



Senior Spotlight

For week of January 21, 2019

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 meals at these locations:

Monday through Friday - Hi Rise Manor and Lincoln Center

Monday, Wednesday, Friday – Jensen Center in Amherst

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

Breakfast/lunch:

Monday, Wednesday and Friday – My Meal, My Way at The Rosholt Café, Rosholt, 8:30 a.m. - 1:30 p.m.

Join us for a Hawaiian Day Celebration on Tuesday at 1:30 p.m. and enjoy the movie Blue Hawaii starring Elvis Presley. Meals to take the chill out of winter will be served throughout the week. Call Reception for more information or to reserve a meal, 715-346-1401 or toll free, 1-866-920-2525.

This week's volunteer opportunity

DAV Transportation of Portage County is looking for volunteer drivers to take veterans to and from VA Health Care facilities including but not limited to Tomah, Wausau, Wisconsin Rapids & Madison. Volunteers do not need to be a veteran; vehicles are provided. For more information contact the Transportation Program at 608-504-1313.

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 21

7:30 Walking Club

9:00 Healthy Living with Diabetes; 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

12:30 Bingo

1:00 Acrylic painting; Bridge; pottery; resistance chair exercise; scrabble; StrongBodies

Lunch menu: braised ribs, sautéed spinach, baked potato, peaches, corn bread.

Daily updates at Hi Rise Senior Dining Site; bingo at Amherst Senior Dining Site

Tuesday, January 22

7:30 Walking Club

8:30 Seniorobics

9:00 Beginning woodcarving; open wood carving/caricature head carving

10:00 Fun & Fit; beginning Mah Jongg lessons

10:30 Chair massage

11:00 Arthritis Foundation Exercise (AFEX)

11:30 Music by the Stanczyk Trio

Tuesday, January 22, cont'd

1:00 Bridge; chip carving; Mah Jongg; open art; Parkinson's Support Group; resistance chair exercise; sheepshead; Silver Threads Sewing Group

1:30 Hawaiian Day Celebration/movie Blue Hawaii

3:30 Walking Club

Lunch menu: basil crusted chicken with spaghetti and homemade tomato sauce, corn and zucchini, salad, rosy applesauce.

Bingo at Junction City Senior Dining Site; smear (10:30 a.m.) at Plover Senior Dining Site; Daily updates at Hi Rise Senior Dining Site

Wednesday, January 23

7:30 Walking Club

9:00 Cribbage; resistance chair exercise

9:30 Living well with chronic conditions

10:30 Blood Pressure Screening; ceramic painting

12:30 Bingo; Polish

1:00 Bridge, Mexican train dominoes, pinochle, resistance chair exercise; StrongBodies

1:30 Corn hole

Lunch menu: zesty taco bake with roasted black bean and corn salsa, Spanish rice, pears.

Bingo at Amherst Senior Dining Site; daily updates and bingo at Hi Rise Senior Dining Site.

Thursday, January 24

7:30 Walking Club

8:30 Seniorobics

9:00 Pool tables open play

9:20 Foot Care Clinic

9:30 Open knitting

10:00 Fun & Fit

10:30 Ceramic painting

11:00 Arthritis Foundation Exercise (AFEX)

11:30 Music by Bill Martin and Joe Picczynski

1:00 Resistance chair exercise; round dancing

2:00 Square Dancing

3:30 Walking Club

Lunch menu: meatloaf, parsley red potatoes, carrots, pineapple.

Daily updates at Hi Rise Senior Dining Site; Round Table Crafters (10 a.m.) and smear (10:30 a.m.) at Plover Senior Dining Site.

Friday, January 25

7:30 Walking Club

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

11:30 Music by Dorothy Richmond

12:30 Bingo

1:00 Duplicate bridge; resistance chair exercise

Lunch menu: oven roasted chicken, mushroom gravy, whipped potatoes, broccoli, tropical fruit salad.

Bingo at Amherst Site; daily updates at Hi Rise Senior Dining site.