FREE Stepping On Class Offered in Meadowood

Thursdays, Sept. 12–Oct. 24, 1:15-3:15 pm
Meadowridge Commons, 5734 Raymond Rd
Stepping On is an evidence-based workshop that 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.

To register, call Joe at Ext. 2000.
Free! Limited space available.

Memorial Donations

Sandra Schmidt in Memory of James Schmidt
Kathy Heimann in Memory of Sue Munson
James Ryan in Memory of Dick Peton
Marion Ezrow in Memory of A. Ezrow

To learn more about Memorial Donations, contact Jim at Ext. 3005.

NewBridge is closed Wednesday, August 21 in the afternoon for a staff training and Monday, September 2 for Labor Day. NewBridge North is closed August 26-30 for building maintenance.

CHECK OUT WHAT’S INSIDE!

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www.NewBridgeMadison.org | (608) 512-0000
MISSION
NewBridge empowers older adults to access affordable resources to maintain their health, safety, independence and community connection.

A LETTER FROM THE EXECUTIVE DIRECTOR...

WEEKDAY MEALS FOR OLDER ADULTS
Food insecurity is a growing problem in our community that effects all ages. In Madison there are over 2,500 older adults who are at nutritional risk. A report shows that older adults struggling with hunger are 78% more likely to experience depression, 40% more likely to report chest pain, 55% more likely to develop asthma. Food insecurity negatively impacts health and complicates older adults ability to maintain good health while aging.

This year our staff has seen an alarming increase in the number of adults aged 60+ in need of a meal each day. In some cases, the older adult does not know how to cook for themselves or it may be unsafe for them to do so because of existing physical or mental limitations. In other instances, the individual lacks sufficient resources to purchase a sufficient amount of food each month.

NewBridge Madison hosts a weekday meal at various locations in Madison and Monona with financial support from Dane County Human Services. Check out pages 18-21 for specific locations and more information.

Marcia Hendrickson, Executive Director

BOARD OF DIRECTORS
NEXT MEETING: September 13, 9:00 am
Warner Park Community Rec. Center

- TIM CONROY - CEO, Capitol Lakes Community
- AMY DEVINE - Attorney, Haskins Short & Brindley LLC
- JULIE DIETERLE - Retired Physical Therapist
- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- CEDRIC JOHNSON - Community Relations Manager, Madison Gas & Electric
- TIM RYAN - CFO, Monona Bank
- LAURA STEIN - Human Resources Advisor, American Family Insurance
- SARAH VALENCIA - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work
- BARBARA ZABAWA - President and Attorney, The Center for Health and Wellness Law, Clinical Assistant Professor, UW-Milwaukee MHA
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
• GRETCHEN SCHADEBERG, Case Manager Ext. 1009
• ALLIE SCHRANK, Bilingual Case Manager - español Ext. 3006
• GLEN THOMMESEN, Case Manager Ext. 2005
• MICHELLE ANDERSON, Program Coordinator Ext. 4008
• RUTH HELLENBAND, Program & Event Coordinator Ext. 3012
• ERICKA BOOY, Cultural Diversity Program Coordinator Ext. 2007
• GLENDA QUINONES, Cultural Diversity Program Coordinator Ext. 3009
• KATIE BRIETZMAN, Community Outreach & Support Specialist Ext. 1002
• JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
• DAVID WILSON, Home Care Coordinator Ext. 2006
• SHELLEY BLONDEAU, Nutrition Coordinator —
• BOB BURNS, Nutrition Coordinator —
• KRISTEN HUBER, Nutrition Manager Ext. 2001
• CANDICE MARTIN, Nutrition Manager Ext. 4006
• TRACY OLIVER, Nutrition Coordinator Ext. 1009
• ARETHA RICHMOND, Nutrition 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, 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 August (issue 8) of “NewBridge News” newsletter is a monthly publication that is mailed free of charge to NewBridge Friends. Madison and Monona residents 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.
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.

WELCOME

GRETCHEN

Gretchen Schadeberg is a Case Manager at NewBridge East. She graduated from St. Norbert College with a Bachelor’s degree in Psychology. She attended The University of Wisconsin-Madison and The University of Georgia to complete her Master’s degree in Social Work and Non-profit Management. Gretchen has previous experience working with older adults in long-term care and through advocacy/community outreach efforts. Gretchen enjoys spending her time with her family & friends, her dog, and being outdoors. She would like to note that she is an amateur gardener and always eager to learn tips to having a greener thumb!

NEWBRIDGE AWARDED PAUL H. KUSUDA GRANT

NewBridge was recently awarded $5,646 through the Paul H. Kusuda Special Projects Fund Grant to pay for computer upgrades for the Case Managers. The grant is managed by the Area Agency on Aging of Dane County Board of Directors.

The Paul H. Kusuda Special Projects Fund Grant was created to assist the Dane County Case Management program to cover one-time costs. Paul believed in the Case Management program and the impact it had on Dane County older adults. The grant was named in his honor after he passed away in 2017.

Paul retired as a social worker within the Department of Health and Human Services back in 1987, but never stopped working. He also served on numerous boards and committees. He was very active within the Area Agency on Aging of Dane. Paul was one of our city’s most active volunteers, tirelessly advocating for older adults and promoting causes to make our world a better place.

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

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

**WEST MADISON**
Lussier Community Education Center
55 S. Gammon Road
Friday, August 16
11:30 am-12:30 pm

**NORTH MADISON**
Goodman Comm. Center
149 Waubesa Street
Wednesdays, August 14&28
Barb Crist has been a Volunteer Guardian since 2016, giving her time and energy advocating for our most vulnerable population. She is passionate about what she does and is always ready to take on a new assignment. Barb shows compassion and caring for those she works with and is a strong advocate, ensuring the individual’s needs are being met.

