NewBridge Volunteers:  
WE THINK YOU’RE KIND OF A BIG DEAL!  
...so we’d like you to be our special guest at our June 17 Summer Concert at Warner Park!  
Check your mail or email for more information

Golf Outing FORE NewBridge  
Saturday, July 27, 8:00 am  
Door Creek Golf Course  
$100/par person  
$90/par person early bird through June 1  
Four Person SCRAMBLE, Shotgun Start  
Register at newbridgeadison.org or call Ruth (608) 512-0000 Ext. 3012

Mallards Baseball  
NEWBRIDGE NIGHT AT THE BALLPARK  
July 24, First Pitch 12:05 pm  
Purchase tickets by July 10 through MallardsTickets.com and enter Promo Code: NewBridge or call Ruth Ext. 3012.  
SENIOR DAY PACKAGE  
$15

CHECK OUT WHAT’S INSIDE!  
02 General Information  
03 NewBridge Staff  
04 Case Management Services  
05-07 Volunteer Opportunities  
08-12 Programs & Activities  
12-13 Cultural Diversity Programs  
14-15 Health and Wellness  
16-19 Nutrition Program & Menus  
20-21 Friends of NewBridge  
22-23 Calendar of Events

www.NewBridgeMadison.org | (608) 512-0000
A LETTER FROM THE DIRECTOR…

FORE! NewBridge Madison will be holding a golf outing fundraiser on Saturday, July 27 at Door Creek Golf Course. For a $100 donation to NewBridge Madison you will get to play 18 holes of golf and support senior adults in our community. You can sign up as a team or an individual. Register online at newbridgemadison.org, or call Ruth (608) 512-0000 Ext. 3012.

NewBridge Madison’s Monday evening Summer Concert Series begins June 10, 6:00-7:30 pm, at the Warner Park Shelter. Older adults, families and people of all ages gather to enjoy free, live music. Grilled brats, hot dogs, veggie dogs, popcorn and soda are available for purchase at the concerts. Concert line-up and additional details are available at newbridgemadison.org.

Hope to see you on the golf course or at our Monday Summer Concerts.

Marcia Hendrickson, Executive Director
NEWBRIDGE 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
- DEENAH GIVENS, Administrative Assistant  Ext. 3002
- JOE NEUMAIER, Administrative Assistant  Ext. 2000
- DEB TEMERBEKOVA, Executive Assistant  Ext. 4000
- STEPHANIE AGUILERA, Case Manager  Ext. 1007
- 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, Trainer & Support Specialist  Ext. 1003
- NORA HAMMER, Case Manager  Ext. 2004
- RACHEL OKERSTROM, Case Manager  Ext. 4002
- MAUREEN QUINLAN, Case Manager  Ext. 4003
- ALLIE SCHRANK, Bilingual Case Manager - español  Ext. 3006
- GLEN THOMMESEN, Case Manager  Ext. 2005
- MICHELLE ANDERSON, Program Coordinator  Ext. 4008
- ERICKA BOOY, Cultural Diversity Program Coordinator  Ext. 2007
- KATIE BRIETZMAN, Community Outreach & Support Spec.  Ext. 1002
- RUTH HELLENBRAND, Program & Event Coordinator  Ext. 3012
- JEANETTE ARTHUR, Volunteer Coordinator  Ext. 4007
- DAVID WILSON, Home Chore Coordinator  Ext. 2006
- SHELLEY BLONDEAU, Nutrition Site Coordinator —
- BOB BURNS, Nutrition Site Coordinator —
- TRACI COURTNEY, 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 —
- GLENDA QUINONES. Cultural Diversity Program Coord.  Ext. 3009

All services and programs are offered without regard to race, gender, religion, color, creed, disability, sexual orientation, political beliefs, marital status, national origin, ancestry, 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 June (issue 6) 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.

