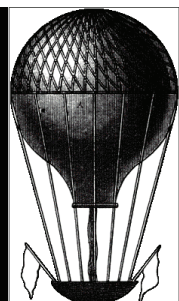


# 2010 Travel Edition

## Special Trip Preview Party



# The White Cap 2010 Travel Newsletter

**Date:** Thursday, January 21st

**Time:** 10:00—4:30 pm

Cost Free of Charge & Lunch is provided to those who register in advance.

10:00—Review of Senior Center Trip Policies

10:30—Preview of Senior Center day trips for 2010

11:00 Tri State Tours

Michigan trip Preview Slides will be shown and Jack Wideman will answer questions.

12:00 Pizza Lunch will be served

12:30 Jim Trieloff will be

on hand to present slides for three extended trips

New York Fall Foliage  
Pacific Northwest Trip

Southern Heritage  
Tours

3:30 Scandinavia by Train—Kim Hoffman from Mayflower Tours slide presentation.

You may ask questions or sign up for any of the trips that you view.

There is no obligation to sign up for any tour.

If you enjoy travel shows and just want to

come and see the slides feel free to do so.

Please sign up in advance by calling 325-3173



The Senior

*Fun event on a cold winter day*

## Trip Deposit is Now Required

The Senior Center will now require a \$10.00 deposit before we will add your name to our trip list.

We must make our trip payments in advance to the

various tour places and we need a solid commitment from our travelers that they plan to go. In the past folks have signed up and then not gone on the

tour. Often times it is then too late for us to fill the spot.

We thank you for understanding. If you have questions please call us at 325-3173.

### Inside this issue:

Trip Policies	2
Fireside 2010 Trips	3&4
Chicago Trip	5
Dancing Horses	6
Extended Trips	7
Classes	9
Tax assistance	11

### Senior Center Hours

Main Building Mon.-Fri. 8-5 pm.  
Wellness Center Mon.-Fri. 7-5 pm

**Winter Weather**—Senior Center Closes when the Monroe Schools close due to weather.

# Behring Senior Center Day Trip Policies

To sign up for a trip sponsored by the Behring Senior Center you or your spouse must be 55 years of age or over. However if we have seats remaining on a trip we may open it up to the public.

## ***Sign Up***

1. You may sign up by calling the Senior Center at 325-3173 or by stopping by the office.
2. If a trip is full, a waiting list will be started.
3. Green County Seniors will be signed up first, and later on, the trip will be opened up for anyone else who would like to go.

## ***Itineraries***

Please note that trip Itineraries are subject to change

## ***Trip Payments***

1. A deposit of \$10.00 per person per trip must be made before we will sign you up.
2. Final payment for day trips will be one month prior to departure.
3. Payment can be made at the Senior Center or mailed in.
4. Payment can be made by cash, check, gift certificates.

## ***Lost Or Stolen Items***

The Behring Senior Center is not responsible for lost or stolen items on bus trips.

## ***Refunds***

1. Cancellations will be given a refund if we have a waiting list and we are able to fill your spot on a bus trip. The Senior Center has to make payments in advance and we are often not able to recover expenses after they have been paid.
2. If no waiting list exists the person canceling is welcome to find their own replacement. If a waiting list does exist, participants are not allowed to find their own replacement.
3. Trip refund checks are issued by The City of Monroe and must be approved by the Monroe City Council. The council meets twice per month.
4. Trip cancellations due to bad weather are not under our control: refunds will not be issued unless the Senior Center is able to recover costs. Senior safety is our utmost concern.

## ***Canceling Off a Trip***

1. Call the office as soon as possible if you need to cancel. If it is after hours please leave a message on the Senior Center's voice mail. You may also contact Tammy at home at 329-7452. We will try to fill your spot with someone from the waiting list.
2. Replacement names are taken in order from the waiting list.

No name will be taken off the list unless the office is notified by the person canceling.

3. If a trip is canceled by the Monroe Senior Center, all participants will be notified as soon as possible. If the Center cancels due to inclement weather a decision will be made 24 hours in advance by the facility Director. Senior Safety is our utmost concern.

**Wheel Chairs**—Please note the Senior Center staff is not allowed to push people in wheel chairs. Arrangements must be made in advance with the Senior Center office if you will be traveling in a wheel chair.

