



*Mission Statement: "To enhance the well-being and independence of older adults"*

### Day for Seniors



Join us on **Thursday, December 15 at 1:30 p.m.** for a live performance from KG and the Ranger. KG and the Ranger sing with charm and style, they yodel spectacularly, choose great material with unerring taste, and write fine new songs as well. Their growing and continuing success is well deserved." ~ Ranger Doug, Riders In The Sky

Cost is \$5 and free for Club 301 premium members.

### Holiday Concert and Sing-A-Long

Presented by:  
Colonial Club Chorus & Chimes

**Have Lunch at 11:30 (call ahead to reserve) and stay to join us at 1:00 pm in the Cremer Auditorium**

**December 20, 2022**  
Refreshments after the program



**Joy to the World!**

### Presented by the Alzheimer's Association

**Thursday, December 15, 2022 at 10 a.m.—Healthy Living for Your Brain and Body:** Learn about research in the area of diet, exercise, cognitive activity and social engagement and learn how to incorporate these recommendations into a plan for healthy aging. **Please RSVP to 608-837-4611 by Monday, Dec 12.**



### Holiday Closures

The Colonial Club will be closed for the following days during the Holidays:

Christmas—Friday, Dec 23 and Mon, Dec 26

New Year's—Friday, Dec 30 and Mon, Jan 2

# Programs and Activities

Holiday greetings to you! It's the time of year to recall memories of family traditions and special times from our childhood. As much as we love reminiscing, we also realize that like everything else, time brings changes to those traditions.

One tradition at Colonial Club that remains unchanged is the annual appeal. From the very first days of the Colonial Club back in 1969 to present day, this tradition helps keep the doors open and the lights on. As we kick off the 2022-23 Annual Donor Campaign, we invite you to make a financial contribution which can make a positive change and crucial difference in the lives of older adults.

As always, staff and volunteers worked incredibly hard to provide much-needed programs and services to older adults and their families throughout Northeast Dane County. Thus far this year, we provided:

Over 3,000 hours of Case Management support  
Over 10,000 hours of care in the Adult Day Center  
Over 17,500 miles in Transportation  
Over 35,000 meals in Nutrition

All of these numbers reflect an increase from the prior year; maintaining the great tradition that was started over 50 years ago. Also increasing, of course, are prices. Food & energy costs are impacting our budget like everyone else.

Although the older adult is the direct recipient of a meal or case management services, extended family members also benefit as a result of Colonial Club's services and programs. Often times we hear from people all over the country who are worried about Mom or Dad back home in Wisconsin. Knowing that their loved one is receiving services from the Colonial Club brings a sense of comfort that is priceless.

With a gift from you, we will stay true to our mission "to enhance the well being and independence of older adults." Whatever your traditions were, whatever your traditions are, all of us at Colonial Club wish you fond memories, peace and comfort.

Happy Holidays from all of us at Colonial Club!

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## Staff Contacts

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

### Gail Brooks

Case Management Coordinator

ext. 127

### Todd Schultz

Building & Grounds Coordinator

ext. 114

### Jean Detert

Nutrition Coordinator

ext. 112

### Amanda Babiarz

Volunteer & Special Events Coordinator ext. 120

# Programs and Activities



## Crafts with Sally

On **Tuesday, December 13 at 9:30 a.m.**, we will be making Chevron bracelets. The cost is \$4 for supplies and the deadline to sign up is **Friday, Dec 9**. Call 608-837-4611 if you plan on attending. 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.

## Exercise Class Opportunities

**Music and Motion:** Wednesdays at 9:00 am. Bring a ball you can squeeze or at least go through the motions, a stretch band such as those used in physical therapy, two sticks (can use wooden spoons) and a weight (can use a small soup can). Instructor: 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.

**Indoor Walking Class:** Mondays at 10:30 am. The 45-60 minute class will also include stretching and chair exercises. Please wear walking shoes and bring your water bottle.

**Qi Gong:** Mondays at 1:00 p.m. Qi Gong is a practice which uses simple, repetitive flowing movements and deep breathing to help promote personal health and mental calm. **The next session begins Dec 5.** This is a 3 week session for \$21 or \$9 drop in fee. Call 608-837-4611 to register. Sign up by **Friday, Dec 2.**

This class is taught by Jo Chern, level 3 certified QiGong instructor and member of the National QiGong Association Board of Directors.

**Fitness for Active Agers** Join Jamie Adcock, a local certified personal trainer, on Tuesdays at 1:30 p.m. for 45 minutes of enjoyable movement, strength, training, balance and posture exercises. **The 10 week series starts January 10.** Cost: \$50 for 10 weeks or \$5 drop in per person. Payment is to the instructor on the first day of class. **Sign up by Friday, Jan 6.**

"About my active agers classes: I enjoy keeping active agers moving through their senior years. My programs provide enjoyable movement, balance, posture improvement and full body strength and coordination for active agers. New exercises are offered at each session using bodyweight, chairs, bands, bells and balls. My routines provide exercise programs in a safe, encouraging and social environment."

