

SEPTEMBER 2021
VOLUME 51 ISSUE 9

The Courier

301 Blankenheim Lane, Sun Prairie, Wisconsin 53590, 608-837-4611

Mission Statement—“To enhance the well-being and independence of older adults”

Breakfast Bunch is Back

A Gift to Your Family—Funeral Planning

Join Darrin Kolka from Cress Funeral & Cremation Service on **Wednesday, September 15 at 8:00 am**, to learn why having an Advance Funeral Plan is a gift to your family. Options and benefits will be reviewed followed by informal questions and answers. Register by calling 608-837-4611. Cost for the breakfast is \$5, \$4 for premium members. Participants who do not have breakfast may attend the presentation at no cost.

Day For Seniors

Join us on **Thursday, September 16 at 1:30 pm**. Sit back and listen to some old-time country music with Jesse Walker. Jesse has performed and recorded with dozens of country artists as well as recording twelve solo albums. He has won the Q106 Country Music Hall of Fame award and won best country album in 2004 from the Madison Area Music Awards. Cost is \$4 and free for Club 301 premium members.

The Grace of Ordinary Days Book Reading

Join author Bernie Saunders on **Tuesday, September 21, at 1:00 pm**, to hear him discuss his collaborative book of photography and poetry. This rare mother/son book collaboration rekindles bonds of love in **The Grace of Ordinary Days** by Kay Saunders & Bernie Saunders. Described as “Tuesdays with Morrie meets Georgia O’Keeffe,” **The Grace of Ordinary Days**, by poet Kay Saunders and nature photographer Bernie Saunders, is a rare glimpse into the separate but inseparably linked lives of a mother and son. Contemplative poetry and stunning flower photography are woven together by a narrative thread in two voices. Mother and son retell their versions of memories from a shared past and how each perceived them differently. The stories shed light and perspective that leads to understanding and forgiveness. **The Grace of Ordinary Days** can help us to love better, and remind us of our own beauty, truth and passion.

The book will be available for purchase.

Face Covering Emergency Order

The Colonial Club follows local and national recommendations related to Covid protocols. In accordance with the Dane County Emergency Order regarding face coverings effective **August 19, 2021**, the Colonial Club now requires a face covering for anyone entering the building. The Order is currently scheduled to expire on September 16, 2021.

Programs and Activities



September Greetings!

We have a few weeks of summer left, but fall colors are on the horizon. Kids are back in school and many of the groups that took the summer off will be coming back to the Colonial Club for meetings, classes and activities.

Have you renewed your Club 301 membership? Since September is National Senior Center month it would be an ideal time to renew your commitment to the Colonial Club with a membership. For just \$60 a year (\$5 bucks a month!), you get discount prices to activities and events here and discounts from many local businesses.

We are finally going to celebrate our 50th anniversary with a few special things starting this month. On September 12, we'll start our "Fifty Days to Fifty Years" campaign which will highlight our history while simultaneously raise money for our future. We are looking for people to serve as Team Captains and raise a minimum of \$250 per team. Fifty teams times \$250 is \$12,500 and would help us sustain our programs and services. Call me or email me at rpower@colonialclub.org to sign up!

Then join us on Thursday, October 28, at 5:30 pm for our Board of Directors Annual Meeting. We will have some special guests, pay tribute to some special people and announce our fundraising total.

We continue to follow all the best public health guidance and appreciate everyone's cooperation. At the time of this writing, we are back under a mask mandate for being inside. Please wear your mask when you come into the building.

Thanks!

Bob

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Management Staff

608-837-4611

Bob Power

Executive Director ext. 110

Melody Riedel

Director of Operations & Services ext. 115

Laura Jennings

Director of Support Services & Activities ext. 129

Volunteer & Special Events Coordinator ext 129

Gail Brooks

Case Management Coordinator ext. 127

Todd Schultz

Building & Grounds Coordinator ext. 114

Jean Detert

Nutrition Coordinator ext. 112

Photography Workshop

Magic Light:™

The Artistry of Photography and Life

“Creativity comes not from what is photographed, but from how an image is conceived.
To develop this creativity we must first learn to see.” Arnold Newman

Photography is about light -- the light a closing shutter paints -- and the light that photographers "see" within themselves and communicate to others. Magic Light is a one day experiential workshop for anyone interested in stretching creatively by using a camera to express their connection to the world. Any kind or size camera -- pinhole to the latest digital -- will work great. Creating powerful photos happens when our emotions are engaged with what we are photographing. Magic Light provides a unique opportunity to explore light, texture, mood, and one's emotional connection with the world. Workshop Structure: Magic Light is designed to guide people through a wide variety of self-expression activities and creative encounters. Participants will be invited to explore and express themselves by creating images that are emotionally compelling and provocative. We will be using a couple of different venues in Sun Prairie during the workshop.

Who Is This Workshop For?

Magic Light is designed for those interested in increasing their ability to use the camera as a creative extension, to take better pictures, and increase their confidence when taking photos. All levels of photography experience will benefit from this day.

When:	Wednesday, September 29 from 9:00 a.m. - 4:30 p.m. (Sept 30 as a back-up date)
Location:	Meet at the Colonial Club
# of Participants:	Maximum of 6
To Register:	Call the Colonial Club Main Office at 608-837-4611
Fee:	\$75.00. Includes lunch and a portfolio review of your workshop images within 30 days). Make checks payable to Bernie Saunders. You can pay in advance at the Colonial Club or pay first day of class.
Instructor:	Bernie Saunders—Contact at berniesanders2@gmail.com for questions berniesandersphotography.com

Bernie Saunders received his first camera from his father when in junior high. Nature has been a critical and constant element in his life, and continues today as the cornerstone and guide in his quest for tapping and expressing his creativity. During the past few years he has focused on a project entitled, The Soul of Flowers, and has exhibited this body of work at numerous exhibits and shows in the Midwest. His most recent book with his poet mother, Kay Saunders, is *The Grace of Ordinary Days*. Bernie is self-taught, and has had the privilege of learning from Doug Beasley, Pam Belding, Jim Brandenburg, and Dewitt Jones.

