Thriving at Any Age: Guidelines for Living a Happy and Healthy Life

Robert McGrath, PsyD, ABPP is a licensed psychologist providing Mind Body Wellness Services at University Health Services. Robert has expertise in health psychology, positive psychology, authentic happiness, mind body wellness and stress management.

Wednesday, November 6
4:30-5:30 pm
Good Shepherd Lutheran Church
5701 Raymond Road

Sponsored by: Friends of NewBridge, UWBadger Talks, Good Shepherd Church

NewBridge Offices are closed 1:00-4:00 pm Wednesday, November 13 for an all-staff training. We are also closed Thursday, November 28 and Friday, November 29 for Thanksgiving. Goodman Nutrition Site is closed Monday, November 25.
MISSION
NewBridge empowers older adults to access affordable resources to maintain their health, safety, independence and community connection.

A LETTER FROM THE BOARD OF DIRECTORS...

The NewBridge Madison Board of Directors announced it has selected Jim Krueger to serve as the organization’s next Executive Director.

“We are excited for Jim to bring his leadership to NewBridge as we continue to implement our vision of becoming the community’s first call for healthy aging services,” said Board President Barbara Zabawa. “Throughout the competitive search process, Jim’s passion, fiscal responsibility and the personal connections he’s formed with NewBridge members set him apart.”

Krueger has served as Fund Development Director of NewBridge since the organization’s inception in January 2019. He previously worked for 11 years at the North/Eastside Senior Coalition with six of those years spent as Executive Director. Krueger played a critical role in the successful merger of the four Madison Senior Coalitions which led to the creation of NewBridge.

“I am excited to work with our exceptional management team, staff and volunteers to help NewBridge meet the challenges older adults will face over the next decade,” said Krueger. “I look forward to continuing the amazing work done by NewBridge in our community.”

He will assume Executive Director duties on November 4, and succeeds Marcia Hendrickson who is retiring.

CONTACT US
Phone: (608) 512-0000
Fax: (608) 299-0700
Email: info@newbridgemadison.org
Website: newbridgemadison.org
Office Hours: Monday-Friday, 8:00 am-4:00 pm

MAIN OFFICE
1625 Northport Dr. #125, Madison, WI 53704

EAST MADISON
4142 Monona Drive, Madison, WI 53716

WEST MADISON
5724 Raymond Road, Madison, WI 53711

Our South Madison location was closed at the end of October for operating efficiencies.

Follow us! NewBridge Madison

BOARD OF DIRECTORS
NEXT MEETING: Friday, November 15
9:00-10:30 am

- TIM CONROY - Executive Director, Capitol Lakes Community
- AMY DEVINE - Attorney, Haskins Short & Brindley LLC
- 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
CASE MANAGEMENT SERVICE

Case Management is designed to provide older adults 60+ the support they need to live independently by identifying resources and coordinating supportive services. This service is free for Madison and Monona older adults (60+) if they meet certain income criteria. Private Pay Case Management is also available.

NEW SERVICE: FOOD BRIDGE
“Your Connection to Wholesome Groceries”
We are proud to announce a new service. Food Bridge offers free monthly food pantry delivery for older adults at nutritional risk throughout Madison and Monona. This service is a collaboration between NewBridge Madison, the River Food Pantry, and RSVP of Dane County.

Food insecurity is a significant issue among older adults in the Madison area. There are over 2,500 older adults who are at nutritional risk and this number is on the rise.

In the first year, we hope to serve as many as 60 older adults with a goal of 300 by the year 2024. To achieve these goals, we need to raise $50,000 in donations and recruit 60+ volunteers.

We would like to thank our initial funders:
- Dane County Department of Human Services Leck Grant for $6,823.50
- Madison Community Foundation $22,000

This service is free for Madison and Monona older adults (60+) if they make less than 150% of the 2019 Federal Poverty level ($1,561 for 1 person/month or $2,114 for 2 people/month.) Older adults must be Case Management clients.

MEDICARE D APPOINTMENTS AVAILABLE
Annual Enrollment dates for Medicare Part D and Medicare Advantage Plans are October 15-December 7. During the annual enrollment period, you can make changes to various aspects of your coverage.

Available appointments:

**East Madison/Monona Office**
4142 Monona Dr.
November 19, 9:00 am-Noon
November 27, 9:00 am-Noon

To make an appointment for assistance with plan comparisons, please call Deb at (608) 512-0000 Ext. 4000.

