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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPT.**  608-374-7476 Fax: 608-374-7462 [pbuchda@tomahwi.gov](mailto:pbuchda@tomahwi.gov)  *Like us on Facebook – Tomah Senior Center* |

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| **DECEMBER 2024 NEWSLETTER** | | |
| See the source image | See the source image | https://media.istockphoto.com/vectors/christmas-party-clipart-vector-id848202742?s=170667a |

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| **Kupper-Ratsch Senior Center** | |
| A sign on the front of a building  Description automatically generated  Front entry on Superior Avenue | A building with a patio and tables  Description automatically generated with medium confidenceBack entry across alley from WWTC parking lot. |
| ***A Community Gathering Place***  **1002 Superior Ave. Tomah, WI. 54660** | |

**“Come on down and join us!”**

**Pam Buchda**, City of Tomah’s Senior & Disabled Services Director

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| See the source image | See the source image | See the source image | See the source image | Clip art Entertainment Bingo |

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| **City of Tomah’s Dept. of**  **SENIOR & DISABLED SERVICES**  608-374-7476 Fax: 608-374-7462  pbuchda@tomahwi.gov | **Kupper-Ratsch Senior Center**  ***A Community Gathering Place***  [1002](mailto:pjbuchda@tomahonline.com) Superior Ave. Tomah, WI. 54660  Facebook page – **Tomah Senior Center** |

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| Smiley Clipart | Free Download Clip Art | Free Clip Art | on ... - ClipArt  Best - ClipArt Best | Are you looking for a place to meet people and/or for you and/or your friends/family to get together to play cards and/or other games?  **Come in and join us!**  I encourage people to stop down and visit with us, check us out and take a tour of the senior center.  We have a nice place with friendly people, and it is warm in the winter cold and cool in the summer heat. |

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| **NEWSLETTER INDEX** | | | | | |
| Page |  | | | Page |  |
| 01 | Cover | | | 23 | **CALENDAR** |
| 02 | Newsletter Index & Procedure for Accidents | | | 24 | Senior & Disabled Services Report –Goal(s) 7 |
| 03 | Senior & Disabled Services Report -Editor | | | 25 | Senior & Disabled Services Report –Goal(s) 7 |
| 04 | Senior & Disabled Services Report –Stats | | | 26 | Senior & Disabled Services Report –Goal(s) 7 |
| 05 | | Senior & Disabled Services Report –Goal(s) 1 | | 27 | Senior & Disabled Services Report–Goal(s)8-9 |
| 06 | | Senior & Disabled Services Report –Goal(s) 1 | | 28 | Senior & Disabled Services Report –Goal(s) 9 |
| 07 | | Senior & Disabled Services Report –Goal(s) 1 | | 29 | Community Activities |
| 08 | | Senior & Disabled Services Report –Goal(s) 1 | | 30 | Community Activities |
| 09 | | Senior & Disabled Services Report –Goal(s) 1 | | 31 | Community Activities |
| 10 | | Senior & Disabled Services Report –Goal(s) 1 | | 32 | Community Activities |
| 11 | | Senior & Disabled Services Report –Goal(s) 2 | | 33 | For Your Information |
| 12 | | Senior & Disabled Services Report –Goal(s) 2 | | 34 | For Your Information |
| 13 | | Senior & Disabled Services Report –Goal(s) 2 | | 35 | For Your Information |
| 14 | | Senior & Disabled Services Report –Goal(s) 3 | | 36 | For Your Information |
| 15 | | Senior & Disabled Services Report –Goal(s) 3 | | 37 | For Your Information |
| 16 | | Senior & Disabled Services Report –Goal(s) 4 | | 38 | For Your Information |
| 17 | | Senior & Disabled Services Report –Goal(s) 4 | | 39 | For Your Information |
| 18 | | Senior & Disabled Services Report –Goal(s) 5 | | 40 | For Your Information |
| 19 | | Senior & Disabled Services Report –Goal(s) 6 | | 41 | For Your Information |
| 20 | | Senior & Disabled Services Report –Goal(s) 6 | | 42 | Senior & Disabled Services Dept. Information |
| 21 | | Senior & Disabled Services Report –Goal(s) 7 | | 43 | Senior & Disabled Services Dept. Information |
| 22 | | **CALENDAR** | | 44 | Senior & Disabled Services Code Of Conduct |
| **Newsletter INSERTS** | | | -Insert: ADRC of Monroe County Senior Dining Sites Menu.  -Insert: Medicare Minutes.  -Insert: Watch Out For Holiday Scams.  -Insert: Photo Album pages.  -Insert: Invite to Christmas Party sponsored by Rotary Club; | | |

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| Free Santa List Cliparts, Download Free Santa List Cliparts png images, Free  ClipArts on Clipart Library | Red ornament on tree with funny Christmas sayings on top | Blurred Christmas tree with funny Christmas captions |

