFF

- MARCIA HENDRICKSON, Executive Director Ext. 1001
- KATIE GALLAGHER, Marketing Director Ext. 4001
- JIM KRUEGER, Fund Development Director Ext. 3005
- SONYA LINDQUIST, Senior Services Director Ext. 2002
- LOIS GERBITZ, Executive Assistant Ext. 3002
- JOE NEUMAER, Administrative Assistant Ext. 2000
- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
- GABI ANZALONE, Case Manager Ext. 1006
- SAMMY AZUMA, Case Manager Ext. 1005
- JENNIFER BROWN, Team Lead Case Manager Ext. 2003
- JODIE CASTANEDA, Team Lead Case Manager Ext. 1004
- SUSY CRANLEY, Bilingual Case Manager - español Ext. 3004
- KARI DAVIS, Case Manager Trainer & Support Specialist Ext. 1003
- MARCIE FUHRMANN, Intern Case Manager Ext. 1010
- NORA HAMMER, Case Manager Ext. 2004
- KATHERINE MALLON, Intern Case Manager Ext. 1008
- RACHEL OKERSTROM, Case Manager Ext. 4002

- MAUREEN QUINLAN, Case Manager Ext. 4003
- ALLIE SCHRANK, Bilingual Case Manager - español Ext. 3006
- GREG SCHUMACHER, Case Manager Ext. 1007
- KATE SHENKER, Case Manager Ext. 3007
- GLEN THOMMESEN, Case Manager Ext. 2005
- MICHELLE ANDERSON, Programs Coordinator Ext. 4008
- KATIE BRIETZMAN, Vol. & Guardian Rep-Payee Manager Ext. 1002
- RUTH HELLENBRAND, Programs & Events Coordinator Ext. 3012
- JEANETTE ARTHUR, Home Chore Coordinator Ext. 4007
- DAVID WILSON, Home Chore Coordinator Ext. 2006
- SHELLEY BLONDEAU, Nutrition Site Coordinator —
- BOB BURNS, Nutrition Site Coordinator —
- DEBI HANKINS, Nutrition Site Coordinator Ext. 3013
- KRISTEN HUBER, Nutrition Program Manager Ext. 2001
- CANDICE MARTIN, Nutrition Program Manager Ext. 4006
- TRACY OLIVER, Nutrition Site Coordinator Ext. 1009
- ARETHA RICHMOND, Nutrition Site Coordinator —

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.

ID Statement: The April (issue 4) of “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. This newsletter contains at least 25% non-advertising. The NewBridge main office is located at 128 E. Olin Avenue #110, Madison, WI 53713.

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Call or email for an appointment nagcnl.org
MY MONTHLY MIPPA
MIPPA (Medicare Improvements for Patients and Providers Act) has a goal of educating older adults on benefits that are provided through Medicare! A different issue/benefit will be discussed each month.

Smoking
Medicare’s Preventive Benefits can help people with Medicare feel better and live healthier. The best way to stay healthy is to live a healthy lifestyle. But what if you smoke? Smoking tobacco can cause many health problems, like heart disease, respiratory diseases, and lung cancer. Quitting smoking can help prevent these health problems. Medicare can help you take the first step.

Medicare covers eight face-to-face smoking cessation counseling sessions during a 12-month period. If you haven’t been diagnosed with an illness caused or complicated by tobacco use, you pay nothing for these counseling sessions, as long as you get them from a qualified doctor or another Medicare provider.

Medicare also covers a lung cancer screening once per year for people who meet all of the following conditions:

- Age 55-77
- No current signs or symptoms of lung cancer
- Current smoker or have quit within last 15 years
- A tobacco smoking history of an average of one pack a day for at least 30 years
- Obtain written order from physician or qualified non-physician practitioner

You generally pay nothing for this screening if your doctor or qualified health care provider accepts assignment. Remember, taking advantage of these and other Part B preventive services and screenings is an important step in promoting good health.
Natalie Guyette is from the Northeastern part of Wisconsin, specifically a tiny town of about 900 people called Shiocton. She moved to Madison for a job producing the show Central Time for Wisconsin Public Radio. She enjoys cooking and baking, running on trails all over the state, and really loves going to estate sales and other second hand spots to look for antiques and vintage clothing.

What brought you to Newbridge as a volunteer?
Two things brought me here. One, in college I was a part of a scholarship program that basically allowed me to "pay" for school by spending 300 hours a year serving the community through service learning. By the end it felt like part of my identity so I decided to continue with it in my new city. I was also new to town and didn't know too many people, feeling a little lonely as we all do at some point in our lives. I thought I could provide companionship to someone and in return also receive companionship, and it has proven to be true. I really do think we, as an entire culture, need to pay more attention to aging, older adults in our communities.