WALK-IN OFFICE HOURS
A Case Manager will be available at the following times and locations:

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<th>Location</th>
<th>Address</th>
<th>Days</th>
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<td>330 W. Mifflin Street</td>
<td>Mondays</td>
<td>11:00 am-Noon</td>
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<tr>
<td>Fisher-Taft Apartments</td>
<td>2025 Taft Street</td>
<td>Wednesdays</td>
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<tr>
<td>Romnes Apartments</td>
<td>540 W Olin Avenue</td>
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This month’s volunteer spotlight is Nutrition Volunteer Mary Frickenstein who volunteers for NewBridge at the Madison Senior Center Nutrition Site. This site serves senior meals Monday through Friday at 11:30 AM. Mary has been volunteering for 5 years, decorating the tables and bulletin boards and giving the daily announcements, along with anything else that is needed at the site each day.

“I love coming to the senior center lunch site, it is like home to me. I have been coming for 5 years and I have met so many wonderful people and wonderful staff. We are working together to make a warm, welcoming and comfortable place where seniors can come and eat a nutritious meal, meet up with friends and make new friends. My volunteering experience is very rewarding and I enjoy being able to serve all my friends here at the senior lunch. I enjoy working together with others to make this a place where happiness flows.”

Monona Motors
Greg Carlson | Carlos Villota | John Disch
(608) 222-1342
4500 Winnequah Road
Monona, WI 53716
Honest, reasonably priced attorney
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Wills • Trusts
Domestic Partnership Agreements
Powers of Attorney • Real Estate
Paul O’Flanagan
Attorney at Law
862 Woodrow Street
Madison, WI 53711
608-630-5068
Paul@oflanaganlaw.com

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For ad info. call 1-800-950-9952 • www.4lpi.com New Bridge, Madison, WI B 4C 01-2049
For information call David at (608) 512-0000 Ext. 2006.

**Holiday Meal Volunteers**

**DESCRIPTION**—Meet and Greet participants, help with set-up, serving the meal and clean-up. NewBridge North, 1625 Northport Drive on Wednesday, November 27 and Tuesday, December 17.

**TIME COMMITMENT**—10:00 am-1:00 pm

**IMMEDIATE NEED**—8 volunteers

**Nutrition Site 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**—Madison Senior Center meal site, 330 W. Mifflin Ave. Volunteer host, server and dish washer are needed at various times during the week. Volunteer time would be between 10 am and 12:30 pm.

Meadowridge Commons meal site, 5734 Raymond Rd. Volunteer needed to wash dishes using a dishwasher must be able to lift tray with dishes on Wednesdays from Noon to 1:30 pm.

**Cultural Diversity Volunteers**

**DESCRIPTION**—A variety of support groups are held monthly that focus on health and wellness topics concerning African American and Latinx older adults in Dane County. Volunteers are needed to help facilitate meetings and coordinate refreshments.

**TIME COMMITMENT**—3-4 hours/month

**IMMEDIATE NEED**—2 Spanish speaking volunteers on 2nd and 4th Thursdays 4:15-8 pm at Madison Senior Center.

2 Spanish speaking volunteers on the 3rd Friday, 10:45 am-2:30 pm at Fitchburg Senior Center

2 Spanish speaking volunteers on the 3rd Thursday, 10:45 am-2:00 pm at Meadowood Commons

**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**—10 volunteers needed for Eastside/Monona, 10 for Northside, 10 for Southside, 10 for Westside, Snow Angel volunteers
Older Adult Program Volunteers

**DESCRIPTION**—We sponsor activities at a variety of locations and need help welcoming and tracking participants.

**TIME COMMITMENT**—1x/week for 1-2 hrs

**IMMEDIATE NEED**—3 volunteers at Romnes Apts, Meadowridge Commons, St. Andrews and Alicia Ashman Library.

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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

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Food Bridge Volunteer Drivers

**DESCRIPTION**—Food Bridge offers free monthly food pantry delivery for older adults at nutritional risk.

**TIME COMMITMENT**—1x/month

**IMMEDIATE NEED**—Visit RSVP’s website www.rsvpdane.org to get started

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Thanksgiving Volunteer Drivers

**DESCRIPTION**—Door Creek Church, NewBridge and the FEED Kitchens provide a meal for older adults who cannot get a meal for Thanksgiving. Drivers are needed to drop off the meal.

**TIME COMMITMENT**—Thursday, November 28, 11:00 am-1:00 pm

**IMMEDIATE NEED**—10 volunteers
NewBridge offers weekday social, educational, and exercise classes at various sites in the community for older adults. We try to keep our activities free or low cost for older adults (55+). Scholarships are available.