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| 😊   |  |  |  | | --- | --- | --- | | [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Free Newsletter Cliparts Free, Download Free Clip Art, Free Clip Art on  Clipart Library |   **This newsletter is a communication tool to keep you all updated.**   |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **LIFE INSTRUCTION**  “Do all the good you can,  By all the means you can,  In all the ways you can,  In all the places you can,  At all the times you can,  To all the people you can,  As long as you ever can.  *~John Wesley* | **DECEMBER**  **2024**  **“Hello”**  **from Pam** | | Buchda new director | “Do battle against prejudice & discrimination whenever you  find it.”  *~Author Unknown*  “Laugh Often  ~ Live Well  ~ Love Much” | | **THE FOUR-WAY TEST**  **Of all the things we think, say, or do…**  1.Is it the **TRUTH**?  2.Is it **FAIR** to all concerned?  3.Will it build **GOOD WILL** &  **BETTER FRIENDSHIPS**?  4.Will it be **BENEFICIAL** to  all concerned?  *~Rotary International* | | “Here at the Senior Center,  we are all about making friends, being friends, keeping friends and spending time with friends.”  *~Pam Buchda* | | “The purpose of activities is not to kill time, but to make time live. Not to keep a person occupied, but to keep him/her refreshed. Not to offer an escape from life, but to provide a discovery for life”.  *~Author Unknown* | | | ‘Happiness is not a destination.  It is a method of life.”  *~Burton Hills*  Everyday… What are 3 things you are grateful for? | |   **Hello all…**  Today (Tuesday, November 26) as I am working on the newsletter and with Thanksgiving this week, I am truly counting my blessings. I feel such contentment and job satisfaction when the senior center is being used and people are enjoying themselves.  This morning Wellness Exercise was in the activity room, Line Dancing was in the big room upstairs, the meal site area was busy with meal preparations, and the main area had people taking advantage of the coffee cart, puzzle table and reading table, as well as visiting with each other.  This afternoon, the main room has Euchre on one side and Games of Choice on the other side. In the activity room is Men’s Shed Group. People have been coming in throughout the day to borrow or return Loan Closet medical equipment. A volunteer is in the Loan Closet area sanitizing returned loan equipment and organizing donated items. The Christmas cards are selling pretty good right now – tis the season. Now that the weather is turning cold, a couple of people are here today to borrow jigsaw puzzles to do at home.  Tonight, AAUW will be meeting here. Am Vets met here on Saturday. Last week Family Promise stayed at night here, so we helped shelter 3 homeless families for the week. Yesterday and today, people came in to pick up their door prizes from Saturday’s Annual Arts & Crafts Fair fundraiser for the senior center. We had about 25 door prizes. We also have some workmen here, because old buildings and systems need upkeep and fixing to stay in good shape.  I am so happy and grateful the place is humming along with people here using it as the community gathering place it is.  **HAPPY HOLIDAYS TO ALL OF YOU!!! Merry Christmas & Happy New Year!**   |  |  | | --- | --- | | See the source image | The Senior Center will be **CLOSED on Tuesday, December 24 & Wednesday, December 25,** 2024, for the HOLIDAY TIME OFF.  We will be open again on Thursday, December 26. |   The **information I am sharing with you** this month in the newsletter is… *see page 8 for information on Ceramics with Siegrun; See pages 29-32 on community events, including Take the Mystery Out of Medicare.*  The **articles I selected to share with you** for this month in the newsletter are… *Home Title Lock vs Property Fraud Alert; Advent; St. Nicholas Day; Pearl Harbor Remembrance Day; St. Lucia Day; Winter Solstice; Hanukkah; Christmas; Kwanzaa; & New Year’s Eve.*  I am **also sharing information** as newsletter inserts… *ADRC monthly Meal Site Menu; Medicare Minutes; Watch out for Holiday Scams; Photo Album pages.*   |  |  | | --- | --- | | The Senior Center will be **CLOSED on Tuesday, December 31, 2024, & Wednesday, January 1, 2025**  for the NEW YEAR DAY HOLIDAY TIME OFF.  We will be open again on Thursday, January 2, 2025 | https://media.istockphoto.com/vectors/christmas-party-clipart-vector-id848202742?s=170667a |   😊Page 03 |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Reports Stat Stock Illustrations – 34 Reports Stat Stock Illustrations,  Vectors & Clipart - Dreamstime |