***Always give without remembering and always receive without forgetting.***

*Brian Tracy*

## Don't miss *The Commentator*

Check out ***The Commentator*** on Charter Channel 983 or TDS Channel 13 or 1013. The program 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.

# Programs and Activities

## Chorus and Chimes—New Members Needed!

Chorus and Chimes is in need of new members, **including a new leader for Chorus**. Dottie has been the Chorus leader for 15+ years and is ready to hand over the conductor baton! She is happy to help a new leader get started. If interested, call Laura at the Colonial Club at 608-837-4611.



- ♦ Chimes: Practice is Tuesdays from 1:00 to 2:00 pm.
- ♦ Chorus: Practice is Tuesdays from 2:15 to 3:15 on Tuesdays (following Chimes practice)



**Tuesday, December 8 at 1:00 p.m.** sponsored by *Drumlin Communities*,  
**Thursday, December 13 at 1:00 p.m.** sponsored by *Hyland Park and Hebl & Hebl*

## Scrabble

Looking for a challenging game of Scrabble? If you are an intermediate to expert player and interested in playing once a week, contact Laura at 608-837-4611 or [ljennings@colonialclub.org](mailto:ljennings@colonialclub.org).

## Water Color Classes

Join Anne Urso to explore the art of watercolor. Class handouts, demos and lessons are all part of this course. Students will gain knowledge of what kind of supplies work best, brush strokes, mixing colors, understanding values, and many other techniques to make your art truly original. Anne has been teaching watercolor for 6 years in Waunakee and continues to teach there and in the community. **Class size is limited. All skill levels are welcome, from beginner to advanced.**

**Cost:** \$100 per 5 week session  
**When:** 01/09/23 to 02/06/23  
02/20/23 to 03/20/23  
03/27/23 to 04/24/23



**To Register:** Contact Anne Urso, or for questions, at 608-225-5636

## 12 Scams of Christmas



**Join us Monday, December 5 at 10 a.m.** to learn more about scams during the holidays. The holidays are a scammer's Christmas. Whether you're shopping online, using technology, or giving to charity, there's a con artist waiting for you around the corner. In this all-encompassing presentation and discussion, you'll learn how to spot the scams, smart shopping tips, and how to report scams to the Better Business Bureau.

Tiffany Bernhardt Schultz, Southwest Wisconsin Regional Director for the Better Business Bureau Serving Wisconsin, advances marketplace trust between buyers and sellers, and promotes informed buying decisions. She is a regular guest on Madison-area news stations, addressing current scams and providing consumer tips. Tiffany is an active member of the FBI Milwaukee Citizens Academy Alumni Association, a Board Member for the Sun Prairie Chamber of Commerce and Triad of Wisconsin, and the BBB Central Region Fighting Financial Fraud Champion.



# Programs & Activities



## Colonial Club Book Club

The next Book Club meeting is scheduled for **Thursday, December, 29 2022 at 1:00 pm** at the Colonial Club. The book will be “*A Creed Country Christmas*” by Linda Lael Miller and will be available for pickup in the Colonial Club main office.

## 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 next meeting will be **Wednesday, December 14, 2022** and the book will be “*The Storied Life of A.J. Fikry* by Gabrielle Zevin. . New members are welcome.

## Chili Time!

After Euchre on **Wednesday, December 14, 2022 at 4:00 pm**, warm up with a bowl of chili. For \$5, get a bowl of chili, the fixin's and a drink. Bring a friend! Sponsored by Brookdale who will furnish desert and door prizes.

## Red Hats

Our September luncheon will be at on **Friday, December 12 at Johnny's Italian Steakhouse, 1220 S Grand in Sun Prairie**. There are no “to do's”, just fun and friendship each month. Please RSVP to Sandy at **608-709-8561** to make your reservation by **Monday, December 5**. **Your response either yes or no is VERY important.**

## RSVP Group Projects

**Make a positive impact in our community in your own creative way!** If you enjoy sewing, knitting, or crocheting, become an RSVP Group Projects volunteer. You can make quilts, mittens, scarves, shawls, fidget blankets, masks, and other items that help families throughout Dane County who have these needs. Volunteers meet at the Colonial Club on the **first Wednesday of each month at 10 am** to connect with fellow crafters and drop off their completed projects that are ready to donate. Contact Kate Seal at [kseal@rsvpdane.org](mailto:kseal@rsvpdane.org) or 608-310-7280 to register as a volunteer! There are no commitments and all skill levels are welcome.

## Teach Crochet or Knitting?

We are looking for a volunteer willing to spend a couple hours a month during the weekday teaching this skill to a group of seniors. If you are interested, contact Laura at 608-837-4611 or [ljennings@colonialclub.org](mailto:ljennings@colonialclub.org).

## Find the Courier Online

Find the Courier on our website, [www.colonialclub.org](http://www.colonialclub.org). Go to the “About” section on the home page, and click on “Courier Newsletter”. There are several months of the Courier available. Press the subscribe button, to receive notification each month when the new Courier is available.

# Programs and Activities



## Tell Your Story

Do you have a story from your life that you'd like to share with the world? Now you have a chance! Sara Milewski, a volunteer radio producer at the Sun Prairie Media Center, is creating a new radio program and podcast based on the real-life stories of the residents of Sun Prairie. The project is called Sun Prairie Stories and will be available on the Sun Prairie Community Radio Station, 103.5FM, and the Media Center website.