Norwegian American Genealogical Center & Naeseth Library
415 West Main Street • Madison, WI 53703-3116
Phone 608-255-2224
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  Volunteer time commitments are flexible.
Contact our Volunteer Coordinators at 608-819-0033

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

**WALK-IN OFFICE HOURS**

A Case Manager will be available at the following times and locations:

**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**
Meadowridge Commons  
5734 Raymond Road  
June 11, 11:30 am-Noon

**NORTH MADISON**
Goodman Comm. Center  
149 Waubesa Street  
Wednesdays, June 5 & 19  
11:30 am-1:00 pm

**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.*

**Keep Your Heart Healthy**

*Get Free Cardiovascular Screening with Medicare*

It’s important to take care of your heart to help prevent a stroke or heart attack. High blood pressure, high LDL cholesterol and smoking are key risk factors for heart disease, according to the Center for Disease Control and Prevention (CDC). The CDC also estimates about half of Americans have at least one of these risk factors. The good news is that taking steps such as aspirin therapy, quitting smoking, and regularly checking your blood pressure and cholesterol levels can reduce your risk for heart related conditions.

Medicare beneficiaries can have free cardiovascular screening every five years. The screening includes a total cholesterol test, a cholesterol test for high density lipoproteins and a triglycerides test. Your healthcare provider will also talk with you about other things you can do to lower your risk for heart disease. Take advantage of free preventive screenings to keep you healthier and also to reduce future health care costs for yourself and the public.

More information about Medicare’s Preventive Services can be found at www.medicare.gov.

For more information or assistance with these benefit programs, call Gabi Anzalone, MIPPA Program Specialist at (608) 512-0000 Ext. 1006.
Starting in June, the Area Agency on Aging of Dane County, will start to distribute farmer’s market vouchers to seniors for use in purchasing $25 worth of fruit, vegetables or herbs at Farmer’s Markets and roadside farm stands in Wisconsin during the 2019 season. The vouchers are distributed on a first come, first serve basis to those 60 or older, who have gross incomes under the 185% poverty level, which is $23,170 per year (or $1,926/mo) for a one person household and $31,284 (or $2,607/mo) for a two person household, and live in Dane County. One set of vouchers per household regardless of size of household. Vouchers can not be mailed.

Vouchers will be handed out at various locations throughout Dane County. Here are the Madison/ Monona distribution dates and times:

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Madison – East: NewBridge East</td>
<td>June 5</td>
<td>9:00-11:00 am</td>
</tr>
<tr>
<td>Madison – Northeast: Goodman Center</td>
<td>June 20</td>
<td>2:00-3:00 pm</td>
</tr>
<tr>
<td>Madison – Northeast: Warner Park Center</td>
<td>June 3</td>
<td>10:00-11:30 am</td>
</tr>
<tr>
<td>Madison – South: Madison Senior Center</td>
<td>June 17</td>
<td>10:00-11:00 am</td>
</tr>
<tr>
<td>Madison – South: Dane County Office</td>
<td>June 25</td>
<td>1:00-3:00 pm</td>
</tr>
<tr>
<td>Madison – South: Romnes Housing</td>
<td>June 19</td>
<td>2:00-3:00 pm</td>
</tr>
<tr>
<td>Madison – West: Good Shepherd Lutheran Church</td>
<td>June 18</td>
<td>10:30-11:00 am</td>
</tr>
<tr>
<td>Madison – West: Lussier Community Center</td>
<td>June 21</td>
<td>11:00 am-12:00 pm</td>
</tr>
</tbody>
</table>

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VOLUNTEER GUARDIAN OR REPRESENTATIVE PAYEE

NewBridge is looking for compassionate individuals to be guardian’s and payee’s. 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

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 clean up.
Contact Ruth Hellenbrand Ext. 3012

OFFICE VOLUNTEERS

Be the first point of contact for our older adults at the North Madison location. 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 Deenah Givens Ext. 3002

NUTRITION VOLUNTEERS

Help provide warm meals along with a smile to the older adults. Tasks include set up, serving and clean up, along with eating and socializing. Specific need at the Madison Senior Center.
Contact Candice Martin Ext. 4006 for West and South
Contact Kristen Huber Ext. 2001 for North and East

PROGRAM VOLUNTEERS

Sewing volunteers needed to help with general mending and alterations. 1st/3rd Thursday, 9:00 am, North Madison.
Contact Ruth Hellenbrand Ext. 3012