**SOUTH & WEST MADISON**
For information 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 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**
November 6 - Catch Me if You Can
November 13 - Frank Floyd Wright Documentary *(Meet the filmmaker for Q&A)*
November 20 - Lion King 2019 version
November 27 - Home for the Holidays

**Easy Yoga Plus**
Fridays, November 1, 8, 15, 22, 1:30 pm
Sequoya Library, 4340 Tokay Blvd.
Register by calling (608) 266-6385
Fee: Donation

**Yoga from a Chair**
Mondays, 11:30-Noon
Beth Israel Center, 1406 Mound St.
No classes on December 23 and 30

**Thriving at Any Age Speaker**
Wednesday, November 6, 4:30-5:30 pm
See page 1 for more information.

**Healthy Holiday Eating**
Thursday, November 7, 12:15 pm
Meadowridge Commons, 5726 Raymond Rd
Home Health United will be discussing tips and tricks for avoiding overeating throughout the holiday season.

**Identity Theft: Protect and Prevent**
Thursday, November 12, 12:15 pm
Meadowridge Commons, 5726 Raymond Rd
Jeffrey Kersten, Bureau of Consumer Protection
Identity theft continues to be the fastest growing crime in the United States. The more you learn about it, the less vulnerable you are. The Wisconsin Bureau of Consumer Protection will explain the different types of identity theft, how to recognize it and how to prevent it – including information about Fraud Alerts and Security Freezes.

**Medicare Q & A**
Thursday, November 21, 10:30 am-Noon
Meadowood Neighborhood Center, 5740 Raymond Rd
Stop in at if you have any questions about Medicare. *This is not a presentation.*
**FREE Mindful Movement Exercise**
Tuesday, Nov. 12, 26 & Dec. 10, 10:00 am
Alicia Ashman Library 733 N High Point Rd
Join fitness and mindfulness coach Venus Washington to explore the mind/body connection. Especially designed for older adults. Perfect for beginners and anyone interested in getting moving and learning that how you think affects the way you move; and how you move affects the way you think. RSVP to the library at (608) 824-1780

**R.O.M.E.O Lunch**
*(Retired Older Men Eating Out)*
Thursday, November 14, 12:15 pm
The Jefferson, 9401 Old Sauk Rd
Chef prepared meals made from scratch. Four choices on the menu. Meet the chef and get a tour. RSVP (608) 512-0000 Ext. 2000

**Meet the Author: Howard G. Olson**
Tuesday, November 12, 1:00-2:00 pm
Madison Senior Center, 330 W. Mifflin St.
Dr. Olson, professor emeritus from UW-Madison, joins us to discuss his book, “The Last Dog.” The true stories are about the difficult task of finding serenity in our lives. Lunch available if sign up by Nov. 11 by 10:00 am
Register for program: (608) 266-6581
Register for transportation (pick up 11:00 am and return 2:15 pm): (608) 512-0000 Ext 2000.
Register for lunch: (608) 512-0000 Ext 2006

Classes and activities are also offered at: Madison Senior Center
330 W. Mifflin St. (608) 266-6581
www.cityofmadison.com/senior-center
NORTH & EAST MADISON
For information call Ruth at (608) 512-0000 Ext. 3012.

Weekly 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.

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!

Technology Help Appointments
Every Tuesday, 10:00 am-Noon
Warner Park, 1625 Northport Dr.
By appointment only.

Adult Coloring
Every Tuesday, 10:30 am
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

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

Book Club
Tuesday, November 5, 10:00 am
Warner Park, 1625 Northport Dr.

Knit & Crochet Club (Quilters too!)
Tuesday, November 5 & 19, 9:00-11:00 am
Warner Park, 1625 Northport Dr.

Card-Making Club
Wednesday, November 6, 1:00 pm
Warner Park, 1625 Northport Dr.

Sewing Club/FREE Mending Service
Thursdays, November 7 & 21, 9:00 am
Warner Park, 1625 Northport Dr.

LGBTQIA+ Coffee Meet Up
Monday, November 18, 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. Coffee is free.

Healthy Holiday Eating
Thursday, November 7, 3:00-4:00 pm
Warner Park, 1625 Northport Dr.
Tips and tricks for avoiding overeating.

Thanksgiving & Entertainment
Wednesday, November 27, 10:30 am
Warner Park, 1625 Northport Dr.
Limited space available. Reserve early!
Entertainment DeWayne Keys–Harmonica Hour

Men’s Caregiver Support Group
Monday, November 1, 10:00-11:00 am
Warner Park, 1625 Northport Dr.
RSVP required (608) 240-7400

Blood Pressure Clinic
Wednesday, November 20, 11:00 am
Warner Park, 1625 Northport Dr.
FREE AARP Safe Driver Course
Saturday, December 7, Morning
Lakeview Library, 2845 N Sherman Ave
Call Ruth to sign up (608) 512-0000 Ext. 3012

Bingo
- Tuesday, November 5, 11:30 am
  Messiah Church, 5202 Cottage Grove Rd.
- Monday, November 18, 11:30 am
  Monona Meadows, 250 Femrite Dr.

