

The News Connection

May/June 2009



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Today as I look out the window and see the snow mixed with rain and the cold, cold wind blowing things around outside, and we are only some days away from May, I am wondering, is this spring? Yes

in Wisconsin, this is spring! And it will get better, and we will be looking for a day like today sometime in mid July. So I learn to enjoy each day as it comes, and hope that you do the same. I do those inside projects so that when the nice weather comes, I can go out and enjoy the nice weather without any guilt.

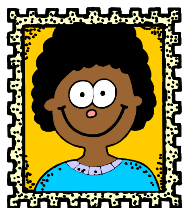
Many activities are being planned for the upcoming months, and I hope that you all get a chance to take advantage of all or at least



some of them. For example there is a free showing of "Buffalo Soldier" the play that will debut at the Overture Center at the end of May. The showing will be the final dress rehearsal Wednesday, May 27th at 7pm. Call me for details and limited transportation.

Be well!
Pam

Thanks to all that have volunteered and helped with my programs around Madison, and those who have attended them. Thanks for the support!



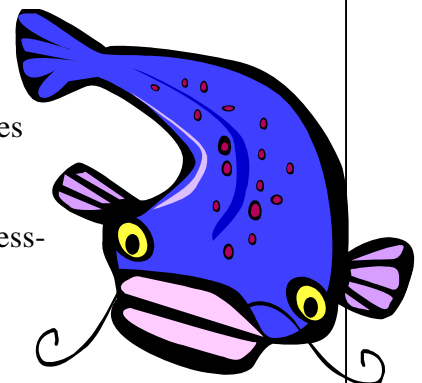
Mentoring Connection Program:

Mentoring connection program: We are still looking for active seniors to volunteer at least an hour a week with Madison Area Urban Ministries Mentoring Connections Program. Spend some time with a child who has a parent in prison. This program provides many rewards for both the child and the volunteer. There are many children waiting. For more information about this program call Pam Bracey (243-5252) or Madison Area Urban Ministries (256-0906)

Recipe of the Month

Spicy Oven Fried Catfish

- 1 cup crushed corn flakes
- 1/2 cup grated parmesan cheese
- 1/2 cup Miracle Whip dressing
- 2 tsp. Creole seasoning
- 2 pounds catfish fillets (four large)



Preheat oven to 375. Mix crushed corn flakes and cheese in shallow dish.

Mix dressing and seasoning in separate shallow dish.

Brush fish with dressing mixture, coat with corn flakes mixture.

Place in baking pan.

Bake 25 to 30 minutes or until fish flakes easily with fork.

Senior Housing Partner:

Sherman Glen Apartments

1110 N. Sherman Ave, Madison, WI 53704 (608) 241-1190

Events

Mother's Day Concert

Sunday, May 10

2 – 3pm

Olbrich Gardens is having a Mother's Day concert again this year. New Horizons Concert Band will be the entertainment for this event. Suggested donation is \$1.



Concerts in the Garden

Tuesdays, June 2 – July 28

7pm

Olbrich Gardens

If it rains, concerts will be indoors. Suggested donations is \$1.



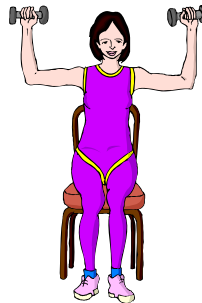
Yogacise chair-based exercise

Wednesdays, June 3- August 19

10:30-11:15

Warner Park Community Recreation Center

Increase your strength, balance and flexibility with easy to follow chair-based yoga stretches and breathing techniques. Wear comfortable clothing. Course number 250550. Class is free. Register with MSCR.



4th Annual Multicultural Senior Health Fair

Friday, May 15

9am – 1:30pm

Warner Park Community Recreation Center



Come join us at the Senior Health Fair at Warner Park. Lots of health information, and screenings on hand. Call Pam Bracey for transportation.

3rd Annual Senior Prom

Thursday, May 28

6:30 – 8:30pm

Black Hawk Middle School (1402 Wyoming Way)

Time for senior prom once again! Come to the 3rd annual senior prom for senior adults. The theme for this year is "Fiesta." This is a free event, and limited transportation is available.