Bocce Ball Anyone?

Try out a game of Bocce Ball at 9:30 am on Friday mornings in September on the Colonial Club grounds, weather permitting. If you want to have fun and not worry about points, this is the group for you.

Red Hats Are Meeting Again!

Friday, September 10, 2021, 11:30 am
Varsity Bar and Grill

New members are always welcome—there are no dues and no “to do’s”, just fun and friendship. once a month. Call Laura at 608-837-4611 for more information.

Call Queen Bonnie Laviron at (608) 837-7007 to make a reservation no later than Tuesday, September 7.

Programs and Activities



1st Wednesdays

1-833-558-0712

Access Code:

199 641 6875 ##

3rd Wednesdays

1-833-558-0712

Access Code:

199 195 6932 ##

Let's Connect!!

Dane County agencies are partnering to provide educational and entertaining **FREE** programs by **phone** in an effort to reduce feelings of isolation.

1st & 3rd
Wednesdays at 10 a.m.
Throughout 2021

Topics available here:

<https://aaa.dcdhs.com/COVID-19.aspx>

or by calling 608-240-7400



Toll

FREE!!!

You're Invited to A Special "Let's Connect" Event



"Let's Connect"
with **Gary Glazner**

**Free call in program
for seniors!!**

September 15th at 10 a.m.

New York based poet Gary Glazner leads a fun, high-energy poetry party. We will perform classic, well-known poems together. We will create an original group poem. Most of all we will connect with humor and compassion. Please join us for this inspirational event.

Gary Glazner is the founder and Executive Director of the Alzheimer's Poetry Project, (APP). The National Endowment for the Arts listed the APP as a "best practice." NBC's "Today" show, PBS NewsHour and NPR's "All Things Considered" have featured segments on his work. Glazner is the author of *Dementia Arts: Celebrating Creativity in Elder Care*, 2014. Glazner was published in *JAMA: The Journal of the American Medical Association*, 2018. The paper includes his most in-depth description of what is happening at the neurological level when you are performing poetry. The APP has provided programming in 36 states and internationally in Australia, Canada, England, Germany, Poland, South Korea and Turkey.



Tallgrass residents enjoy living steps away from the Colonial Club Senior Activity Center and close to downtown Sun Prairie.



Staying Connected is easy (and fun!) at Tallgrass

Tallgrass is quite affordable and, in addition to a robust lifestyle, offers an impressive array of amenities and a la carte services.

of **SUN PRAIRIE**
Tallgrass
ASSISTED LIVING

605 Chase Boulevard
Sun Prairie, WI 53590
PHONE: **608.837.2124**
tallgrassofsunprairie.com

We Warmly Welcome Newcomers
Learn more! Schedule a Tallgrass Tour
by calling **608-837-2124**.



Programs & Activities



Book Club



The next Book Club meeting is scheduled for **Thursday, September 30, at 1:00 pm** at the Colonial Club. Our book will be ***This is Your Time*** by Ruby Bridges. The new book will be available for pick up in the Main Office.

Chorus and Chimes

Chorus and Chimes will not meet in September.



New Membership Year Starts October 1, 2021

Our new Membership Year starts October 1. If you are a current member, you will be receiving a renewal notice. If you don't have a membership, consider signing up for one. Membership fees help support programs and give the card holder discounts at Colonial Club and local Sun Prairie businesses. The cost of an annual premium membership is \$60. Scholarships may be available based on donations. Consider donating an extra \$60 to support a senior who otherwise could not afford the membership. New and renewed members who sign up before September 30, 2021, will be entered in a drawing to win a \$25 gift certificate to the Three Wishes Gift Shop at the Colonial Club and several smaller prizes for free popcorn, soda and more! 10 winners will be chosen. Sign up in the Main Office.

RSVP Group Projects

Do you enjoy sewing, knitting, or crocheting? As an RSVP Group Projects/Homeworker volunteer, you can make quilts, hats, mittens, scarves, shawls, fidget blankets, masks, and other items that help children, families, and adults in need! There is a need for these handcrafted creations in Dane County. Meetings are held at the Colonial Club the **first Wednesday of the month at 10:00 am**. Supplies can be dropped off (if needed) and finished items picked up; please do not drop finished items off at the Colonial Club. Contact Kate Seal at kseal@rsvpdane.org or 608-310-7280 to make arrangements. Thank you.

WANTED: Donors for Memorial Benches

The Colonial Club is looking to add some new outside benches on our property and looking for donors willing to sponsor one. Price range would be between \$600-\$900. Interested donors please call Bob at 608-837-4611 ext. 110 or email him at rpower@colonialclub.org.

Programs and Activities



Crafts with Sally

Tuesday, September 14, at 9:30 am. For the craft day, we will be making ribbon yarn necklaces. Materials provided. Cost \$2.00. If you have an idea or want to make a special request for something new and different, please bring your suggestions for future projects to the Main Office. Instructor: Sally Keyel.

Sunshine Supper

The Sunshine Supper is a free community meal and is now being served, *drive thru only*, on **Mondays from 5:00 to 6:00 pm** at the Sunshine Supper building, 1632 W Main St, Sun Prairie, as long as volunteers are healthy. While we are dealing with the coronavirus, plans may continue to change at any time. **To confirm that the meal will be served as scheduled or to learn what the schedule and procedures will be, please check online at the website www.sunshinesupper.org or call 608-561-1632.**

Bingo

Join us for bingo at 1:00 pm on

Thursday, September 9, sponsored by Drumlin Communities

Thursday, September 23, sponsored by Hyland Park and

Thursday, September 30

Please do not arrive any earlier than 12:45 pm for bingo and other 1:00 pm programs scheduled in the Dining Room. We need to follow new guidelines for cleaning after lunch and need to have the tables cleared. If you arrive early, you may be asked to move until the tables can be cleaned. Thank you for your cooperation.