HOME CHORE PROGRAM

Help an older adult remain in the comfort of their home by helping with minor home chores. Areas of help often include: vacuuming, dusting, cleaning kitchen and bath floors, organizing items and friendly visiting. Specific need lawn mowers in East Madison every other week.
Contact David Wilson Ext. 2006 for North & East
Contact Jeanette Arthur Ext. 4007 for South & West

SUMMER CONCERTS

4 volunteers needed for all 6 summer concerts. Tasks include: assisting with concession sales, greeting and passing out programs. Concert dates are June 10, 17, 24 and July 8, 15, 22 at the Warner Park shelter.
Contact Ruth Hellenbrand Ext. 3012

AM FAM CHAMPIONSHIP

9 volunteers needed to run a beverage booth for four hour shifts for the American Family Insurance Golf Championship. University Ridge Golf Course, June 21-23.
Contact Ruth Hellenbrand Ext. 3012

APPLEFEST VOLUNTEERS

20+ volunteers are needed October 19 between 8:30 am–4:00 pm for 4 hour shifts at the North Madison location. We need help with the Kiddie Carnival, Jewlery Sale, concession stand, front door entry, bake sale, and book sale.
Contact Ruth Hellenbrand Ext. 3012

LOAN CLOSET

1-3 volunteers are needed to check out loan closet items to clients on Fridays at the East Madison location. Hours are 9:00 am–3:00 pm which can be split into several shifts.
Contact Joe Neumaier Ext. 3012
Music has a profound impact on our brains and our bodies. The first and third Tuesday of the month at Dale Heights Ellie, Patricia, and Bob with 16-35 participants gather to have a fun and motivating sing-along. Ellie sets it up with volunteers, Patricia plays the accordion, Bob plays the piano, and the participants sing.

A comment from one of the participants, “Singing lifts my mood and relaxes me.” We thank each person that assists and participants in this rewarding program.

Patricia Stone volunteers her time by playing the accordion for the Westside Warblers. Patricia grew up in a Polish and German community on the south side of Milwaukee. At her parent’s urging, she began to play the accordion when she was six years old. She picked it back up after retirement and loves music. Patricia plays polkas and waltzes, swing, big band music as well as Dixieland jazz. She also has a selection of European Cafe music for those seeking a more laid back music experience. Patricia loves playing and sharing music with people.

Robert “Bob” Auerbach volunteers his time by playing the piano for the Westside Warblers. Bob was born on April 12, 1929, in Berlin, Germany. Bob escaped the Holocaust and fought to overcome poverty here in America. Bob graduated from Berea College in 1949 and earned his masters and doctorate in Zoology/Genetics at Columbia University. He was honored with a professorship from UW as well as a Distinguished Alumnus Award from Berea. In addition to his career, he has always made music, playing in jazz bands. In his retirement, Bob volunteers his time as a pianist for local senior centers.
**Day Trip to Galena, Illinois**
Wednesday, August 21, 8:00 am - 6:00 pm
Join us a Badger Motor Coach to beautiful and historic Galena, IL. This is for those who can walk distance. **REGISTER EARLY!** Payment of $35 per person (non-refundable) includes transportation only is due at registration by July 10. Register with Michelle Ext. 4008

**Bus Pick Up**
8:00 am at Warner Park
8:25 am Shopko East
8:45 am South TBD
9:00 am Meadowridge Neighborhood Cntr

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

**June Programs Location Listed**

*Note: Ongoing Exercise Classes will continue at St. Andrew’s Church, Attic Angels, Mound Street Yoga & Meadowood Neighborhood Center. See the calendar pages 18-19 for the details.

**Movies at Alicia Ashman Library**
733 N. High Point Rd.
Every Wednesday, 1:30 - 3:30 pm
June 5 - The Mule (R)
June 12 - Mary Poppins Returns
June 19 - The Upside
June 26 - Barefoot in the Park (Classic)

**Medicare Resources**
Good Shepherd Church, 5701 Raymond Rd
Thursday, June 20, 11:30 am
Guest Speaker Gabi Anzalone
MIPPA Program Specialist
Area Agency on Aging of Dane County

**History of Aprons**
Good Shepherd Church, 5701 Raymond Rd
Thursday, June 27, 12:30 pm
Guest Speakers Lynn Lokken & Kris Winkler who have over 200 aprons!