We all have stories to tell. Our stories make us unique. By collecting these stories, Sara hopes to tell a bigger story about our city. The stories can be about anything from your life— a memory from your childhood, how you met your spouse, the story of a memorable vacation or even your most embarrassing moment! The story you tell might be inspirational or the story of a lesson you learned. It might have happened in your life recently, or many years ago.

You can choose to record your story at the Sun Prairie Media Center, or Sara can bring recording equipment to you. She is looking for people of all ages and backgrounds. If you are interested in telling your story, please email Sara at [sara.milewski@gmail.com](mailto:sara.milewski@gmail.com), or sign up at [SunPrairieMediaCenter.com/SunPrairieStories](http://SunPrairieMediaCenter.com/SunPrairieStories) and she will contact you to set up a time to meet.

## Colonial Club Travel Shoppe

### Day Trips

**Fat Thursday—Thursday, February 16, 2023-** An Annual Polish Holiday tradition featuring Paczki, Pierogi & Polish Vodka. You will try one of Milwaukee's best Paczki from an amazing local bakery along with a beverage as we learn about Paczki! You'll also leave with a mixed 6-pack of Paczki. Then it is time for a plated lunch (Red Borscht Polish soup, 4 Pierogi (one each cheese, potato & cheese, meat and mushroom & sauerkraut) homemade polish sausage served with sauerkraut and a flight of 3 traditional polish vodka tastings. Enjoy the food and exclusive Polish entertainment. We will make a stop at Wioletta's Polish Market before a tour of the beautiful Basilica of St. Josaphat. **Cost Per Person is \$143 or \$137 for Club 301 members.** Departs at 8:15am from JCPenney East Towne Mall in Madison. Deadline to sign up is Monday, January 16, 2023

**Lights, Camera, Action MKE—Saturday, March 11, 2023** -Get ready for the Academy Awards by taking this fun tour of movie & television sights. Is Milwaukee the next Hollywood? Maybe not, but there have been several films and television shows that were filmed and/or set in the city of Milwaukee. This narrated tour focuses on 13 movie or television shows! Bring your camera as you will visit sights such as the Milwaukee Art Museum, American Family Field, Milwaukee's City Hall, the Bronze Fonz, Milwaukee Historical Society and many other sights. Lunch is included at a restaurant where the Chef was on Hell's Kitchen. Enjoy a tour & talk at the Milwaukee Blacksmith, featured on the History Channel. **Cost Per Person is \$137 or \$132 for Club 301 members.** Departs 8:30am from JCPenney East Towne Mall in Madison. Deadline to sign up is Monday, February 13, 2023.

**Please NOTE:** Payment for day trips is due upon registration. All day trips are non-refundable if canceled after the registration deadline, unless a replacement can be found. When inclement weather is predicted, you will be contacted only if the trip is cancelled.

# Resources and Support

## Volunteer Drivers Needed! RSVP of Dane County -- Driver Services

Drivers Urgently Needed to drive passengers in all Dane County communities, especially in Madison, DeForest, Marshall/ Cottage Grove, Middleton, Oregon, Northwest Dane (Black Earth, Cross Plains, Mazomanie), **Sun Prairie**, Southwest Dane (Mt. Horeb, Mt. Vernon, Blue Mounds), Verona and Stoughton to provide seniors (60 yrs. and older) and veterans of all ages with rides to medical and other important appointments, or to deliver meals to seniors in communities outside of Madison.

Very flexible schedule, no minimum hours required, and mileage reimbursement/extra liability insurance provided. If you are interested in driving: email [dsrecruitmentmgr@rsvpdane.org](mailto:dsrecruitmentmgr@rsvpdane.org) or call 608-441-7896.

## Computer Tutor Schedule

Our volunteer computer tutors are available on **Mondays from 2:00-4:00 pm** to help with your computer, tablet or smart phone questions. Drop in and get your questions answered!

**Rob— December 5, 19**  
**Sheila—December 12**

## Alzheimer /Association New Support Group

**Next Meeting will be December 22, 2022**  
**Colonial Club**



## In Stitches

Need a hem or trousers altered? Check out In Stitches Alterations and Repairs.

For information and pricing, call Rosalie

## 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. 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.alz.org](http://www.alz.org).

## Cottage Grove Memory Café

The Cottage Grove Memory Café meets at Hope Lutheran Church, 3702 Cty Hwy AB, from **9:30 to 11:00 a.m. on the 4th** Wednesday of every month. Individuals with dementia or other mild memory impairment, and a caregiver or friend, are invited to a neighborhood, social gathering where conversation and common interests are shared and refreshments are served in a caring, stress free environment.





For information call 608-839-4426 or 608-839-4838. No reservation required.

# Resources and Support



## 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. You or someone you care about may be eligible.

You may qualify if your household's gross monthly income is less than...	
	<b>\$2,148</b>
	<b>\$2,904</b>
	<b>\$3,660</b>
	<b>\$4,418</b>
For each additional member add \$758	

Income guidelines are valid through September 2022



Applying is fast, easy, and confidential!