Being a guardian for her father and aunt helped Barb realize the need for volunteers. Barb said she saw a posting for the need for volunteers and soon after inquired about the program. She knew this is what she wanted to do.

Barb enjoys, “knowing that when people are forgetful or don’t have anyone else, someone like me can make sure things are done right,” assuring there is someone advocating in the best interest of that person.

This opportunity has impacted Barb noted that it adds “more dimension” to my life. “It helps me focus on others and gets me out of my comfort zone.” Barb also noted that she is inspired by the people that she works with and she continues to learn from each person she has served.
VOLUNTEER OPPORTUNITIES

For information about volunteer opportunities, call Jeanette at (608) 512-0000 Ext. 4007.

**Foot Care Clinic Volunteers**

**DESCRIPTION**—The duties include: greeting and registering clients, collecting a fee, tearing down and cleaning up. List of monthly clinics on page 14.

**TIME COMMITMENT**—3-4 hours/month

**IMMEDIATE NEED**—At Queen of Peace, Mount Olive and Capital City Church

**Home Chore Volunteers**

**DESCRIPTION**—Volunteers are matched with older adults to help them remain independent and in their own homes. This opportunity is for individuals, families, couples and groups. Duties may include: dusting, vacuuming, removing garbage, washing windows, and friendly visitation.

**TIME COMMITMENT**—Flexible

**IMMEDIATE NEED**—4 volunteers for Lawn mowing and yard work on Westside and 4 volunteers on the Southside

**Sewing Group Volunteers**

**DESCRIPTION**—Sewing volunteers to help with general mending and alterations on the 1st and 3rd Thursday, 9:00-11:00 am at the North Madison location.

**TIME COMMITMENT**—Flexible

**IMMEDIATE NEED**—1-6 volunteers

**Nutrition Volunteers**

**DESCRIPTION**—NewBridge provides a healthy lunch to older adults living in Madison and Monona, Monday-Friday. The duties include: setting dishware on tables, serving the lunch, washing the dishware, and wiping down tables.

**TIME COMMITMENT**—Days and times are flexible between 9:00 am-1:00 pm, Monday-Friday.

**IMMEDIATE NEED**—5 volunteers at the Madison Senior Center, 330 W. Mifflin Ave., Monday-Friday, 10:00 am-Noon

1 volunteer at the Meadowridge Commons, 5734 Raymond Rd. Monday-Thursday, Noon-1:30 pm

**One-Time Kitchen Clean-Up Volunteers**

**DESCRIPTION**—Help deep-clean the kitchen at Warner Park.

**TIME COMMITMENT**—5 hours, 10:00 am-3:00 pm, day flexible between Aug. 26-30

**IMMEDIATE NEED**—3-4 volunteers

**Guardian and Representative Payee Volunteers**

**DESCRIPTION**—Compassionate individuals to be guardians and payees for older adults who don’t have family or friends to do so. Must be at least 25 years old. Training and ongoing support is provided.

Call Katie Brietzman for info at Ext. 1002.
Volunteer Opportunities Continued
Loan Closet Office Volunteer

DESCRIPTION—The East Madison/Monona office needs volunteers for half-day shifts, Friday only, to check out loan closet items.

TIME COMMITMENT—AM shift 9:00 am-Noon or PM shift Noon-3:00 pm

IMMEDIATE NEED—1-2 volunteers

AppleFest Volunteers

DESCRIPTION—Saturday, October 19
A family fun fundraiser at NewBridge North. We need help supervising various areas and tearing down.

TIME COMMITMENT—4 hour shifts between 8:30 am and 4:00 pm.

IMMEDIATE NEED—20+ volunteers

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!

Greentree Glen
62+1 & 2 bedroom apartment homes
608-274-5161
732 Struck Street, Madison
greentreeglen@horizondt.com
www.horizonseniorhousing.com
Professionally managed by Horizon Management

Go green.
Power your home or business with solar energy from Madison Gas and Electric.
MGE is planning a new Shared Solar installation at Morey Field in Middleton. Join the program to get locally generated solar energy for your home or business. It's easy, affordable, and it helps grow renewable energy in our community.

Shared Solar—Make it your energy.
Visit energy2030together.com/SharedSolar to learn how to participate.

For ad info. call 1-800-950-9952 • www.4lpi.com
New Bridge, Madison, WI
C 4C 01-2049
**AUGUST PROGRAMS & ACTIVITIES**

NewBridge offers weekday social, educational, and exercise programs at various sites in the community.

**SOUTH & WEST MADISON**

For information about programs, call Michelle at (608) 512-0000 Ext. 4008

*Ongoing exercise classes will continue at St. Andrew’s Church, Alicia Ashman Library, and Meadowood Neighborhood Center. Check out our website for the full class listing or call Michelle at Ext. 4008.*

**Movies at Alicia Ashman Library**

Every Wednesday, 1:30-3:30 pm
733 N. High Point Rd.

**Sponsored by BrightStar Care**

August 07 - DUMBO
August 14 - The Mustang (Rated R)
August 21 - Bohemian Rhapsody (Rated R)
August 28 - Classic: Foul Play w/ Goldie Hawn & Chevy Chase

**AARP Driver Safety Smart Driver**

Friday, August 2, 9:00 am-1:00 pm
Good Shepherd Church, 5701 Raymond Rd
Course fee: $15/AARP members and $20/non-members
Register for the class by contacting Joe at Ext. 2000 or AARP website.