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| **KUPPER-RATSCH SENIOR CENTER YEARLY ATTENDANCE/USAGE COMPARISONS**  ***NOTES****: Did Not Take Daily Attendance Before COVID.**Senior Center closed from March 17, 2020 to June 15, 2020 (3 months).*  *Meal Site closed March 17, 2020 to July 26, 2021 (1 1/3 years).**Did do in-home meal deliveries & pick-up meals during closed meal site.* |
| |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Month** | **#Usage** | **Vol.s** | **Days/Evenings Open** |  | **Month** | **#Usage** | **Vol.s** | **Days/Evenings Open** | | **January**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,487+  1,387+  856+  407  --- | 206+  187+  93+  21+  --- | 25 –1 Sun., 4 Eve. & 1 Sat.  23 –1 Sun., 4 Eve. & 1 Sat  24 –1 Sun., 1 Eve. & 2 Sat.  20 –0 Sun., 2 Eve. & 1 Sat.  Masks Required  25 –1 Sun.,2 Eve. & 1 Sat.  Did not take attendance before COVID |  | **July**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,620+  1,741+  1,215+  1,078+  586+ | 175+  203+  161+  71+  69+ | 20 –1 Sun., 8 Eve. & 1 Sat.  24–3 Sun., 1 Eve. & 1 Sat.  21–1 Sun., 5 Eve. & 0 Sat.  21–1 Sun., 5 Eve. & 1 Sat.  Masks Optional  *07-26-21 Meal Site Reopen*  24 –1 Sun., 2 Eve. & 1 Sat.  Open with Precautions | | **February**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,847+  1,626+  1,039+  383+  --- | 271+  207+  111+  20+  --- | 27 –4 Sun.,10 Eve. & 2 Sat.  21 –1 Sun., 2 Eve. & 1 Sat.  19 –0 Sun., 2 Eve. & 0 Sat.  20 –0 Sun., 1 Eve. & 1 Sat  Masks Required  22 –1 Sun.,1 Eve. & 1 Sat.  Did not take attendance |  | **August**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,738+  2,201+  1,486+  1,253+  620+ | 190+  239+  202+  139+  74+ | 26 –2 Sun.,9 Eve. & 2 Sat.  28–3 Sun., 2 Eve. & 2 Sat.  25-1 Sun., 4 Eve. & 1 Sat.  24-1 Sun., 4 Eve. & 1 Sat.  24 –1 Sun., 2 Eve. & 2 Sat. Open with Precautions | | **March**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,902+  2,349+  1,390+  617+  --- | 241+  263+  138+  37+  --- | 25–2 Sun.,14 Eve. & 2 Sat.  26 –1 Sun., 6 Eve. & 2 Sat.  24 -1 Sun., 5 Eve. & 0 Sat.  23 –0 Sun., 1 Eve. & 1 Sat.  Masks Required  16 –0 Sun., 0 Eve. & 0 Sat.  17th Closed d/t COVID |  | **September**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,524+  1,927+  1,332+  1,134+  595+ | 166+  208+  170+  112+  59+ | 22–1 Sun., 5 Eve. & 1 Sat.  24-3 Sun., 6 Eve. & 1 Sat.  22-1 Sun., 6 Eve. & 1 Sat.  23-1 Sun., 8 Eve. & 1 Sat.  23 –1 Sun., 3 Eve. & 1 Sat. Open with Precautions | | **April**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,872+  1,870+  1,340+  689+  --- | 255+  232+  138+  43+  --- | 26 –3 Sun.,08 Eve. & 01 Sat.  26 –1 Sun., 6 Eve. & 2 Sat.  21½-1 Sun, 9 Eve. & 0 Sat.  21 –0 Sun.,1 Eve. & 1 Sat.  Masks Required  00 –0 Sun., 0 Eve. & 0 Sat.  Closed d/t COVID |  | **October**  **2024**  includes  **2023**  **2022**  **2021**  **2020** | 2,670+  Hallowe  2,370+ 1,736+  1,410+  602+ | 270+  enParty  282+  244+  142+  71+ | 27–3 Sun,12-23 Eve.& 1 Sat.  *Start include LIFE in evening.*  26 –3 Sun,11 Eve. & 1 Sat.  21- 1 Sun., 7 Eve. & 1 Sat.  24 -2 Sun., 8 Eve. & 1 Sat.  25 –1 Sun., 3 Eve. & 2 Sat. Open with Precautions | | **May**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,758+  1,898+  1,426+  657+  --- | 246+  247+  128+  37+  --- | 24 –1 Sun., 3 Eve. & 1 Sat.  24-1 Sun., 4 Eve. & 1 Sat.  22 -1 Sun., 7 Eve.& 0 Sat.  20 –0 Sun.,3 Eve. & 1 Sat.  Masks Required  00 –0 Sun., 0 Eve. & 0 Sat.  Closed d/t COVID |  | **November**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,785+  1,862+  1,322+  1,101+  510+ | 226+  236+  228+  122+  76+ | 24 3 Sun., 13 Eve. & 2 Sat.  25–3 Sun.,7 Eve. & 2 Sat.  21-1 Sun., 5 Eve. & 1 Sat.  20-1 sun., 5 Eve. & 1 Sat.  20 –0 Sun., 1 Eve. & 1 Sat. Open with Precautions | | **June**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,588+  1,795+  1,461+  965+  270+ | 212+  224+  162+  44+  26+ | 23 –1 Sun.,4 Eve. & 2 Sat.  25 –1 Sun., 1 Eve. & 2 Sat.  23 -1 Sun., 6 Eve. & 0 Sat.  22 –1 Sun., 6 Eve. & 1 Sat.  Masks Required  14 –1 Sun.,2 Eve. & 0 Sat.  15th Reopened w/Precautions |  | **December**  **2024**  **2023**  **2022**  **2021**  **2020** | +  1,644+  1,230+  1,006+  452+ | +  242+  219+  88+  48+ | xx –x Sun., x Eve. & x Sat.  21–1 Sun., 3 Eve. & 1 Sat.  21-0 Sun., 6 Eve. & 1 Sat.  22–1 Sun., 5 Eve. & 1 Sat.  22 –0 Sun., 1 Eve. & 1 Sat.  Open with Precautions | |  |  |  | *Newsletter is done before end of month.* |  | **TOTAL**  **2024**  **2023**  **2022**  **2021**  ***2020*** | **+**  **22,670+**  **15,833+**  **10,700+**  **3,635***+* | **+**  **2,770+**  **1,994+**  **876+**  **423***+* | **Jun15 thru December 31** | |
| ***NOTE:*** *We do not always see/know how many people are in some evening and/or weekend activities or coming*  *to the Traveling Office Hours, using the Giving Closet or the Library, or the Reading Table, Etc. We can*  *tell, later, that these services have been used, but not by how many people. So, we use the + sign to*  *denote that additional people, above the numbers recorded, have used our services.* |