Call Camille **(608) 515-4113 OR**

Call the FoodShare Helpline **Toll-Free (877) 366-3635**

The FoodShare Helpline is a service of Feeding Wisconsin and its member food banks. These institutions are equal opportunity providers.

**\$20** or more  
for groceries  
each month

Eligibility is based on income and certain expenses, so you can own a home and car and even have a savings account.

Most people receiving Social Security are eligible—even if they have a small pension.

You receiving benefits does not take away from others. Everyone who is eligible and applies will get benefits.

## SeniorCare Now Covers Vaccines at Pharmacies

Vaccines that you get **at a pharmacy** are now covered under SeniorCare. SeniorCare will **not** cover vaccines that you get at a doctor's office or clinic. You will **not** need a prescription for vaccines. You will **not** have out-of-pocket costs for vaccines given at pharmacies.

Ask your pharmacy about available vaccines and how to schedule an appointment. Bring your SeniorCare card to your appointment.



WISCONSIN DEPARTMENT  
of HEALTH SERVICES

## Sun Prairie Food Pantry Hours

18 Rickel Rd, Sun Prairie

Monday, Wednesday, Friday  
12:00 to 3:30 p.m.

Tuesday and Thursday—5:00 to 7:00 pm

Saturday—9:00 to 11:00 am  
608-513-1044

## 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.

## Health and Wellness Checks

Sun Prairie EMS will be providing free blood pressure and glucose checks **between 10 and 12 p.m. on Wednesday, December 7, 2022**. Call the Main Office at 608-837-4611 to make an appointment or drop in. Please pre-register for a Covid test at [cityofsunprairie.com](http://cityofsunprairie.com).



# Resources and Support

## Emergency Medical Services Community Outreach

Sun Prairie EMS can provide COVID shots to Sun Prairie residents who may be homebound. They can also provide free in-home visits to support and monitor the recently vaccinated and provide free thermometers and pulse oximeters. For more information or to schedule a free in-home visit, contact Sun Prairie EMS, 608-556-2825 or email [EMS@cityofsunprairie.com](mailto:EMS@cityofsunprairie.com).

## 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](http://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.

## 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.

## 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, regardless of their income, assets, age, or disability. ADRC staff help identify options, solve problems and plan for the future. Call 608-240-7400, **7:45 am – 4:30 pm, Monday through Friday**. You can also visit their website at [www.daneadrc.org](http://www.daneadrc.org); or e-mail [ADRC@countyofdane.com](mailto:ADRC@countyofdane.com) or visit [Facebook.com/ADRC Dane Co](https://www.facebook.com/ADRC Dane Co).

## RSVP Medical Ride Requirements

Rides to medical appointments are available through the RSVP Driver Escort Program. **Reservations must be made at least 4 business days in advance and are available to those with no other ride options.** You must be ambulatory to take advantage of this service. RSVP rides are on a donation basis and scheduled based on volunteer availability. **If you need to cancel a scheduled ride, notify the ride coordinator asap so that others who are waiting are able to get a ride.**

New riders must complete registration, which includes providing proof of vaccination against COVID-19, before the first ride is scheduled. Please allow as much time as possible before your first ride request.

## RSVP Medical Ride Contacts

Please call the coordinator from your community at least 4 days in advance for a ride or additional information.

### Sun Prairie:

Colonial Club, 608-837-4611, ext 103

### Cambridge & Deerfield:

Julie Schwenn, 608-764-5935

### Marshall & Cottage Grove:

Sue Sorrentino, 608-837-3772

### DeForest:

DeForest Senior Center, 608-846-9469, ext 225

# Resources and Support



## 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.

## 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. at [sunprairietaxi@runninginc.net](mailto:sunprairietaxi@runninginc.net).

## 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.

## Taxi Vouchers available for the Sun Prairie Emergency Food Pantry

Contact the Sun Prairie Taxi service at 608-837-5550 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.