**Recognizing Senior Bullying**
Madison Senior Center, 330 W. Mifflin St.
Friday, June 7, 10:30 am
Guest Speaker Janet Bollig, SSM Health at Home, Learn why bullying is an issue in the senior community and how to promote positive relationships.

**Building a Non-Financial Legacy**
Attic Angels Community Center
8301 Old Sauk Rd.
Thursday, June 13, 10:00 am
Guest Speaker Ruth Tongen and Andy Davis author of, “Building a Fulfilling Aging Plan.”

---

**West Side Warblers Sing Along**
Dale Heights Church, 5501 University Ave.
1st and 3rd Tuesday, 6:00-7:30 pm
@ Romnes Apartments
Music Greg Matysik  
Tuesday, June 11, 12:00 pm

RSVP Foster Grandparent Program  
Tuesday, June 25, 11:45 am

@ Meadowridge Commons
Technology & Computer Q & A  
Make an appointment to ask questions regarding computers, tablets, smart phones. Call Michelle at Ext. 4008.

Nutrition Education: Making Superfood Smoothies  
Wednesday, June 5, 11:30 am

Dental Health
Thursday, June 6, 12:30 pm  
Jacob King, Familia Dental

Stepping On Program
Starting Thursday, Sept. 12, 1:15-3:15 pm  
Meadowridge Commons, 5734 Raymond Rd

Stepping On is an evidence-based workshop meeting once per week for seven weeks. The class is led by trained leaders who work with you to help improve your balance and reduce your risk of falling by reviewing medications, exploring the role of vision and falls, teaching strength and balance exercises, and offering help to improve your safety at home. Older adults who may have balance problems or fear of falling are the best fit for this class.
NORTH & EAST MADISON
For information about programs, call Ruth at (608) 512-0000 Ext. 3012.

Programs @ Warner Park
1625 Northport Dr.

5¢ Bingo
Every Friday, 10:15 am
Bilingual (Spanish) Bingo on the 1st Friday

Book Club
1st Tuesday, 10:00 am

Card Playing - All skill levels welcome
Euchre - Mondays, 8:30-11:30 am
Kings Corner - Mondays, 10:30 am
Sheepshead - Wednesdays, 1:00-3:00 pm
Mahjong - Thursdays, 1:00 pm

FREE Older Adult Chair Yoga
Every Wednesday, 10:30 am
Certified Yoga Instructor Kim Sprecher

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

Sassy Steppers Dance Crew
Every Monday, 4:00 pm Practice
Fun dance team that perform for events and other senior centers around the area. Any skill level welcome!

Ping Pong League
Every Monday, 9:00 am-Noon
Warner Park Game Room

Blood Pressure Clinic
3rd Wednesday, 11:00 am-12:00 pm

Card-Making Club
2nd and 4th Wednesdays, 1:00 pm
Help create home-made cards for all occasions.

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!

Recognize Senior Bullying
Monday, June 10, 10:30 am
Join SSM Health at Home for a discussion on why bullying is an issue in the senior community, ways to recognize it, how to help perpetrators and victims and steps to take to prevent it.

A Walk in Warner Park
Tuesday, June 11, 10:30 am
Weather permitting

LGBTQ+ Outreach Coffee Meet Up
Monday, June 17, 1:00-3:00 pm
50+ Join us for our monthly get together to discuss whatever is on your mind in a relaxed atmosphere and where the coffee is free.

Medicare Resources
Tuesday, June 18, 10:30 am
On Medicare and need help covering the costs? You may be eligible for programs that could save you money. Gabi Anzalone, MIPPA Specialist

RSVP Foster Grandparent Program
Monday, June 24, 10:30 am
1 on 1 student engagement to increase learning and to create a steady trust and mentorship.
Capital View Farmer’s Market
Wednesday, June 19
Drop off at 3:00 pm/Pick Up at 5:00 pm
Call Ruth at ext. 3012 to arrange a ride.