Adult Coloring
Wednesday, November 6, 11:30 am
Monona Meadows, 250 Femrite Dr.

Movie of the Month
Monday, November 25, 11:30 am
Monona Meadows, 250 Femrite Dr.

Kings Corner Card Games
Wednesday, November 13, 11:30 am
Monona Meadows, 250 Femrite Dr.

Crossword Puzzles
Monday, November 11, 11:30 am
Monona Meadows, 250 Femrite Dr.

Loneliness and Depression
Tuesday, November 19, 11:30 am
Messiah Church, 5202 Cottage Grove Rd.

Table Trivia
Wednesday, November 20, 11:30 am
Monona Meadows, 250 Femrite Dr.

Thanksgiving & Entertainment
Tuesday, November 26, 11:30 am
Messiah Church, 5202 Cottage Grove Rd.

Classes and activities are also offered at: Monona Senior Center
The Cultural Diversity activities are for Latinx and African American older adults. Activities focus on socialization and health education. Latinx programs are offered in Spanish only. These activities are free for older adults (55+) who live in Dane County.

**LATINX**

For information call Glenda at (608) 512-0000 Ext. 3009

**Bilingual Bingo and Lunch**
Friday, November 1, 10:00 am-12:30 pm
Warner Park, 1625 Northport Dr.

**Together Fest – Multicultural Party**
Wednesday, November 13, 5:00-7:30 pm
Madison Senior Center, 330 W Mifflin St.
Cost $2.00

**Monthly Discussion Group**
Thursday, October 10, 4:30-6:30 pm
Madison Senior Center, 330 W. Mifflin St.
Join us as we discuss relevant issues on health and wellness. Dinner and transportation provided.

**Bilingual Bingo and Lunch**
Friday, November 15, 10:30 am-12:30 pm
Fitchburg Senior Center, 5510 Lacy Rd.

**Spanish Yoga Class**
Monday, November 4 & 11, 10:05-11:15 am
Warner Park, 1625 Northport Dr.

**Meadowood Neighborhood Lunch**
Thursday, November 7, 11:00 am-2:00 pm
5740 Raymond Rd, Madison, WI 53711

**Artful Aging**
Wednesday, November 6, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.

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

**AFRICAN AMERICAN**

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

**Healthy Eating Discussion Group**
Thursday, November 7, 11:00 am-1:00 pm
Festival Foods, 810 E Washington Ave.

**Diabetes Support Group**
Monday, November 11, 12:00-2:00 pm
Burr Oaks Apartments, 2417 Cypress Way
Mindfulness Meditation and Stress Management

**Together Fest – Multicultural Party**
Wednesday, November 13, 5:00-7:30 pm
Madison Senior Center, 330 W Mifflin St.
Cost $2.00

**Heart Health Support Group**
Thursday, November 21, 2:00-4:00 pm
Catholic Multicultural Center, 1862 Beld St.

**Community Resources Available**
Friday, November 22, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
Limited transportation available, call Ericka at Ext. 2007 for more information.

The 2019 NewBridge Latinx Cultural Diversity program is sponsored in part by UW Health, UnityPoint Health – Meriter & Quartz.
Holiday Lights Outing
Tuesday, December 3, North/East
Thursday, December 5, North/East
Tuesday, December 17, South/West
Door-to-door service. Pick up starting at 4:00 pm & returning by 6:00 pm.

RSVP (608) 512-0000 Ext. 2000. Limited space!

Holly Jolly Christmas
Wednesday, Dec. 11, 9:00 am-5:00 pm
The Palace Theater, 564 Wisconsin Dells Parkway South, Wisconsin Dells
Transportation, Lunch and Ticket
$67 for Non-Friends and $57 for Friends
Register by Wednesday, October 30
Seating is wheelchair accessible.
Call Joe to sign up Ext. 2000.

Bring out the holiday spirit with a musical filled with dancing and holiday favorites. Menu includes: chicken cordon blue, stuffing and more.

www.dellspalace.com
Transit Solutions bus pick up between 9:00-10:00 am. Return 6:00 pm.
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, November 20, 1:00-3:00 pm
Wednesday, November 27, 1:00-3:00 pm

Lake Edge Lutheran Church
4032 Monona Drive
Monday, November 11, 9:00 am-Noon
*Monday, November 18, 9:00 am-Noon
*Diabetic Clinic $25 (non-diabetics welcome)

NORTH MADISON
Warner Park Community Rec. Center
1625 Northport Drive
Friday, November 8, 9:00 am-Noon

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

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

WEST MADISON
Capital City Church
401 N. Blackhawk Ave.
(Parking is behind church turn at Bluff Rd. and then turn left on Eugenia Ave.)
Monday, November 4, 12:45-2:45 pm

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

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

MEDICAL EQUIPMENT LOAN CLOSET
NewBridge provides equipment to check out such as walkers, raised toilet seats, commodes, crutches and more at the East Madison/Monona location.