**Memory Screening**

Thursday, August 15, 10:30 am-1:30 pm
Meadowridge Library, 5726 Raymond Rd
Receive a free 20 minute memory screen by professionals from the ADRC. Sign up today by calling Michelle Ext. 4000.

**Fire Safety**

- Monday, August 12, 12:00 pm
  Fisher Taft Apartments, 2025 Taft St.
- Monday, August 19, 10:30 am
  Warner Park, 1625 Northport Dr.
- Wednesday, August 21, 11:30 am
  Monona Meadows, 250 Femrite Dr.
- Wednesday, August 28, 12:15 pm
  Meadowridge Commons, 5734 Raymond Rd.

**Cooking Classes w/ The Oilerie**

Sponsored by The Oilerie ® Sun Prairie
Meadowridge Commons, 5734 Raymond Rd
Tuesday, August 20, 4:00-6:00 pm
Tuesday, August 27, 4:00-6:00 pm
Tuesday, September 10, 1:15-3:15 pm
Tuesday, September 17, 1:15-3:00 pm

**Lunch & Euchre at Nitty Gritty**

Wednesday, August 14 at 11:30 am
1021 N Gammon Rd, Middleton
You MUST RSVP to Michelle Ext. 4008 to reserve your place by Noon on the Monday, August 12.

**R.O.M.E.O (Retired Older Men Eating Out)**

Thursday, August 15, 12:15 pm
The Jefferson, 9401 Old Sauk Rd, Middleton
RSVP to Michelle Ext. 4008. Transportation available. Free.

**Lunch w/ Madison Police Officer**

Tuesday, August 13, 11:30 am-12:00 pm
Romnes Apartments, 540 W. Olin Ave
Think Tank
Tuesday, August 20, 9:30 am
Lane’s Bakery, 2304 South Park St.
RSVP to Michelle Ext. 4008

MAUI-Madison Area Ukulele Initiative
Thursday, August 8, 11:30 am
Good Shepherd, 5701 Raymond Rd.

Access Assistive Technology
Tuesday, August 27, 12:00 pm
Romnes Apartments, 540 W. Olin Ave.
Thursday, August 1, 11:45 am
Good Shepherd, 5701 Raymond Rd.

Bingo w/ Michelle
Tuesday, August 20, 1:00-2:00 pm
Catholic Multicultural Ctr, 1862 Beld St.

New Exercise Class Free Demo
Tuesday, August 13, 10:30-11:00 am
Ballroom Basics for Balance (BB4B)
Tuesday, August 13, 11:15-11:45 am
Easy Yoga Plus– adaptive for all needs
Dale Heights, 5501 University Ave.

Ballroom Basics for Balance
Tuesdays, 10:30 am-12:00 pm
10 Week Course, starting September 10

Coming Soon: Easy Yoga
Thursdays, 10:30-11:15 am
Details in the September newsletter.

Programs and activities are also offered at: Madison Senior Center
330 W. Mifflin St. (608) 266-6581
NORTH & EAST MADISON
For information about programs, call Ruth at (608) 512-0000 Ext. 3012.

*NewBridge North is closed August 26-30 for building maintenance.

5¢ Bingo
Every Friday, 10:15 am
Warner Park, 1625 Northport Dr.

Book Club
Tuesday, August 6, 10:00 am
Warner Park, 1625 Northport Dr.

Card Games - 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
Warner Park, 1625 Northport Dr.

FREE Older Adult Chair Yoga
Every Wednesday, 10:30 am
Warner Park, 1625 Northport Dr.
Certified Yoga Instructor Kim Sprecher

Technology Help Appointments
Will start again September 9.
Warner Park, 1625 Northport Dr.

Knit & Crochet Club (Quilters too!)
Tuesday, August 13, 9:00-11:00 am
Warner Park, 1625 Northport Dr.

Ping Pong League
Every Monday, 9:00 am-Noon
Warner Park Game Room, 1625 Northport Dr.

Sassy Steppers Dance Crew
Every Monday, 4:00 pm Practice
Warner Park, 1625 Northport Dr.
Fun dance team that perform for events and other senior centers. Any skill level welcome!

Blood Pressure Clinic
Wednesday, August 21, 11:00 am-12:00 pm
Warner Park, 1625 Northport Dr.

Card-Making Club
Wednesday, August 14, 1:00 pm
Warner Park, 1625 Northport Dr.
Help create home-made cards for all occasions.

Sewing Club/FREE Mending Service
Thursdays, August 8 & 22, 9:00 am
Warner Park, 1625 Northport Dr.
Older adults with general mending and alteration needs. Limit three articles per month.

Nutrition Education
Tuesday, August 6, 10:30 am
Warner Park, 1625 Northport Dr.

Adult Coloring
Tuesdays, August 13 & 20, 10:30 am
Warner Park, 1625 Northport Dr.

LGBTQ+ Outreach Coffee Meet Up
Monday, August 19, 2:00-4:00 pm
Warner Park, 1625 Northport Dr.
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.

Artful Aging Fall 2019
Wednesdays, Oct. 2-Nov. 20, 1-3 pm
Warner Park, 1625 Northport Dr.
Enrollment starting for this FREE art experience. Artist Amy Cavi, leads older adults on a creative journey. No experience needed. All materials provided. Limited transportation available. Sign up with Ruth Ext. 3012.
Summer Table Trivia
Monday, August 5, 11:30 am
Monona Meadows, 250 Femrite Dr.