Day Trip to Veterans Museum Tour
Thursday, June 27, Tour begins at 1:00 pm
Door to Door Transportation is available by calling Ruth Ext. 3012. FREE.

Artful Aging Art Reception
Wednesday, June 5, 1:00-3:00 pm
Madison Senior Center
View the artwork and meet the artists.

Adult Coloring
1st Wednesday, June 4, 11:30 am
Monona Meadows - All supplies provided.

Movie of the Month (Movie TBA)
Tuesday, June 25, 11:30 am
Messiah Lutheran Church

BINGO!
Tuesday, June 4, 11:30 am
Messiah Lutheran Church

Recognizing Senior Bullying
Tuesday, June 11, 11:30 am
Messiah Lutheran Church

Medicare Resources
Tuesday, June 17, 11:00 am
Messiah Lutheran Church

Wednesday, June 19, 11:30 am
Monona Meadows
With Gabi Anzalone, MIPPA Specialist
LATINX PROGRAM

Welcome Glenda
Glenda Escalera Quinones started on May 20 as the Cultural Diversity Program Coordinator. Her main office will be at North Madison. Glenda has a Health and Science Educator degree that she got from the University of Puerto Rico.

Bilingual Bingo and Lunch
Friday, June 7, 10:15 am-12:30 pm
Warner Park Community Recreation Center, 1625 Northport Dr.
Computer class available after lunch at Vera Court Neighborhood Center

Summer Concert at Warner Park
Monday, June 10, 6:00-7:30 pm
Warner Park Shelter

Monthly Discussion Group
Wednesday, June 12, 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.

Diabetes Support Group
Wednesday, June 26, 5:45-8:00 pm
Fitchburg Senior Center, 5510 Lacy Rd.

Limited transportation available, Call Glenda at Ext. 3009 for more information.

AFRICAN AMERICAN PROGRAM

Diabetes Support Group
Monday, June 10, 12:00-2:00 pm
Burr Oaks Senior Apartments
2417 Cypress Way

Summer Concerts at Warner Park
Monday, June 10, 6:00-7:30 pm
Funky Chunky (soul, rhythm & blues) is performing.

Heart Health Group
Thursday, June 27, 2:00-4:00 pm
Catholic Multicultural Center
Classroom #4, 1862 Beld St.

Black Arts Fest In Milwaukee
Saturday, August 3, Maier Festival Park
Celebrating African and African-American culture. Pick up Mt. Zion at 10:00 am and return 6:00 pm. Cost is $25 for admission and ticket for event. Snacks and water provided on bus. Please sign up by June 20 with payment by calling Ericka.

Limited transportation available, Call Ericka at Ext. 2007 for more information.
Items Needed

Used Books and Jewelry
for our fundraiser, AppleFest.

We are accepting donations until Oct. 4:

- Children’s Books
- Fiction/Non-Fiction
- Music
- Mystery/Romance
- Large Print
- Puzzles
- Books on Tape
- Games
- Cook Books
- DVD’s
- Craft/Hobby/How To
- Gently Used Jewelry

You can drop off at any of the NewBridge locations. Please call in advance so we can prepare space. Remember, your donation may be tax deductible!

AppleFest is Saturday, Oct 19. Mark your calendar for a fun family event!

2019 Black Tie Bingo fundraiser had 140 people in attendance and raised $7,400. It was our first fundraiser as NewBridge!

We would like to thank:...

- Silver Sponsors $1,000
  Associated Bank
  Haskins, Short & Brindley LLC
- Bronze Sponsors $500
  Kollath & Associates, CPA
  Research Products Corporation
- Door prize and silent auction donors
- Bingo callers Chief Mike Koval and Ryan Stephenson
- Emcee Laura Gallagher

Check out photos from the event on our Facebook page.