# December 2022 Calendar



MON	TUE	WED	THU	FRI
<b>DEC 5</b> 10am Holiday Scams - Better Business Bureau 10:30am Walking Class 11:30am Lunch 1pm 500 1pm Qi Gong 1pm Sheepshead 1pm Skat 2pm Computer Tutor	<b>DEC 6</b> 9am GTE Men's Group 9am Massage - John Santiago 10am Canasta 11:30am Lunch 1pm Bridge 1:30pm Active Agers 2pm Mahjong 6pm Line Dancing	<b>DEC 7</b> 9am Foot Care 9am Music and Motion 10am EMS Wellness Checks 10am RSVP Group 10am Rummikub 11:30am Lunch 12pm Pick up Commodities 1pm Euchre	<b>DEC 1</b> 9am Bridge Lessons 10:30am Beat to the Music 11:30am Lunch 1pm Bid Euchre 1pm Watercolor Art Group	<b>DEC 2</b> 9am Beginning Euchre 10am Dominos 10am Mahjong 11:30am Lunch
<b>DEC 5</b> 10am Holiday Scams - Better Business Bureau 10:30am Walking Class 11:30am Lunch 1pm 500 1pm Qi Gong 1pm Sheepshead 1pm Skat 2pm Computer Tutor	<b>DEC 6</b> 9am GTE Men's Group 9am Massage - John Santiago 10am Canasta 11:30am Lunch 1pm Bridge 1:30pm Active Agers 2pm Mahjong 6pm Line Dancing	<b>DEC 7</b> 9am Foot Care 9am Music and Motion 10am EMS Wellness Checks 10am RSVP Group 10am Rummikub 11:30am Lunch 12pm Pick up Commodities 1pm Euchre	<b>DEC 8</b> 9am Bridge Lessons 10:30am Beat to the Music 11:30am Lunch 1pm Bid Euchre 1pm Bingo sponsored by Drumlin	<b>DEC 9</b> 9am Beginning Euchre 10am Dominos 10am Mahjong 11:30am Lunch 11:30am Red Hat Lunch at Johnny's Steakhouse
<b>DEC 12</b> 10:30am Walking Class 11:30am Lunch 1pm 500 1pm Qi Gong 1pm Sheepshead 1pm Skat 2pm Computer Tutor	<b>DEC 13</b> 9am GTE Men's Group 9:30am Crafts with Sally 10am Advisory Council 10am Canasta 11:30am Lunch 1pm Bingo sponsored by Hyland and Hebl & Hebl 1pm Bridge 1pm Chimes 2pm Mahjong 2:15pm Chorus 6pm Line Dancing	<b>DEC 14</b> 9am Music and Motion 10am Circle of Friends Book Club 10am Rummikub 11:30am Lunch 1pm Euchre 4pm Chili Dinner	<b>DEC 15</b> 9am Bridge Lessons 10am Healthy Living for Your Brain and Body 10:30am Beat to the Music 11:30am Lunch 1pm Bid Euchre 1pm Watercolor Art Group 1:30pm Day For Seniors	<b>DEC 16</b> 9am Beginning Euchre 10am Dominos 10am Mahjong 11:30am Lunch

<u>MON</u>	TUE	WED	THU	FRI
DEC 19	DEC 20	DEC 21	DEC 22	DEC 23
10:30am Walking Class	9am GTE Men's Group	9am Foot Care	9am Bridge Lessons	
11:30am Lunch	9am Massage - John Santiago	9am Music and Motion	10:30am Beat to the Music	Closed for Holiday
1pm 500	10am Canasta	10am Rummikub	11:30am Lunch	
1pm Qi Gong	11:30am Lunch	11:30am Lunch	12:30pm Duplicate Bridge	
1pm Sheepshead	1pm Bridge	1pm Euchre	1pm Bid Euchre	
1pm Skat	1pm Chorus and Chimes Holi-		2pm Dementia Caregiver	
2pm Computer Tutor	day Program		Support Group	
	2pm Mahjong			
	6pm Line Dancing			
DEC 26	DEC 27	DEC 28	DEC 29	DEC 30
Closed for Holiday	9am Foot Care	9am Music and Motion	9am Bridge Lessons	Closed for Holiday
	9am GTE Men's Group	10am Rummikub	10:30am Beat to the Music	
	10am Canasta	11:30am Lunch	11:30am Lunch	
	11:30am Lunch	1pm Euchre	1pm Bid Euchre	
	1pm Bridge		1pm Book Club	
	1pm Chimes		1pm Watercolor Art Group	
	2pm Mahjong			
	2:30pm Chorus			
	6pm Line Dancing			



# 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. 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.

**Talk to one our Case Managers to see if you qualify and for questions. (608) 837-4611.**

### 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.

1 person household - \$17,667 annually or \$1,473 monthly

2 person household - \$23,803 annually or \$1,984 monthly

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

**Next pickup at Colonial Club for Colonial Club participants and Colonial View residents  
Wednesday, December 7, 2022 -12:00 to 1:00 pm in the Gathering Place**

## Alert

The Wisconsin Department of Health Services (DHS) is actively investigating several reports from FoodShare members about compromised QUEST card benefits, and urges all members to take action now to protect themselves against fraud. DHS urges FoodShare members to visit the following to help protect QUEST card benefits: [www.dhs.wisconsin.gov](http://www.dhs.wisconsin.gov).

## Are Home Energy Costs Putting the Squeeze on You?

The new heating season started October 1. Clients can start to schedule appointments using one of the methods below. They can also apply online. As of now, Energy Services is not doing office appointments unless absolutely necessary; they are still working out their outreach options.

**Clients can apply directly online at <https://energybenefit.wi.gov/OnlineApps/OnlineApp/Default#>! OR type in ESI.HELP; schedule a phone appointment by calling (1) 800-506-5596; book an appointment online at: <http://www.esiwi.com/book-an-appointment>**

**INCOME GUIDELINES FOR THE 2021-2022 HOME ENERGY PLUS PROGRAM YEAR  
(10/01/2021 through 9/30/2022)**

60 PERCENT OF STATE MEDIAN INCOME GUIDELINES		
HOUSEHOLD	ONE MONTH INCOME	ANNUAL INCOME
1	\$2,591.92	\$31,103
2	\$3,389.42	\$40,673



# Resources and Support

## Don't get scammed out of a gift card this holiday season

Whether you're buying a gift card online or purchasing from the gift card wall at a big box retailer, shop carefully to make sure you're not falling for a scam.