What I enjoy most about volunteering? My last visit with one of my seniors we talked about everything from her first time falling in love, favorite casserole recipes, Michael Cohen, country music and our mutual dislike for using oreos in a pie crust (we both would prefer the classic graham cracker version). I appreciate hearing from them and knowing that I am making a difference in their mood and their day (and mine too!)

To read Natalie's full spotlight, check out our Facebook page!
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 Ext. 1002

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 Ext. 4000 for West
Contact Lois Gerbitz Ext. 3002 for North

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 Ext. 3012

NUTRITION VOLUNTEERS
Are you looking to provide warm meals along with a warm smile to the older adults in our community? Join our dining site teams. 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 9:00 am-1:00 pm, Monday–Friday.
Critical Volunteer Need: Volunteers needed to wash dishes on Mondays and/or Fridays at the senior lunch dining site at the Madison Senior Center. Commercial dishwasher is available on site, volunteer will need to run the dishwasher. On site instructions available to show the volunteer how to use the dishwasher. If interested please contact Candice.
Contact Candice Martin Ext. 4006 for West and South
Contact Kristen Huber Ext. 2001 for North and East

OFFICE VOLUNTEERS
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 Ext. 3002
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 Ext. 2006 for North, East & West
  Contact Jeanette Arthur Ext. 4007 for South*

BRATFEST VOLUNTEERS
This once a year, community 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 Ext. 4007*
PROGRAMS & ACTIVITIES

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

April Programs
Location Listed
*Note: Ongoing Exercise Classes will continue at St. Andrew’s Church, Capital City Church, Attic Angels, Mound Street Yoga and Meadowood Neighborhood Center.

West Side Warblers Sing Along
Dale Heights Church, 5501 University Ave.
1st and 3rd Tuesday, 6:00-7:30 pm
April 2 will be Spring time music and April 16 will be Broadway Musicals and Birthday Celebration for pianist, Robert Auerbach!

Food Pantries
Lussier Community Education Center
55 S. Gammon Rd.
Every Friday, 10:30 am-12:30 pm
Meadowood Neighborhood Center
5740 Raymond Rd. *New Time
Every Thursday, 12:15 am-1:30 pm

Tabletop Games
Dale Heights Church, 5501 University Ave.
2nd & 4th Tuesday of April, 1:30-3:30 pm

Movies at Alicia Ashman Library
733 N. High Point Rd.
Every Wednesday, 1:30-3:30 pm
April 3 - Hidden Figures
April 10 - Green Book
April 17 - Earth
April 24 - Fantastic Beasts: The Crimes of Grindelwald

Mindful Movement
Alicia Ashman Library
733 N. High Point Rd.
2nd and 4th Tuesday, 10:00 am
Join fitness and mindfulness coach Venus Washington to explore the mind/body connection. Learn how you think affects the way you move and how you move affects the way you think. Be prepared for movement, but at a level that’s right and safe for you. Perfect for beginners. Space is limited. Call Michelle to reserve your spot Ext. 4008.

Poetry by Fabu
Romnes Apartments, 540 W. Olin Ave.
Tuesday, April 2, 11:15 am
Fisher Taft Apartments, 2110 Fisher St.
Friday, April 5, 11:30 am
Coming to Meadowridge Commons soon!
Poet Fabu, Madison Poet Laureate (2008-2012), Literary Artist, Innovative Educator and Culture Columnist Journey to Wisconsin, African American Life in Haiku, Award winner
www.artistfabu.com

Managing Diabetes
Romnes Apartments, 540 W. Olin Ave.
Tuesday, April 9, 12-12:30 pm
Meadowridge Commons, 5734 Raymond Rd
Thursday, April 11, 11:30 am-12:00 pm
April Programs Continued
Spring Safety Tips and Checklist by Michelle
Romnes Apartments, 540 W. Olin Ave.
Tuesday, April 16, 12-12:30 pm
Meadowridge Commons, 5734 Raymond Rd
Thursday, April 18, 11:30 am-12:00 pm

Intergenerational Reading Program
Meadowridge Commons, 5734 Raymond Rd
Mondays, April 15, 29 and May 6, 20
2:30-3:30 pm
Visit, read together, and have a snack with a K-5 student, one-on-one.