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H5209-2019Ad-M Accepted 2/1/2019

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CALL TODAY! 608.422.0595
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, June 12, 1:00-3:00 pm
Wednesday, June 26, 1:00-3:00 pm

**NORTH MADISON**
Warner Park Community Rec. Center
1625 Northport Drive
Friday, June 14, 9:00-11:30 am

Goodman Community Center
149 Waubesa Street
Monday, June 10, 8:30-9:45 am

Lakeview Lutheran Church
4001 Mandrake Road
Tuesday, June 18, 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, June 3, 12:45-2:45 pm

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**MEDICAL EQUIPMENT LOAN CLOSET**
The East Madison/Monona location has a loan closet with items such as walkers, 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.

---

**LOCAL RESOURCSE**

*Groceries, Clothing, and Meal Available for Seniors*
Every Wednesday, 11:00 am-1:00 pm
The River Food Pantry, 2201 Darwin Rd.

For older adults age 60+ Groceries, clothing and community meal will be available to seniors. Volunteers will be available to assist.
Stephanie Aguilera is a Case Manager at NewBridge South. She graduated with her Master of Social Work from the University of Wisconsin-Madison. Stephanie has previous experience working with older adults in long-term support and hospice. She is bilingual in English and Spanish. Stephanie enjoys spending time with friends and family, loves dogs, and enjoys spending time at the Terrace.

Deenah Givens is the Administrative Assistant at North Madison. She is a very active parent, grandparent and community member. In 1983 she began her career as a grassroots community organizer, working in the Kennedy Heights Neighborhood. She has had the privilege of working with community members in neighborhoods all over Madison on programs that support them in their day-to-day lives, and that is what makes her heart sing.

Alyce Riechenbacher is the Dane County Registered Dietitian & Healthy Aging Coordinator. She completed her Bachelors in Nutrition & Dietetics with an Emphasis in Culinary Arts at St. Louis University then completed her Masters in Nutrition and Dietetics. Her hobbies include spending time with family (including playing Sets and Runs with my 94 year old grandmother); being active and working out at Orangetheory Fitness; and cooking new recipes with old friends.
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.**

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### SOUTH MADISON 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>
<tr>
<td>Egg Bake Diced Roasted Red Potatoes, Biscuit Spiced Apples</td>
<td>Ham and Potato Casserole California Blend Mixed Fruit Cup Chocolate Cream Pie MO: Veggie Casserole</td>
<td>Meatloaf Mashed Potatoes &amp; Gravy Green Bean Casserole Chunky Applesauce Frosted Carrot Cake MO: Veggie Meatballs</td>
<td>Pizza Burger Navy Bean Salad Marinated cucumbers Banana, Pecan Pie MO: Garden Burger</td>
<td>BBQ Chicken Breast Baked Sweet Potato Tropical Fruit Chocolate Cake MO: Veggie BBQ Chicken Salad: Beef Taco</td>
</tr>
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<td>24</td>
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**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

---

### 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>
**RESERVATIONS**

Meal reservation, transportation reservation, and cancellation 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. No one is denied service. Reservation is required. (608) 512-0000

**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.

---

**Meadowridge Commons Lunch Temporarily Moving to Good Shepherd Church**

Effective Tuesday, June 18 until Thursday, August 15, the Meadowridge Commons lunch will be held at Good Shepherd due to the MSCR Programming.

---

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- Same Floor Laundry
- Pets Welcome - Some Restrictions Apply
- Community Room and Resident Activities
- On Bus Line
- Intercom / Key Entry

Professionally managed by Oakbrook Corporation
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</tr>
<tr>
<td>Crispy Chicken and Cheese Sandwich Whole Wheat Bun Vegetable Salad Mixed Salad MO: Crispy Tempeh Sandwich</td>
<td>Chicken Alfredo Whole Wheat Penne Steamed Green Beans Summer Vegetable Salad MO: Veggie Alfredo Salad: Chicken Caesar</td>
<td>Egg Bake Breakfast Potatoes Whole Wheat English Muffin w/ Jam V8 Juice MO: Vegetable Hash</td>
<td>Open Faced Turkey and Gravy Sandwich Roasted Maple Squash and Brussels Sprouts MO: 3 Bean Stew</td>
<td>Cold Chicken and Rotini Salad Broccoli Salad Carrot Slaw MO: Vegetarian Bean &amp; Mushroom Jambalaya</td>
</tr>
<tr>
<td>24</td>
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</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.
## North Madison and East Madison/Monona Locations

<table>
<thead>
<tr>
<th>Address</th>
<th>Day</th>
<th>Time</th>
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</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 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 four delicious breakfast meal options to choose from each week.
- **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.

