



Senior Spotlight

For week of August 22

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.

Web: www.co.portage.wi.us/adrc

Email: adrc@co.portage.wi.us

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

Portage County residents can learn about dementia friendly communities, the Purple Angel Project, how residents of Portage County living with dementia can be served and the criteria that identifies a business or organization as dementia friendly. Please call the Caregiver Support Services staff for more information at 715-346-1401 or toll free, 1-866-920-2525.

This week's volunteer opportunity:

The Nutrition Program has openings for regular and substitute **Home-delivered Meals Drivers**; routes leave from the senior dining sites daily. This is a rewarding opportunity to have a direct, positive impact on seniors in your community. The time commitment is about 1½ hours per route; volunteers must be able to lift approximately 20 lbs. Mileage reimbursement is available. Contact RSVP staff 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, August 22

7:30 Walking Club

8:00 Pottery

9:00 Pool tables open play; resistance chair exercise

10:00 The Holly Shoppe opens

11:30 Music by Chet Raflik

1:00 Bridge; resistance chair exercise; scrabble

Lunch menu: Meatball sub with mozzarella, kidney bean salad, apricots, brownie.

Exercise warm-ups (11:45 a.m.) and bingo at Amherst senior dining site; bingo at Lincoln Center senior dining site.

Tuesday, August 23

7:30 Walking club

8:30 Seniorobics

9:00 Pool tables open play

10:00 Fun & Fit exercise; The Holly Shoppe opens

10:30 Chair massage

11:00 Arthritis Foundation exercise

1:00 Bridge; Mah Jongg; Open Art class; Parkinson's Support Group; resistance chair exercise

3:30 Walking club

Lunch menu: beef stew with vegetables, baking powder biscuit, broccoli salad, pears.

Wednesday, August 24

7:30 Walking Club

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

10:00 The Holly Shoppe opens

1:00 Mexican Train Dominoes; pinochle

4:00 Caregiver Support Group

Lunch menu: chicken stir-fry, whole grain rice, fruit cocktail, banana cake.

Blood pressure screening (11 a.m.) and bingo at Amherst senior dining site; takeaway bingo at Lincoln Center senior dining site.

Thursday, August 25

7:30 Walking club

8:00 Pottery

8:30 Seniorobics

9:00 Pool tables open play

9:20 Foot Care Clinic

9:30 Open knitting

10:00 Fun & Fit exercise; The Holly Shoppe opens

11:00 Arthritis Foundation exercise

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

1:00 Resistance chair exercise; round dancing

2:00 Square dancing

3:30 Walking club

Lunch menu: meat loaf, baked potato, sour cream, creamed cabbage, whole grain dinner roll, fresh fruit.

Round Table Crafters (10 a.m.) and bingo at Plover senior dining site.

Friday, August 26

7:30 Walking Club

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

10:00 The Holly Shoppe opens

1:00 Duplicate bridge; resistance chair exercise

1:30 Wii bowling

7:00 Wheel 'n Deal Square Dancing

Lunch menu: ham noodle casserole, mixed vegetables, warm cinnamon apples, ice cream.

Bingo at Amherst senior dining site; birthday party and bingo at Lincoln Center senior dining sites.

Saturday, August 27

11:00 The Holly Shoppe open until 3 p.m.