Before purchasing, BBB recommends the following tips:

Know who you are buying from. Unfamiliar websites advertise gift cards for popular retailers at steep discounts. These websites might be designed to steal the purchaser's credit card number and/or other personal information. Purchase gift cards directly from the merchant to avoid a potential scam.

Buying a physical card? Take a closer look. No matter where gift cards are displayed in the store, con artists are known to remove them from the rack and record the numbers, including the activation PIN. Before purchasing, look carefully at the packaging for any tears, wrinkles or other indications of tampering. Check for an exposed PIN. If anything looks suspicious, take a different card and give the compromised card to store management.

Research how to use the card. Not all retailers have the same policies when issuing a gift card. Double check the terms and conditions on the type of gift card purchased.

Be wary of websites that offer to check your gift card's balance. Some websites that claim to check a gift card's balance are really designed to drain the money off the card. These sites ask for the card number and PIN or security code.

Register your gift card. If the retailer allows the option to register the gift card, take full advantage. Registering the card protects the balance if it's reported as lost or stolen.

Treat it like cash. If the card is lost or stolen, report it to the card issuer immediately. Most issuers have toll-free phone numbers available on the back of the card or online, to report a lost or stolen card.

Submitted by Tiffany Bernhardt Schultz, Southwest Wisconsin Regional Director,  
Better Business Bureau Serving Wisconsin  
414-847-6019  
BBB.org

**For more information about holiday scams, attend Tiffany's presentation (page 4)**

## Volunteer and Make a Difference!

There are a variety of opportunities to volunteer. We currently have urgent needs for:

- **Snow removal** at for seniors in their homes in Sun Prairie, Marshall, Cottage Grove and surrounding areas
- **Videographer** (don't need to be a professional, we can show you how) to record various onsite Colonial Club events that will be aired on local KSUN TV
- **Drivers** to take seniors to medical appointments and for various errands
- **Meal delivery** drivers to deliver noon meals to seniors in their homes

Apply online at [colonialclub.org](http://colonialclub.org) or contact **Amanda Babiarz** at 608-837-4611, ext 120  
or [ababiarz@colonialclub.org](mailto:ababiarz@colonialclub.org) for more information.

# Resources and Support

## 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](mailto:Gabriel.Shannon@countyofdane.com).



## COVID-19 Vaccine Resources

**Centers for disease Control FAQs:** [www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html](https://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](https://www.dhs.wisconsin.gov/covid-19/newsletter.htm)

**Public Health Madison & Dane County COVID-19 Vaccine Info**

## FREE Virtual Welcome to Medicare Seminar

If you are turning age 64 this year, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options! Do you understand what Medicare is and isn't... how to avoid penalties for late enrollment in Medicare... and how to get the most out of your health and prescription benefit plans? Some decisions and actions about Medicare can take place 3-6 months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit. Sign up to attend the following Free Welcome to Medicare Seminar. By attending a seminar, you'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs.

**Saturday, January 14 2023, 9-11:30 am via Zoom.**

**Email [aaa@countyofdane.com](mailto:aaa@countyofdane.com) to register by 1/6/23**

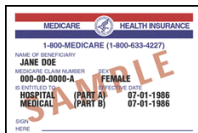
# Client Services

**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 608-837-4611, ext 133.

**Case Management Services:** For information or a brochure, call Rosalie at the Main Office. Existing clients can call their case managers at 608-837-4611— 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 (assessment required) Contact Jean Detert, at 608-837-4611, ext 112.

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



## IMPORTANT MEDICARE INFORMATION

### Annual Enrollment Dates for Medicare Part D and Medicare Advantage Plans October 15 – December 7

Plans can change their premiums, co-pays and other plan details each year. Be sure to review your plan and make any changes by **DECEMBER 7!!**

Colonial Club case managers provide consultations during the annual enrollment period for Medicare Part D. They are trained to help you navigate the complicated Medicare Part D systems and assist you in making changes to various aspects of your coverage to ensure your needs as an older adult are being met. **To begin the process for receiving assistance, please call Colonial Club at 608-837-4611 and ask for Case Management Intake.**

Additional options for obtaining information and assistance with plan comparisons:

- Medicare: 1-800-MEDICARE or [www.medicare.gov](http://www.medicare.gov)
- Medigap Helpline: 1-800-242-1060
- Wisconsin Medigap Prescription Drug Helpline: 1-855-677-2783
- Disability Drug Helpline (Under 60 yrs.): 1-800-926-4862



## Sunshine Supper

The Sunshine Supper is a free community meal and is *drive thru only*, on **Mondays from 5:00 to 6:00 pm** at the Sunshine Supper building, 1632 W Main St, Sun Prairie. **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](http://www.sunshinesupper.org) or call 608-561-1632.**

### Notice from Dane County: Important Information about Home Delivered and On Site Meals

Due to disruptions in the supply chain at all levels -product availability, manufacturing, delivery, and warehousing, food and packaging suppliers are no longer able to guarantee product availability or delivery. Substitutions are at the discretion of our suppliers and we are only able to prepare and send what is provided. Please be aware that regular menu substitutions may become necessary with little or no notice. Your nutrition coordinator, kitchen staff and volunteers have no control over this situation. We are asking for your patience as we deal with these issues.

