



Senior Spotlight

For week of September 18, 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
Web: 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

Plan to attend Falls Prevention Awareness Day, held on Tuesday from 8:30 a.m. to noon. The event will feature a variety of community resources and experts with information on how to prevent a fall, exercise demonstrations, blood pressure screenings, informational booths, balance testing, and more. For more information, call the Health Promotion Coordinator at 715-346-1401 or toll free, 1-866-920-2525.

This week's volunteer opportunity

Assist with communication between family members and the surgical staff by serving as a volunteer Liaison at St. Michaels Hospital. Mornings, 7 – 11 a.m., or afternoons 11 a.m. – 3 p.m. Flexible days. For more information, contact the RSVP staff at 715-346-1401, toll free, 1-866-920-2525 or email: rsvp@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, September 18

7:30 Walking Club
8:00 Pottery; woodcarving seminar
9:00 Pool tables open play; resistance chair exercise
9:45 Chair yoga
10:00 Computer class
10:45 Intermediate yoga session 6
11:30 Music by Agnes Mallek
1:00 Beginning square dancing lessons; bridge; oil painting; resistance chair exercise; Scrabble
Lunch menu: BBQ pork riblet, hash brown casserole, broccoli salad, whole grain bread, banana cake.
Bingo at Lincoln Center and Amherst senior dining sites; daily updates at Hi Rise Senior Dining Site.

Tuesday, September 19

7:30 Walking Club
8:00 Sip & Swipe Café; woodcarving seminar
8:30 Falls Prevention Awareness Day
9:00 Pool tables open play
10:30 Chair massage
1:00 Bridge; infant sleep presentation; Mah Jongg; open painting; resistance chair exercise
1:30 Lincoln Center Book Discussion Group
3:30 Walking Club
6:00 Wisconsin River Woodcarvers

Tuesday, September 19, continued

Lunch menu: stuffed green pepper, creamed corn, applesauce, whole grain dinner roll, Jell-O with whipped cream.

Bingo at Junction City Senior Dining Site; daily updates at Hi Rise Senior Dining Site; Smear (11:15 a.m.) at Plover Senior Dining Site.

Wednesday, September 20

7:30 Walking Club

8:00 Woodcarving seminar

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

10:30 Traditional T'ai Chi

11:30 Music by Daryl Kurtenbach

12:30 Polish

1:00 Beginning watercolor; bridge; continuing Spanish; Mexican Train Dominoes; pinochle; resistance chair exercise

Lunch menu: Italian spaghetti, garden salad with dressing, peas, French bread, garlic butter, fresh pear.

Bingo at Amherst Senior Dining Site; daily updates at Hi Rise Senior Dining Site; takeaway bingo at Lincoln Center Senior Dining Site.

Thursday, September 21

7:30 Walking Club

8:00 Pottery

8:30 Seniorobics

9:00 Dementia Conversations; Pool tables open play; resistance chair exercise

9:20 Foot Care Clinic

9:30 Open knitting

10:00 Fun & Fit

10:30 Ceramic painting

11:00 Arthritis Foundation exercise

11:30 Music by the Potocki Family Band with Bill Martin and Joe Pieczynski

1:00 Pottery; quilting; Resistance chair exercise; round dancing

2:00 Square dancing

3:30 Walking Club

6:00 Diabetes Support Group

Lunch menu: chicken noodle casserole, green beans, marinated tomato & cucumber salad, tropical fruit salad.

Overall Fitness (10:45 - 11 a.m.), birthday party and bingo at Plover Senior Dining Site; daily updates at Hi Rise Senior Dining Site.

Friday, September 22

7:30 Walking Club

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

1:00 Duplicate bridge; resistance chair exercise

1:30 Wii bowling

Lunch menu: Salisbury steak, parsley buttered potatoes, seasonal vegetable, whole grain bread, brownie.

Bingo at Amherst and Lincoln Center senior dining sites; daily updates at Hi Rise Senior Dining site.