## **EXTENDED TRIP POLICIES**

**Deposits**—Each tour company requires a certain amount of money as a trip deposit. Many times this is based on the cost of the tour. A deposit is required for extended trips in order to sign up.

**Trip Insurance**—Tour companies offer trip insurance that can be purchased at an additional cost. If you choose not to purchase trip insurance you maybe out the entire cost of the tour if you have to cancel for any reason.

**Parking**—If you leave your car in the Senior Center parking lot you do so at your own risk. The City of Monroe is not responsible if something happens when you are away.

## **Extended Trip Fund Raisers**

The Monroe Senior Center does receive a commission from extended trip sales. These funds help support our programs and activities. Funds also help support building improvements.

## 2010 Fireside Trips — Joseph and the Amazing Technicolor Dream coat

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**Date:** Thursday , March 25th

**Cost:** \$80.00

**Departs:** 9:30 **Returns:** 5:30 pm

From the creators of Evita and Jesus Christ Superstar comes one of the most popular musicals of the last 50 years. This telling of the story of Joseph and his bothers is filled with great music, costumes, laughter, joy, and heart. Utilizing many different styles of music from pop/rock to country musical comedy. This

sparkling show follows young Joseph as he faces adversity and triumphs through his dreams and his unwavering faith, Written by Andrew Lloyd Webber ,this show has entertained tens of millions of people around the world and continues today as one of Broadway’s shining stars. You must make a \$10.00 deposit before your name will be placed on our trip list.

### Menu

Signature salad cantaloupe, Watermelon, Blueberries, Kiwi, Mandarin Oranges and Oriental Vegetables with fresh baked bread from the Fireside Ovens. Beef Rouladen and Chicken Tempura , Sirloin of Beef stuffed with onions, dill pickle and Bacon braised in red wine beef stock. Skinless Breast of Chicken dipped in Egg Tempura Batter. Served with Escalloped Potatoes and Bavarian Red Cabbage. Boston Cream pie, coffee, tea or milk.

## The Fireside - Johnny Cash Ring Of Fire



**Date:** Thursday, July 22

**Cost:** \$80.00

**Departs** 9:30 **Returns** 5:30

The man in black! This artist needs no other introduction. Johnny Cash is an icon. A great singer/songwriter whose work has touched millions of devoted fans. And now The Fireside is proud to present this musical tribute to one of Americas greatest superstars. Fresh from successful Broadway run Ring of Fire has it all –the drama

of his memorable life and career told by a cast of talented singer/musicians and over 40 of his great hits including “I walk the Line,” “Folsom Prison Blues,” “Jackson” and of course “Ring of Fire” (written by his wife/collaborator June Carter Cash). Johnny Cash fans will be thrilled with this exciting journey through the life and work of this great artist. But you don’t need to be a fan to enjoy this stirring show. You only need to love great music and you will love The Ring Of Fire.

### Menu

Fantastic Duo Salad, fresh Broccoli and Cauliflower buds, grated cheddar cheese, red onion, Golden Raisins, Pine Nuts folded into Creamy Mayo Vinaigrette and tucked into a lettuce cup. Fresh baked bread, Baked Boneless Pork Chop, herbed crouton dressing with Sauerkraut and Jones original Recipe sausage. Served with whipped potatoes glazed with Rich Pork Stock Gravy, a ramekin of Pink Cinnamon Apple sauce and Fresh Asparagus Spears, Peach Melba, coconut Ice Cream with diced Fresh Peaches and Raspberry Melba Sauce, coffee, tea or Milk

## The Fireside –Hit Broadway Musical–To Be Announced

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**Date:** Thursday, September 9th

**Cost:** \$80.00

**Departs:** 9:30 **Returns:** 5:30

Throughout the history of The Fireside Dinner Theater we have strived to continue to bring our audiences the very latest and hottest shows from Broadway and around the globe. And this season we have a show so new and in demand that we can't let you know just yet what it is. But trust us when we say you

will love this award – winning musical comedy of stage and screen. This smash hit has just recently ended a successful Broadway run. The Fireside is ready to give it a brilliant professional production as only the Fireside can! So watch for this Broadway blockbuster which we will announce in March of 2010.