Exercise Class Opportunities

Qi Gong: Mondays, September 20 to October 18, 1:30 to 2:30 pm. Cost: \$40 for 5 weeks. We need a minimum of 10 participants. Registration deadline is **September 15.**

Music and Motion: Mondays and Wednesdays at 9:00 am. Bring a ball you can squeeze or at least go through the motions (some are using a small rubber ball), a stretch band such as those used in physical therapy, two sticks (most are using wooden spoons) and a weight (some are using a small soup can). Mondays with video; Wednesdays with DJ.

You can also find a Music and Motion class on KSUN, Charter channel 983, and TDS channels 13 and 1013, at 10:30 am, Thursdays.

Beat to the Music: Thursdays at 10:30 am with Marge. This class combines aerobic movements with chair tapping, walking and stretching. Bring a water bottle. Please note time change.

Indoor Walking Class: Mondays at 10:30 am. The class will be led by Marge and held in the Auditorium. The 45-60 minute class will also include stretching and chair exercises. Please wear walking shoes and bring your water bottle.

Programs and Activities



Healthy Living with Diabetes Workshop

This class has been cancelled. We hope to reschedule for Spring 2022. For questions call Laura at 608-837-4611.

Flu Shots at the Colonial Club

O'Connell Pharmacy will be at the Colonial Club on **Wednesday, October 13, from 11:00 am to 12:30 pm**, to perform an Immunization Clinic. Call the Main Office at 608-837-4611 to schedule your appointment. The Main Office will also have Consent Forms available. The following immunizations will be available: Influenza high dose, Pneumovax, Tdap, Shingles, and Covid 19. Be sure to bring your Medicare card, your prescription insurance card, and your health insurance card to your appointment. If you have questions about the cost or insurance coverage, please call O'Connell Pharmacy at 608-837-5949 in advance.

Walk ins will be welcome.

VOLUNTEERS NEEDED

We are in need of volunteers willing to help seniors with various chores such as lawn mowing, snow shoveling and companionship. In addition, the home delivered meal program has expanded and we have an ongoing need for drivers! **If you are interested in helping seniors stay healthy at home by delivering a noon meal, please let us know!** Ideally, a meal driver volunteer is someone who can make a weekly commitment of approximately 2 hours. Enjoy reading the Courier? We need volunteers to help us compile and deliver it to area businesses.

Apply online at colonialclub.org or contact Laura Jennings at 608-837-4611 or ljennings@colonialclub.org for more information.

Circle of Friends Book Club

The Circle of Friends Book Club will be meeting on the second Wednesday each month at 10:00 am at the Colonial Club. The September meeting will be on Wednesday, September 8. The book is ***Digging to America*** by AnneTyler.

New members are welcome.

Computer Tutor is Back!

Sheila and Rob will be here to help with your computer, tablet or smart phone questions on **Mondays from 2-4 pm**. Drop in and get your questions answered!

September 13-Sheila

September 20-Rob

September 27-Sheila

Resources and Support



EAT RIGHT WHEN MONEY IS TIGHT!

The FoodShare Helpline is a service of Feeding Wisconsin and its member food banks. FoodShare is a monthly benefit deposited on a debit-like card, the QUEST Card, to help with food purchases, freeing up money for bills, medications and other necessities. It's easier than ever to apply and you can even get free, confidential assistance. No future appointments are currently scheduled.

Did you know...

Even the minimum benefit would give you **\$180 per year!** Eligibility is based on income and certain expenses, so you can own a home and car and even have a savings account. Claiming FoodShare helps your community. The USDA estimates that for every \$5 spent in FoodShare benefits, about \$9 circulates through local businesses and to our farmers. Receiving benefits does NOT take away from others. **EVERYONE who is eligible and applies will get benefits.**



For more information, call Heidi at 608-630-4113 or the FoodShare Helpline at 1-877-366-3635 today.

Farmers' Market Vouchers

The Area Agency on Aging of Dane County offers vouchers to seniors for use in purchasing \$25 worth of fruit, vegetables or herbs at farmers' markets and roadside farm stands in Wisconsin during the 2021 season (June to October). The vouchers are distributed on a first come/first served basis to those 60 or older and live in Dane County. One set of vouchers per household regardless of household size. If you have not received vouchers for 2021 but you still wish to apply, contact AAA Dietitian, Shannon Gabriel, 608-261-5678. For more information on the vouchers, contact your Case Manager at the Colonial Club or Shannon Gabriel at 608-261-5678.

Emergency Supplies Available

Are you or is someone you know in temporary need of toothpaste, shampoo, other toiletries or supplies? Before coming to the Colonial Club, call case manager Peggy Draeger to make a request or for more information at 608-837-4611.

Sun Prairie Food Pantry Hours

Monday, Wednesday and Friday - 12:00 to 3:30 p.m.
Tuesday and Thursday - 5:00 to 7:00 pm
Saturday - 9:00 to 11:00 am

18 Rickel Rd, Sun Prairie
608-513-1044

Colonial Club Travel Shoppe

La Crosse Paddlewheel Cruise – Thursday, September 30, 2021– Enjoy the beautiful fall scenery as you make your way to La Crosse, WI and board the La Crosse Queen paddle wheeler for a scenic cruise on the Upper Mississippi River. Watch for eagles and other wildlife and cruise past steep bluffs adjacent to the Great River Road. Before returning home, enjoy lunch at the Blue Moon Restaurant, serving Swedish meatballs, carved roast beef, tossed salad, roasted red potatoes and a brownie. Reservations and payment are due by **Friday, September 10. Call for availability.** This trip is provided by Happy Times Tours & Experiences. \$137 or \$131 for Club 301 premium members. The bus will leave Colonial Club at 7:30 a.m. and return at approximately 5:15 p.m.

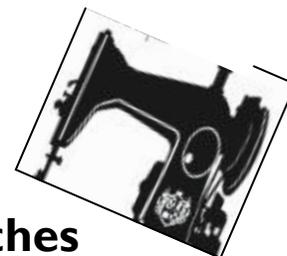
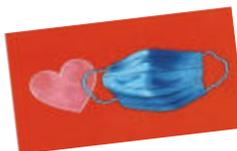
Alzheimer's Association 24/7 Caregiver Hotline: 800-272-3900

Alzheimer's Association Virtual Support Groups

These support groups are designed to provide a safe place to learn, offer and receive helpful tips and meet others coping with Alzheimer's disease or other dementia. The meetings typically take place monthly and are always free and open to the public. There are support groups for: persons living with mild cognitive impairment; general family caregivers; family caregivers of a loved one with dementia living at a facility; family caregivers of a loved one with dementia in the early stages; family caregivers of a loved one with frontotemporal degeneration; and a support group for grief and bereavement. To register or to get more information about a specific group or group schedules, contact the 24/7 Helpline 800-272-3900 or visit www.crf.com. All support groups are virtual at this time.