BINGO!
- Tuesday, August 6, 11:30 am
  Messiah Church, 5202 Cottage Grove Rd.
- Monday, August 26, 11:30 am
  Monona Meadows, 250 Femrite Dr.

Adult Coloring
Wednesday, August 7, 11:30 am
Monona Meadows, 250 Femrite Dr.

Scrabble
Tuesday, August 13, 11:30 am
Messiah Church, 5202 Cottage Grove Rd.

Crossword Puzzle Fun
Monday, August 19, 11:30 am
Monona Meadows, 250 Femrite Dr.

Movie of the Month –Apollo
- Monday, August 12, 11:30 am
  Monona Meadows, 250 Femrite Dr.
- Tuesday, August 27, 11:30 am
  Messiah Church, 5202 Cottage Grove Rd.

Kings Corner Card Games
Wednesday, August 14 & 28, 11:30 am
Monona Meadows, 250 Femrite Dr.

National Lemonade Day
- Tuesday, August 20, 11:30 am
  Messiah Church, 5202 Cottage Grove Rd.
- Wednesday, August 21, 11:30 am
  Monona Meadows, 250 Femrite Dr.

Programs and activities are also offered at:
Monona Senior Center, 1011 Nichols Rd.
(608) 222-3415   www.mymonona.com
LATINX PROGRAMS
For information call Glenda at (608) 512-0000 Ext. 3009

Bilingual Bingo
Friday, August 2, 10:15 am-12:30 pm
Warner Park, 1625 Northport Dr.

Monthly Discussion Group
Wednesday, August 14, 5:45-8:00 pm
Madison Senior Center, 330 W. Mifflin St.
Join us as we discuss relevant issues on health and wellness. Topic: Nutrition class from the University of Wisconsin-Madison. Dinner and transportation provided.

Support Group at Good Shepherd
Thursday, August 15, 11:00 am-2:00 pm
Good Shepherd Church, 5701 Raymond Rd
Join us for lunch at Good Shepherd Church. Our discussion topic is Diabetes. Transportation available via Transit Solutions for those living in the West Madison service area.

Caregiver Support Group
Wednesday, August 28, 5:45-8:00 pm
Madison Senior Center, 330 W. Mifflin St.
Join us as we discuss relevant issues on health and wellness. Topic: Nutrition class from the University of Wisconsin-Madison. Dinner and transportation provided.

AFRICAN AMERICAN PROGRAMS
For information call Ericka at (608) 512-0000 Ext. 2007

Monthly Discussion Group
Friday, August 2, 12:00-1:30 pm
Vera Court 614 Vera Ct.
Discussion group on healthy eating. Limited space. Sign up required, call Ericka Ext. 2007.

Dane Dances Gathering
Friday, August 9, 5:30-9:30 pm
Monona Terrace, 1 John Nolen Dr.
Music by Commodores and Barry White Tribute Band and Heatwave

Diabetes Support Group
Monday, August 12, 12:00-2:00 pm
Burr Oaks Senior Apartments
2417 Cypress Way
Limited transportation available.

Identity Theft Presentation
Monday, August 19, 10:30-11:30 am
East Madison Comm. Cntr, 8 Straubel Ct.
Presented by Jeff Kersten, Agency Liaison from the Bureau of Consumer Protection.

Heart Health Support Group
Thursday, August 29, 2:00-4:00 pm
Catholic Multicultural Center Classroom #4, 1862 Beld St.
Limited transportation available.
**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 August 5. Register with Michelle (608) 512-0000 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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**Pontoon Boat Rides**

Tuesday, August 13, South & West
Tuesday, August 27, North & East

Pick up by Transit Solutions starts at 8:30 am. The return ride is leaving Tenney Park at 11:45 am. Boat Ride is 1.5 hours long. It is wheelchair and walker accessible. You need to be independent or have your own assistant.

Register with Joe (608) 512-0000 Ext. 2000.
The fee is $2 per person.
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, August 21, 1:00-3:00 pm  
Wednesday, August 28, 1:00-3:00 pm

Lake Edge Lutheran Church  
4032 Monona Drive  
Monday, August 12, 9:00 am-Noon  
**Monday, August 19, 9:00 am-Noon**

**Diabetic Clinic (non-diabetics are welcome as well)**

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

Goodman Community Center  
149 Waubesa Street  
Monday, August 12, 8:30-9:45 am

Lakeview Lutheran Church  
4001 Mandrake Road  
Tuesday, August 20, 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, August 5, 12:45-2:45 pm

Mount Olive Lutheran Church  
110 N. Whitney Way Room 11  
Tuesday, August 20, 9:30-11:15 am

Our Lady Queen of Peace  
401 Mineral Point Road  
Monday, August 26, 9:30-11:45 am

**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.
“Only Leaves Should Fall”
Falls Prevention Event
Tuesday, September 24, 11:30 am-3:30 pm
Door Creek Church, 6602 Dominion Dr.

Participants will learn about local falls prevention programs and classes; receive screenings and reviews for blood pressure, cognitive function, medication, balance, home safety, and urinary incontinence; and participate in program demonstrations.
Lunch is provided, and the event is FREE. Transportation is provided upon request if you register by Friday, September 13.

Please call Safe Communities at (608) 441-3060 to register.