Loan closet items are available to City of Madison and Monona residents for a donation.

Call NewBridge to ask if the item you need is available (608) 512-0000 Ext. 2000. The loan closet is open Monday-Thursday 9:00 am-3:00 pm and closed on Fridays.

We currently would welcome in-kind donations of these items: shower chairs, tub transfer benches, and four-wheel walkers with seat and brakes.
Welcome to Medicare Seminars
Sponsored by Area Agency on Aging of Dane County’s Elder Benefits Specialist Program

What you need to know about enrolling in Medicare

If you are turning age 64 this year, we can help you make informed choices about your Medicare options!

Do you understand what Medicare is and isn’t?
Do you know how to avoid penalties for late enrollment?
Do you know how to get the most out of your health and prescription benefit plans?

Some decisions and actions about Medicare can take place 3-6 months before you turn 65, so don’t wait until you are turning 65 to understand all you need to know about this important benefit.

All dates are on Saturdays, 9–11:30 am

November 9, 2019
Aging & Disability Resource Center
(2865 N Sherman Ave, Madison)
Call 261-9930 to register by 11/4/19

January 25, 2020
Aging & Disability Resource Center
(2865 N Sherman Ave, Madison)
Call 261-9930 to register by 1/15/20

March 28, 2020
The Colonial Club
(301 Blankenheim Ln, Sun Prairie)
Call 261-9930 to register by 3/18/20

May 23, 2020
Mt Horeb Senior Center
(107 N Grove St, Mt Horeb)
Call (608) 261-9930 to register by 5/13/20

When life offers the gift of time...
how will you spend it?

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

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

Monona Meadows
A Retirement Housing Foundation® Community
250 Femrite Drive, Monona, WI 53716
608-221-4422
Call for your personal tour today!

Monte Carlo Manor
4517 Monona Dr.
608-663-0336

Monona Shoe Repair
52 Keg Drive
608-849-5016

Waunakee Manor
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LED CLASSES & ACTIVITIES

LED (Living Every Day) provide educational, social, and fitness opportunities. Activities are for older adults (50+) who live in Madison and Monona. Any expenses are paid for by the participant.

For information call Fil Clissa at (608) 698-0333 or email at LED@newbridgemadison.org

Jam Session
Saturday, November 2, 9:00 am-Noon
Maple Bluff Village Hall Gym, 18 Oxford Rd
Calling all musicians! Free parking, free to participate, all are welcome. Playing music after 1950. Bring an instrument, your voice, and a song. You decide the genre! DROP IN!

Art Class
Thursday, November 7, 6:00-7:30 pm
Warner Park, 1625 Northport Dr.
Enjoy the colors of the season through creating your own autumn landscape as we explore acrylic techniques, landscape elements and composition, and basic color theory. It is even rumored that there will be sweets! $10.00 RSVP by Nov. 4

Dining Club
Tuesday, November 12, 5:30 pm
Pasqual’s Cantina, 1344 E. Washington Ave
Join us for dinner, conversation and friendship. RSVP by November 10.

Participants are responsible for covering their own costs associated with the activity.

Please take our survey.
www.surveymonkey.com/r/MKF323C

Events are added throughout the month.
Sign up for the LED newsletter.

WISH LIST ITEMS

We are non-profit on a tight operating budget, so if you’d like to donate an item, here is our Wish List. Please drop off items to the Main office, 1625 Northport Dr.

- Pillsbury Cookie Dough
- Gift Wrap and Bows
- Gravy Boats
- Hot Chocolate
- Small Boom Box Radio
- Holiday Napkins
- Holiday Candy

THANKSGIVING MEAL DONATIONS NEEDED

In partnership with Door Creek Church, and the FEED Kitchens, NewBridge provides a home delivered meal for 325 older adults who will not have access to a meal for Thanksgiving.

We need the following items. Please drop off to the Main office, 1625 Northport Dr.

14 Turkeys, Canned Green Beans, Boxed Potatoes, Canned Cranberry Sauce
ALTERNATE SIDE PARKING
In effect from November 15-March 15, seven days a week. Park on the EVEN house numbered side of the street on even numbered days and park on the ODD house numbered side of the street on odd from 1:00-7:00 am to avoid a ticket.