Elder Abuse Hotline

The purpose of the Elder Abuse Hotline is to make sure that elders who are experiencing abuse have a place to turn in order to find the right resource in their community. Joanna Reinstein is the Elder Abuse Hotline Coordinator at GWAAR. The Elder Abuse Hotline website is www.reportelderabusewi.org. There are printable program materials under the Resources tab on the website. Individuals are also able to report elder abuse on the website under the Report Elder Abuse tab or by calling the Hotline at 1-833-586-0107.



In Stitches

Need a hem or trousers altered?
Looking for good quality, handmade, washable
Facemasks?
Check out In Stitches Alterations and Repairs.
For information and pricing,
call Rosalie at 608-515-2449.

ADRC Services

The Aging and Disability Resource Center of Dane County offers free, unbiased information and assistance on resources and services for older people and adults with disabilities. The ADRC provides information to all callers regardless of their income, assets, age, or disability. ADRC staff will help callers identify options, solve problems and plan for the future. The ADRC is accepting calls at 608-240-7400, **7:45 am – 4:30 pm, Monday through Friday**. You can also visit their website at <http://www.daneadrc.org>; or e-mail them at ADRC@countyofdane.com or visit [Facebook.com/ADRC DaneCo](https://www.facebook.com/ADRC DaneCo). The ADRC is not accepting walk-ins at this time.

RSVP Vaccination Requirement for Rides to Medical Appointments

Rides to medical appointments are available through the RSVP Driver Escort Program. **Reservations must be made at least 4 business days in advance.** To schedule a ride, call Rosalie at the Main Office, 608-837-4611. If she is not available, leave a message with your name, phone number, date, time and location of your appointment. Rides are available only between the hours of 8:30 am and 2:30 pm. You must be ambulatory to take advantage of this service. RSVP rides are on a donation basis.

If you are new to this service, there is a registration process to complete. Please allow as much time as possible before your first ride request to complete this process, which includes providing proof of vaccination against COVID-19 to RSVP. **Starting October 15, rides will not be scheduled with RSVP volunteers until this proof is received by RSVP.**

RSVP Ride Program

RSVP has resumed offering rides to medical appointments. However, there are new Covid related requirements for passengers. Please see the new instructions on page 10.

Express Bus Service to Madison

The City of Sun Prairie and Metro Transit offer express commuter service between the park-and-ride on the corner of Reiner Road and O’Keeffe Avenue (south of Reiner Rd Hwy 151 exit) and downtown Madison.

Additional stops available within Prairie Lakes, on West Main Street, and on O’Keeffe Avenue by Walmart.

Bus For NE Dane County

All shopping trips are available for people over the age of 60 and/or those with a disability.

Transit Solutions—Shopping bus from Marshall and Sun Prairie—1st & 3rd Thursdays. East Towne Mall. Pick up **at your home** around 10:00 am. Return trip 1:30. Drop off and pick up at Food Court. \$3 round trip. Marshall residents can go to east Pick & Save in Sun Prairie on same trip. Call Transit Solutions at 608-294-8747—24 hours in advance to make a reservation. Request for wheelchair accessible bus must be made when making reservation.

Cottage Grove and Deerfield-Wednesday pick up at **9:30 am** to shop at Piggly Wiggly. They’ll leave from Piggly Wiggly at approximately **11:00 am**. \$2 Round Trip.

East Towne Mall Shopping Trips-Southern Region Deerfield/Cottage Grove **1st and 3rd Tuesdays**. Pick up at **10:00 am** in Deerfield and then Cottage Grove. They will leave the Mall about **1:30 pm**. \$3 round trip.

Dane County Transportation Center

The DCTC provides a Mobility Manager who can provide information on all travel options available and personalized assistance with your transportation needs.

Call the Mobility Manager at the Dane County Transportation Center for assistance at 608-242-6489.

Taxi Vouchers available for the Sun Prairie Emergency Food Pantry

Contact the Sun Prairie Taxi service at 837-5550 to schedule a ride and let them know you want to go to the Food Pantry. When you arrive at the Pantry, a voucher will be provided to you to give to the taxi driver and you will be given a second voucher for return trip home.

Call the Food Pantry, 608-825-3875, with questions and to confirm availability/hours.

Sun Prairie Shared-Ride Taxi Service

This service provides one-way trips within the city limits at affordable fixed rates. To request a ride, please call 608-837-5550. Regular fare prices listed are for one-way trips within the city limits: Senior and disabled adults, youth aged six to 18 years-\$4.00. Additional passengers-per rates listed. Wait fee-\$.50 per minute.

Income qualified residents are eligible for a reduced \$2.00 fare. To apply for this program, pick up an application at the Sun Prairie City Hall or call 608-825-1192. Funding is limited and operates on a first-come/first-served basis.

You may now purchase Shared-Ride Taxi Booklets at City Hall or the Sun Prairie Public Library during their regular business hours. Each booklet will contain 5 tickets for regular fare or reduced fare rides. Booklets can also be purchased through drivers or by contacting Running, Inc., the service provider for Sun Prairie’s Shared-Ride Taxi service at sunprairietaxi@runninginc.net.

This service also provides rides to the bus stop at the East Towne Mall seven days a week with pick up at your home or another location you specify. The fare for this service is \$5 each way, cash only. A one hour notice is required and rides leave Sun Prairie on the hour, 6:00 am to 6:00 pm, and return from the Mall on the half hour, 6:30 am to 6:30 pm. To request this service, call 608-837-5550.