Join us for Music and Lunch!
Meadowridge Commons, 5734 Raymond Rd
Thursday, April 25, 11:30 am-12:00 pm
Island Style Music by John Duggleby
John, who has received 2nd place for singer songwriters in the Isthmus “Madison’s Favorites” reader’s poll, is the founder and former host of the monthly Songwriter Showcase at Tuvalu Coffeehouse in Verona.

Technology & Computer Q & A
Meadowridge Commons, 5734 Raymond Rd
Make an appointment to ask questions regarding computers, tablets, smart phones. Call Michelle at (608) 512-0000 Ext. 4008

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NORTH MADISON
For information about programs at the North Madison location, call Ruth at (608) 512-0000 Ext. 3012.

Ongoing Programs at Warner Park, 1625 Northport Dr.

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 - Wednesdays, 1:00-3:00 pm
Mahjong - Thursdays, 1:00 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.

FREE Older Adult 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 Tuesday, 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 Ext. 3000.

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

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
Older adults with general mending and alteration needs. Limit three articles per month.
Conversation Pods
1st Tuesday, 10:30 am-11:15 am
Each table will pick a random topic for discussion!

April Programs at Warner Park, 1625 Northport Dr.
Visit with County Executive Joe Parisi
Tuesday, April 2, 10:30 am
County Executive Joe Parisi will be to give an update on the work Dane County is doing. RSVP to Ruth by noon the day before (608) 512-0000 Ext. 3012.

Intro to Ping Pong
Monday, April 15, 10:30-12:30 pm
If you are interested in trying Ping Pong, this is your chance! Join us for Ping Pong 101.

Afternoon Matinee: Crazy Rich Asians
Tuesday, April 23, 12:30-3:00 pm
$1.00 popcorn
Chinese American Yorker Rachel, travels to Singapore with her boyfriend to attend his best friend’s wedding. PG 13- adult themes, language. Limited transportation available. RSVP lunch by calling (608) 512-0000 Ext. 3000

Agrace 101: Myth Vs. Fact
Tuesday, April 9, 10:30-11:15 am
The most common myths about Hospice Care will be discussed. Hospice can be misunderstood. But contrary to the hearsay and myths the purpose of hospice is to provide care, support and comfort to both patients and families.

Are you a man who has, or is concerned about osteoporosis, low bone density or fractures?

The University of Wisconsin Osteoporosis Clinical Research Program is looking for men who have been diagnosed with osteoporosis or low bone density and are not receiving drug therapy. Participants must be willing to:
• Come to the study office for 9 visits over 15 months
• Administer a daily dose of injectable study medication or placebo (injection with no medicine)

If interested, please call the UW Osteoporosis Clinical Research Program at 608-265-6410 and ask about the Bone Density study.

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**EAST MADISON/MONONA**

For information about programs at the East Madison/Monona location, call Ruth at (608) 512-0000 Ext. 3012.

**April Programs at Monona Meadows, 250 Femrite Dr.**

**Adult Coloring**  
Wednesday, April 3, 11:00 am  
Coloring has long been considered a therapeutic activity suitable for all ages. Supplies provided.

**5¢ Bingo**  
Monday, April 22, 11:30 am  
Each card costs 5¢; all proceeds paid out to the winners. Two card limit per player.

**April Programs at Messiah Lutheran, 5202 Cottage Grove Rd.**

**5¢ Bingo**  
Tuesday, April 2, 11:30 am  
Each card costs 5¢; all proceeds paid out to the winners. Two card limit per player.

**Agrace 101: Myth Vs. Fact**  
Tuesday, April 16, 10:30-11:15 am  
The most common myths about Hospice Care will be discussed. Hospice can be misunderstood.

**Movie of the Month**  
Tuesday, April 30, 11:30 am  
Join us for a short movie and conversation. Movie to be announced.

**CULTURAL DIVERSITY**

**AFRICAN AMERICAN PROGRAM**

**Welcome Erica Booey**  
Erica joined the NewBridge Madison on March 25 as a full-time community outreach and activities planner for our cultural diversity program. She is filling the position previously held by Pam Bracey. Erica will be conducting outreach providing programs and services tailored for senior adults in the African American community. Erica will be working out of our eastside office. The Cultural Diversity program is a county-wide program funded by Dane County Human Services and United Way of Dane County. Erica previously worked for the Dane County Human Services Children, Families, and Youth Division. She also worked part-time for the North/Eastside Senior Coalition in 2017-2018 doing community outreach for the Cultural Diversity Program.