SNOW REMOVAL
To make public sidewalks safe for pedestrians, the owner or occupant of property is responsible for the removal of any snow or ice that accumulates on the sidewalk. Residents are required to clear snow from their sidewalk by noon of the day after the snow stopped. If you are unable to clear the snow from the sidewalk because of your age, please call the Building Inspection Division at (608) 266-4551 and ask to be added to the 72-hour extension list. You will need to provide your address and the reason why you are requesting.
Nutritious daytime meals are offered at various locations throughout Madison and Monona, Monday-Friday. The meal is well balanced and appealing for those 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>01</td>
<td>*Pulled Pork, Coleslaw Carrot Raisin Salad Tropical Fruit Vanilla Pudding MO: Hummus Wrap Salad: Taco</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>04</td>
<td>Chili Baked Potato, Banana Cornbread Lemon Dream Bars MO: Veggie Chili</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>05</td>
<td>Beef Pot Pie w/Biscuit Top Creamed Spinach Apple Juice Strawberry Jell-O MO: Veggie Pot Pie</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>06</td>
<td>Chicken and Gravy Mashed Potatoes Green Beans, Orange Frosted Marble Cake MO: Veggie Chicken/Gravy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>07</td>
<td>Fish Sandwich Tartar Sauce Yams, Coleslaw Fruit Cup Carnival Cookie MO: Cheese/Tomato Sand.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>08</td>
<td>Chicken Stew Broccoli Fruit Cocktail Pumpkin Bar MO: Veggie Stew Salad: Cordon Blue</td>
<td></td>
<td></td>
<td></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

**Order by 11/6**

11 Saucy BBQ Ribs Cheesy Potatoes Herb Roasted Carrot Cinnamon Apples Pumpkin Pie MO: Multigrain Burger

12 *Meatballs in Marinara Carrots, Mixed Salad Banana, Ambrosia Salad MO: Veggie Meatballs

13 *Pork Loin in Gravy Mashed Potatoes Garden Blend Vegetables Mandarin Oranges Chocolate Pudding MO: Veggie Wrap

14 Cheeseburger Calico Beans Potato Salad Fruit Cocktail Pineapple Fluff MO: Black Bean Burger

15 Chicken Noodle Soup Crackers, Grape Juice California Blend Veg. Frosted White Cake MO: Vegetable Soup Salad: Harvest

18 Beef Stew & Biscuit Green Beans Chunky Apple Sauce Chocolate Chip Banana Cake (no frosting) MO: Veggie Stew

19 Chicken Mac Casserole Peas Tomato Juice Pineapple Vanilla Pudding MO: Mac and Cheese

20 Cheese Tortellini Bake Spinach Mandarin Oranges Blueberry Crisp MO: Marinated Tortellini Bake

21 Traditional Meatloaf Mashed Potatoes w/Gravy Broccoli Apple Juice Cup Frosted Lemon Cake MO: Garden Patty

22 *Order by 11/19* Turkey in Gravy Mashed Potatoes Carrots, Cranberry Stuffing, Pumpkin Pie Cinnamon Apples MO: Veggie Chicken Salad: Pulled Pork

25 Chicken a la King Brown Rice, Carrots Corn Salad, Peaches Cookie Bars MO: Soy a la king

26 Pot Roast with Gravy Mashed Potatoes Mixed Green Salad Orange, Raspberry Sherbet MO: Veggie Meatballs/Gravy

27 *Sausage Veggie Egg Bake Orange Juice Spiced Apples Coffee Cake MO: Veggie Egg Bake

28 **CLOSED**

30 **CLOSED**

**South Madison Locations**

<table>
<thead>
<tr>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fisher Taft Apartments</td>
<td>M-F</td>
<td>11:30 am</td>
</tr>
<tr>
<td>Romnes Apartments</td>
<td>M-F</td>
<td>11:30 am</td>
</tr>
<tr>
<td>Madison Senior Center</td>
<td>M-F</td>
<td>11:30 am</td>
</tr>
</tbody>
</table>
**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 $9.07.

**TRANSPORTATION**

Transportation is available through Transit Solution (608) 294-8747 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

**RESERVATIONS**

Meal reservation, transportation reservation, and cancellation should be made by calling (608) 512-0000 by Noon at least one business day in advance.

**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.

All comments are welcome.

---

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

**WALK-IN BATHTUB SALE!**

- Backed by American Standard’s 140 years of experience
- Ultra low entry for easy entering & exiting
- Patented Quick Drain® Technology
- Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today: 844-889-2321
Or visit: www.walkintubinfo.com/safety

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**Expand your health plan possibilities.**

Live your best life at any budget with Medicare Advantage from Dean Health Plan.