Nationally, one out of four people 65 years and older will fall each year. And once someone suffers from a fall, they are more likely to fall again. In Wisconsin, falls are the number one cause of injury-related death and Wisconsin is consistently ranked #1 or #2 as having the highest death rate from falls in the nation. The Dane County Falls Prevention Task Force and partners are helping to alleviate the prevalence of falls among older adults in our community.
**LOCAL PROGRAMS & RESOURCES**

**TRIAD Safety Program**
Wednesday, August 21, 10:00 am
All Saints Neighborhood Comm. Room, 511 Commerce Drive
Prescription Drugs & CBD by Safe Communities

**TRIAD of Wisconsin Crime and Prevention Conference & Expo**
Friday, September 27, 8:00 am-4:00 pm
American Family Ins. Training Center, 6000 American Parkway
$25 before August 14 and $35 after. Includes breakfast, lunch and materials. Sign up by visiting RSVPdane.org or call (608) 238-7787

**Community Connections Forum**
Wednesday, August 14, 10:30 am
Community Room at Attic Angel Place, 8301 Old Sauk Road
Presenter Karen Menendez Coller, Executive Director of Centro Hispano of Dane County.
The event is free and open to all.

**Stepping On Class in Monona**
Wednesdays, August 21-October 2
12:00-2:00 pm
Monona Community Center Lounge, 1011 Nichols Road, Monona
Stepping On can help you avoid a dangerous and costly fall. Call 222-3415 to register; space is limited. Cost is $35.00 Scholarships available.

**Groceries, Clothing, and a Meal**
Every Wednesday, 11:00 am-1:00 pm
The River Food Pantry, 2201 Darwin Rd.
For older adults age 60+ and veterans. Groceries, clothing and community meal will be available to seniors. Volunteers will be available to assist.

**Madison/Monona Urgently Needs Volunteer Drivers**
The RSVP Driver Services Program in Madison/Monona urgently needs volunteer drivers to provide rides to area seniors (60 yrs. and older) and veterans of all ages to medical and other important appointments. This volunteer position is very flexible, there are no minimum hours required, and mileage reimbursement and extra liability insurance is provided. If you are interested in driving, contact Mary Schmelzer at 608-441-7896 or mschmelzer@rsvpdane.org.

**31st Annual Colloquium on Aging**
Friday, September 27, 8:00 am-1:30 pm
Gordon Dining & Event Center, UW Campus
Showcasing the latest research and resources on positive aging, with speakers, a poster session, and a health & resource fair. The event is free and open to the public, but space is limited and registration fills up in less than a week
Registration opens Monday, August 5 at 8 am.
Registrations will be taken on this website: http://aging.wisc.edu/outreach/colloquium.php

**Meditation Series**
Tuesdays, August 6, 13, 20, 27, 1-2 pm
Monona Community Center Monona Room 1011 Nichols Road, Monona
Join us for this four part series, each week building on the previous week to learn more about the benefits of meditation to promote health and well being. The cost of this series is $15.00 for all four sessions or $5.00 for each session if you drop in. Call 222-3415 to reserve your space today as seating is limited.
- August 6 - Simple Awareness, Mindfulness Meditation, Sitting Meditation
- August 13 - Intro to Yoga, Moving Meditation and Mindfulness, Breath Work
- August 20 - Sitting practice, Mindfulness and Compassion Meditation, Yoga for self love
- August 27 - Developing a Personal Practice, Conclusion
Healthy Living with Chronic Pain
Thursdays, August 1–September 5
12:30-3:00 pm
Madison Senior Center, 330 W. Mifflin St.
Living with pain? What if you could feel better?
If living with ongoing pain is keeping you from
doing the things you want to do, this class can
help by giving you the tools and strategies to
manage your pain. If you’re 18 or older and have
or live with someone who has chronic pain, this
program is for you. For more information or to
register call (608) 266-6581.

Gentle Yoga
Thursdays, 10:00-10:45 am
Madison Senior Center, 330 W. Mifflin St.
All abilities and levels welcome. We will do a
combination of seated and standing positions.
Pay the $4 per class fee when you check in.
Scholarships are available.

Ballroom Basics for Balance
(BB4B)
Fridays, September 13–December 13
10:00 am-11:30 am
Central Library, 201 W Mifflin St
Beginner & Intermediate—Practice balance and
learn to prevent falls while dancing. Get better at
walking or moving around on various surfaces
and improve your confidence! This class is for you
if you move around on your own with or without a
device, have fallen or have fear of falling. No
experience or partner needed! Have fun while
improving your balance, and challenge yourself in
a safe environment. Taught by physical therapists
and other health professionals. Meet on the
lovely 3rd floor (elevator available) of
the Central Library. The cost is $65. Call the
Madison Senior Center at (609) 266-6581 to
register. For more information:
www.ballroombasicsforbalance.org.
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.**