😊Page 04

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| 😊   |  |  |  | | --- | --- | --- | | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com | **Listed are** the City of Tomah’s Senior & Disabled Services Department’s **categories for goals and the main long-range goal(s) for each category**, as well as a monthly update in each category.  Throughout the year, the Senior & Disabled Services Director has “mini”/short-term goals for each of the categories to help reach the main goals. As short-term goals are met and as new opportunities and information arise throughout the year, new “mini” goals are developed. |  |  |  | | --- | --- | | **01** | **RECREATION & LEISURE ACTIVITIES/GATHERING PLACE**  **GOAL(S):**  To maintain & grow programs, services, & community events at/for the senior center. |  |  |  | | --- | --- | | **ACTIVITIES/**  **EVENTS** | -Activities & events are listed in our monthly newsletter, on the big “daily” board in senior center, and on the ‘Tomah Senior Center’ Facebook page.  -If you have suggestions or a particular interest you would like to see happen,  please share it with Pam at the senior center or at [pbuchda@tomahwi.gov](mailto:pbuchda@tomahwi.gov) or 608-374-7476. |  |  |  |  | | --- | --- | --- | | **PUZZLE TABLE** | | | | See the source image  We accept donations of puzzles. | We have a table with a community jigsaw puzzle being put together. Everyone is welcome to work on it.  We have puzzles that can be borrowed and returned. | https://tse4.mm.bing.net/th?id=OIP.ukjV24NYgmZsbuOSeFIs1AHaHJ&pid=Api&P=0&w=171&h=166  We frame some of the puzzles and use them as a fundraiser. |  |  |  |  | | --- | --- | --- | | **COFFEE TIME & VISITING** | | | | See the source image | **DATE:** Mondays thru Fridays  **TIME:** 9:00am *(coffee on pretty much all day)*  **COST:** Free *(coffee & coffee cart donations accepted)* | *Come and join us for coffee and visiting.*  Good People–Good Place |  |  |  |  | | --- | --- | --- | | A building with tables and chairs  Description automatically generated | **OUTDOOR ‘GAZEBO’ AREA**  In the spring, summer & autumn, we have a green picnic table outside by the back door with a shade umbrella with it.  People are welcome to sit outside and visit or play games. | **C:\Users\Delia\Pictures\2020-09\100_1033.JPG**  Thank you Frank G. Andres Charitable Trust for the grant. |   **GAMES:**   |  |  |  | | --- | --- | --- | | **BINGO** | | | | Clip art Entertainment Bingo | **DATE:** Mondays, Thursdays & Fridays  **TIME:** 1:00pm *(set-up at 12:30)*  **COST:** 50 cents a card  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEERS:** People from the group  **SPONSOR(S):** People who are playing | **VOLUNTEER CALLERS**:  June Abbott, Mary Boettcher, Becky Fitzpatrick, Richard Gegenfurtner, Marvin Henricks. |  |  |  |  | | --- | --- | --- | | **BINGO BASH** | | | | See the source image | **DATE:** 2nd Monday  **TIME:** 1:00pm *(set-up at 12:30)*  **COST:** Free (play 1 card)  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEERS:** People from the group | **SPONSOR(S):** People who donated items.  **VOLUNTEERS**: Same  as regular bingo |   😊Page 05 |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com |

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| **01** | **RECREATION & LEISURE ACTIVITIES/GATHERING PLACE,** continued |

**GAMES, continued**:

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| **BRIDGE** | | |
| See the source image | **DATE:** 2nd Tuesday  **TIME:** 1:00pm  **COST:** FREE  **PLACE:** Kupper-Ratsch Senior Center | **VOLUNTEER(S)**:  People from the group |

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| **PFEIFFER** | | |
| See the source image | **DATE:** Tuesdays  **TIME:** 12:00 to 12:50 *(before Euchre starts)*  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center | **VOLUNTEERS:**  People from the group |

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| **GAMES OF CHOICE** | | |
| See the source image | **DATE:** Tuesdays  **TIME:** 12:30pm  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEERS:** People from the group | Group chooses games, could be… Phase 10, Checkers, Uno, Dominos, Scrabble, Sequence, Skip Bo, Wizard, Yahtzee, Etc. |

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| **EUCHRE** | | |
| See the source image | **DATE:** Tuesdays  **TIME:** 1:00pm *(set-up at 12:30)*  **COST:** $2 (10 cents a bump, & 25 cents bump if go  alone & don’t win)  **PLACE:** Kupper-Ratsch Senior Center  **SPONSOR(S):** People who are playing. | **VOLUNTEERS:**  People from the group |