## West Madison Kosher Site

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

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

Lechym is done for the season and will start again in September.
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
- Invitation to Special Events
- Discount Card to Local Businesses
- Valuable Social Connections

Update from the Friends of NewBridge Committee

On May 8 the Friends of NewBridge held our first gathering at Warner Park with Founding Friends enjoying food and socializing. Attendees were welcomed by Blinda Beason, member of the Madison Committee on Aging, who invited everyone to bring their ideas to the table. The Friends of NewBridge founders in attendance then discussed the following topics:

- How can the Friends be welcoming to all parts of Madison?
- What do the Friends need to know to inform others about, and advocate for, the great programs offered by NewBridge?
- In what ways would the Friends like to volunteer?
- What kinds of events could the Friends sponsor?

There was a lot of energy and some wonderful ideas and stories were shared. As a result, the Friends of NewBridge planning team will create a follow-up survey for the July newsletter to seek your input on the ideas generated.

If you want to become involved with the Friends of NewBridge please contact Deenah at (608) 512-0000, Ext. 3002.

FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name: ________________________________

Additional Family Names: ________________________________

Address: ____________________________________________

City: ____________________________ State: ____________ Zip: ____________

Email Address: ________________________________

How would you like newsletter?  □ Mail  □ Email  □ Both

Amount Enclosed:  □ $ 15 and up for an Individual
                 □ $ 25 and up for a Family
                 □ $___ Additional Donation

Mail the form & payment to NewBridge c/o Friends of NewBridge, 128 E Olin Ave. #110, Madison, WI 53713

You can also purchase a friendship or give a donation on our website at newbridgemadison.org

Donations may be tax deductible to the extent of the tax code.
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  
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Receive reduced ticket prices for select shows

And more added monthly!

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www.gundersonfh.com  
New Bridge, Madison, WI

East Madison/Monona • West Madison/Middleton  
Mt. Horeb • Stoughton • Black Earth • Oregon  
Cross Plains • Fitchburg • Lodi
Hello, June!

03 MONDAY
8:30 Euchre Warner Park
8:40 Exercise St. Andrew
9:00 Ping Pong Warner Park
10:00 FM Vouchers Warner Park
10:30 Kings Corner Warner Park
10:30 Yoga Mound St. Yoga
12:45 Foot Clinic Capital City
4:00 Sassy Steppers Warner Park

10 MONDAY
8:30 Foot Clinic Goodman Center
8:30 Euchre Warner Park
8:40 Exercise St. Andrew
9:00 Ping Pong Warner Park
10:30 Kings Corner Warner Park
10:30 Bullying Warner Park
10:30 Yoga Mound St. Yoga
11:30 Bullying Monona Meadows
12:00 Diabetes Support Burr Oak
4:00 Sassy Steppers Warner Park
6:00 Concert Warner Park

11 TUESDAY
9:00 Knit Group Warner Park
10:00 Tech Appt. Warner Park
10:30 Walk Warner Park
11:30 Bullying Messiah
12:00 Music–Greg Matysik Romnes

12 WEDNESDAY
8:40 Exercise St. Andrew
10:30 Chair Yoga Warner Park
1:00 Sheepshead Warner Park
1:00 Art Reception Madison SC
1:30 Movie Alicia Ashman

13 THURSDAY
10:00 Legacy Attic Angles
11:15 Food Pantry Meadowood
1:00 Mahjong Warner Park

14 FRIDAY
9:00 Foot Clinic Warner Park
10:15 Bingo Warner Park
11:30 Food Pantry Lussier Center

15 SATURDAY
12:00 Cultural Dance Meadowood
2:00 Ping Pong/Pool Meadowood

17 MONDAY
8:30 Euchre Warner Park
8:40 Exercise St. Andrew
9:00 Ping Pong Warner Park
10:00 FM Vouchers Madison SC
10:30 Kings Corner Warner Park
10:30 Yoga Mound St. Yoga
11:00 Medicare Messiah
1:00 LGBTQ+ Warner Park
4:00 Sassy Steppers Warner Park
6:00 **Concert Warner Park