Erica is originally from Indiana and has been living in Madison, WI for the last 18 years. She is a graduate from the Human Services program at Madison College. Erica is the mother of four sons. Her sons keep her very busy with sports and school. Her oldest son is at Madison College, and her next oldest son is working and trying to decide on a college. She has a son at UW Oshkosh who competes on the wrestling team. Her youngest is in high school at Madison East.

**We are very excited to welcome Erica as part of the NewBridge Madison team!**
LATINX PROGRAM

Support Group in Meadowood
Thursday, April 4, 11:00 am-2:00 pm
Meadowood Neighborhood Center
5740 Raymond Rd.
Join us for lunch! Transportation available for those living in the West Madison service area. Bus pick up time around 10:45 am.

Monthly Discussion Group
Wednesday, April 10, 5:45 pm-8:00 pm
Madison Senior Center, 330 W. Mifflin St.
Join us as we discuss relevant issues on health and wellness. Dinner and transportation provided. Call (608) 512-0000 if you would like to join or see if you qualify for transportation. Taxi pick up time between 5:15-5:30 pm.

Fitchburg Bilingual Bingo & Lunch
Friday, April 26, 10:30 am-12:30 pm
Fitchburg Senior Center, 5510 Lacy Rd.
5¢ Bilingual Bingo and lunch. Transportation available only for residents of Fitchburg and the surrounding West Madison neighborhoods. Bus pick up time around 10:45 am.

Grandparent Support Group
Wednesday, April 24, 5:45-8:00 pm
Madison Senior Center, 330 W. Mifflin St.
Join us for our monthly support group for seniors that care for loved ones. Dinner will be provided and transportation. Call if you would like to join or to see if you qualify for transportation. Taxi pick up time between 5:15-5:30 pm.
NewBridge is partnering with Nail Technicians Gail Owens and Susan Hasey to provide non-diabetic 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, April 17, 1:00-3:00 pm
Wednesday, April 24, 1:00-3:00 pm

NORTH MADISON
Warner Park Community Rec. Center
1625 Northport Drive
Friday, April 12, 9:00-11:30 am

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

St. Paul Lutheran Church
2126 N. Sherman Ave
Tuesday, April 9, 1:30-2:30 pm

Lakeview Lutheran Church
4001 Mandrake Road
Tuesday, April 16, 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, April 1, 9:30-11:15 am and 12:45-2:45 pm

Mount Olive Lutheran Church
110 N. Whitney Way Room 11
Tuesday, April 16, 9:30-11:15 am

Our Lady Queen of Peace
401 Mineral Point Road
Monday, April 22, 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 older adults 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 four-wheel walkers with seat and brakes. The loan closet is open Monday-Thursday 9:00 am-3:00 pm and closed on Fridays.
LGBT Senior Alliance Spring Social
Thursday, April 18, 6:00-8:00 pm
Madison Senior Center, 330 W. Mifflin Ave.
Michelle Citron – Film, Video, Multimedia Artist, Scholar and Author. Michelle’s work is internationally known and has been shown in many museums. Her films and interactive narratives are distributed worldwide and are part of the permanent collections of over two hundred universities and museums. We will view two of her short documentaries: Leftovers (2014) An experimental documentary about two women who lived together in Chicago for almost fifty years; and Lives: Visible (2017) An essay/documentary of 2000 snapshots taken over four decades by a close group of lesbian friends.

Financial Literacy Series – part 2
Monday, April 15, 10:00–11:15 am
Power of Attorney (POA) vs. Payable on Death (POD)
Victoria Davis a manager with Associated Bank and an attorney from Boardman, Clark & May will be explaining what power of attorney and payable on death really mean, and why it is important that you know the difference. As difficult as it is, these are things that you want to have in writing before you actually need them.

Artful Aging
Wednesday, March 6-May 29 (No class April 10) 1:30-3:30 pm
Madison Senior Center, 330 W. Mifflin Ave.
Artful Aging art class continues. FREE! Limited transportation available. Join now by calling Ruth (608) 512-0000 Ext. 3012.
Nutritious daytime meals are offered at twelve locations throughout the Madison and Monona area, Monday-Friday. The meal is well balanced and appealing for older adults who don’t enjoy cooking or eating alone. **Meals and transportation require a reservation.**