### Menu

Belgian Endive, Romaine Lettuce, Young Spinach Leaves, Sweet Corn, Hard Cooked Egg, Toasted Pine Nuts and sweet Sour Dressing garnished with Deep Fried Butter-milk Onion strings, Fresh Baked bread, Chicken Piccata dipped in egg batter, lightly breaded, sautéed to a golden brown, glazed with a Lemon Veloute Cream Sauce, garnished with tiny Caper Buds and french fried parsley. Served with grilled Asiago Polenta topped with Marinara Sauce, snap peas and carrots. Southern Pecan pie, flakey crust garnished with whipped cream and striped Caramel Rum Sauce. Coffee, Tea or Milk.

## The Fireside—The Child Christmas Program

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**Date:** Thursday, November 17th

**Cost:** \$80.00

**Departs:** 9:30 **Returns:** 5:30

A Fireside Christmas featuring the World Premier of a Brand New Musical –The Child. This Season marks the return of The Firesides wildly popular musical revue format in this unique and special Christmas offering. Through a wonderful combination of

intimate storytelling and acoustic music, you'll experience the first Christmas. Written especially for The Fireside by the creative team behind "The Rock & The Rabbi"

This new show allows us

to see the birth of "The Child" through the eyes of Joseph, Mary's husband. The new musical is full of original music by Danny Hamilton and storytelling by Gary Richardson will thrill your soul and deepen your appreciation of Christmas.

### MENU

Cream of Shitake Mushroom Soup Flavored with Spanish Sherry Fresh baked bread, Chicken & Ribs boneless short –Ribs of beef braised in Red Wine until fork tender and a skinless Breast of Chicken marinated Southern Style,

dipped in Egg Batter, lightly breaded and sautéed until golden brown. Served with whipped Yukon Gold Potatoes and a Bouquetiere of Garden Vegetables.

Holiday cheer, a medley of fresh fruits tucked in an almond lace basket, garnished With whipped cream and house made English toffee. Presented on Cream Anglaise flavored with grand Marnier. Coffee, Tea or Milk

## Chicago Club Dinner Theater & Night Club—Wisconsin Dells

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**Date:** Friday, October 8th

**Depart:** 9:30 am

**Return:** 4:30 pm

**Cost:** \$60.00

Sit back and enjoy the Godfather of all dinner shows! This show is more than gangster molls and flappers. It's a roaring 20s speak-easy where anything can happen

in a true LIVE Cotton Club style cabaret. Live entertainment makes every show unique. This roaring 20s dinner show experience brings back memories of Al Capone, John Dillinger and Baby Face Nelson and prohibition, that wild time in history when alcohol was illegal and flappers weren't

The meal will consist of an entrée,

Salad, two side dishes, roll, beverage and dessert are served during the entertainment of the cabaret. The show is performed live while you dine gangster style, like you've stepped back in history.!

For an afternoon with the "Public Enemies," sign up soon as these seats are a steal and will be gone in the blink of a gun moll's eye!

## Barn Quilts Tour, New Glarus & Monticello

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**Date:** Friday, June 18, 2010

**Depart:** 9:00 am **Return:** 2:30 pm

**Cost:** \$25.00

Green County is known for its beautiful rolling hills and farms. Now we are also known for an unusual piece of Americana, the picturesque "Barn Quilts" that are showing up all around Green County. The first barn quilt was raised on the Pleasant View Complex barn, with residents from the nursing home involved in the painting. Since then more than 40

quilts have been installed. When the project is finished there will be 60 quilts helping to bring visitors from all over to Green County, increasing tourism to our communities.

We will have a step on guide who will direct us to the quilts in Monticello and New Glarus area.

The guide will have first hand knowledge and will share stories.

After our sight seeing tour we will have a picnic lunch at the Montesian Memorial Gardens in Monticello.

Lunch will be provided by the M&M café in Monticello. When signing up you will need to choose either a turkey or Roast beef sandwich. After lunch you may tour the garden.

After lunch we will see one last barn quilt located at the Silver Lewis Cheese factory in Monticello. This factory has a sales room where cheese can be purchased by the pound. When was the last time you bought fresh cheese?

Come and take a tour of the beautiful countryside. A deposit of \$10.00 will

hold your seat.

## Lombard Lilac Festival and Heritage Tour

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**Date:** Sunday, May 2, 2010

**Depart:** 8:30 am **Return:** 5:30 pm

**Cost:** \$30.00

Close your eyes and think back to a time when the day seemed perfect. The sky was blue with cotton ball clouds and the sun was warm on your back. Add to that mental image the sweet smell of Lilacs in bloom. Imagine opening your eyes and seeing nothing but hundreds of species of lilacs in a riot of pink, white and every shade of blue and purple. This is what we will have the chance to

see at the Lombard lilac Festival in Lombard Illinois. Lombard is known as the "Lilac Village", and its showcase is Lilacia Park in the center of

town. Every May, Lombard celebrates the Lilac Fest when the Lilacs in the park are at their peak of bloom and fragrance.

The Park is a bequest from village resident Colonel William R. Plum. Colonel plum collected over 150 varieties of Lilacs over his lifetime, importing many from France. Upon his death in 1927, his lilac collection was bequeathed to the village as part of a

Public park. The park is 8.5 acres of thousands of lilac trees. They are surrounded by thousands of late-season Tulips and other plantings. We will be given a walking tour of the park. After the tour you may visit the Art and craft show. Lunch will be on your own and there will be many opportunities for lunch. Please wear appropriate walking shoes.

You will not forget the wonderful smell and the beautiful trees.

You must make a \$10.00 deposit at the time you sign up.

## White Pines Dinner Theater “Double Booked in Cabin 4”

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**Date:** Thursday, April 22, 2010

**Depart:** 10:30 am

**Return:** 4:30 pm

**Cost:** \$45.00

OOPS! Two couples rent the same White Pines cabin for the same weekend! One couple is middle aged and set in their ways while the second couple is young and free-wheeling. As

you can imagine the hilarity that ensues when both couples decide to “share “the room. The witty repartee and one liners keep both couples and the audience in stitches as the fearless foursome bridge the generation gap and straddle the cultural chasm.

Come along and see how things work out.

As always we can expect a great meal of a fabulous home

Cooked buffet with 3 meat entrees, homemade mashed potatoes and gravy, salad, veggies, fresh baked bread, dessert and beverage to go along with an afternoon of laughs and hilarity. Sound like a fun day? You bet and we'll be home before dark!

A \$10.00 deposit is due at the time of sign-up.

## The Dancing Horses Theater—Lake Geneva, WI

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**Date:** Thurs. August 19, 2010

**Depart:** 8:30 AM

**Return:** 4:30 PM

**Cost:** \$70.00

If you are an animal lover or just like to see beautiful horses in motion, this trip will be unbelievable for you. At the Dancing Horses and Animal gardens

you will see horses that dance, and talented exotic birds in an exotic bird show. Even a parrot that paints along with adorable baby animals that you can touch, hold and feed in the Baby barn, walk in the woods and see animals that are native to our state, and enjoy an old time wagon ride. All this and lunch too!

Lunch will include roast pork loin, mashed potatoes, salad,

Veggies, bread, dessert and Beverage, Sounds good? Come on along for a very enjoyable day. This is an indoor venue, fully climate controlled and wheelchair accessible, open rain or shine. Be sure and wear comfortable shoes.

To hold a spot on this trip you must pay a \$10.00 deposit down when you sign up.



## Charlie Pride At The Crystal Grand In Wisconsin Dells –Monks

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**Date:** Saturday,  
September 18, 2010

**Depart:** 10:30 am

**Return:** 5:30 pm

**Cost** \$72.00

**Lunch :** We will stop at Monks in Lake Delton and lunch cost is on your own .

Over the past 30 years Charlie

Pride has remained one of the top 20 best selling country artists of all time.

Born to poor sharecroppers in Mississippi, Charlie unofficially started his career as a ball player with the Negro American League's Memphis Red Sox, singing and playing the guitar on the team bus between ball parks. A year later Charlie was discov-

ered by Producer Jack Johnson and the rest is history.

An Internationally known performer and country Music Association's Entertainer of the year in 1971, on RCA label, Charlie is second in sales only to Elvis Presley. Come along and hear one of country music's premier entertainers.

We will have lunch at Monks before the show.

## 2010 Extended Trips

### Michigan –Five day Adventure

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**Date:** August 2-6, 2010

Cost Person:

\$670.00 Quad

\$710.00 Triple

\$790.00 Twin

\$1035 Single

\$100.00 deposit due with each reservation.

See Tammy for complete Info.

**Tour Includes :**

Deluxe Motor coach Transportation

Four Nights accommodations

Luggage handling for one suit case not to exceed 50#

Six meals ( four breakfasts, one dinner, one dinner theater.)

Selected farm tours

Ecosystem

Dune Buggy Ride

Frankenmuth Tour

Bronners Christmas Store

Henry Ford Museum or Green Field

Village

Ford Rouge Factory Tour

Tree-mendus Fruit Farm and Tour

Taxes and Gratuities on Included Accommodations, attractions and Meals

Tri-State Travel Tour Director Preview this tour On Thursday, January 21st at the Senior Center travel party. Enjoy free lunch.

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### Scandinavia By Train—Oh My What a Trip !

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**Date:** September 10th 2010

**Cost:** \$2955 per person

**Air inclusive from Chicago when reserved by February 10th, 2010**

10 Days 12 meals Included

**Day One**

Transatlantic flight to Stockholm Sweden

**Day Two**

Tour begins with arrival at Stockholm airport where you will meet your tour manager.

Visit Sigtuna and continue on to Stockholm, Sweden

Afternoon at leisure

Welcome dinner at the hotel

**Day Three**

Breakfast at your hotel

Stockholm city tour including historic city hall and scenic old town

Afternoon optional Royal Canal tour and Vasa Warship Museum

Evening at your leisure

**Day Four**

Breakfast at your hotel

Depart Stockholm by train to Oslo Norway

City tour of Oslo, including the Viking Ships Museum and Vigeland Sculpture Park

Evening at your Leisure

**Day Five**

Breakfast at your Hotel

Scenic train journey from Oslo to Myrdal

Breathtaking Flam Rail journey from Myrdal to Flam.

Cruise of the Sognefjord and Naeroey Fjord

Transfer to Stalheim Hotel, spectacularly located with panoramic views over Norwegian mountain valleys

Dinner in the hotel

**Day Six**

Breakfast at your hotel  
Scenic transfer to Bergen, lunch on your own en route  
Dinner in the hotel

**Day Seven**

Breakfast at your hotel  
City Tour of Bergen including composer Evard Grieg's former home and historic Bryggen  
Afternoon and evening at your leisure

**Day Eight**

Breakfast at your hotel  
Flight to Copenhagen  
Copenhagen City Tour  
Evening at your leisure

**Day Nine**

Breakfast at your Hotel  
Optional excursion to North Zealand  
Farewell dinner

**Day Ten**

Breakfast at your hotel  
Morning at your leisure  
Transfer to Copenhagen and fly home.

Contact Senior Center office for more info and details. Deposit of \$250.00 is required at sign up

## Extended Trips - NEW YORK , NEW YORK Fall Foliage Tour

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**Cost:** \$1699.00 per person  
Double occupancy.

Single supplement \$400.00

**Date:** October 8th, 2010

7 Days

Tour includes New York City, The Hudson River Valley, The Catskills & the Adirondacks

Round trip airfare, Trieloff travel bag, full time escort

6 nights first class hotel accommodations Homewood suites by Hilton, Hilton Garden Inn.

11 meals—6 breakfasts 5 dinners

Visit Statue of Liberty & Ellis Island, West Point , Hyde Park, Albany,

Cooperstown, Saratoga, Lake Placid & Ausable Chasm. Trip Preview party will be held on January 21st.

A trip flyer is available by contacting the Senior Center Office 325-3173

A deposit of \$300.00 is required to sign up



## Pacific Coastal Tour

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**Cost:** \$1999.00 per person

Double occupancy

Single supplement \$500.00

**Date:** June 5, 2010

10 days from San Francisco

Full Time Escort

Round Trip air fare, First Class hotels

City tours of San Francisco, Portland, Victoria, and Seattle

San Francisco Bay Cruise, Cable car ride, Coastal Tour to Coos Bay, Redwood National Park, Sea Lion Caves, sightsee Mt.St. Helen's, Butchart Gardens, Hurricane Ridge/Olympic National Park, Tour of the Russian River Valley with stop at Korbel Winery, Ferry Cruise to Edmonds, Washington, 15 meals -

5 continental breakfasts

3 Breakfasts

7 Dinners.

This tour will be previewed on January 21st at the trip preview party.

A Flyer is also available in the Senior Center office.

You must have a valid passport for this tour. A deposit of \$300.00 is required at sign up

Call 325-3173 for more information

## A Southern Heritage Tour

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**Cost:** \$1599.00 per person

Double occupancy

Single supplement \$250.00

**Date:** April 10th, 2010

Tour Includes

Full time escort

Round Trip airfare

1st class hotels

Visit Atlanta, Callaway gardens, Warm Springs, Stone Mountain, Savannah, Hilton Head, Charleston, Jekyll Island, Jacksonville, St. Augustine and much more.

12 meals

\* 3 Continental Breakfasts

\* 4 Breakfasts

\* 5 Dinners

Trieloff Travel Bag

A full flyer for this trip is available in the Senior Center office.

A deposit of \$300.00 is due at sign up.

Call 325-8890 for more information

## Up Coming Classes—Blackhawk Tech Class signup begins January 8th

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### ART SAMPLER CLASS

**Mondays 10:00-11:30 AM 3/8-4/12 6 sessions \$23.80 Senior over 62 \$18.90**

**Instructor: Dunnell Kendrick– Parker**

Interested in art but not sure what medium is for you? Why not learn about different art mediums while experimenting with various materials? The Art Sampler class will introduce and lead students through a different project each week. Come and learn about drawing, painting, mono printmaking, paper construction, collage, and multi media. Emphasis will be on enjoying the process and becoming familiar with new art materials.

This is a Blackhawk tech class so you must fill out a registration form.

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### INSPIRED ART CLASS

**Tuesdays 1:30-3:30 pm 2/16-4/13 8 sessions \$40.40 Over 62 \$31.60**

**Instructor : Tina Duemler**

Have you ever been inspired to draw or paint something after listening to music or reading a poem? Have you ever wanted to illustrate a poem or card to add to your own unique message? The goal of this class is to assist with your creation of specific artwork using your musical or written inspirations. Drawing and painting mediums are welcome, but no solvent based materials will be used in the classroom. Supplies will be discussed at the first class.

This is a Blackhawk Tech class so you must fill out a registration form.

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## Cooking Demonstration Microwave Cooking for One

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**Wednesday, February 24th 1:30– 3:00PM Cost Free of Charge 1 session**

**Instructor : Kim Peterson**



Tired of the same old meals and trying to cook for one person? This fun demonstration could be just the ticket to wake up your boring meal . Kim will be doing a microwave cooking demonstration using a special Tupperware product that will be available for purchase. ( No purchase is required it is optional) Samples and hands on training will be given. Sounds like a fun afternoon. Limit of 25 people please call the Senior Center front desk to sign up 325-3173 This is not a Black hawk tech class.

## Drawing People

**Tuesdays 6:00-8:30 PM 2/16-4/13 8 sessions \$48.00 Over 62 \$37.00**

**Instructor: Tina Duemler**

This class will explore the techniques of drawing portraits using photographs and from actual observation. A sketchbook with be started and finished drawings will be completed by the end of class. Drawing mediums used will be pencil , vine charcoal, and conte crayons.



Supplies Needed: Large Sketch pad; #2 & #6 drawing pencils; vine charcoal sticks; red, brown, and white cone crayons; and a kneaded eraser

## Elegant Eggs Cooking Class

**Wednesdays 2:30 –4:30 PM 3/3—3/ 31 ( no Class on 3/24) 4 sessions \$28.08 If over 62 Cost \$7.50 Instructor : Linda Colbeck**

They were good for us, then they were not so good, and now we're told they're back in the diet. What are some of the truths and myths about nutrition provided by eggs as well as best methods for storage and preparation? Come and get some tips and new ideas for cooking, baking, and serving eggs as a healthy addition to your diet.

This is a Blackhawk tech class and you must stop in the senior center office to pay class fee fill out a registration form.

## Substitute Ingredients for Healthier Cooking Class

**Wednesday 2:30-4:30 PM 4/14 1 session \$9.07 If over 62 \$4.00 Instructor; Linda Colbeck**

How can fat, sugar, calories, or some of those other “undesirables” be trimmed from your meals? Applesauce, yogurt, and honey, are substitute ingredients which can make a difference. Come and learn more about the variety of substitutions which can cut down on the fat, calories, and more, if you know how to use them.

Please stop by the senior center office to register and pay your class fee. This is a Blackhawk tech program.

## **Heart Leaf Runner / Wall Hanging Quilt Class**

**Tuesdays 4 sessions March 2-23 Cost \$16.00 Instructor Tereesa Schroader**

**Time : 1-4 pm Class size limited to 15**

This class is designed for those who have some previous quilting experience. You will need a set of quilting tools to participate. Class members will be constructing a Heart leaf star runner. To sign up call the Senior Center front desk at 325-3173. We do ask that participants pay the class fee in advance.

## **AARP DRIVERS SAFETY CLASS**

**Thursday, March 4th 1 session class 7:45-12 noon**

**Cost AARP Members \$12.00 Non members \$14.00 Class Instructor Dean Braund**

Class is designed to be a refresher course of driving rules and laws. Participants should check with their insurance company to see if they maybe eligible for insurance discounts if they complete the course.

Call 325-3173 to sign up. You may pay the class instructor the first day of class. Please do not pay the Senior Center.

## **AARP TAX ASSISTANCE SERVICE**

**Date:** Begins Wednesday, February 3rd **Time:** 9-1 PM **Place:** 2nd floor meeting room

The AARP tax assistance program will once again be offered this year, and will be held on Wednesdays. The program will run every Wednesday up until tax time from 9-1PM.

Please bring the all of your information with you so your taxes can be completed. Program is open to those with low to moderate incomes. Homestead tax credit help is also available. For more information or home visits please call Jim Munro at 325-7233

Tax assistance will be held every Wednesday up until tax time. Tax volunteers are trained by the IRS.

### **Congratulations Bridget**

Bridget is now a Certified Personal Trainer. Bridget worked very hard on this for a number of weeks and she passed the required exam with flying color. Good Job Bridget !

### **Balanced Yoga Class**

**Cost:** \$8.00

**Instructor:** Bridget McGinty

**Date:** January 5th –January 28th

**Time:** 9:30-10:15

Balanced Yoga is a combination of balance exercises and chair Yoga. This fun filled focused class teaches you how to strengthen your lower body and improve your overall balance. For more information contact Bridget at 325-8891

### **BALLROOM DANCE CLASS**

**Date:** Mondays April 5,12,19,26 **Time:** 7:00-8:30 pm **Instructor:** Judy & Gil Oberdas

**Cost:** \$48.00 city of Monroe resident \$63.00 for non resident

Judy and Gil Oberdas will teach ballroom dance lessons this spring. The class instruction includes: the fox trot, waltz, swing polka and the schottische . The class is limited to 12 couples and fills quickly. You will need a partner to sign up. If you are interested in a singles class please call Park & Rec. at 325-2460 Class will be held at the Senior Center.

### **BRIDGET'S BABY SHOWER COME AND JOIN US FOR THE FUN**

**Date:** Wednesday , January 13th **Time:** 9:00-11:00AM

Join us in celebration of the new Senior Center baby coming in February. We would like to wish Bridget well before she is on maternity leave sometime in February. Gifts are not necessary and are optional. We encourage participants to bring a gift for the Green County food pantry. We will have snacks and refreshments and maybe even a few surprises. Stop by during the hours of 9-11 am , party will be held in the gym.

### **Services**

**Foot care - Call Senior Center to Schedule an appointment 325-3173**

**Social Security— The First Tuesday each month 9:30-11:30 AM**

**Benefit Specialist— will not be coming to the Senior Center in January.**

### **Movies**

Movies are held at 1:30 every Wednesday and are free of charge.