Enroll now at deancare.com/MedicareAdvantage
## North, West & East Madison Menu & Locations

### 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>04</td>
<td>05</td>
<td>06</td>
<td>07</td>
<td>08</td>
</tr>
<tr>
<td>Hungarian Beef Goulash</td>
<td>Sausage Mac and Cheese</td>
<td>Grilled Brat</td>
<td>Grilled Chicken BBQ</td>
<td>Chicken Pot Pie</td>
</tr>
<tr>
<td>Creamed Spinach</td>
<td>Steamed Vegetables</td>
<td>Sauerkraut</td>
<td>Vegetable Salad</td>
<td>Broccoli Salad</td>
</tr>
<tr>
<td>Glazed Carrots</td>
<td>Mixed Salad</td>
<td>Vegetable Salad</td>
<td>Sweet Corn</td>
<td>MO: Vegetable Bean &amp; Mushroom Jambalaya</td>
</tr>
<tr>
<td>MO: Vegetable Goulash</td>
<td>MO: Mac and Cheese</td>
<td>Baked Potato</td>
<td>Baked Beans</td>
<td>MO: Lemon Baked Tofu</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>09</th>
<th>10</th>
<th>11</th>
<th>12</th>
<th>13</th>
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<tbody>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>Open Face Turkey and Gravy Sandwich</td>
<td>Sloppy Jo</td>
<td>Crispy Chicken Sandwich</td>
<td>Chicken Alfredo</td>
<td>Cheese, Pepper and Onion Egg Bake</td>
</tr>
<tr>
<td>Roasted Carrots</td>
<td>Steamed Vegetables</td>
<td>Whole Wheat Penne Pasta</td>
<td>Green Beans and Tomato Salad</td>
<td>Breakfast Potatoes</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>Mixed Salad</td>
<td>Salad</td>
<td>MO: Veggie Alfredo</td>
<td>Biscuit</td>
</tr>
<tr>
<td>MO: Lentil Sloppy Jo</td>
<td>Vegetable Goulash</td>
<td>MO: Crispy Tempeh</td>
<td>V8 Juice</td>
<td></td>
</tr>
<tr>
<td>Salad: Raspberry Chicken</td>
<td></td>
<td></td>
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</tbody>
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<tr>
<th>16</th>
<th>17</th>
<th>18</th>
<th>19</th>
<th>20</th>
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<tbody>
<tr>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>Beef Stew over Biscuit</td>
<td>Country Style Pork Ribs</td>
<td>Baked Lemon Tilapia</td>
<td>Sweet and Sour Chicken</td>
<td>Order by 11/11</td>
</tr>
<tr>
<td>Mixed Salad</td>
<td>Steamed Broccoli</td>
<td>Baked Potato</td>
<td>Steamed Brown Rice</td>
<td>Open Faced Turkey Sandwich</td>
</tr>
<tr>
<td>MO: Vegetable Stew over Biscuit</td>
<td>MO: Lentil Sloppy Jo</td>
<td>MO: Baked Lemon Tofu</td>
<td>Stir Fry Veggies</td>
<td>Mashed Potatoes &amp; Gravy</td>
</tr>
<tr>
<td>MO: Vegetable Lasagna</td>
<td>Salad: Tuna</td>
<td>Mixed Salad</td>
<td>MO: Veggie Stir Fry</td>
<td>Green Bean Casserole</td>
</tr>
<tr>
<td>Salad: BLT Cobb</td>
<td></td>
<td></td>
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<tr>
<th>23</th>
<th>24</th>
<th>25</th>
<th>26</th>
<th>27</th>
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<tbody>
<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td>(Goodman Closed)</td>
<td>Baked Lemon Tilapia</td>
<td>Turkey</td>
<td>CLOSED</td>
<td>CLOSED</td>
</tr>
<tr>
<td>Black Bean and Cheese</td>
<td>Sweet Corn, Mixed salad</td>
<td>Mashed Potatoes &amp; Gravy</td>
<td>Tree and Dessert Served Daily.</td>
<td>MO: Grilled Veggie Sausage on a Bun</td>
</tr>
<tr>
<td>Enchilada Casserole</td>
<td>Garlic Bread</td>
<td>Corn, Stuffing, Cranberries</td>
<td>MO: Veggie Stew over Egg Noodles</td>
<td></td>
</tr>
<tr>
<td>Broccoli Medley</td>
<td>MO: Vegetable Lasagna</td>
<td>Pumpkin Pie</td>
<td>MO: Grilled Veggie Stew over Egg Noodles</td>
<td></td>
</tr>
<tr>
<td>Mixed Salad</td>
<td>Salad: BLT Cobb</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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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 (meal reservation not required)</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</td>
<td>T-TH</td>
<td>Noon</td>
</tr>
<tr>
<td>Lussier Community Center</td>
<td>F</td>
<td>Noon</td>
</tr>
<tr>
<td>North Madison and East Madison/Monona Locations</td>
<td>Address</td>
<td>Day</td>
</tr>
<tr>
<td>------------------------------------------------</td>
<td>--------------------------</td>
<td>-----</td>
</tr>
<tr>
<td>Festival Foods</td>
<td>810 E. Washington Avenue</td>
<td>TH</td>
</tr>
<tr>
<td>Cranberry Creek</td>
<td>1501 Lake Point Drive</td>
<td>F</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.