### NUTRITION PROGRAM

**SOUTH MADISON MENU & LOCATIONS**

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<td>Applesauce</td>
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<td>Pineapple Ruff</td>
<td>Dreamside Whip</td>
<td>Chocolate Banana Cake</td>
<td>MO: Veggie Lasagna Salad</td>
</tr>
<tr>
<td>MO: Egg Salad</td>
<td>MO: Garden Burger</td>
<td>MO: N/A</td>
<td>MO: Veggie Stew</td>
<td>Salad: Tuna</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>Chicken Mac Casserole</td>
<td>Cheese Tortellini Bake</td>
<td>Baked Chicken</td>
<td>Meatloaf with Gravy</td>
<td>Chicken a la King</td>
</tr>
<tr>
<td>Peas, Tomato Juice</td>
<td>Spinach, Oranges</td>
<td>Mashed Potatoes, Gravy</td>
<td>Mashed Potatoes</td>
<td>Biscuit, Carrot Corn Salad</td>
</tr>
<tr>
<td>Pineapple</td>
<td>Sugar Cookie</td>
<td>Green Beans, Applesauce</td>
<td>Corn, Apple Juice</td>
<td>Peaches, Sherbet</td>
</tr>
<tr>
<td>Butterosatch Pudding</td>
<td>MO: Veggie Tortellini Bake</td>
<td>Blueberry Pie</td>
<td>Chocolate Blueberry</td>
<td>MO: Veggie Chicken</td>
</tr>
<tr>
<td>MO: Mac and Cheese</td>
<td></td>
<td>MO: Veggie Chicken</td>
<td>MO: Hummus Wrap</td>
<td>Salad: Chef’s</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>Ham Slice</td>
<td>Pot Roast with Gravy</td>
<td>Egg Bake, Red Potatoes</td>
<td>Pizza Burger</td>
<td>Ham &amp; Potato Casserole</td>
</tr>
<tr>
<td>Sweet Potatoes</td>
<td>Mashed Potatoes</td>
<td>Grape Juice, Biscuit</td>
<td>Bean Salad, Cucumbers</td>
<td>Cali Blend, Fruit Cup</td>
</tr>
<tr>
<td>Broccoli Salad</td>
<td>Mixed Green Salad</td>
<td>Spiced Apples</td>
<td>Banana</td>
<td>Chocolate Cream Pie</td>
</tr>
<tr>
<td>Roll Pineapple</td>
<td>Orange, Pudding</td>
<td>MO: N/A</td>
<td>Chocolate Chip Cookie</td>
<td>MO: Veggie Casserole</td>
</tr>
<tr>
<td>Coconut Cream Pie</td>
<td>MO: Veggie Meatballs</td>
<td></td>
<td>MO: Garden Burger</td>
<td>Salad: Chicken Taco</td>
</tr>
<tr>
<td>MO: Multigrain Burger</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BBQ Chicken</td>
<td>Tuna Salad Sandwich</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet Potato, Fruit</td>
<td>Veggie Salad, Pears</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chocolate Cake</td>
<td>Chickpea Salad, Apple Bar</td>
<td>MO: Egg Salad</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MO: Veggie Chicken</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**South Madison Locations**

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fisher Taft Apartments</td>
<td>2025 Taft Street</td>
<td>M-F</td>
<td>11:30 am</td>
</tr>
<tr>
<td>Romnes Apartments</td>
<td>540 West Olin Avenue</td>
<td>M-F</td>
<td>11:30 am</td>
</tr>
<tr>
<td>Madison Senior Center</td>
<td>330 West Mifflin Street</td>
<td>M-F</td>
<td>11:30 am</td>
</tr>
</tbody>
</table>

**Meals provided by: Dane County Consolidated Food Services Division**

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. **MO= meatless option**
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.

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.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>01 Parmesan Chicken Penne Pasta, Peas MO: Pasta Bake</td>
<td>02 Chicken Salad Sandwich, Potato Salad MO: Veggie Burger Salad: Harvest</td>
<td>03 Beef Stir Fry Mixed Salad MO: Tofu Stir Fry</td>
<td>04 BBQ Chicken Thighs Sweet Potatoes Mixed Salad MO: Veggie Burger</td>
<td>05 Meatloaf Mashed Potatoes Sweet Corn MO: Veggie Curry</td>
</tr>
</tbody>
</table>

Meals provided by: Goodman Catering
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. MO=Meatless Option Fruit and Dessert Served Daily