Wednesday, January 6th

**Public Enemies**

Wednesday, January 13th

**Julia & Julia**

Wednesday, January 20th

**Ice Age Dawn of the Dinosaurs**

Wednesday, January 27th

**Little Women**

JANUARY 2010

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>  <b>Senior Center Closed Happy New Year</b>
<b>4</b> 8:15 Fitness First 1:00 Pool 1:00 Euchre	<b>5</b> 7:00 Shuffle Brd 9:00 Ladies Pool 9:00 Stitch & Chat <b>9:30-11:30 Social Security</b> 9:30 Balance Yoga 1:00 Golden Age	<b>6</b> 8:15 Fitness First 9:00 Pool 1:30 Movie 2:00 Knitting	<b>7</b> 7:00 Shuffle Brd 9:30 Balance Yoga 10:30 <b>Wellness Center Volunteer meeting</b> 1:00 Pool 1:00 500 1:00 YASS 1:15 Canasta	<b>8 Blackhawk Tech Class sign up begins</b>  8:00 Foot Care 8:15 Fitness First 9:00 Ladies Pool 1:00 Pool 1:15 Bridge
<b>11</b> 8:15 Fitness First 1:00 Pool 1:00 Double Jackpot Euchre	<b>12</b> 7:00 Shuffle Brd 9:00 Ladies Pool 9:00 Stitch & chat 9:30 Balance Yoga 12:00 Golden Age	<b>13</b> 8:00 Foot Care 9-11 Bridget's Baby shower 9:00 Pool 1:15 Card Stamping 1:30 Movie 2:00 Knitting	<b>14</b> 7:00 Shuffle Brd 9:30 Balance Yoga <b>11:30 Blood Pressures</b> 1:00 Pool 1:00 500 1:00 YASS 1:15 Canasta <b>4:14 Brd Meeting</b>	<b>15</b> 8:15 Fitness First 9:00 Ladies Pool 1:00 Pool 1:15 UNO
<b>18</b> 8:15 Fitness First 1:00 Pool 1:00 Euchre	<b>19</b> 7:00 Shuffle Brd 9:00 Ladies Pool 9:00 Stitch& Chat 9:30 Balance Yoga 1:00 Golden Age	<b>20</b> 8:15 Fitness First 9:00 Pool 1:30 Movie 2:00 Knitting	<b>21</b> 7:00 Shuffle Brd 9:30 Balance Yoga 10 - 4: 30—2010 travel party 1:00 Pool 1:00 500 1:00 YASS 1:15 Canasta	<b>22</b> 8:15 Fitness First 9:00 Ladies Pool 1:00 Pool 1:15 Bridge
<b>25</b> 8:15 Fitness First 1:00 Pool 1:00 Euchre	<b>26</b> 7:00 Shuffle Brd 9:00 Ladies Pool 9:00 Stitch& Chat 9:30 Balance Yoga 1:00 Golden Age	<b>27</b> 8:15 Fitness First 9:00 Pool 1:30 Movie 2:00 Knitting	<b>28</b> 7:00 Shuffle Brd 9:30 Balance Yoga ends 1:00 Pool 1:00 500 1:00 YASS 1:15 Canasta	<b>29</b> 8:15 Fitness First 9:00 Ladies Pool 1:00 Pool 1:15 UNO

## Donations

Thank you to all of the following Participants for your donations this past month. If we have not listed your name and you should be on the list please contact us so we can correct our mistake.

Thank You To The Monroe Garden Club for the lovely Wreath hanging outside the front door  
Thank You Lois Olson for the lovely Poinsettia plant on the front desk.

Paul & Florence Hefty  
John & Lois Baker  
Keith & Deborah Dieter  
Paul & Linda Hannes  
anonymous  
Lorraine Bartlett

Lillian Slocum  
Lois Colney



## Golden Age Club Report

### December Birthdays:

Germaine Metz 14  
Gertrude Voegeli 24

### Anniversaries

Delmar and Virginia Zettle 22

### We Welcome New Members

### January Birthdays :

Dorothy Webster 22  
Treva Hagen 29

## New 2010 Fitness Center

### Membership Fees for 1 year

Single Monroe Resident \$112.00  
Couple Monroe Resident \$137.00  
Single Non Resident \$162.00  
Couple Non Resident \$187.00  
See Bridget for Complete Fee list  
Prices are pending City Council approval

## Board Meeting Minutes

The Behring Senior Center Board Meeting was held on December 10th in the Senior Center lobby. Members present; Bill Schwaiger, Jon Rufenacht,

Walter Hougas, Frances Jensen, Vicki Ingwell, Benita Miller,

Kathryn Etter, Tammy Derrickson and Mayor Ron Marsh.

The board addressed a letter sent by Lynn Zimmerman requesting that the Senior Center lower the age requirement to 50 years of age. The board discussed the issue and decided that research was needed before approval could be made. Tammy will re-

view a copy of the ordinance and report back to the board at the next meeting. The board also talked with Kris Beer from veterans services about assistance with next years veteran's dinner. Kris asked if the senior center could provide dessert and this was approved. The Board reviewed the building use policy and solicitation policy and they were approved. The board also discussed the November Wellness Center report. We now have 246 members in the fitness center. We had 26 new members for the month of November.

Tammy reviewed the upcoming

travel program for 2010. The Senior Center has already made the required trip deposits for the coming year. We also have a number of new programs coming.

The Next meeting will be held on January 14th at 4:15 in the Senior Center lobby. Participants are always invited to attend. If you have something you would like to have placed on the agenda, please contact the senior center office.