September Calendar



MON	TUE	WED	THU	FRI
		SEP 1 9am Foot Care 9am Music and Motion 10am RSVP Group Projects 10am Rummikub 11:30am Lunch 12pm Commodities Pick Up 1pm Euchre	SEP 2 9am Bridge Lessons 10am HoChunk Casino Trip Pick Up 10:30am Beat to the Music 11:30am Lunch 1pm Bid Euchre 1pm Watercolor Group	SEP 3 9am Beginning Euchre 9:30am Bocce Ball 10am Dominos 10am Mahjong 11:30am Lunch
SEP 6 CLOSED FOR LABOR DAY	SEP 7 9am GTE Men's Group 9am Massage Therapy - John Santiago 11:30am Lunch 12:30pm Canasta 1pm Bridge 2pm Mahjong 6pm Line Dancing	SEP 8 9am Music and Motion 10am Circle of Friends Book Club 10am Rummikub 11:30am Lunch 1pm Euchre	SEP 9 9am Bridge Lessons 10:30am Beat to the Music 11:30am Lunch 1pm Bid Euchre 1pm Drumlin Bingo	SEP 10 9am Beginning Euchre 9:30am Bocce Ball 10am Dominos 10am Mahjong 11:30am Lunch 11:30am Red Hats Lunch at Varsity Bar and Grill
SEP 13 9am Music and Motion 10:30am Walking Class 11:30am Lunch 1pm 500 1pm Sheepshhead 1pm Skat 2pm Computer Tutor	SEP 14 9am GTE Men's Group 9:30am Crafts with Sally 11:30am Lunch 12:30pm Canasta 1pm Bridge 1pm Watercolor Art Group 2pm Mahjong 6pm Line Dancing	SEP 15 8am Breakfast Bunch - A Gift to Your Family - Cress 9am Foot Care 9am Music and Motion 10am Rummikub 11:30am Lunch 1pm Euchre	SEP 16 9am Bridge Lessons 10:30am Beat to the Music 11:30am Lunch 1pm Bid Euchre 1pm Watercolor Group 1:30pm Day For Seniors- Jesse Walker performance	SEP 17 9am Beginning Euchre 9:30am Bocce Ball 10am Dominos 10am Mahjong 11:30am Lunch

<p>SEP 20</p> <p>9am Music and Motion 10:30am Walking Class 11:30am Lunch 1pm 500 1pm Sheepshead 1pm Skat 1:30pm Qi Gong Computer Tutor</p>	<p>SEP 21</p> <p>9am GTE Men's Group 9am Massage Therapy - John Santiago 11:30am Lunch 12:30pm Canasta 1pm Bernie Saunders - Book Reading 1pm Bridge 2pm Mahjong 6pm Line Dancing</p>	<p>SEP 22</p> <p>9am Music and Motion 10am Rummikub 11:30am Lunch 1pm Euchre</p>	<p>SEP 23</p> <p>9am Bridge Lessons 10:30am Beat to the Music 11:30am Lunch 1pm Bid Euchre 1pm Hyland Bingo</p>	<p>SEP 24</p> <p>9am Beginning Euchre 9:30am Bocce Ball 10am Dominos 10am Mahjong 11:30am Lunch</p>
<p>SEP 27</p> <p>9am Music and Motion 10:30am Walking Class 11:30am Lunch 1pm 500 1pm Sheepshead 1pm Skat 1:30pm Qi Gong 2pm Computer Tutor</p>	<p>SEP 28</p> <p>9am GTE Men's Group 11:30am Lunch 12:30pm Canasta 1pm Bridge 1pm Watercolor Art Group 2pm Mahjong 6pm Line Dancing</p>	<p>SEP 29</p> <p>9am Music and Motion 9am Photography Workshop 10am Rummikub 11:30am Lunch 1pm Euchre</p>	<p>SEP 30</p> <p>9am Bridge Lessons 10:30am Beat to the Music 11:30am Lunch 1pm Bid Euchre 1pm Bingo 1pm Book Club 1pm Watercolor Group</p>	



Resources and Support



COMMODITY SUPPLEMENTAL FOOD PROGRAM



Commodity Supplemental Food Program (CSFP) works to improve the health of low-income adults ages 60 years and older by supplementing their diets with nutritious foods. Talk to one our Case Managers to see if you qualify. If you are eligible you will receive a monthly package of nutritious food provided by the U.S. Department of Agriculture (USDA) including: Canned fruits and vegetables, canned meat, fruit juices, cheese, milk, dry powdered or shelf stable cartons, peanut butter or dried beans, cereal & grains, rice, instant potatoes or pasta.

Income Eligibility

**Use total GROSS income –before taxes
and deductions –of ALL household members***

Every 60+ year old household member is eligible to receive his/her own monthly food package.

\$16,744 annually or \$1,396 monthly 1 Person Household

\$22,646 annually or \$1,888 monthly 2 Person Household

For 3 person or more household, a Case Manager can provide income guidelines

Colonial Club Senior Center plans to host the next Commodity Supplemental Food Program

Wednesday, September 1, 2021

12:00 to 1:00 pm in the Gathering Place

for Colonial Club participants and Colonial View residents

Contact Case Management at the Colonial Club at 837-4611 ext 135, if you have questions.

Wisconsin Emergency Rental Assistance Program

By the GWAAR Legal Services Team

The Wisconsin Emergency Rental Assistance Program is a program to assist eligible renters impacted by the COVID-19 pandemic who need help with their rent, utilities, and/or other housing stability. Eligible households may receive up to 12 months of assistance to help with current and/or overdue utility bills, rent, and/or other services that help them remain in their homes.

Who is Eligible? A household may qualify if at least one or more individuals in the home meet all of the following criteria: 1. Qualifies for unemployment or has experienced a reduction in household income, experienced major costs, or experienced financial struggles due to COVID-19. Demonstrates a risk of being evicted or losing your home; and, 3. Has a household income at or below 80 percent of the county median.

Note: The counties of Brown, **Dane, Milwaukee**, and Waukesha, as well as the cities of Madison and Milwaukee, are operating their own emergency rental assistance programs and are not participating in the Wisconsin Emergency Rental Assistance program. For more information, visit: <https://doa.wi.gov/Pages/WERA.aspx>

Are Home Energy Costs Putting the Squeeze on You?