<table>
<thead>
<tr>
<th>East Madison/Monona Locations</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monona Meadows</td>
<td>250 Femrite Drive, Monona</td>
<td>M &amp; W</td>
<td>Noon</td>
</tr>
<tr>
<td>Messiah Madison</td>
<td>5202 Cottage Grove Road</td>
<td>T</td>
<td>Noon</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>North Madison Locations</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warner Park Community Ctr</td>
<td>1625 Northport Drive</td>
<td>M-W &amp; F</td>
<td>11:30 am</td>
</tr>
<tr>
<td>Goodman Community Ctr</td>
<td>149 Waubesa Street</td>
<td>M-F</td>
<td>11:45 am</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>West Madison Locations</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meadowridge Commons</td>
<td>5734 Raymond Road</td>
<td>T-TH</td>
<td>Noon</td>
</tr>
<tr>
<td>Lussier Community Center</td>
<td>55 South Gammon Road</td>
<td>F</td>
<td>Noon</td>
</tr>
</tbody>
</table>
### North Madison and East Madison/Monona Locations

<table>
<thead>
<tr>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Festival Foods</td>
<td>TH</td>
<td>11:00 am-1:00 pm</td>
</tr>
<tr>
<td>Cranberry Creek</td>
<td>F</td>
<td>8:30-10:30 am</td>
</tr>
</tbody>
</table>

Meal and Transportation Reservations:
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.

- More about Cranberry Creek: There are at four delicious breakfast meal options to choose from each week made from fresh, organic ingredients.
- 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.

### West Madison Kosher Site

<table>
<thead>
<tr>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beth Israel Center</td>
<td>M Sept-May</td>
<td>Noon</td>
</tr>
</tbody>
</table>

Meal and Transportation Reservations:
Meal and transportation reservations are required by calling Paul Borowsky at Jewish Social Services (608) 442-4081 or office@jssmadison.org by by 2:00 pm the preceding Wednesday. A meatless or strictly kosher option is available. Catered by UW Hillel Adamah Catering.
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.

**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! Dues will be renewed annually.

---

**Save the Date: Friends of NewBridge Founders Gathering**

**Wednesday, May 8, 4:00 - 5:30 pm**

**Warner Park Community Recreation Center, 1625 Northport Drive**


Call (608) 512-0000 Ext. 3000 by April 30 to RSVP.

---

**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 Individual

$ 25 for Family

$ ______ 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

Benvenuto’s Italian Grill  
North Madison, Middleton, Fitchburg  
FREE ice cream sundae with entrée purchase

Boomerangs Resale Store  
1133 N Sherman Ave  
10% off regular priced merchandise (excludes furniture)

Cambria Suites Madison  
5045 Eastpark Blvd  
Hotel stay $89/night for visiting family or relatives

Culver’s  
1325 Northport Dr  
FREE cone/dish of custard with the purchase of a cone/dish

Golden Heart Senior Care  
437 S Yellowstone Dr #101  
(608) 467-3590  
1 free hr of service for new clients

Kavanaugh’s Esquire Club  
1025 N Sherman Ave  
FREE dish of Schoeps ice cream with the purchase of lunch between 11:00 am and 2:00 pm

Madison Family Wellness  
222 N. Midvale Blvd. (608) 358-2068  
$10 off first visit and 10% off follow-up visits

Manna Café & Bakery  
611 N Sherman Ave  
10% off in-dining food & beverages

Meikle’s & Dorn True Value  
2935 N Sherman Ave  
Free key made each month

Overture Center  
201 State St  
Receive reduced ticket prices for select shows

And more added monthly!

Support the advertisers that support our community

Reach the Senior Market
Advertise Here

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

Never Miss a Newsletter!

Sign up to have our monthly senior newsletter emailed to you at www.ourseniorcenter.com

For ad info. call 1-800-950-9952 • www.4lpi.com  New Bridge, Madison, WI 4C 01-2049
## CALENDAR OF EVENTS

### 01 MONDAY
- **8:30** Euchre  Warner Park
- **8:40** Exercise  St. Andrew
- **9:00** Ping Pong  Warner Park
- **9:30** Foot Clinic Capital City
- **10:45** Yoga Mound St. Yoga
- **12:45** Foot Clinic Capital City
- **4:00** Sassy Steppers Warner Park

### 02 TUESDAY
- **10:00** Book Club  Warner Park
- **10:00** Tech Appt. Warner Park
- **10:30** Conversation Warner Park
- **10:30** Joe Parisi Warner Park
- **11:15** Poetry Romnes
- **11:30** Bingo Messiah
- **6:00** Sing Along Dale Heights

