

August 2006

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The White Cap

The Behring Senior Center of Monroe

Annual Senior Center Drive Thru Brat Bash

August 23rd 10 am to 6 pm

Join us for our second annual Drive Thru Brat Bash . We had so much fun last year we decided to do it again. The road around the construction site is scheduled to be completed by the date of our event . Just stay in your car ,drive around on the new road located on the North Side of our facility. We will take your order This year in an effort to be more health conscious we will be offering regular Brats as well as Veggie Brats.

The Menu

Brat - Veggie or Regular

Chips and Soda

Cost \$5.00 meal Extra Brat \$3.00

Porkies Catering will be cooking up those wonderful Brats. We will also have a special visit from the Green County Cheese Days Ambassador Shannon Stricker.

Proceeds from the Brat Bash help support the Senior Center Program and activities fund. If you would like to be a volunteer for the event please contact Jocelyn at 325-3173.

Come on let's set a record this year join us for lunch, dinner or a snack ! Just think no cooking and you don't even have to leave your car we will do all the work for you !

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Special Points of Interest:

Mobile Food Pantry

Alzheimer Memory Walk

Question and answer information on the new Wellness Center.

Wellness Center Policies

Senior Center Receives \$20,000 Donation For Wellness Center

Exercise Equipment — The Monroe Senior Center is pleased to announce a very generous donation from Robert and Helen Stauffer. The Stauffer's are making an additional donation of \$20,000.00 to purchase exercise equipment. This brings their total donation to \$57,380.87. The Stauffer's began this journey with us three years ago when they donated \$35,000 to purchase exercise equipment. That original donation set us on the path of our current building project. Monroe area Seniors are going to have a outstanding Wellness Center. More information about this donation will follow in the next White Cap.

Thank You Robert and Helen !

BOARD MEETING MINUTES

The Monroe Senior Center board meeting was held on July 13th. Members present were Walter Hougas, Bill Schwaiger, Paul Hannes, Ray Jones, Kathryn Etter, Jackie Hennager Schmitz, Lucy Gruetzman, Frances Jensen, Angie Dombkowski, Jocelyn Kline and Tammy Derrickson.

The board approved the wellness center policies.

The board discussed rates for day passes for the wellness center. The decision was made not to offer day passes since the monthly rate is so inexpensive. For a low fee you can come for a day or a month. Tammy gave an update on the building project. We have now received our Federal Funds, construction can continue.

The board discussed the plaques that will be posted in the building for donations to the building project. Donors who made donations of \$500 and up will have their name on a plaque. The board also discussed the exercise equipment, staff is now getting estimates, and will report back.

FROM THE DIRECTOR'S DESK—

The Monroe Senior Center board has now agreed upon and set fees for the new building addition. We would like everyone to keep in mind these fees compared to other health and fitness facilities is an incredible value. In today's market fees range from \$360.00 to \$560.00 or more per year in most health club facilities. Why do we need to charge? We do have to pay for items not included in our city budget, cable TV service, maintenance contract for the machines and repair of the machines, replacement of the machines. The replacement cost of a Tread mill for example is \$5000.00 and up. The Monroe Senior Center must have funds available to replace these pieces of equipment or add new ones. All of this is very expensive. We are charging more for people who are not residents of the city of Monroe, because it is the city tax dollars that provide our facility funding. The Monroe Senior Center does not receive money from the school taxes you pay, or from the county taxes you pay. Our funding comes from City taxes and we are a department of the city. We have also established a scholarship fund for those who feel the cost is too much for their budget. This is a very simple process and will be handled confidentially. The Monroe Senior Center will not ever discuss who has a scholarship or who does not. We will not be providing this information to anyone, not even the Monroe Clinic who supplied the funds for the Scholarship program. If you feel you may need a Scholarship please come and talk with us privately that is why we have established the fund. No one should feel embarrassment in applying for this fund. Many of us live on limited incomes. If you have questions please call us at 325-3173. In the Next newsletter we will provide a complete list of equipment that will be in the new addition.