Dane County Energy Services, Inc., has not scheduled any outreach service days at the Colonial Club but they are scheduling appointments directly for the 2021 heating season. Clients can apply one of three ways. **Apply directly online at <https://energybenefit.wi.gov/>; Book an appointment via phone: 608-333-0333 or 608-267-8601; Book an appointment online at: <http://www.esiwi.com/index>. New and returning clients can apply online or via phone.**

INCOME GUIDELINES FOR THE 2020-2021 HOME ENERGY PLUS PROGRAM YEAR (9/01/2020 through 9/30/2021)

60 PERCENT OF STATE MEDIAN INCOME GUIDELINES		
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1	\$ 2,490.08	\$29,881
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September 18, 2021, 9-11:30 am

Email aaa@countyofdane.com to register by 9/9/21

Email for more information.



projecthome

Dane County Home Rehabilitation Program Accepting Applications

The Dane County Rehabilitation Program (DCRP), funded by the Dane County Community Development Block Grant and operated by Project Home, is currently accepting applications to serve low-to-moderate income (LMI) homeowners in Dane County.

The DCRP is a non-interest bearing, deferred-payment loan program available through Project Home. A mortgage will be signed and filed to secure the re-payment of the loan when a customer's home is sold or is no longer their main residence.

Eligible repairs may include roofing, siding, HVAC, plumbing, electrical, safety concerns, and accessibility modifications. The home must be fully code-compliant at the completion of renovations done through DCRP. **Condos and mobile homes on leased land are not eligible.** For more information about this program and a list of eligibility and income requirements, please come to the Main Office. Contact information to schedule an interview will also be available.

Team Captains Wanted!

Our extended 2-year (thanks covid!) 50th anniversary celebration will culminate at the Board of Directors Annual Meeting on Thursday, October 28, at 5:30 pm.

We are looking for 50 people who will spearhead a fundraising effort. As Captain of your team (you can pick your own team names), you will be responsible for doing a little fundraising on behalf of the Colonial Club. Each team will be asked to raise a minimum of \$250.....so that could be 5 of your friends who will give \$50 each OR 10 of your friends who will give \$25 each or 20 of your friends who will give \$15 each, etc.

Each team captain will be invited to the meeting to report on their fundraising efforts. The team that raises the most money will receive a great prize. If all 50 teams raise the minimum of \$250, the Colonial Club will receive \$12,500! And hopefully teams will raise much more than that for Sun Prairie's oldest and only community senior center!

Please call Bob at 608-837-4611 to volunteer to be a team captain. You can also reach him via email @ rpower@colonialclub.org.

Memory Screenings



Memory screenings help identify possible memory and cognitive changes. Sessions are 20 minutes and results are immediate.

Thursday October 14th,
1:00-3:30pm

Colonial Club Sun Prairie

Call **240-7475** for an appointment



Generations Online

As Covid19 tragically forces many of us into isolation, we can at least enjoy virtual togetherness. **Easy Tablet Help for Seniors** is a free app to guide you on using FaceTime, Zoom or Skype, texting, taking photos and email with large type, simple on-screen instructions.

Go to www.gol4apple.org or www.gol4android.org for simple instructions.

Don't miss *The Commentator*

Check out ***The Commentator*** on Charter Channel 983 or TDS Channel 13 or 1013. Pat features events and programs happening at the Colonial Club. Check the Star or www.ksun.tv for times and to view over 100 archived programs; catch up on Colonial Club events you've missed.



If you would like to have a personal history interview for the *Living History* program contact Laura at 608-837-4611 to set up an interview.

Medicare Scam Claims to Order Genetic Test

There's an old Medicare scam resurging. Scammers offer "free" genetic test kits that allegedly screen for heart conditions or cancer. It's not a "free" test. Instead, it's a trick to steal Medicare information for fraudulent billing and/or identity theft purposes.

How the scam works:

You receive a call from someone claiming to be from Medicare or an official-sounding organization, such as "The Cardiac Test Center." The caller claims to provide a free genetic test kit, and all you need to do is agree to receive the kit by mail, swab your cheek and return the vial. The test will tell you if you have a genetic predisposition to heart disease, cancer or another common condition. The caller insists the test will be covered in full by Medicare.

Of course, there's a catch. Before the company can mail your test kit, they need your Medicare ID number and personal information. Scammers may ask about your family medical history and previous diagnoses, your address and the information off your Medicare ID card.

This scam doesn't only stem from phone calls. Scammers may lure victims by going door-to-door, setting up at health fairs, and even providing gift cards or other giveaways in exchange for participation.

While genetic testing is a legitimate service, scammers are trying to commit fraud by billing Medicare for unnecessary tests. Their cons can lead victims to identity theft, and in some cases, a bill for thousands of dollars. Always consult with your primary care physician before agreeing to a test.

How to protect yourself from Medicare fraud:

Be wary of any lab test at senior centers, health fairs or in your home. Be suspicious of anyone claiming that genetic tests and cancer screenings are "free" or covered by Medicare. If a product or test is really "free," your Medicare number won't be required.

Don't share your Medicare number with anyone other than your doctor's office.

Protect your Medicare number by keeping it in a safe place (not your wallet).

Don't trust a name or phone number. Con artists use official-sounding names or appear to call from a government agency, and/or a related area code. Medicare will never call to confirm personal information, Medicare information or ask questions about your personal health.

Report it. Go to BBB.org/ScamTracker to file a report. Your report helps warn others of the scams taking place in the marketplace.

Client Services

Contact us at 608-837-4611

Adult Day Center—Hours of operation are Monday-Friday, 8:00 am to 4:30 pm. For information or a brochure, contact Mary Martin at ext 133.

Case Management Services—For information or a brochure, call Rosalie at the Main Office, ext 103. Existing clients can call their case managers: Gail Brooks, ext 127; Peggy Draeger, ext 152; or Deb Klein, ext 135.

Nutrition—Meals served at the Colonial Club or at home to the homebound. Contact Jean Detert, ext 112.