### SOUTH MADISON MENU & LOCATIONS

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>05</td>
<td>06</td>
<td>07</td>
<td>08</td>
<td>09</td>
</tr>
<tr>
<td>Chicken Mac Casserole&lt;br&gt;Peach, Tomato Juice&lt;br&gt;Pineapple, Vanilla Pudding&lt;br&gt;MO: Mac and Cheese</td>
<td>Cheese Tortellini Bake&lt;br&gt;Bread Stick, Spinach&lt;br&gt;Mandarin Oranges&lt;br&gt;Blueberry Crisp&lt;br&gt;MO: Veggie Tortellini Bake</td>
<td>Chicken a la King&lt;br&gt;Brown Rice, Carrots&lt;br&gt;Cornd Salad, Peaches&lt;br&gt;Frosted White Cake&lt;br&gt;MO: Veg. Chicken a la King</td>
<td>Traditional Meatloaf&lt;br&gt;Mashed Potatoes w/Gravy, Broccoli&lt;br&gt;Apple Juice Cup&lt;br&gt;Raspberry Sherbet&lt;br&gt;MO: Veggie Meatballs</td>
<td>Pot Roast with Gravy&lt;br&gt;Mashed Potatoes&lt;br&gt;Mixed Green Salad&lt;br&gt;Orange, Tapioca Pudding&lt;br&gt;MO: Black Bean Burger&lt;br&gt;Salad: Harvest</td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>BBQ Chicken Breast&lt;br&gt;Baked Sweet Potato&lt;br&gt;Tropical Fruit&lt;br&gt;Chocolate Cake&lt;br&gt;MO: Veggie BBQ Strips</td>
<td>Pizza Burger&lt;br&gt;Navy Bean Salad&lt;br&gt;Marinated cucumbers&lt;br&gt;Banana, Choc. Chip Cookie&lt;br&gt;MO: Garden Burger</td>
<td>Ham and Potato Casserole&lt;br&gt;California Blend, Fruit Cup&lt;br&gt;Chocolate Cream Pie&lt;br&gt;MO: Veggie Cheese Potato Casserole</td>
<td>Egg Bake&lt;br&gt;Diced Red Potatoes&lt;br&gt;Grape Juice&lt;br&gt;Biscuit, Spiced Apples</td>
<td>BBQ Pulled Pork on Bun&lt;br&gt;Coleslaw, Fresh Fruit&lt;br&gt;California Blend Veg.&lt;br&gt;Banana Cream Pie&lt;br&gt;MO: Hummus Wrap&lt;br&gt;Salad: Beef Taco</td>
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<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
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<tr>
<td>Tuna Salad Sandwich&lt;br&gt;Veggie Salad&lt;br&gt;Chickpea Salad, Pears&lt;br&gt;Apple Sauce Bar&lt;br&gt;MO: Egg Salad</td>
<td>Enchilada Casserole&lt;br&gt;Cauliflower, Confetti Corn w/Black Beans&lt;br&gt;Mandarin Oranges&lt;br&gt;Frosted Churro Cake&lt;br&gt;MO: Bean/Cheese Casserole</td>
<td>Brat&lt;br&gt;Stewed Tomatoes&lt;br&gt;Mixed Green Salad&lt;br&gt;Fruit Cocktail&lt;br&gt;Apple Crisp&lt;br&gt;MO: Veggie Wrap</td>
<td>Chicken Strips&lt;br&gt;Green Beans, Pea Salad&lt;br&gt;Fruit Cup&lt;br&gt;Butterscotch Ice Cream&lt;br&gt;MO: Cheese/Tomato Sandwich</td>
<td>Taco Pasta Casserole&lt;br&gt;Broccoli, Cauliflower&lt;br&gt;Pineapple&lt;br&gt;Blueberry Crisp&lt;br&gt;MO: Veggie Taco Casserole&lt;br&gt;Salad: 7 Layer</td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>Roasted Turkey in Gravy&lt;br&gt;Rice Pilaf, Creamed Corn&lt;br&gt;Crab Hunny Sauce&lt;br&gt;Fruit Cocktail&lt;br&gt;Brownie w/PB Frosting&lt;br&gt;MO: Veg. Turkey in Gravy</td>
<td>Tuna Casserole&lt;br&gt;Roasted Baby Carrots&lt;br&gt;Pickled Beets&lt;br&gt;Banana, Lime Sherbet&lt;br&gt;MO: Hummus and Pita</td>
<td>Chicken Sandwich&lt;br&gt;Lettuce, Tomato, Mayo&lt;br&gt;Cheesy Potatoes&lt;br&gt;4 Bean Salad, Orange&lt;br&gt;Frosted Chocolate Cake&lt;br&gt;MO: Multigrain Burger</td>
<td>Meatballs in Gravy&lt;br&gt;Mashed Potatoes&lt;br&gt;California Blend&lt;br&gt;Tropical Fruit&lt;br&gt;Strawberry Ice Cream&lt;br&gt;MO: Veggie Meatballs</td>
<td>Sloppy Joe&lt;br&gt;Kidney Bean Salad&lt;br&gt;Mixed Vegetable, Banana&lt;br&gt;Frosted Strawberry Cake&lt;br&gt;MO: Chickpea Sloppy Joe&lt;br&gt;Salad: Pulled Pork Santa Fe</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>
**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.

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**Important**

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.