<table>
<thead>
<tr>
<th>West Madison Kosher Site</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beth Israel Center</td>
<td>1406 Mound Street</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.
- **Monday, November 4:** Chicken shawarma, saffron rice, Israeli salad, Israeli sauces, eggplant salad, fruit, brownie (MO: Tofu shawarma)
- **Monday, November 11:** Moroccan beef stew, herbed rice, market vegetable, dessert, fruit (MO: Vegan Moroccan stew)
- **Monday, November 18:** Ropa Vieja (Cuban shredded beef), Congri (rice and beans), corn on the cob, dessert (MO: Ropa Vieja (jackfruit))
- **Monday, November 25:** Turkey, stuffing, green beans, mashed potatoes, mixed green salad, sweet potato crumble (MO: Stuffed peppers)
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.

OPPORTUNITIES TO GIVE BACK DURING THE HOLIDAYS

NewBridge is partnering with Door Creek Church to deliver Thanksgiving meals to homebound older adults. Our goal this year is to deliver 325 meals on Thanksgiving Day.

Volunteers are needed on Wednesday, November 27, 4:00–9:00 pm, to help with food preparation and Thanksgiving Day, November 28, 8:00 am–2:00 pm, to either help package or deliver meals to older adults in Madison. The meal prep and delivery happen at the FEED Kitchens, 1219 N. Sherman Avenue.

We are also in need of frozen turkeys, pumpkin or pecan pies, boxed stuffing and mashed potatoes, canned cranberries and canned green beans. Donated food can be dropped off at the NewBridge Main office, 1625 Northport Drive, #125.

The Holiday Tree will be in the lobby of the Warner Park Community Center, beginning the week of November 25 and also West and East Towne Malls. There will be 300 tags, each identifying a gift needed for an older adult. You simply pick a tag off the tree, purchase the gift (no used gifts please) and bring the gift unwrapped with the tag attached to the NewBridge Main office, 1625 Northport Drive, #125 by 4:00 pm on Friday, December 13.

NewBridge is also in need of volunteers from 10:30 am–1:30 pm on November 27 and December 17 to help serve our special holiday meals at our dining sites. For more details contact David at (608) 512-0000 Ext. 2006.

FRIENDS FALL EVENT

“Thriving at Any Age,” Wednesday, November 6, 4:30–5:30 pm at Good Shepherd Lutheran Church, 5701 Raymond Road. Parking is in the back of the building off S. Whitney Way.

Robert McGrath, Psy D, ABPP is a licensed psychologist providing Mind/Body Wellness Services at University Health Services. Everyone has some thoughts on strategies for living a happy and healthy life. This talk takes a look at strategies that have been shown to be effective in maintaining a healthy, satisfying life.

All are welcome!

2020 FRIENDSHIP RENEWAL REMINDER

NewBridge Friendships are renewed annually. You can renew your friendship starting in November for next year 2020. We have added a few additional friendship levels. We also accept payment via credit or debit through our website at newbridgemadison.org

FRIENDS COMMITTEE MEMBERS NEEDED

If you are interested, please call Jim at (608) 512-0000 Ext. 3005 for more information.
2020 FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name: ____________________________________________
Additional Name: ___________________________________
Address: _______________________________________________
City: __________________________________ State: ___________ Zip: ___________
Email Address: ________________________________________________

How would you like newsletter?  [ ] Mail [ ] Email [ ] Both [ ] None

Amount Enclosed: [ ] $15 Older Adult Friend (1 Friendship Card)
[ ] $25 Individual Friend (1 Card)
[ ] $30 Family Friend (2 Cards)
[ ] $50 Silver Friend (2 Cards)
[ ] $100 Golden Friend (2 Cards)
[ ] $ _____ Additional Donation

Mail the form & payment to NewBridge c/o Friends of NewBridge, 1625 Northport Dr. #125, Madison 53704. You can also purchase a friendship on our website at newbridgemadison.org. Dues will be renewed annually. 
Donations may be tax deductible to the extent of the tax code.
We will be taking special donations for #GivingTuesday on our website. Check our social media for updates!

Black Friday. Cyber Monday.

#GIVINGTUESDAY

December 3, 2019

Thank you to our Funders: