

News from the Stoughton Area Senior Center

Enter to win \$25 Stoughton Chamber Dollars!

The Stoughton Area Senior Center is looking for feedback to better serve the Stoughton area community. Please go to: www.surveymonkey.com/r/SASCsurvey, and take a 5-minute survey to be entered for the prize drawing. You may also call (608) 873-8585 to request a paper copy.



Stoughton Area Guide for Senior Services –now available

Check out our newest addition of our FREE directory of services available to older adults in the Stoughton community. The guide may be picked up at the Senior Center, or viewed under Community Resources on our website at www.ci.stoughton.wi.us/senior.

Join Stoughton in Becoming a Dementia Friendly Community

Did you know that Stoughton is becoming a Dementia Friendly Community? A dementia friendly community supports the unique needs of people with dementia by increasing awareness and understanding, sharing information about local resources, offering educational opportunities, and training businesses and organizations to respond appropriately to the needs of those with dementia and their caregivers. This support helps reduce social isolation and stigma, and encourages those affected to be active and engaged in the community, while enjoying an improved quality of life. If you are a business or organization that is interested in becoming dementia friendly, or if you want to learn more about our community's dementia friendly initiative, contact Heather Kleinbrook at (608) 873-2316 or hkleinbrook@stohosp.com.



Memory Café

"My mother has short-term memory loss. For her, socialization is a priority. Memory cafes provide enrichment programs and interaction, enabling Mother to be in the moment." –a Stoughton caregiver

Later this Spring, Stoughton plans to establish its own Memory Café -a monthly social gathering for individuals with memory loss, mild cognitive impairment, early Alzheimer's or other dementias to meet in a relaxed environment to visit, share common interests and enjoy refreshments. Family and friends are encouraged to join. Stoughton's Memory Café is being developed out of a partnership between Stoughton's Dementia Friendly Community Coalition, the Alzheimer's & Dementia Alliance, Alzheimer's Association and Dementia Specialists from the ADRC of Dane County. If you would like more information on participating in or volunteering with a local Memory Café please call or email Hollee Camacho at (608) 873-8585 or hcamacho@ci.stoughton.wi.us. Details also at: www.facebook.com/StoughtonDFC/

Make YOUR Senior Center great!

Meet folks who care about and wish to improve the Senior Center by being involved with our accreditation process. The Stoughton Area Senior Center is nationally accredited by the National Institute for Senior Centers (NISC), and is up for renewal every five years. The process involves review of our current standard operating procedures, compared with established criteria for accreditation. Using this framework, community volunteers help staff develop an action plan for the next five years. Training is provided. Diverse people, including those who are new to the Center are encouraged to help. Team meetings are scheduled every 3-4 weeks at the convenience of members. Interested individuals may contact Cindy McGlynn at (608) 873-8585.

Stoughton High School Music Performance

Wednesday, April 5, 3:00 PM

Stoughton High School's Heartstrings program is a collaboration of music students who want to create connections in the community through small group performances. This show's theme is What's on TV? Pieces include "Linus and Lucy" and a compilation of pieces from *The Lion King*. Get ready for some interactive fun with music!

Zumba

Spring Session with Jackie Robinson

Wednesdays, April 5 -May 31at 5:00 PM (No class on May 10th)

Cost is \$32.00 pre-register or \$5.00 drop-in



Jackie has been instructing Zumba for over 5 years. She is licensed in Zumba, Zumba Gold, Zumba Toning, Zumba Gold Toning, Aqua Zumba, and Zumba in the Circuit. She is currently studying to get her AFAA certification and also am a member of the Aquatic Education Association.

Zumba is a great way to get exercise and not realize you are exercising because you are having so much fun! Zumba is for all ages and fitness levels. She uses a wide variety of music from Big Band to today's new music and of course Zumba music. She modifies steps for all levels. The main thing is that they are moving and having fun!

Music Appreciation Series with John Beutel

-A series for people who love to hear and learn more music.

Mondays at 3:00 PM

April 10 -STOUGHTON SENIOR CENTER

Our own outstanding Stoughton High School Solo/Ensemble students

April 17 -STOUGHTON OPERA HOUSE

UW-Whitewater Faculty Brass Quintet



April 24 -STOUGHTON OPERA HOUSE

Iva Ugricic, Doctoral Student for Flute Performance at UW Madison

May 1 -STOUGHTON OPERA HOUSE

Four Seasons Theatre Company of Madison present, "Fiddler and Friends" a program of favorite music theatre selections.

May 8 -STOUGHTON OPERA HOUSE

"The Ancora String Quartet", a group of professional musicians from the Madison Symphony Orchestra, The Wisconsin Chamber Orchestra, and other regional orchestras

Entertainment – Dave Freitag

Wednesday, April 12, 3:00 PM

Take a sentimental journey through the 30s, 40s and 50s as Dave performs songs you know and love.

Save Your Stuff!

Thursday, April 13 from 1-4pm

Did you know that the quality of your printed photos, home VHS tapes, and camcorder videos rapidly decays over time? To preserve your precious memories, join the Stoughton Public Library and experts from UW and convert your analog materials to a digital format! Call 873-6281 to sign up for a 30 minute slot and let us know what you'd like to transfer. Please bring your own USB flash drive which is required for saving.



Coffee with the Mayor Olson

Friday, April 14, 9:30 AM, and every 2nd Friday of the month

Find out the latest information about our great city and ask your questions.



Through the Ages – Zoo to You

Friday, April 14, 1:00 PM

Join in the fun as Henry Vilas Zoo will be bringing the 'Zoo to You'! You'll learn about their Education Animals and meet them close up.

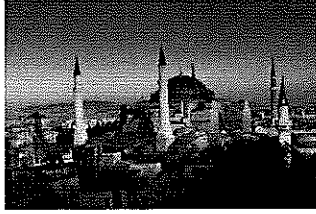
This one-hour presentation will feature live animals and a variety of animal classification, history, and behaviors. This intergenerational program is appropriate for all ages as we encourage you to bring children, neighbors, friends and family!

Craft Club: Soap Making

Tuesday, April 18 10:00-11:30 AM

Join us as we try this useful art form and create some one-of-a kind glycerin soap to give or to keep. Supplies are provided and there is no cost to attend this class. Please sign up by April 14.





Travelogue - Turkey

Wednesday, April 19, 3:00 PM

Join veteran travel writer and TV show host Rudy Maxa as he explores Turkey, a land of stark beauty that sits at the crossroads where Europe and Asia—and two of the world's great religious faiths—meet. Maxa guides you through the mysteries of Istanbul's Grand Bazaar and then into the delights of a bona fide Turkish bath. Next he hops on a boat to explore the many Roman ruins along Turkey's southern Turquoise Coast.

Low Vision Trip to the Sharper Vision Store

Thursday, April 20

1:00 PM Pick-up from & 4:00 PM Return to the Senior Center

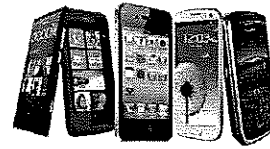
Join us for our annual trip to the Sharper Vision Store. The store is located in the Wisconsin Council of the Blind & Visually Impaired in Madison and carries more than 1,400 products for individuals with blindness, vision impairment or changing vision. Registration is required. Call Hollee at 873-8585 by April 17 to reserve a seat on the bus. Donations are accepted to offset travel costs.



CELL PHONES AND SMARTPHONES

Thursday, April 20, 3:00 PM

Traditional landline phones have served us well. This introduction to cell phones and smartphones explains the benefits of using cell phones and smartphones for emergencies, safety, and ordinary communications. No prior experience with cell phones or smartphones is needed. Visit the slides at goo.gl/96WnCz.



Livsreise Tour

Wednesday, April 26, 10:00 AM

Join us for a guided tour with videos and information provided. The Livsreise center tells the story of Norwegian immigration to the Midwest from 1825 to 1910, when 800,000 people left Norway for a new life. They house a combination of historic artifacts along with electronic and interactive displays, immigrant story books, and large "map wall" where visitors can build a sample immigrant journey. They also have another small gallery housing the "Sacred Symbols of Norway" exhibit on loan from the Vesterheim Museum in Decorah, Iowa. In addition they have a small genealogy lab where you can research your family lineage. Please sign up by April 24th.



Stepping On

Building Confidence and Reducing Falls

Lead by Jill Izydor, registered yoga teacher and licensed clinical social worker

Thursdays, April 27-June 8, 1:00-3:00 PM Afraid of falling? Identify and address your falls risk by registering for "Stepping On," an evidence based 7-week, 2-hour/class series for older adults with balance concerns or fear of falling. Led by trained medical professionals, examine medications, home safety, balance, vision and more. Learn simple and fun balance and strength training exercises. With support from Safe Communities, Dane County, and the Stoughton Senior Center, the program builds confidence, reduces falls, and prevents hospital stays. \$35 participation fee includes instruction, guest expert presentations, printed materials, and snacks. **To register, contact the Stoughton Senior Center at (608) 873-8585.** In a 2004 study, seniors who completed "Stepping On" experienced a 31% reduction in falls; in Dane County, recent data supports a 50% reduction. Please visit www.safercommunity.net for full class listing.



Summer Baseball Game –sign up by April 28!

Tuesday, June 20, 11:00 Depart, 12:05 Start

Join us for Senior Day with the Madison Mallards! The cost is \$20 which includes transportation, a ticket, a baseball cap, hot dog, soda & chips. *Please sign up and pay by April 28th so that we have ample time to secure tickets.*

MARK YOUR CALENDARS!

Birding Presentation: May 3, 1:30 PM

Patsy Cline Tribute: May 9, 1:00PM

Over 90 Luncheon: May 24, 12:00PM

*For more information on these and other activities please contact the **Stoughton Area Senior Center** at 248 W. Main Street, Stoughton WI, 53589 • (608) 873-8585 • www.ci.stoughton.wi.us/senior*