### Foot Care

**Nail care is provided by Nail Technician Bobbi Lester. Appointments are 20 minutes and the cost is \$25.00 for non-diabetic clients. Fingernail trim is \$10.00.**

Clients are asked to bring 2 bath towels and arrive 10 minutes in advance of appointment time. To schedule an appointment, call the Main Office at 608- 837-4611. Call early as appointments fill up quickly.

## Monthly MIPPA Moment: Long-Term Care Awareness

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

New in 2023, the cost of the Medicare Part B premium for most people in 2023 will go down from \$170.10 per month in 2022 to \$164.90, a decrease of \$5.20 per month. The Medicare Part B deductible is also decreasing from \$233 in 2022 to \$226 in 2023, a decrease of \$7. Part A will have a 1-3% increase in costs for 2023. Medicare Savings Programs that can help with costs remain in place at the Wisconsin Medicaid agency - more information about those programs can be found here: <https://www.dhs.wisconsin.gov/publications/p1/p10062.pdf>

There are also changes to Medicare enrollment periods that will get your coverage started earlier. When signing up the month you turn 65 or during the *remaining 3 months* of that Initial Enrollment Period (IEP), coverage *now starts the first day of the following month* for all with no delay for the months after your 65<sup>th</sup> birthday. During the General Enrollment Period (GEP) coverage also will start on the *first of the month after signing up* during the GEP in 2023, *instead of July 1* of that year. This is a huge and welcome change!

Other changes include a \$35/month cost limit on *certain* (but not all) insulin products for all Medicare Part C and Part D plans, more free vaccines covered under Medicare Part D including the Shingles vaccine now and a new Part B benefit that extends coverage after a kidney transplant for anti-rejection drugs beyond the current limit of 36 months.

Finally, a new Special Enrollment Period will be available in 2023 to cover new "exceptional circumstances". This option will help people who miss an enrollment period due to certain events like a natural disaster or another emergency, incarceration or losing Medicaid coverage. Your time to enroll will depend on the circumstances. You can get more information about how to qualify and when to apply at [Medicare.gov](https://www.cms.gov/About-CMS/Agency-Information/Emergency/Downloads/MedicareBeneficiaryDisasterEnrollmentQsandAs.pdf) or at <https://www.cms.gov/About-CMS/Agency-Information/Emergency/Downloads/MedicareBeneficiaryDisasterEnrollmentQsandAs.pdf>.

Adapted from Medicare.gov and CMS.gov. For more MIPPA Program information, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458. This project was supported by the Wisconsin Department of Health Services with financial assistance, in whole or in part, by grant number 2101WIMIAA, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

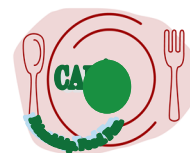
## Not Feeling Well?

If you are experiencing any of the following symptoms, we ask that you stay home until you're feeling better. Our goal is everyone stay healthy! (Taken from CDC website):

- ♦ Fever or chills
- ♦ Cough
- ♦ Shortness of breath or difficulty breathing
- ♦ Fatigue
- ♦ Muscle or body aches
- ♦ Headache
- ♦ New loss of taste or smell
- ♦ Sore throat
- ♦ Congestion or runny nose
- ♦ Nausea or vomiting



# December 2022



**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 \$4.50 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 \$15.44 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.