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| **MEN’S SHED CLUB**  **What do men need to be active, engaged, sharing skills, having fun, and making contributions?**  **What opportunities would you like to see in your community?** | | |
| Men Support Group Stock Illustrations – 11,491 Men Support ... | **Come to meet new people, learn something new and be a part of something new! Bring a friend! Snacks and beverages will be provided.**  **DATE:** 4th Tuesday  2025 DATES: Jan. 28; Feb.25; Mar. 25;  April 22; May 27; & June 24.  **TIME:** 1:30pm – 3:00pm  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center | **SPONSORS**:  ADRC-Monroe County  **608-269-8690**  VA Caregiver Support/  Veteran Community Partnerships  608-372-3971 x66279  **REGISTER:**  ADRC-La Crosse County  608-785-5700  **QUESTIONS?**  Kristine at 608-386-0922 or kmeyer@lacrossecounty.org |

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| **PINOCHLE** | | |
| See the source image | **DATE:** Wednesdays  **TIME:** 12:30pm  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center | **VOLUNTEERS:**  People from the group |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT MONTHLY REPORT** | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com |

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| **01** | **RECREATION & LEISURE ACTIVITIES/GATHERING PLACE,** continued |

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| **CANASTA** | | |
| https://lh3.googleusercontent.com/s76Tog-9yEzvFQ17nr1s9S5v-HF1EDQW_dnE1R1osFNrUAr2snsWkdtUeTnYa3v5ckE=w300 | **DATE:** Wednesdays *(starting again in August)*  **TIME:** 1:00pm  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center | **VOLUNTEERS:**  People from the group |

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| **CRIBBAGE** | | |
| See the source image | **DATE:** Wednesdays  **TIME:** 1:00pm  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center | **VOLUNTEERS:**  People from the group |

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| **HAND & FOOT** | | |
| **Hand Foot Cards - Etsy** | **DATE:** Wednesdays *(starting in August)*  **TIME:** 1:00pm  **COST:** FREE  **PLACE:** Kupper-Ratsch Senior Center | **VOLUNTEERS:**  People from the group |

**CREATIVE GROUPS**

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| **BASKET WEAVING CLASS** | | |
| ***A close-up of hands holding a circular object  Description automatically generated*** | **DATE:** 3rd Monday  **TIME:** 10:30am to 3:30pm  **COST:** $ for supplies – ask Pam or Rose  *Cost for supplies**will vary from class to class*  *depending on the basket style being done.*  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEER INSTRUCTOR:** Rose Berry | Limit of 16 to a class.  **SIGN-UP**: with Pam or Paulette at senior center,  608-374-7476, or pbuchda@tomahwi.gov |

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| **QUILTING GROUP** | | |
| See the source image  **People who sew & quilt are welcome.** | **DATE:** 1st & 3rd Wednesdays  **TIME:** 10:30am to 3:30pm  *Bring your own lunch or sign up ahead of time for the county’s nutrition site meal.*  **COST:** Free. *Bring your sewing machine & projects, enjoy fellowship and exchange of ideas.*  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEERS:** People from the group | See the source image  **People who crochet & knit are also welcome**. |

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| **SEWING DIVAS QUILTING GROUP** | | |
| See the source image  **People who sew & quilt are welcome.** | **DATE:** 2nd & 4th Wednesdays **(starting in January)**  **TIME:** 10:30am to 3:30pm  *Bring your own lunch or sign up ahead of time for the county’s nutrition site meal.*  **COST:** Free. *Bring your sewing machine & projects, enjoy fellowship and exchange of ideas.*  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEERS:** People from the group | See the source image  **People who crochet & knit are also welcome**. |

😊Page 07

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com |

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| **01** | **RECREATION & LEISURE ACTIVITIES/GATHERING PLACE,** continued |

**CREATIVE GROUPS**

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| **CERAMICS with Siegrun** | | |
| 16,200+ Painting Ceramics Stock Illustrations, Royalty-Free ... | **DATES & TIMES: Pick a day or two or all**  Wed. 12/11: 10:30am- 2:00pm  Wed. 12/18: 3:30pm- 5:00pm  Thu. 12/19: 3:30pm- 5:00pm  Mon. 12/23: 10:30am–12:30pm  **COST:** $5-$20 for ceramics/supplies –  depends on what ceramics you choose.  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEER:** Siegrun Horst | **All Ages Welcome!**  Seniors plan a fun time for yourself…  And/or plan a fun time with your grandchildren…  doing a ceramic project! |

**BOOKINGS:**

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| **TOMAH’S GREAT HOLIDAY SHOPPING HUNT (TGHSH) Group** | | |
| Person Christmas Shopping with Too Many Gifts - Royalty Free Clip Art Image | **DATE:** 4th Monday (February thru November)  **TIME:** 5:00pm  **PLACE:** Kupper-Ratsch Senior Center  **CONTACT:** Pam Buchda 608-374-7476 | See the source image |

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| **TOMAH PUBLIC HOUSING AUTHORITY** | | |
| A black and white icon of hands holding a house  Description automatically generated | **DATE:** 2nd Wednesday **TIME:** 4:15pm  **PLACE:** Kupper-Ratsch Senior Center  **CONTACT:** Housing Director 608-374-7455 | Office:  107 E. Milwaukee St.  Tomah, WI. 54660 |

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| **AMERICAN ASSOCIATION OF UNIVERSITY WOMEN-Tomah Branch** | | |
| American Association of University Women (AAUW) Community Action Grants  2021 | Opportunity Desk | **DATE:** 4th Tuesday, except Dec. & March  Does not meet in June-July-August.  **TIME:** 5:30pm to 8:00pm  **PLACE:** Kupper-Ratsch Senior Center  **CONTACT**: Pam Buchda, President | [AAUWTomah@gmail.com](mailto:AAUWTomah@gmail.com)  **VOLUNTEERS:** People from the group |

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| **AM VETS** | | |
| **Murphy Post 2180**  **https://seeklogo.com/images/A/Amvets-logo-DC0115A871-seeklogo.com.png**  **Tomah** | **DATE:** 3rd Saturday  **TIME:** 4:30pm  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEERS:** People from the group  **CONTACT**: amvets2180@gmail.com | -Don Vander Molen, VAVS  Representative: 262-391-9505  -Glenn Gallagher, Deputy  Representative: 608-344-1679 |

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| **TOMAH CONCERT ASSOCIATION** | | |
| Tomah Concert Association | **DATE:** As Scheduled  **TIME:** 4:00pm or as scheduled  **PLACE:** Kupper-Ratsch Senior Center  or Tomah High School Band room | **CONTACT:**  Audrey 608-372-0859  Or  Bonnie 608-823-7133 |



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| |  |  |  | | --- | --- | --- | | [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPT. MONTHLY REPORT** | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com |  |  |  | | --- | --- | | **01** | **RECREATION & LEISURE ACTIVITIES/GATHERING PLACE,** continued… |   **MUSIC PROGRAMS:**   |  |  | | --- | --- | | http://cliparts.co/cliparts/rij/95R/rij95RqiR.jpg | **DID YOU KNOW?** …  According to researchers singing uses both sides of the brain and takes people’s minds off their worries, so it is a stress reducer.  Singing also boosts oxygen and blood flow to the brain and body.  ~ Creative Forecasting editors, March 2021 |  |  |  |  | | --- | --- | --- | | **LIVE MUSIC AT THE SENIOR CENTER** | | | | Singin - n - Swingin - Ballroom Dance Music Band - Readstown, WI | **SINGIN ‘N’ SWINGIN BAND**  *Dan & Judy Gilbertson*  **DATE:** Friday, December 06, 2024  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** Marian Beebe | See the source image  ***“Swing, big band, western, early rock & roll, polka and waltz styles”*** |  |  |  |  | | --- | --- | --- | | **LIVE MUSIC AT THE SENIOR CENTER** | | | | See the source image  ***“Wisconsin Harper & Singer with themed programs”*** | **SHARI SARAZIN**  **DATE:** Friday, December 13, 2024  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** Loretta Noet | https://www.sharisarazin.com/s/img/emotionheader_3.jpg?1467478996.920px.338px |  |  |  |  | | --- | --- | --- | | **LIVE MUSIC AT THE SENIOR CENTER** | | | | A group of men playing guitar  Description automatically generated | **BLAINE MEYER & GARY FELBER**  **DATE:** Friday, December 20, 2024  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** Volunteers their Time & Talents | See the source image  ***“Classic & current country and good old-fashioned sing-a-longs”*** |  |  |  |  | | --- | --- | --- | | **LIVE MUSIC AT THE SENIOR CENTER** | | | | See the source image***“Songwriter/singer with music from the 20’s thru the 70’s.”*** | **KEVIN MATTSON**  **DATE:** Friday, December 27, 2024  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** Loretta Noet | A person playing guitar and singing into a microphone  Description automatically generated |  |  |  |  | | --- | --- | --- | | **LIVE MUSIC AT THE SENIOR CENTER** | | | | A group of men playing guitar  Description automatically generated | **BLAINE MEYER & GARY FELBER**  **DATE:** Friday, January 03, 2025  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** Volunteers their Time & Talents | See the source image  ***“Classic & current country and good old-fashioned sing-a-longs”*** |   😊Page 09 |

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| **01** | **RECREATION & LEISURE ACTIVITIES/GATHERING PLACE,** continued |

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| **DO YOU HAVE AN INTEREST**  **& WOULD LIKE TO SEE A GROUP STARTED** | **SENIOR & DISABLED SERVICES DEPT.**  **POSSIBLE PROGRAMS** |
| This is your Senior Center… What would you like? We are open to ideas & interests.  If you have **suggestions or a particular interest** you would like to see happen, please share  it with Pam at the senior center or at [pbuchda@tomahwi.gov](mailto:pbuchda@tomahwi.gov) or 608-374-7476.  Clip Boards for sign-up of these activities listed on this page are in Pam’s office. | |

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| **CHESS** | | |
| See the source image | **DATE:** Wednesdays or ?  **TIME:** 1:00pm or ???  **PLACE:** Kupper-Ratsch Senior Center | **COST:** FREE  **VOLUNTEERS:**  People from the group |

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| **MAHJONG** | | |
| https://static.vecteezy.com/system/resources/previews/000/104/079/original/free-mahjong-vectors.jpg | **DATE:** Wednesdays or ?  **TIME:** 1:00pm or ???  **PLACE:** Kupper-Ratsch Senior Center | **COST:** FREE  **VOLUNTEERS:**  People from the group |

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| Tatting Shuttle High Res Stock Images | Shutterstock | **TATTING GROUP**  **DATE: Wednesdays** or ?  **TIME:** 1:00pm or 1:45pmor ?  **PLACE:** Kupper Ratsch Senior Center  **INSTRUCTOR**: ? | **You are welcome to join us!**  **COST:** Free, however you  provide your own supplies |

