

Senior Citizens Program of Belleville, Exeter & Montrose, Inc.

130 South Vine Street

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A c t i v i t i e s

The Belleville Area Seniors are involved in a variety of social and educational activities including:

Cards-The second Friday of each month we play euchre and/or five hundred for prizes at St. Mary's. Refreshments are served.

Bingo-The first and last Friday of each month, we play bingo for prizes at St. Mary's.

Games-Monday mornings at 10:00 cards and/or games such as dominoes are played at St. Mary's.

Trips-We enjoy trips to the Fireside Dinner Theater throughout the year as well as other day trips, such as Milwaukee Brewer baseball games and trips to casinos. The seniors pay for their own cost of the trips.

Sugar River Singers-Every Wednesday afternoon (except during the summer), seniors who enjoy sharing their singing talent gather at St. Mary's for practice and fun. The singers perform on a donation basis for area organizations and events.

Book Club-The Book Club meets at the Library the first Tuesday of the month. Participants discuss books they have enjoyed reading recently.

Art Class-The Art Class meets the second and fourth Mondays of the month from January through May. A fee is charged for this class.

Dining

Our nutrition sites are located in the fellowship hall of St. Mary of Lourdes Catholic Church (Monday, Wednesday and Friday) and in the fellowship room of the Sugarwood Apartment building (Tuesday and Thursday).

Meals are served at 12:00 noon each day, Monday through Friday. We also provide home delivered meals for those unable to come to the nutrition site. For those 60 years and older the cost of the meal is on a donation basis. Dane & Green County donation boxes are available at both nutrition sites. For those under 60 the cost of the meal is \$6.25. Menus are available in the monthly newsletter, on the bulletin boards at the meal sites and in the weekly "Senior Citizen News" column of the Belleville Recorder.

Reservations are required and can be made by calling 424-6007 by 11:a.m. the day prior to receiving the meal or by Friday morning for the following Monday meal.

Guest speakers, activities and entertainment designed for older adults are scheduled before or after some meals. A schedule of events is listed in our monthly newsletter and weekly in the "Senior Citizen News" column of the Belleville Recorder.

Day Care

We provide a "social" day care every Friday morning from 10 a.m. to 11:30 a.m. at St. Mary's. The program is designed to exercise the mind and body. Speakers, music and games are just some of the activities enjoyed. Nutrition site dining is encouraged following the program.

Outreach

Case Management is available to help area seniors remain in their homes. Individuals needing assistance or having questions can contact the case worker at 424-6007 or 279-1085. Benefits specialist is in the office the second Monday of every other month at 9:30 a.m.

Care Giver Support Group meets as needed. This group is designed to provide an environment where feelings can be shared and one can find resources, empathy, support and confidentiality.

Vision Impaired Group meets every other month. This group is designed to help those

with vision problems to find resources and support.

Services

- Nutrition Services
- Case Management
- Transportation
- Foot Care
- Sugar River Singers
- Benefits Specialist
- Community Service
- Trips
- Blood Pressure Screening
- Daycare
- Support Groups
- RSVP Transportation
- Socialization
- Monthly Newsletter
- Nutrition Instruction
- Fundraising
- Older Adult Resource Programs & Information Materials

Senior Citizen Program of Belleville, Exeter & Montrose, Inc. Services & Opportunities

Services & opportunities are open to all. Participation is encouraged.

- **Nutrition Sites Meals**-Available Monday, Wednesday and Friday's at St. Mary's; Tuesday and Thursday's at Sugarwood Apartments at 12:00 noon. Home delivered meals available Monday thru Friday. For dining room or home delivered meal reservations, call 24 hours in advance 424-6007. Under 60 cost of meal is \$6.25; 60 and older, recommended donation of \$3.00.
- **Green County Benefit Specialist**-Second Monday of every other month at the Senior office 11:00 – 11:30 and at St. Mary's hall 11:30-12:00. Check the Senior Newsletter for dates.
- **Art Class**-Jonathan Wilde's art class meets at St. Mary's Church the second and

fourth Mondays of each month at 9:00 a.m. January – May. Cost is a one time fee of \$50.00.

- **Singing Group**-Meets second and fourth Wednesday's at 1:00 to sing together for fun. They are available to perform for area nursing homes, senior centers and local events as well as at our Birthday/Anniversary celebrations.
- **Van Service for Local Shopping**-Every Wednesday each week the Van picks up participants at their homes. Call the Senior Office at 424-6007 to reserve your seat on the van. Donation; \$3.50
- **Van Service to Monroe**-First and third Wednesday of each month the Van picks up participants at 9:00 a.m. at their homes. Call the Senior Office at 424-6007 to reserve your seat on the van. Donation; \$3.50
- **Van Service to Madison**-The third Tuesday of each month the Van picks up participants at 9:00 a.m. at their homes. Call the Senior Office at 424-6007 to reserve your seat on the van. Donation; \$3.00
- **Time Out For Fun**-Fridays 10:00 – 11:30 at St. Mary's Hall. Enjoy a program designed to exercise mind and body. Also enjoy guest speakers, music therapy, games, crafts and more!
- **Case Worker at Senior Office**-Walk-in or call 424-6007 or 279-1085 for appointment, Monday, Tuesday, Wednesday and Friday.
- **Blood Pressure Screening**-The second or third Thursday of every month at Sugarwood Fellowship Room at 12:15 p.m. Call 424-6007 for exact date.
- **RSVP Driver Escort**-Call Mardell at 424-1991 at least 2 days prior to your doctor or other appointment, if at all possible.
- **Care Giver Support Group**-Past and present caregivers meet at Sugarwood Fellowship Room the last Monday of the month 7:00 – 8:30 p.m.
- **RSVP Sewing Group**-Meets the first and third Monday of the month at 9:00 a.m. to finish twin-sized quilts and other items donated to those in need.
- **VIP**- Vision Impaired Support Group meets the fourth Wednesday at 10:30 a.m. Call the office for more information 424-6007.

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