### 03 WEDNESDAY
- **8:40** Exercise  St. Andrew
- **10:30** Chair Yoga Warner Park
- **11:00** Coloring Monona Meadows
- **11:00** Latinx Support Meadowood
- **1:00** Sheepshead Warner Park
- **1:30** Movie Alicia Ashman
- **6:00** Sing Along Dale Heights

### 04 THURSDAY
- **9:00** Sewing Club Warner Park
- **12:15** Food Pantry Meadowood
- **1:00** Mahjong Warner Park

### 05 FRIDAY
- **10:15** Bingo Warner Park
- **10:30** Food Pantry Lussier Center
- **11:30** Poetry Fisher Taft
- **12:30** Computer Class Vera Court

### 06 SATURDAY
- **11:30** Dance Fitness Capital City
- **12:00** Cultural Dance Meadowood
- **2:00** Ping Pong/Pool Meadowood

### 08 MONDAY
- **8:30** Foot Clinic Goodman Cntr.
- **8:30** Euchre Warner Park
- **8:40** Exercise St. Andrew
- **9:00** Ping Pong Warner Park
- **10:45** Yoga Mound St. Yoga
- **4:00** Sassy Steppers Warner Park

### 09 TUESDAY
- **9:00** Knit Group Warner Park
- **10:00** Tech Appt. Warner Park
- **10:00** Mindful Movement Alicia Ashman
- **10:30** Agrace 101 Warner Park
- **11:30** Bingo Messiah
- **12:00** Managing Diabetes Romnes
- **1:30** Board Games Dale Heights
- **1:30** Foot Clinic St. Paul’s

### 10 WEDNESDAY
- **8:40** Exercise St. Andrew
- **10:30** Chair Yoga Warner Park
- **1:00** Card Making Warner Park
- **1:00** Sheepshead Warner Park
- **1:30** Movie Alicia Ashman
- **5:45** Latinx Discussion Madison SC

### 11 THURSDAY
- **11:30** Managing Diabetes Meadowridge
- **12:15** Food Pantry Meadowood
- **1:00** Mahjong Warner Park

### 12 FRIDAY
- **9:00** Foot Clinic Warner Park
- **10:15** Bingo Warner Park
- **10:30** Food Pantry Lussier Center

### 13 SATURDAY
- **11:30** Dance Fitness Capital City
- **12:00** Cultural Dance Meadowood
- **2:00** Ping Pong/Pool Meadowood

### 15 MONDAY
- **8:30** Euchre Warner Park
- **8:40** Exercise St. Andrew
- **9:00** Ping Pong Warner Park
- **10:30** Ping Pong 101 Warner Park
- **10:45** Yoga Mound St. Yoga
- **2:30** Reading Meadowridge
- **4:00** Sassy Steppers Warner Park

### 16 TUESDAY
- **9:00** Knit Group Warner Park
- **9:30** Foot Clinic Mount Olive
- **10:00** Tech Appt. Warner Park
- **10:30** Agrace 101 Messiah
- **12:00** Safety Tips Romnes
- **1:00** Foot Clinic Lakeview
- **6:00** Sing Along Dale Heights

### 17 WEDNESDAY
- **8:40** Exercise St. Andrew
- **10:30** Chair Yoga Warner Park
- **1:00** Sheepshead Warner Park
- **1:00** Foot Clinic Monona United
- **1:30** Movie Alicia Ashman
- **1:30** Artful Aging Madison SC

### 18 THURSDAY
- **9:00** Sewing Club Warner Park
- **11:30** Safety Tips Meadowridge
- **12:15** Food Pantry Meadowood
- **1:00** Mahjong Warner Park