			1-Thursday Spaghetti Meatballs Corn Wheat Garlic Bread Fruit Cocktail Cream Pie  MO: Mac N Cheese	2- Friday Roast Chicken Mashed Potatoes/Gravy Broccoli Sourdough Bread Pears Jell-O MO: Veggie Chicken SO: Chicken Salad
5- Monday Parmesan Tilapia Cheesy Potatoes Green Beans Mandarin Oranges Rye Bread Sherbet  MO: Veggie Lasagna	6-Tuesday Chicken and Biscuit Peas Carrots Blushing Pears Cookie  MO: Veggie Chicken	7-Wednesday Turkey Mashed Potatoes Gravy Squash Wheat Roll Cranberries Pie MO: Veggie Burger	8-Thursday Chicken Salad Croissant Three Bean Salad Lettuce Salad Dressing Fruited Applesauce Cookie MO: Cheese Sandwich	9-Friday Swedish Meatballs Mashed Potatoes Mixed Veggies Wheat Bread Pears Sherbet MO: Veggie Burger SO: Taco Salad
12- Monday Turkey/Cheddar Sand. Coleslaw Leaf Lettuce Tomato Slice Apple Juice Fruited Crisp  MO: Cheese Sandwich	13- Tuesday Lasagna Green Beans Wheat Roll Fruit Medley Pudding  MO: Veggie Lasagna	14- Wednesday Beef and Bean Stew BP Biscuit Spinach/Tomato Salad Dressing Banana Cookie  MO: Meatless Egg Bake	15- Thursday Boneless Chicken Cacciatore Pasta Garlic Bread Carrots Applesauce  MO: Mac N Cheese	16- Friday Brat Wheat Bun German Potato Salad Baked Beans Fruit Medley Dessert MO: Veggie Sausage SO: Garden Salad
19- Monday Sloppy Joe/WW Bun Potato Wedges Coleslaw OJ Brownie  MO: Cheese Sandwich	20- Tuesday Southwest Chicken Casserole Peas Wheat Roll Mandarin Oranges Ice Cream  MO: Beans and Rice	21-Wednesday Ham & Swiss Sandwich On Wheat Bread Spinach Salad Tomato Wedge Peaches Pie  MO: Cheese Sandwich	22- Thursday Christmas Dinner Stuffed Chicken Breast Garlic Mashed Potatoes Green Beans/Almonds Wheat Roll Mixed Berries Holiday Torte Dessert MO: Veggie Chicken	23- Friday Closed for Christmas Holiday
26- Monday Closed for Christmas Holiday	27-Tuesday Italian Beef & Gravy Mashed Potatoes Glazed Carrots Wheat Roll Pineapple Frozen Yogurt MO: Veggie Patty	28-Wednesday Meatloaf Au Gratin Potatoes Green Beans Sourdough Bread Mandarin Oranges Jell-O MO: Veggie Burger	29-Thursday Pulled Pork WW Bun Calico Beans Broccoli Ambrosia  MO: Cheese Sandwich	30-Friday Closed for New Year Holiday

**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 2022 Courier Home Delivery Information



If you would like 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. There is no charge for delivery by email.

**All Courier subscriptions expire December 31, 2022. Subscription cost is \$1.92/month.**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Box/Apt#:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

## 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:

\$500 provides 43 hours of care in our Adult Day Center

\$250 provides 10 hours of Supportive Home Care services

\$100 provides 5 hours of case management assistance

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

\$25 provides 8 meals for home bound seniors

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.

**Business Donor** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone/Email** \_\_\_\_\_

**Personal Donor** \_\_\_\_\_

**City State Zip** \_\_\_\_\_

**Contribution Amount:** \_\_\_\_\_

### Wish List

- ♦ iPad/tablet computer
- ♦ White copy paper
- ♦ Gas Cards
- ♦ Dish towels and Dish cloths
- ♦ Gift Cards for Dollar Stores, Grocery Stores
- ♦ Dry Erase Markers
- ♦ Sandwich fold top baggies
- ♦ Sugar free candies, individually wrapped
- ♦ Prizes for events
- ♦ (2) **NEW** large upright freezer for Nutrition Dept

**Cash donations are always welcome!**

### Let's Be Friends on Facebook: Colonial Club Sun Prairie

### Remember the Colonial Club

Remember us when planning your estate. All donations to the Colonial Club are tax deductible within IRS guidelines and stay right here in Northeast Dane County.

Please contact Laura at the Colonial Club at 608-837-4611 before making a donation to assure your gift can be accepted

**SUPPORT OUR  
ADVERTISERS**



## Yes! Sign me up for Club 301



Today's Date \_\_\_\_\_ January 2023 to September 2023: \$45.00

Make checks out to Colonial Club Senior Center and return to 301 Blankenheim Lane, Sun Prairie, WI 53590  
If paying by credit card, please call 608-837-4611.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone & Email \_\_\_\_\_

City/Town you Vote \_\_\_\_\_

New, renewal and replacement membership cards can be picked up in the Main Office.

Memberships are nonrefundable 30 days after purchase.

The following discounts are for use with your membership:

Beans 'N Cream Coffee House, 345 Cannery Square, SP	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
Cassoulet, 1112 N Bristol, SP	10% off any one meal
Clements Vision Care, 1455 W Main St, SP	10% off a complete set of glasses-not to be combined with insurance
Club Pilates, 390 S Grand Ave #106, SP	3 free classes and 10% discount on membership
Collectors Choice Coins, (608)8434-114 131 King St, SP	One hour free appraisal. Call for appointment
Colonial Club, 301 Blankenheim Ln	Selected activities for free or at reduced rates
El Patron, 1303 W. Main St, SP	10% off of your total bill
Forever Yours Jewelry, 211 E Main St, SP	10% off any single store item. Not to be used with any other promotion. Veterans, active military and police/fire get 20% off instore purchases with your club 301 card.
Ganser Company, 1906 W Beltline Hwy, Madison	\$500 off window replacement project. \$500 off bathroom remodel.
Gus's Diner, 630 N Westmount Dr, SP	One free cup of coffee
Prairie Flowers by Hen & Chick	Receive a free long stemmed red rose with a purchase of \$50 in Giftware.
Hometown Pharmacy 13 N Bird St, SP	10% off all over the counter medications and vitamins every day
Michaels Arts and Crafts, 4271 Lien Rd, Madison	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, SP	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, SP	10% off food purchase and free cup of coffee between 7:00 and 11:00 am
Two Men and a Truck, 3817 Kipp St, Madison	5% discount on a move

**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.**