Supportive Home Care (SHC)—SHC aides can provide numerous home care services. Contact Aileen Ostermeier, ext 131.

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COVID-19 Vaccine Resources

Centers for disease Control FAQs

www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html

WI Department of Human Services Weekly Newsletter of COVID-19 Response & Vaccine Progress

www.dhs.wisconsin.gov/covid-19/newsletter.htm

Public Health Madison & Dane County COVID-19 Vaccine Info

www.publichealthmdc/coronavirus/covid-19-vaccine

For Current Testing sites: <https://jangodx.com/>



Nutrition Counseling

One-on-one nutrition counseling is available to older adults seeking information on ways to improve their overall health. Older adults (age 60 and older) who reside in areas served by Dane County's Senior Nutrition Program are eligible to meet with a Registered Dietitian to discuss nutrition-related questions or difficulties. While there is no charge for this service, donations are always welcome. Common topics include: diabetic diet, unintended weight loss, heart healthy diet, taste and smell changes, poor appetite, Parkinson's disease, difficulty chewing or swallowing, basic nutrition for older adults, constipation, acid reflux, cooking for one or two. Please note: counseling for desired weight loss will not be approved for this service unless accompanied by a doctor's referral.



To learn more about this resource or to schedule an appointment, contact Shannon Gabriel, RDN, CDN, (608) 261-5678, or Gabriel.Shannon@countyofdane.com.

Monthly MIPPA Moment: Help With Medication Costs

MIPPA (Medicare Improvements for Patients and Providers Act) has a goal of educating older adults on Medicare's cost-saving benefits & preventive services.

Each year in late September, Medicare Advantage (Part C) plans or Part D (prescription drug) plans will send you an "Annual Notice of Change" (ANOC). The ANOC is the notice you receive that gives a summary of any changes in the current plan's cost and coverage that will take effect January 1 of the next year. Review this notice to see if your plan will continue to meet your health care needs. The ANOC is typically mailed with the plan's Evidence of Coverage (EOC), which is a more comprehensive list of the plan's cost and benefits for the upcoming year.

If you are having difficulty paying for medications, there are programs that can help! If you have limited income and resources, you may be able to get "**Extra Help**" through the Social Security Administration (SSA) program by that name with paying premiums, deductibles, and copayments for Medicare Part D. You may need to apply for Extra Help separately with SSA. You can apply or get more information about Extra Help by calling the SSA nationally at 800-772-1213 (TTY 800-325-0778) or locally in Dane County at 866-770-2262 or visiting www.socialsecurity.gov/extrahelp. The Extra Help program is income-based.

SeniorCare is for Wisconsin residents who are ages 65 and older that also helps members cover the costs of prescription drugs. While SeniorCare and Medicare Part D are stand-alone programs, you can enroll in both at the same time. Wisconsin's SeniorCare prescription drug assistance program is considered "creditable coverage." This means SeniorCare meets or exceeds the standard Medicare Part D plan, so you will not have a penalty if you choose SeniorCare *instead* of Medicare Part D. A penalty will incur if you go without either Part D or SeniorCare, however. Call the SeniorCare Customer Service hotline at 800-657-2038 for questions, or you can find more information here: <https://www.dhs.wisconsin.gov/seniorcare/index.htm>. This program is available to all incomes, however with varying levels of assistance based on income.

Adapted from Medicareinteractive.org and dhs.wisconsin.gov. For MIPPA Program information, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458.

September 2021



Please note: For meal reservations/cancellations, call Jean Detert, ext 112 by noon the day before at 608-837-4611. Our nutritious lunches are currently offered Monday-Friday. The suggested minimum donation for those 60 and older is \$4.00 per meal, but please pay only what you can afford. Anyone under 60 is required to pay the full cost to provide the meal, which is \$9.07 as set by Dane County. Help keep the program going. Donate what you can afford. Please remember, there may be last minute substitutions on the menu due to unexpected shortages in the supply chain. When meatless and salad options are available, they must be specified one day in advance. Transportation is available.

		1-Wednesday Parmesan Tilapia Baked Potato Carrots Multi Grain Bread Fresh Fruit Salad Pudding MO: Red Beans & Rice	2-Thursday Egg Salad Croissant Spinach & Romaine Salad Italian Dressing Fruit Medley Apple Cake MO: Cheese Sandwich	3- Friday Scalloped Potatoes Ham Stewed Tomatoes Applesauce Rye Bread Cookie MO: Egg Bake
6- Monday Closed for Labor Day	7-Tuesday Pot Roast Parsley Potatoes Green Beans Wheat Dinner Roll Fruited Crisp MO: Veggie Patty	8-Wednesday Taco Salad: Beef, salsa lettuce, cheese, tomat- o, onion, black beans, sour cream Spanish Rice Tropical Fruit Apple Slices MO: No Meat, add beans	9-Thursday Alfredo Stuffed Shells Lettuce Salad Pea Salad French Bread Pie MO: Veggie Lasagna	10-Friday Chicken Tenders Yams Broccoli French Bread Ambrosia Salad MO: Cheese Sandwich
13- Monday Brat w/ Wheat Bun Stewed Tomatoes Baked Beans Fresh Fruit Cup Frosted Cupcake MO: Veggie Sausage	14- Tuesday Chicken Ranch Salad Lettuce, Celery, Chick- en, Tomato, Carrots, Croutons Ranch Dressing Mandarin Oranges Muffin, Ice Cream MO: No meat, add Beans	15- Wednesday Breaded Fish Sandwich Wheat Bun Baby Red Potatoes California Blend Veggie Watermelon Pudding MO: Cheese Sandwich	16- Thursday Cabbage Roll Mashed Potatoes Carrots Wheat Roll Fresh Melon Lemon Bar MO: Red Beans & Rice	17- Friday BBQ Pulled Pork Wheat Bun Coleslaw Baked Beans Applesauce Sherbet MO: Veggie Lasagna
20- Monday Pineapple Glazed Ham Rice Mix Five Way Veggies Wheat Bread Mandarin Oranges Pudding MO: Veggie Patty	21- Tuesday Apple Salad w/ Lettuce Grilled Chicken, Apples, Cheese, Cranberries, Almonds Wheat Dinner Roll Strawberries, Cake MO: No meat, add egg	22-Wednesday Swedish Meatballs Mashed Potatoes Broccoli Wheat Bread Blushing Pears MO: Cheese Sandwich	23- Thursday Seasoned Baked Cod Sweet Potato Baked Beans French Bread Strawberries Ice Cream MO: Veggie Patty	24- Friday Smoked Sausage Baby Red Potatoes Sauerkraut Rye Bread Pineapple Cream Pie MO: Veggie Lasagna
27- Monday Beef Tips Wheat Noodles Carrots Tossed Salad Wheat Bread Peaches Cookie MO: Veggie Egg Bake	28-Tuesday Tuna Salad w/Lettuce Tomato Slice Croissant Broccoli & Cauliflower Salad Applesauce Pie MO: Salad with beans	29-Wednesday Chicken & Biscuits Peas Carrots Mixed Melon Cup Jell-O MO: Veggie Patty	30-Thursday Sloppy Joe Wheat Bun Baked Beans Carrots Fresh Fruit Cup Sherbet MO: Cheese Sandwich	

