



## Senior Spotlight

For week of January 16, 2017

Aging & Disability Resource Center (ADRC) of Portage County, Lincoln Center

1519 Water Street, Stevens Point, 54481

Phone 715-346-1401 or 1-866-920-2525

Hours: Monday through Friday 7:30 a.m. to 4:30 p.m.

Email: [adrc@co.portage.wi.us](mailto:adrc@co.portage.wi.us)

Web: [www.co.portage.wi.us/department/adrc](http://www.co.portage.wi.us/department/adrc)

The ADRC Nutrition Program serves noon lunch at these senior dining sites:

Monday through Friday - Hi Rise Manor, Lincoln Center and Faith Lutheran Church, Rosholt

Monday, Wednesday, Friday – Jensen Center in Amherst

Tuesday and Thursday - Junction City Village Park Lodge and Plover Municipal Building

The Holly Shoppe will hold its annual winter rummage sale on Wednesday and Thursday, 8 a.m. to 4:30 p.m. and Friday, 8 a.m. until noon.

Telecare is a telephone reassurance program for seniors and adults with disabilities who live alone, offering a daily check on their well-being. RSVP volunteers call participants daily between 8:30 and 9:30 a.m. If a participant can't be reached, family members, neighbors or emergency personnel are called. The service is free-of-charge. For more information or to register, call RSVP at 346-1401, toll free at 1-866-920-2525 or email, [rsvp@co.portage.wi.us](mailto:rsvp@co.portage.wi.us).

### This week's volunteer opportunity:

Evidence-based programs are effective because of volunteer facilitators. Volunteer leaders find the experience rewarding. Please consider this rewarding experience and become a class leader. Training is provided. Arthritis Foundation Exercise Program Leader Training: online, available anytime. Walk with Ease Leader Training: online, available anytime. If you are interested in becoming a leader, please contact the Health Promotion Coordinator at 715-346-1401, toll free at 1-866-920-2525, or email [adrc@co.portage.wi.us](mailto:adrc@co.portage.wi.us).

Unless noted otherwise, the following take place at Lincoln Center, 1519 Water Street. Dining site bingo and special events are after the noon luncheon unless otherwise noted.

### Monday, January 16

8:30 Walking Club

9:00 Pool tables open play; resistance chair exercise

9:50 Chair Yoga

11:30 Music by Agnes Mallek

1:00 Bridge; pottery; resistance chair exercise; scrabble

Lunch menu: Sloppy Joe on a whole grain bun, baked beans, mixed vegetables, fruit salad.

Bingo at Amherst and Lincoln Center senior dining sites.

### Tuesday, January 17

7:30 Walking Club

8:30 Seniorobics

9:00 Pool tables open play; woodcarving

10:00 Fun & Fit Exercise; Introduction to the Computer Mentor Program

11:00 Arthritis Foundation Exercise

1:00 Bridge; bridge lessons; chip carving; Mah Jongg; open painting; resistance chair exercise

1:30 Film: This Is Our Town - 1954

3:30 Walking Club

Tuesday, January 17, continued

5:30 Wisconsin River Woodcarvers

Lunch menu: chicken-broccoli-rice, casserole, copper penny salad, fresh kiwi, oatmeal cookie.

Bingo at Junction City Senior Dining Site; smear (11:15 a.m.) at Plover Senior Dining Site.

Wednesday, January 18

7:30 Walking Club

9:00 Cribbage; pool tables open play; resistance chair exercise

12:30 Polish

1:00 Pinochle; resistance chair exercise

Lunch menu: sliced ham, sweet potato casserole, Harvard beets, rye bread, peaches.

Bingo at Amherst Senior Dining Site; takeaway bingo at Lincoln Center Senior Dining Site.

Thursday, January 19

7:30 Walking Club

8:30 Seniorobics

9:00 Pool tables open play; resistance chair exercise

9:20 Foot care clinic

9:30 Open knitting

10:00 Blood pressure screening; Fun & Fit exercise

11:00 Arthritis Foundation exercise

1:00 Pottery, resistance chair exercise; round dancing

2:00 Square dancing

3:30 Walking Club

Lunch menu: cheese omelet with salsa, oven browned potatoes, tomato & cucumber salad, raisin bread, warm cinnamon apples.

Overall Fitness (10:45 a.m.), birthday party and bingo at Plover Senior Dining Site.

Friday, January 20

7:30 Walking Club

9:00 Help with computer skills; pool tables open play

11:00 Super Foods for Healthier You

1:00 Dementia Friendly Community movie event: Still Mine; resistance chair exercise

7:00 Wheel 'n' Deal Square Dancing

Lunch menu: Polish sausage with sauerkraut, parsley buttered potatoes, whole grain bread, pineapple upside down cake.

Bingo at Amherst and Lincoln Center senior dining sites.

The Holly Shoppe is open Monday through Friday, 10 a.m. to 4:30 p.m. and Saturday, 11 a.m. to 3 p.m.