DONATIONS

BUILDING FUND
MARGE BLISS
LOIS OLSON
LORRAINE SCHUMACHER
BOBETTE TRAU
MIKE FURGAL
JANET & DAVE AMBLER
JOCELYN KLINE
FRAN JENSEN

RUTH AMSTUTZ
FOR 3 CEILING FANS
SWISS COLONY
FOR FURNITURE

White Cap Donations

Ida Leuenberger
Ralph Peterson
Gloria Glass
Inez Goecks
Natalie Heit
Clareda Neuenschwander
Gert Voegeli
Virginia East

Volunteers Needed For Mobile Food Pantry



This new service to Monroe will begin providing perishable food to low-income families of Green county on the third Thursday of each month at the St. Vincent de Paul Thrift Store Parking lot (501 1st Ave Monroe) from 3:00-4:00 pm. The first date of distribution will be on Thursday, July 20th. Low income families or persons wishing to receive food should bring approximately 6 plastic bags or 2 large sturdy boxes, or 1-2 laundry baskets in which to pack food. Distribution of the food will begin promptly at 3:00 pm. Families are asked to remain in their vehicles until 2:45 when they can begin forming a single file line. The monthly visit is limited to one person per family unit. This Mobile Pantry is provided by donations through Second Harvest Food Bank of Southern Wisconsin, Catholic Charities, and local partners. For questions please contact Rita Koster at 325-9506.

On September 21st the Senior Center has been asked to provide 10 volunteers to help distribute food to those in need. Please contact Jocelyn if you would like to volunteer.

We will need volunteers from 2:00-4 pm in the parking lot of Saint Vincent de Paul thrift store. This is part of the Behring Senior Centers commitment to community service projects. Call us at 325-3173. Volunteers will be provided with the satisfaction that they have helped those in our community in need. What could be better than that ?

Senior Center Receives Grant — The Monroe Senior Center has received a Grant for \$1500.00 from The Community Foundation of Southern Wisconsin. This grant was written to purchase small kitchen equipment for our new kitchen.

We would like to say thank you to the Community Foundation for their support of seniors in our community. In the past we have purchased computers for our computer lab thanks to Community Foundation Grants.

WISH LIST

- Bike Rack Cost \$350.00
(More and more people are riding bikes to The Senior Center)
- Plants for Landscaping.....Cost \$300.00
- Entryway Mats for the new addition.....Cost \$200.00

GOLDEN AGE CLUB

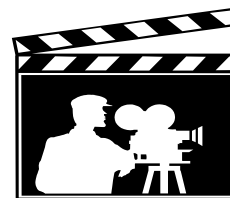
August Birthdays 5—Otto Schild

August Anniversary
26—Otto and Gladys Schild

- Potluck Servers
1. Treva Hagen
 2. Mary Miller
 3. Sylvia Schubopach

AUGUST MOVIES

MOVIES ARE HELD EVERY WEDNESDAY AT 1:30 AND ARE FREE OF CHARGE. THE MONROE SENIOR CENTER DOES HAVE A MOVIE LICENSE TO SHOW MOVIES.



WEDNESDAY, AUGUST 2 — 16 BLOCKS –ACTION THRILLER

WEDNESDAY, AUGUST 9TH — 8 BELOW

WEDNESDAY, AUGUST 16TH — FAILURE TO LAUNCH

WEDNESDAY, AUGUST 23— THE PRODUCERS

WEDNESDAY, AUGUST 30TH— CHEAPER BY THE DOZEN 2



THE CRAFT SHOP

Come and take a look at all of the wonderful gift items available in our craft shop. We now have soy candles for sale. They make a wonderful gift for that hard to buy for daughter in law. Come and check it out . You maybe surprised.

The White Cap

The Senior Center newsletter is mailed out each month free of charge. Donations are greatly appreciated to help with the cost of postage. If you would like to be added to our list please contact the office.

Computer Lab—

Volunteer Carl Steinbach will be available during the month of Aug to help with any computer problems you may have. Carl's schedule will be Thursday, August 24th from 9-12 noon. He will only be available one time this month

OUT TO LUNCH BUNCH

The Next out to Lunch bunch will be held at the World China Buffet on Tuesday, August 29th. Please come and join us at noon. We do ask that you call the Senior Center office to register.