18 TUESDAY
10:00 Tech Appt. Warner Park
10:30 FM Vouchers Good Shepherd
10:30 Medicare Warner Park
1:00 Foot Clinic Lakeview
6:00 Sing Along Dale Heights

19 WEDNESDAY
8:40 Exercise St. Andrew
10:30 Chair Yoga Warner Park
11:00 Blood Pressure Warner Park
11:30 Medicare Monona Meadows
1:00 Sheepshead Warner Park
1:30 Movie Alicia Ashman
2:00 FM Vouchers Romnes
3:00 Farmer’s Market Capital View

20 THURSDAY
9:00 Sewing Club Warner Park
11:15 Food Pantry Meadowood
1:00 Mahjong Warner Park
1:30 Medicare Good Shepherd
2:00 FM Vouchers Goodman

21 FRIDAY
10:15 Bingo Warner Park
11:30 Food Pantry Lussier Center
11:00 FM Vouchers Lussier Center

22 SATURDAY
12:00 Cultural Dance Meadowood
2:00 Ping Pong/Pool Meadowood
**CALENDAR OF PROGRAMS**

**24 MONDAY**

8:30  Euchre  Warner Park  
8:40  Exercise  St. Andrew  
9:00  Ping Pong  Warner Park  
9:30  Foot Clinic  Queen of Peace  
10:30  Kings Corner  Warner Park  
10:30  Foster Grandparent  Warner Park  
10:30  Yoga  Mound St. Yoga  
11:30  Bingo  Monona Meadows  
4:00  Sassy Steppers  Warner Park  
6:00  Concert  Warner Park  

**25 TUESDAY**

9:00  Knit Group  Warner Park  
10:00  Tech Appt.  Warner Park  
11:45  Foster Grandparent  Romnes  
11:30  Movie  Messiah  

**26 WEDNESDAY**

8:40  Exercise  St. Andrew  
10:30  Chair Yoga  Warner Park  
1:00  Sheepshead  Warner Park  
1:00  Card Making  Monona Park  
1:00  Foot Clinic  Monona United  
1:30  Movie  Alicia Ashman  
5:45  Latinx Diabetes  Fitchburg SC  

**27 THURSDAY**

11:15  Food Pantry  Meadowood  
12:30  Aprons  Good Shepherd  
1:00  Mahjong  Warner Park  
1:00  Day Trip  Veteran's Museums  
2:00  Heart Health  Catholic MCC  

**28 FRIDAY**

10:15  Bingo  Warner Park  
11:30  Food Pantry  Lussier Center  

**29 SATURDAY**

12:00  Cultural Dance  Meadowood  
2:00  Ping Pong/Pool  Meadowood  

**Volunteer Recognition Concert**

We will be closed Thursday, July 4 and Friday, July 5

**PROGRAM LOCATIONS**

Alicia Ashman Library  
733 N. High Point Road  

Attic Angels  
8301 Old Sauk Road  

Burr Oaks Apartments  
2417 Cypress Way  

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

Catholic Multicultural Center  
1862 Beld St.  

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  

Good Shepherd Church  
5701 Raymond Rd  

Lakeview Lutheran Church  
4001 Mandrake Road  

Lussier Community Education Center  
55 S. Gammon Road  

Madison Senior Center  
330 W. Mifflin St.  

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
25 Years of Summer Concerts
at Warner Park

MONDAY’S 6:00-7:30PM • FREE FOR ALL AGES!

June 10: Funky Chunky
June 17: Who Dat
June 24: Ladies Must Swing

July 8: The Lower 5th
July 15: Pupy Costello
July 22: Acoplados

Brought to you by:
NewBridge
newbridgemadison.org

Sponsored by:

Madison Community Foundation
Dane Arts


Madison Arts Commission
This project is funded in part by a grant from the Madison Arts Commission, with additional funds from the Wisconsin Arts Board.

Kollath and Associates CPA