---

**NEVER MISS A NEWSLETTER!**

Sign up to have our newsletter emailed to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)
### 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>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>05</strong></td>
<td>Sloppy Jo, Potato Wedges</td>
<td>06 Crispy Chicken and Cheese</td>
<td>07 Egg Bake</td>
<td>02 Beef Stew over a Biscuit</td>
</tr>
<tr>
<td></td>
<td>Steamed Broccoli</td>
<td>Sandwich, Vegetable Salad</td>
<td>Breakfast Potatoes</td>
<td>Mixed Salad, Sliced Melon</td>
</tr>
<tr>
<td></td>
<td>Sliced Oranges</td>
<td>Mixed Salad, Pineapple</td>
<td>English Muffin w/ Jam</td>
<td>Ice Cream</td>
</tr>
<tr>
<td></td>
<td>Brownie</td>
<td>Cake</td>
<td>V8 Juice</td>
<td>MO: Vegetable Stew over a</td>
</tr>
<tr>
<td></td>
<td>MO: Lentil Sloppy Jo</td>
<td>MO: Tempah Sandwich</td>
<td>Seasonal Mixed Fruit</td>
<td>Biscuit</td>
</tr>
<tr>
<td>05</td>
<td>Cold Chicken and Rotini</td>
<td>13 Sweet and Sour Chicken</td>
<td>14 Baked Lemon Tilapia</td>
<td>09 Chicken Alfredo</td>
</tr>
<tr>
<td></td>
<td>Salad, Broccoli Salad</td>
<td>Rice, Stir Fry Vegetables</td>
<td>Baked Potato</td>
<td>Whole Wheat Penne</td>
</tr>
<tr>
<td></td>
<td>Carrot Slaw, Cantaloupe</td>
<td>Mixed Salad, Pineapple Cake</td>
<td>Cole Slaw, Watermelon Brownie</td>
<td>Steamed Green Beans</td>
</tr>
<tr>
<td></td>
<td>Cookie</td>
<td>MO: Veg, Stir Fry Salad: Tuna</td>
<td>MO: Baked Lemon Tofu</td>
<td>Summer Vegetable Salad</td>
</tr>
<tr>
<td></td>
<td>MO: Vegetarian Bean and</td>
<td></td>
<td></td>
<td>Seasonal Mixed Fruit Cake</td>
</tr>
<tr>
<td></td>
<td>Mushroom Jambalaya</td>
<td></td>
<td></td>
<td>MO: Veggie Alfredo</td>
</tr>
<tr>
<td>12</td>
<td>Red Beans and Rice</td>
<td>13 Swedish Meatballs</td>
<td>14 Pork Chops</td>
<td>16 Beef Lasagna</td>
</tr>
<tr>
<td></td>
<td>Broccoli Medley</td>
<td>w/ Egg Noodles</td>
<td>Mashed Sweet Potatoes Gravy</td>
<td>Garlic Butter Sweet Corn</td>
</tr>
<tr>
<td></td>
<td>Mixed Salad</td>
<td>Steamed Carrots</td>
<td>Steamed Broccoli</td>
<td>Mixed Salad</td>
</tr>
<tr>
<td></td>
<td>Sliced Oranges</td>
<td>Salad, Cantaloupe, Cookie</td>
<td>Watermelon, Brownie</td>
<td>Sliced Oranges</td>
</tr>
<tr>
<td></td>
<td>Jello</td>
<td>MO: Vegetarian Bean Stew</td>
<td>MO: Veggies Burger</td>
<td>Cake</td>
</tr>
<tr>
<td></td>
<td>MO: Grilled Cheese Sandwich</td>
<td>Salad: BLT Cobb</td>
<td></td>
<td>MO: Vegetable Lasagna</td>
</tr>
<tr>
<td>19</td>
<td>Fish Sandwich w/ Cheese</td>
<td>20 Honey Glazed Ham</td>
<td>21 Ground Beef Tater Tot</td>
<td>23 Baked Ziti</td>
</tr>
<tr>
<td></td>
<td>Mediterranean Quinoa Salad, Mixed Salad</td>
<td>Cheesy Potato Bake</td>
<td>Casserole</td>
<td>Sweet Peas</td>
</tr>
<tr>
<td></td>
<td>Canned Peaches</td>
<td>Maple Glazed Carrots</td>
<td>Sweet Pea Salad</td>
<td>Mixed Salad</td>
</tr>
<tr>
<td></td>
<td>Cookie</td>
<td>Sliced Oranges, Cake</td>
<td>Cantaloupe, Fruit Crumble</td>
<td>Pineapple, Pudding</td>
</tr>
<tr>
<td></td>
<td>MO: Grilled Cheese Sandwich</td>
<td>MO: Veggie Burger</td>
<td>MO: Vegetarian Tater Tot</td>
<td>MO: Veg/Rice Casserole</td>
</tr>
<tr>
<td>26</td>
<td></td>
<td></td>
<td>Casserole</td>
<td>MO: Vegetarian Baked Ziti</td>
</tr>
<tr>
<td>27</td>
<td>Parmesan Chicken Pasta</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Bake, Marinara Sauce</td>
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<tr>
<td></td>
<td>Garlic Butter Sweet Corn</td>
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<tr>
<td></td>
<td>Mixed Fruit, Ice Cream</td>
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<td>29</td>
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### East Madison/Monona Locations

<table>
<thead>
<tr>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monona Meadows</td>
<td>M &amp; W</td>
<td>Noon</td>
</tr>
<tr>
<td>Messiah Lutheran</td>
<td>T</td>
<td>Noon</td>
</tr>
</tbody>
</table>

### North Madison Locations

<table>
<thead>
<tr>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warner Park Community Ctr</td>
<td>M-W &amp; F</td>
<td>11:30 am</td>
</tr>
<tr>
<td>Goodman Community Ctr</td>
<td>M-F</td>
<td>11:45 am</td>
</tr>
</tbody>
</table>

### West Madison Locations

<table>
<thead>
<tr>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meadowridge Commons (June 3-13)</td>
<td>T-TH</td>
<td>Noon</td>
</tr>
<tr>
<td>Good Shepherd Church (June 18-August 15)</td>
<td>T-TH</td>
<td>Noon</td>
</tr>
<tr>
<td>Lussier Community Center</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 810 E. Washington Avenue</td>
<td>TH</td>
<td>11:00 am-1:00 pm</td>
</tr>
<tr>
<td>Cranberry Creek 1501 Lake Point Drive</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 at 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>
</tr>
</thead>
<tbody>
<tr>
<td>Beth Israel Center 1406 Mound Street</td>
<td>M Sept-May</td>
<td>Noon</td>
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</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.

**Lechyim is done for the season and will start again in September.**
FRIENDS OF NEWBRIDGE

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.