FIRESIDE 42 STREET—7 OPENINGS LEFT

Date : Thursday September 7th Departs : 9:30 am Returns : 5:30 pm

Cost : \$70.00 per person

The Meal - Broadway Antipasto kicks off the meal with Bowtie Pasta, grape Tomatoes, cucumber, red onion and green peppers, New York Cheddar Cheese, Mortadella and Thueringer Sausage; topped with Balsamic Vinaigrette Dressing. The entree is Roast Beef Tenderloin –chef carved medallions presented on a Toast crouton resting on Maderia Wine, three peppercorn Demi glaze sauce; served with Arborio Rice croquette Marinara, carrots Parisienne and fresh Asparagus Spears. For dessert, a red , White & Blue—Shortbread Tart filled with a Frech Cream topped with blueberry sauce and garnished with fresh Raspberry.

The Show- Fresh from its triumphant Broadway revival. The Fireside brings you the greatest show biz saga of them all. Small town girl lands a chorus part in a big Broadway musical and when the leading lady takes a fall, she becomes a star. In its initial run 42nd street was nominated for 9 Tony Awards. Don't miss the wonderful music of 42nd Street

FIRESIDE CHRISTMAS TRIP

Trip Date : Friday, December 1st Cost \$70.00 Per person

Depart : 9:30 am Return 5:30 pm (We will be taking two buses)

The First bus is almost full and we will begin working on bus number two

Since 1993 tens of thousands have enjoyed the Fireside Christmas show. The menu will feature—Sea Crisp Potato Crusted Fresh Atlantic Sea Scallop, Chicken Saint Nick dipped in a special egg batter, Asian Fried rice with Barbecued Pork, scrambled eggs, shiitake mushrooms, bean sprouts, peas, carrots, and more. For dessert, its Santa's chocolate Chimney filled with White Chocolate Hazelnut Mousse. Yum! Yum! Sign up now



AUSTRALIA & NEW ZEALAND TRIP PARTY

Mark your calendar for a special preview party for this once in a lifetime trip The Price is \$2998 Twin and includes air. Come and learn all the details on

Thursday, October 12th at 4 pm in the second floor meeting room. We will show slides and answer any questions you may have. The departure date is September 15, 2007. Contact the office

if you would like a flyer describing this great opportunity. We would be happy to mail one to you. This trip is open to the public you do **not** have to be 55 years of age to go.

Cards



BRIDGE DATES

AUGUST, 11TH
AUGUST, 25TH

EUCHRE

Euchre Begins at 1:15

Thursday, August 10th
Monday, August 14th

Thursday, August 24th

Double Jackpot Day

Monday, August 28th

500 Dates

500 begins at 1:15

Thursday, August 3rd
Monday, August 21st

YASS

Begins at 1:15

Friday, August 11th
Friday, August 25th

Canasta

Canasta begins at 1:15 every Thursday in the Senior Center lobby.

New players are always welcome.

Scrabble

Begins at 10 am
On Thursdays in the Lobby

Blood Pressure Checks

The Green County Health Department and Monroe Clinic Offer blood pressure checks each month. This free service will be available on Tuesday, August 8th from 11:30 –12:30 in the downstairs dining room.

We would like to thank these two agencies for providing this valuable service to us.

SOCIAL SECURITY

A representative from Social Security will be on hand Tuesday, August 1st from 11:30 –2:30. This is on a take a number basis. Numbers are put out at 9 am. You must wait in line for your number to be called and phone calls to the Social Security representative are not accepted.

Green County Benefit Specialist

The Green County Benefit Specialist Diane Pregont will be available on Wednesday, August 9th from 11:00—12:00 noon. Diane can answer Medicare questions, assist you with medical bills, Senior Care, and other benefit programs. You may also call her at 328-9366

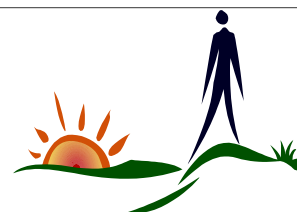
FOOT CARE SCHEDULE



Registered nurse Barbara Hoch will be available to perform foot care on Wednesday, September 13th. You must call the Senior Center in advance to make an appointment. The cost of the service is \$30.00 You may pay Barbara at the time of your appointment. Barbara is licensed to perform independent foot and nail care, and she will also perform a foot assessment with each visit. The session will last between a half hour and 45 minutes. Please call early to make an appointment, the time slots available are limited and the service has become very popular. Medicare payments are not accepted for this procedure since we are not a medical facility. Call 325-3173

Green County Alzheimer Memory Walk —

The annual Alzheimer's Memory Walk will be held at the Behring Senior Center on Saturday, September 9, 2006. Registration is at 7:30 am and the walk will begin at 8:30. If you would like more information please call 1-800-272-3900. Join the walk that millions will never forget.

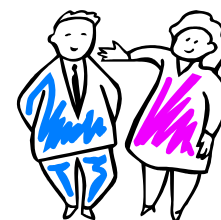


The two mile walk will begin at 8:30 however you may also select a One mile walk. Following the walk will be awards, entertainment, food and fun. The Memory walk supports programs in your community for those who have Alzheimer's disease. Alzheimer's affects more than 4.5 million Americans of every race, gender and culture and costs our nation more than \$100 billion a year. Unless we find a way to change the course, as many as 16 million Americans could have the disease by 2050. Come raise money or make a donation to the Alzheimer Association.

New City Hall Drop Box -

The City of Monroe Treasurer's office has had numerous requests to provide a payment drop box in a more convenient area. Currently, people have to come up the stairs in front of city hall to drop off payments. The city has purchased a new drop box that will be located by the US postal mailboxes. The postal mailboxes will be moved a little further west of the square so the city box will sit away from the postal boxes. The city drop box will be white in color and clearly marked for city bills such as water. Please do not put cash in the box though the box will be securely locked. The payment box will be checked at 8:00 a.m., and 4 p.m. Monday through Friday. If you have questions please contact the City Treasure's office at 329-2528

PACE ARTHRITIS EXERCISE CLASS —



The Behring Senior Center is teaming up with the Monroe Manor to once again offer the PACE exercise class for people with arthritis. This class will be taught by Karla Donahue a Physical Therapist at the Monroe Manor. The class will be held on Tuesdays and Thursdays. The class begins Tuesday, September 12th. The class is designed to meet individual needs for people who suffer from Arthritis. Don't let Arthritis keep you from enjoying everything that life has to offer.

If you would like to register for this class please call the class instructor Karla Donahue at 329-6600. Class participants must fill out three required forms and get permission from their physician to participate.

The cost is \$15.00 for the six week session.



Wellness Center Fees

FEES

Single Monroe Resident

1- Year membership	\$100.00
6 month	\$ 51.00
3 month	\$ 35.00
Monthly	\$ 12.00

Single Non Resident

1 year membership	\$150.00
6 Month	\$76.00
3 Month	\$52.00
Monthly	\$18.00

Day Pass

Due to the low cost of fees, The Monroe Senior Center board has decided that day passes will not be available, you will need to purchase a one month membership.

Couple Monroe Resident

1 year membership	\$125.00
6 month	\$ 63.00
3 month	\$ 43.00
Monthly	\$ 15.00

Couple Non Resident

1 year membership	\$175.00
6 Month	\$88.00
3 Month	\$60.00
Monthly	\$21.00

Monroe Clinic Scholarship is available for those who qualify.

Volunteers needed to work in the New Fitness Center

We have started a list names of people who have told us they would like to volunteer at the front desk in the new fitness addition. The duties would be answering the phone, assist with registrations, making change, washing and folding towels, that type of thing. We still need a few more people. It would only require 1/2 day per week Contact Tammy if you think you might want to volunteer. It's a wonderful way to get involved and meet new people. Phone 325-3173

Wellness Center 1 year Membership

\$25 off

THE BEHRING SENIOR CENTER OF MONROE

1113 10th Street Monroe WI 53566

Tel: 608-325-3173

Must be used 3 months after opening date You Must be 55 Years of age