**We will offer this course again when 6 to 12 people sign up for them…Sign up with Pam**

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| **PHYSICAL ACTIVITY for LIFELONG SUCCESS (PALS)** | | |
| https://wihealthyaging.org/_data/cms_files/template/logo.png  *6 to 12 people for the 10 week Exercise course, and 10 week follow up with 6 coaching sessions & 2 Booster classes* | **DATES: Course: 10 weeks - ???**  Coaching & Booster: July -Sept.  **DAYS & TIMES:** As Scheduled  Mon. or Tues: 1:45-3:30 (class & exercise)  Thursday & Friday: 2:30-3:30 (exercise)  **COST:** This CLASS IS FREE and FUN!  **PLACE:** Kupper-Ratsch Senior Center  **INSTRUCTOR:** Pam Buchda, Director | To **Pre-register**…  See Pam to sign-up for class 608-374-7476 or [pbuchda@tomahwi.gov](mailto:pbuchda@tomahwi.gov)  *-PRE-EVALS: in week before.*  *-10 week-POST-EVAL: ?*  *-20 wk-FOLLOW-UP EVAL: ?* |

**We will offer this course again when 6 to 12 people sign up for them…Sign up with Pam**

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| **STAND UP FOR YOUR HEALTH**  *Not an exercise program – a lifestyle choice course* | | |
| https://wihealthyaging.org/_data/cms_files/template/logo.png  *6 to 12 people*  *Sign up with Pam* | **DATE:** 1 Day for 4 weeks +  Refresher session 4 weeks later  Dates to be set when we have 6-12 people  **TIME:** 2 hour classes **COST:** FREE  **PLACE:** Kupper-RatschSenior Center | Classes to assist you in some healthier lifestyle choices/practices.  **INSTRUCTOR**: Pam Buchda  608-374-7476 |

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| **02** | **EDUCATIONAL & HEALTH PROGRAMS**  **GOAL(S):**  To maintain and grow programs/guest speakers at the Senior Center on educational, health,  and assistance programs/services. |

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| **COMMUNITY RESOURCE CONTACT INFORMATION BOOKLET** | | | |
| Free Resources Cliparts, Download Free Resources Cliparts png images, Free  ClipArts on Clipart Library | COMMUNITY RESOURCE CONTACT INFORMATION BOOKLETS  are in magazine racks by front and back doors of the senior center,  or see staff for booklet and/or information. | | |
| **Please share info you have with us…** | | | | |
| If you know of “handyman”, or people who do lawn care, snow removal, and/or personal care, house cleaning, etc., please share with Pam their names & contact information.  We will add them to the Resource Contacts Information Booklet. | | | | |
| clip art lawn care - Clip Art Library | | 140+ Washing Hair In Shower Illustrations, Royalty-Free Vector Graphics & Clip  Art - iStock | Woman washing hair in shower, Man washing hair in shower,  Guy washing hair in shower | Free Snow Shovels Cliparts, Download Free Snow Shovels Cliparts png images, Free  ClipArts on Clipart Library | |

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| **COMMON SENSE HEALTH PRECAUTIONS FOR ANY TIME…**  **for “summer” & “winter” colds and flu, coronaviruses/COVID, and other illnesses.** | | |
| Uptown Update: City Offers Free Flu Shots This Fall  Stay Safe And Healthy. Hand Lettering Inspirational Quote Isolated ...  Sticker round and bage with text I got may covid vaccine. Shield avoid covid-19 coronavirus Sticker round and bage with text I got may covid vaccine. Shield avoid covid-19 coronavirus covid vaccine stock illustrations | **1. WASH HANDS OFTEN.**  Use HAND SANITIZERS if cannot wash hands.  **2. Keep your HANDS AWAY FROM your FACE.**  **3. COUGH/SNEEZE INTO your INNER ELBOW.**  **4. Wear a MASK if you choose.**  **5. Wear GLOVES if you choose.**  **6. Practice PHYSICAL DISTANCING if you choose.**  3 to 6 feet is recommended.  **7. STAY AT HOME IF YOU ARE SICK!**  **8. COME BACK when you are better.** | ***‘We also need to be aware of that some of us have “underlaying conditions”, so we may cough and sneeze because of allergies, asthma, and/or heart/lung conditions and not a “catching” sickness. Please continue to be kind and understanding****.* |

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| **LIBRARY** | | |
| See the source image | We have a nice, small library here. We loan books out free of charge. Just return the books when you are done, so someone else can read them. We accept donations of books. | “The more that you read, the more things you will know. The more you learn, the more places you’ll go.” *~Dr. Seuss* |

***“A book is a Dream that you hold in your hand.”*** *~ Neil Gaiman*

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| **READING TABLE** | | |
| 789 Newspaper clipart Vector Images - Free & Royalty-free Newspaper clipart  Vectors | Depositphotos® | We have a “reading table” with articles, newspapers, and magazines.  Newspapers stay here to read, and magazines may be taken home.  We accept donations of magazines. | Please feel free to use the magnifier machine for reading that is on the reading table. |

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| **02** | **EDUCATIONAL & HEALTH PROGRAMS,** continued… |

