



Senior Spotlight

For week of November 6

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/departments/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

Stop by The Holly Shoppe's Open House on Tuesday, 8 a.m. to 6 p.m. 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.

See the November-December issue of The Post Newsletter for listings of classes, programs and activities taking place at the ADRC/Lincoln Center. Also visit the OurSeniorCenter.com website to download The Post.

This week's volunteer opportunity

Two to three Volunteer Ride Coordinators are needed to answer phone calls from clients seeking rides to and from medical and essential business appointments and to arrange rides with volunteer drivers. Hours are 1 to 4 p.m., one day per week. For more information or to volunteer, please call the Transportation Department at 715-346-1401 or toll free, 1-866-920-2525.

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, November 6

7:30 Walking Club

9:00 Pool tables open play; resistance chair exercise

9:45 Chair Yoga

10:00 Fiction writing

10:45 Intermediate yoga

11:30 Music by Agnes Mallek

1:00 Acrylic painting; bridge; oil painting; pottery; resistance chair exercise; scrabble; StrongBones.

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

Daily updates at Hi Rise Senior Dining Site; bingo at Amherst and Lincoln Center senior dining sites.

Tuesday, November 7

7:30 Walking Club; Holly Shoppe open house

8:30 Seniorobics

9:00 Pool tables open play; woodcarving class

10:00 Fun & Fit Exercise; Conversational Spanish

10:30 Chair massage

11:00 Arthritis Foundation Exercise

11:30 Music by the Grenadiers

1:00 Bridge; chip carving; Healthy Living with Diabetes; LIFE movie; Mah Jongg; open art; resistance chair exercise

Tuesday, November 7, continued

3:30 Walking Club

6:00 Wisconsin River Woodcarvers

Lunch menu: chili, 7 layer salad, cinnamon pears, French breadstick, chocolate PB square.

Daily updates at Hi Rise Senior Dining Site; blood pressure screenings (11 a.m.) and smear (11:15 a.m.) at Plover Senior Dining Site; bingo at Junction City Senior Dining Site.

Wednesday, November 8

8:30 Walking Club

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

10:30 Memory Café

12:30 Polish

1:00 Beginning watercolor; bridge; Mexican train dominoes; pinochle; Polish; resistance chair exercise; StrongBones; Visually Impaired Persons Support Group

6:00 Bridge

Lunch menu: cabbage roll, baby red potatoes, kidney bean salad, raisin bread, peaches.

Daily updates at Hi Rise Senior Dining Site; bingo at Amherst and Rosholt Senior Dining site; takeaway bingo at Lincoln Center Senior Dining Site.

Thursday, November 9

7:30 Walking Club

8:30 Seniorobics

9:00 AARP driver safety class; cribbage; living well with chronic conditions; pool tables open play; resistance chair exercise

9:30 Open knitting

10:00 Fun & Fit exercise

10:30 Ceramic painting

11:00 Arthritis Foundation exercise

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

12:30 Polish

1:00 Crochet; pottery; quilting; resistance chair exercise; round dancing

2:00 Square dancing

3:30 Walking Club

Lunch menu: beef stew with vegetables, baking powder biscuit, creamy coleslaw, cherry crisp.

Daily updates at Hi Rise Senior Dining Site; Smear (10:30), round table crafters (10), bingo at Plover Dining Site.

Friday, November 10

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: seasoned chicken breast, baked potato with sour cream, mixed vegetables, whole grain bread, cranberries.

Daily updates at Hi Rise Senior Dining Site; Birthday Party Bingo at Lincoln Center; bingo at Amherst Senior Dining Sites.