Juneteenth Celebration

Saturday, June 20

Penn Park

The kick off will start at 10am with the annual parade that will start in the Fountain of Life Worship Center parking lot. The theme for this year will be "At last.... A change has come!"

Fitchburg Laugh Group

Come celebrate "Older Americans Month" this May with the Fitchburg Senior Center. They will have a "laugh group" on Wednesday, May 13, 2009, starting at 1pm. Come early for lunch. Sign up for lunch by noon the day before by calling the Fitchburg Senior Center at 270-4290.

Buffalo Soldiers

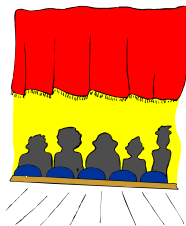
"The Legacy"

May 29 – 30

Overture Center

For more information call Richard Scott at 240-9962 or email

richardscott9122@sbcglobal.net



Watch for "Crowns" the play coming soon!!!



Discussion Groups



Monthly Discussion Group:

The discussion group meets on the second Wednesday of the month at Quaker Housing (2025 Taft St) please ring the kitchen bell to get in. We meet in the dining area from 2-4pm. Topics vary from month to month. All meetings are open to the public, and limited transportation is available.

May 13

Topic: Matthew from Planned Eldercare will talk about new product they have for people with diabetes and arthritis.



June 11

Topic: What are the signs of a stroke?

Diabetes Support Group:

The diabetes support group meets on the fourth Thursday of the month at Romnes Apartments (540 W. Olin Ave) in the community room, from 2-4 pm. All meetings are open to the public, and limited transportation is available. Topics vary each month.

May 28

Topic: Diabetes bingo and roundtable discussion.

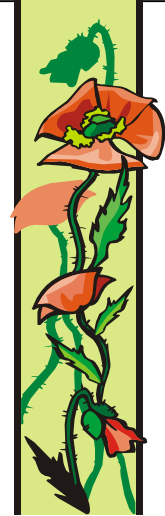


June 25

Topic: UW Osteoporosis (bone) Clinic, guest speaker Dr. Ramamurphy.

Did you know that heart disease is the number one cause of death for women? Are you at risk? Do you know the signs of heart disease? Come, learn more about women and heart disease, Saturday, May 16, 2009, at the Villager Mall (2300 South Park St, room 1D) from 10:30-noon. For more information call Jodi (260-8098).

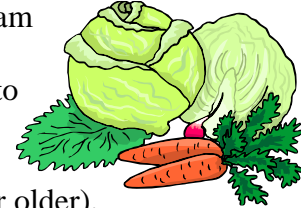
Troy Gardens have garden plots available for people that would be interested in starting their own garden. Sliding fee scale, priced for the season. They have raised gardens and wheelchair accessible. Call Pam Bracey for more information, or email kschneider@badgercab.com. They also have many conveniences for their elderly clients, and water is provided.



Farmers Market vouchers will be available the first week in June. Call your area coalitions to find out where you can pick up your vouchers, or call Pam Bracey at 243-5252.

Remember to bring photo identification with address and birth date

(you must be 60 years or older), and you will also need proof of income for 2007 or 2008.





Thought of the month:

 “Life is not about waiting for the storm to pass, it is about learning to dance in the rain.”



North/Eastside
SENIOR
Coalition



Non-Profit Organization
U.S. Postage Paid
Permit #417
Madison, WI 53704

1625 Northport Dr., #125 Madison, WI 53704
In the Warner Park Community Recreation Center

Odds & Ends

National Women's Health Week, May 10-16
National Men's Health Week, June 7-13

Days to remember:

Mother's Day – Sunday, May 10
Father's Day – Sunday, June 21
Memorial Day – Monday, May 25
Juneteenth - June 19, celebrated on June 20
(see Events)

Remember, if you are short on food, dial 211.

More information
will come on a
pontoon ride on
the lake, with
lunch!



If you have a question or are in need of transportation to programs, feel free to call Pam Bracey at the North/Eastside Coalition (243-5252 Ext 207).



Wish list:
cardstock paper,
gift cards,
herb and vegetable
plants,
craft items,
volunteers.