### 19 FRIDAY
- **10:15** Bingo Warner Park
- **10:30** Food Pantry Lussier Center

### 20 SATURDAY
- **11:30** Dance Fitness Capital City
- **12:00** Cultural Dance Meadowood
- **2:00** Ping Pong/Pool Meadowood
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>22 MONDAY</td>
<td>8:30</td>
<td>Euchre</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>8:40</td>
<td>Exercise</td>
<td>St. Andrew</td>
</tr>
<tr>
<td></td>
<td>9:00</td>
<td>Ping Pong</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>1:00</td>
<td>Foot Clinic</td>
<td>Queen of Peace</td>
</tr>
<tr>
<td></td>
<td>10:45</td>
<td>Yoga</td>
<td>Mound St. Yoga</td>
</tr>
<tr>
<td></td>
<td>11:30</td>
<td>Bingo</td>
<td>Monona Meadows</td>
</tr>
<tr>
<td></td>
<td>4:00</td>
<td>Sassy Steppers</td>
<td>Warner Park</td>
</tr>
<tr>
<td>23 TUESDAY</td>
<td>9:00</td>
<td>Knit Group</td>
<td>Warner Park</td>
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<tr>
<td></td>
<td>10:00</td>
<td>Tech Appt.</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>10:00</td>
<td>Mindful Movement</td>
<td>Alicia Ashman</td>
</tr>
<tr>
<td></td>
<td>12:30</td>
<td>Movie</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>1:30</td>
<td>Board Games</td>
<td>Dale Heights</td>
</tr>
<tr>
<td></td>
<td>1:00</td>
<td>Foot Clinic</td>
<td>Lakeview</td>
</tr>
<tr>
<td>24 WEDNESDAY</td>
<td>8:40</td>
<td>Exercise</td>
<td>St. Andrew</td>
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<tr>
<td></td>
<td>10:30</td>
<td>Chair Yoga</td>
<td>Warner Park</td>
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<tr>
<td></td>
<td>11:00</td>
<td>Blood Pressure</td>
<td>Warner Park</td>
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<tr>
<td></td>
<td>1:00</td>
<td>Card Making</td>
<td>Warner Park</td>
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<tr>
<td></td>
<td>1:00</td>
<td>Sheepshead</td>
<td>Warner Park</td>
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<tr>
<td></td>
<td>1:00</td>
<td>Foot Clinic</td>
<td>Monona United</td>
</tr>
<tr>
<td></td>
<td>1:30</td>
<td>Movie</td>
<td>Alicia Ashman</td>
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<tr>
<td></td>
<td>1:30</td>
<td>Artful Aging</td>
<td>Madison SC</td>
</tr>
<tr>
<td></td>
<td>5:45</td>
<td>Latinx GParent</td>
<td>Madison SC</td>
</tr>
<tr>
<td>25 THURSDAY</td>
<td>11:30</td>
<td>Music</td>
<td>Meadowridge</td>
</tr>
<tr>
<td></td>
<td>12:15</td>
<td>Food Pantry</td>
<td>Meadowood</td>
</tr>
<tr>
<td></td>
<td>1:00</td>
<td>Mahjong</td>
<td>Warner Park</td>
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<tr>
<td></td>
<td>6:00</td>
<td>Black Tie Bingo</td>
<td>Maple Bluff</td>
</tr>
<tr>
<td>26 FRIDAY</td>
<td>10:15</td>
<td>Bingo</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>10:30</td>
<td>Latinx Bingo</td>
<td>Fitchburg SC</td>
</tr>
<tr>
<td></td>
<td>10:30</td>
<td>Food Pantry</td>
<td>Lussier Center</td>
</tr>
<tr>
<td>27 SATURDAY</td>
<td>11:30</td>
<td>Dance Fitness</td>
<td>Capital City</td>
</tr>
<tr>
<td></td>
<td>12:00</td>
<td>Cultural Dance</td>
<td>Meadowood</td>
</tr>
<tr>
<td></td>
<td>2:00</td>
<td>Ping Pong/Pool</td>
<td>Meadowood</td>
</tr>
<tr>
<td>29 MONDAY</td>
<td>8:30</td>
<td>Euchre</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>8:40</td>
<td>Exercise</td>
<td>St. Andrew</td>
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<tr>
<td></td>
<td>9:00</td>
<td>Ping Pong</td>
<td>Warner Park</td>
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<tr>
<td></td>
<td>10:45</td>
<td>Yoga</td>
<td>Mound St. Yoga</td>
</tr>
<tr>
<td></td>
<td>2:30</td>
<td>Reading</td>
<td>Meadowridge</td>
</tr>
<tr>
<td></td>
<td>4:00</td>
<td>Sassy Steppers</td>
<td>Warner Park</td>
</tr>
<tr>
<td>30 TUESDAY</td>
<td>10:00</td>
<td>Tech Appt.</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>11:30</td>
<td>Movie</td>
<td>Messiah</td>
</tr>
</tbody>
</table>

**PROGRAM LOCATIONS:**

- Alicia Ashman Library
  733 N. High Point Road

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

- Coventry Village
  7707 North Brookline Drive

- 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 Lutheran Church
  5202 Cottage Grove Road

- Monona Meadows Apartments
  250 Femrite Drive, Monona

- 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
We've Merged!

The Madison Senior Coalitions have merged to create NewBridge, providing case management, older adult activities, meals, volunteer home chore program and more!

(608) 512-0000  NewBridgeMadison.org

Your Connection to Successful Aging