An Update from the Friends of NewBridge

In June, the Friends of NewBridge:
- Volunteered for the American Family Insurance Golf Tournament
- Developed and distributed a Friends of NewBridge survey
- Gathered at the Summer Concert Series in Warner Park

In July, the Friends of NewBridge:
- Continued to gather at the Summer Concert Series in Warner Park (P.S. Did you know there is free popcorn for Friends if you show your card?)

In August, the Friends of NewBridge:
- Attending a Senior Advocacy Training through the Area Agency on Aging
- Signing up for the 31st Colloquium on Aging at UW-Madison Institute on Aging
- Signing up for volunteer shifts at Applefest
- And making plans for another Friends only get-together in the fall, details to follow

Take our survey and be entered to win a $50 Willy St. Co-op Gift Card

Chose one of three ways complete the survey:
1. Cut out the survey from this newsletter, fill it out, and mail to NewBridge North, 1625 Northport Dr. #125 Madison 53704
2. Pick up a paper survey at one of the NewBridge locations and return to NewBridge North
2. Fill out the survey online at https://www.surveymonkey.com/r/CZR98PJ

Deadline August 30 at Noon.

Friend of NewBridge Survey

Complete to be entered into a drawing to win a $50 Willy St. Co-op Gift Card by August 30.

Are you currently a Friend of NewBridge?
- Yes
- No

If yes, what inspired you to become a Friend?
- _____ Receive monthly newsletter
- _____ Opportunities to socialize
- _____ Enjoy the benefits available
- _____ Provide financial support
- _____ Volunteer opportunities
- _____ To feel engaged in the community
- _____ Other: _______________________

How many Friend of NewBridge events would you attend annually?
- 1 - 2
- 3 - 4
- Not Interested

What type of Friends of NewBridge programs or events would you attend?
- _____ Social Gatherings
- _____ Informational (NewBridge updates)
- _____ Volunteer Opportunity
- _____ Fundraising/Advocacy

Would you be interested in serving on a NewBridge Committee?
- _____ Friends of NewBridge Planning Committee
- _____ Finance Committee
- _____ Fund Devel. & Marketing Committee
- _____ Nominating Committee
- _____ Advocacy Committee
- _____ Not Interested

(Required be entered into the drawing.)

Name: ________________________________
Email: _______________________________
Phone: ______________________________
2019 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.
<table>
<thead>
<tr>
<th>IMPORTANT PHONE NUMBERS</th>
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<tbody>
<tr>
<td>AARP</td>
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<tr>
<td>Access Community Health- Erdman Clinic</td>
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<td>Access Community Dental Clinic</td>
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<tr>
<td>Access Community Health- Wingra Clinic</td>
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<tr>
<td>Access to Independence</td>
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<tr>
<td>ADRC Aging and Disability Resource Center</td>
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<tr>
<td>Affordable Housing Resource Line</td>
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<tr>
<td>Age Advantage Older Workers</td>
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<tr>
<td>Agrace Hospice</td>
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<tr>
<td>Alzheimer's &amp; Dementia Alliance</td>
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<tr>
<td>Alzheimer's Association</td>
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<tr>
<td>American Parkinson Disease Association</td>
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<tr>
<td>Area Agency on Aging of Dane County</td>
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<tr>
<td>Catholic Multicultural Center</td>
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<tr>
<td>Care Wisconsin</td>
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<tr>
<td>Centro Hispano</td>
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<tr>
<td>Community Action Coalition</td>
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<tr>
<td>Crisis Line</td>
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<tr>
<td>Dane County SOS Senior Council</td>
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<tr>
<td>Dane County Veteran's Service Office</td>
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<tr>
<td>Domestic Abuse Intervention Service</td>
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<tr>
<td>Elder Abuse &amp; Neglect Helpline</td>
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<tr>
<td>Goodman Community Center</td>
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<tr>
<td>Home Health United/VNS</td>
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<tr>
<td>Homeless Services Consortium</td>
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<tr>
<td>Independent Living</td>
</tr>
<tr>
<td>Jewish Social Services</td>
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<tr>
<td>LGBT Senior Alliance</td>
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<tr>
<td>Lussier Community Education Center</td>
</tr>
<tr>
<td>Madison Public Health</td>
</tr>
<tr>
<td>Madison School &amp; Community Rec</td>
</tr>
<tr>
<td>Madison Senior Center</td>
</tr>
<tr>
<td>Meals on Wheels (lunch)</td>
</tr>
<tr>
<td>Meals on Wheels (evening)</td>
</tr>
<tr>
<td>Mental Health Crisis Line</td>
</tr>
<tr>
<td>Metro Paratransit Reservations</td>
</tr>
<tr>
<td>Madison Gas &amp; Electric</td>
</tr>
<tr>
<td>National Alliance on Mental Illness</td>
</tr>
<tr>
<td>NewBridge</td>
</tr>
<tr>
<td>Non-Emergency Police Dispatcher</td>
</tr>
<tr>
<td>Project Home</td>
</tr>
<tr>
<td>RSVP Driver Escort Program</td>
</tr>
<tr>
<td>SAIL Sense of Security (SOS)</td>
</tr>
<tr>
<td>Social Security Administration</td>
</tr>
<tr>
<td>St. Vincent De Paul</td>
</tr>
<tr>
<td>Veterans Service Office Of Dane County</td>
</tr>
<tr>
<td>Tenant Resource Center</td>
</tr>
<tr>
<td>Transit Solution</td>
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<tr>
<td>United Way 2-1-1</td>
</tr>
<tr>
<td>Warner Park Community Rec. Center</td>
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</tbody>
</table>