Menu Guidelines: Menus for the Dane County Senior Dining Centers are averaged over one month to meet one third of the Daily Reference Intake for Adults. A menu analysis is available at most meal sites for you upon request. Ask for it from your site manager. Hot foods are served at 140+ degrees F. and Cold foods at 40 degrees F. All menus are reviewed by Shannon Gabriel, RDN, CDN. Your comments are welcome.

*****DON'T FORGET TO RENEW*****



Colonial Club's 2021 Courier Home Delivery Information

If you want the convenience of having the newsletter mailed to your home, please complete the form below and either mail it to the Colonial Club, 301 Blankenheim Lane, Sun Prairie, WI 53590 with your check or drop it off with your payment at the main office.

All Courier subscriptions expire December 31, 2021. Subscription cost is \$4.56 (October-December).

Name: _____

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Donor Information

Donors often wonder how their donation actually impacts an organization. Take a look at how your donation to the Colonial Club can make a difference:

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\$50 provides 2 roundtrip rides for seniors in need of specialized transportation

\$250 provides 10 hours of Supportive Home Care services

\$25 provides 8 meals for home bound seniors

\$100 provides 5 hours of case management assistance

All contributions are tax-deductible. (Consult your tax advisor for details.) The Colonial Club publicly acknowledges donor names while maintaining strict confidentiality of all other personal information.

If you wish to contribute by credit card, please call the Business Office at 608-837-4611, ext. 125.

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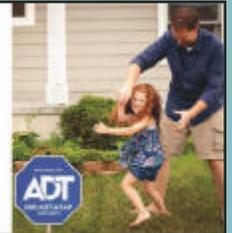
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Please note: Memberships are nonrefundable 30 days after purchase.

Return to: Colonial Club Senior Activity Center, 301 Blankenheim Lane, Sun Prairie, WI 53590.

Membership Card: New, renewal and replacement cards are issued in the Main Office. Membership fees prorated for Premium Membership only. **Scholarships:** Please consider donating towards a member scholarship. If you are in need of a scholarship, please apply by contacting **Laura Jennings, Director of Activities**, at **608-837-4611**.

The following discounts are for use with Premium Membership only:

Beans 'N Cream CoffeeHouse, 345 Cannery Square	10% discount on total purchase on Mondays and Tuesdays
Capitol Physical Therapy, 1266 W Main St, Suite 1	Free wellness and/or balance screening appointment. Call 608-318-1357
Clements Wright Vision Care, 1455 W Main St	10% off a complete set of glasses-not to be combined with insurance
Club Pilates, 390 S Grand Ave #106	3 free classes and 10% discount on membership
Collectors Choice Coins, 211 E Main St	One hour free appraisal. Call for appointment
Colonial Club, 301 Blankenheim Ln	Selected activities for free or at reduced rates
Day One Pizza, 355 E. Linnerud Dr	Free breadsticks with any \$10 purchase dine-in or carry-out. Not valid with other coupons or offers
El Patron, 1303 W. Main St	10% off of your total bill
Forever Yours Jewelry, 211 E Main St	10% off any single store item. Not to be used with any other promotion
Ganser Company, 1906 W Beltline Hwy, Madison	\$500 off window replacement project. \$500 off bathroom remodel.
Gus's Diner, 630 N Westmount Dr	One free cup of coffee
Harms Insurance Group, 804 Liberty Blvd #203	Special program through Auto-Owners for home and auto insurance. Call 837-2484 for details
Hometown Pharmacy Sun Prairie, 13 N Bird St	10% off all over the counter medications and vitamins every day
Jo-Jo's Beauties, 601 Thomas Dr	\$5.00 off one service the month of your birthday
Market Street Diner, 110 Market St	10% senior discount daily. Colonial Club members 20% off on Wednesdays
Michaels Arts and Crafts, 4271 Lien Rd	10% off class fees, which includes a 10% discount on supplies purchased for the class (the Bob Ross Painting class is not included). Contact Michael's for a list of classes
Prairie Athletic Club, 1010 N Bird St	Free soda and brewed coffee refills at the Lost Court Restaurant and Bar. Smoothies and alcoholic beverages not included
Sonic Sun Prairie, 2564 Ironwood Drive	10% off food purchase and free cup of coffee between 7:00 and 11:00 am
Take 5 Oil Change, 1900 McCoy Rd	\$20 off full service oil change. Not valid with other oil change offers
The Salt Room, 1738 Eagan Rd, Madison	Intro Session \$15 plus 25% off all packages and memberships (including Gold memberships). Ask us how you can salt or sauna for less than \$1/day
Two Men and a Truck, 3817 Kipp St,	5% discount on a move
What's Brew'N, 3140 Edmonton Dr	10% off your total bill

Be sure to take show your membership card and take advantage of your membership discount when you visit these businesses. When patronizing other local businesses, mention that you are from the Colonial Club so that they too become aware that they could benefit from supporting us and/or advertising with us.