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| **iPADS & WiFi** | | |
| We have iPads people can use here.  The Best iPad of 2021 for Drawing, Travel, and More | We have **WiFi** here at the senior center.  **DAYS**: When open.  **TIME**: When open.  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center | If you wish to learn how to use iPads, let Pam know and she will get a volunteer lined up to help you learn. |

**EDUCATIONAL & SUPPORT PROGRAMS:**

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| **VETS CAREGIVER SUPPORT GROUP** | | |
| A blue and gold emblem with a eagle and a flag  Description automatically generated | **DATE:** First & Second Mondays  **TIME:** 1:00pm – 2:30pm  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSOR(S):** VA Medical Center | **CONTACT**:  Barbara Iwanowicz [Barbara.Iwanowicz@va.gov](mailto:Barbara.Iwanowicz@va.gov)  or 608-372-3971 x64441 |

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| **AMERICAN SIGN LANGUAGE (ASL) STUDY GROUP** | | |
| 4,600+ American Sign Language Stock Photos, Pictures & Royalty-Free Images  - iStock | Sign language, Sign language interpreter, Asl background | **DATE:** Thursdays  **TIME:** 10:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEER FACILITATOR:** John Berry | This is for beginners, as well as those who know ASL and want to keep up their skills. |

**HEALTH PROGRAMS:**

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| **WEIGH-IN** | | |
| Man Being Weighed By Nurse Stock Illustration 1601164 | **DAYS**: **Mondays thru Fridays**  **TIME**: 8:30am to 4:30pm *(just come*  *in, or call Pam & set up a day & time)*  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center | Often when we try to lose weight, we need someone to be accountable to.  Pam is willing to be your person to weigh you weekly at the senior center. |

**EXERCISE PROGRAMS:**

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| ***Ten minutes of movement is long enough to improve memory and engage more of your brain.***  ***Next time you’re stumped on a project or working on a deadline, take a 10-minute walk.*** |

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| **WELLNESS EXERCISE** | | |
| Group of senior people exercising dumbbell workout over white background. |  CanStock | **DATE:** Mondays, Wednesdays, & Fridays  **TIME:** 9:00am to 10:00am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **FACILITATOR:** Sandi Bloom, People in  group &/or Pam | *We have cardo-drumming, weights, balls, stretch bands, & steps to use.*  See the source image |

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| **CONDITIONING WITH CHAD** | | |
| A person sitting in a chair  Description automatically generated | **DATE: Thursdays**  **TIME:** 9:00am to 9:45am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEER FACILITATOR:** Chad Dobson | *We have the weights, balls, stretch bands, cardio drumming equipment & steps to use.*  Bring your water bottles. |

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**‘Every accomplishment starts with a decision to try.’** ~ Unknown

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| **02** | **EDUCATIONAL & HEALTH PROGRAMS,** continued… |

**EXERCISE PROGRAMS:**

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| **LINE DANCING** | | | | |
| See the source image | | **DATE:** Tuesdays & Thursdays  **TIME:** 9:00am to 10:00am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEER:** Siegrun Horst | **BEGINNER LINE DANCE**  **DATE:** Mondays  **TIME:** 9:00am- 10:00am  **COST:** Free  **PLACE:** Senior Center | |
| **02** | **EDUCATIONAL & HEALTH PROGRAMS,** continued… | | |

**VISITING OFFICE HOURS:**

***Please stop by and say hi when you see us at the senior center during our “office hours” there.***

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| **VISITING WITH OFFICER AUDRA GOMEZ, Community Service Officer** | | |
| Officer Gomez wearing her patrol uniform | **DATE: 2nd Tuesdays, as able**  **TIME:** 12:30 – 1pm **COST:**  Free  **PLACE:** Kupper-Ratsch Senior Center | |  |  | | --- | --- | | Police Department Logo | **Tomah Police Dept.**  **‘Serving the Community’** | |

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| **COFFEE TIME &/or MEMORY SCREENING**  **WITH ADRC DEMENTIA CARE SPECIALIST-TRAVELING OFFICE HOURS** | | |
| A person smiling in a room  Description automatically generated | **DATE: 2nd Wednesday TIME: 11:00am–1:00pm** **COST**: FREE **PLACE:** Kupper-Ratsch Senior Center  **CONTACT:** Emily Reitz 608-387-9250 emily.reitz@co.monroe.wi.us | **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\27DB825D.tmp** |
| ***My role is to provide education and information on what dementia is and what it looks like.*** | | |

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| **COFFEE TIME WITH ST. CROIX HOSPICE Care Transition Coordinator-TRAVELING OFFICE HOURS** | | |
| A person smiling at camera  Description automatically generated | **DATE: 3rd Wednesday TIME: 11:00am–1:00pm** **COST**: FREE **PLACE:** Kupper-Ratsch Senior Center  **CONTACT:** 608-461-8093 jpeterson@stcroixhospice.com | Janessa Peterson  https://smart.stcroixhospice.com/v2/imagebucket/stcroixhospice.com/StCruxHospice_01_large_03.png |
| ***My role is to provide education and information on what hospice and palliative care is and what it looks like.*** | | |

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| **COFFEE TIME WITH Tomah Health HOSPICE & PALLAITIVE CARE** | | |
| Staff rotate here to visit | **DATE: 4th Thursday TIME: 11:00am–1:00pm** **COST**: FREE **PLACE:** Kupper-Ratsch Senior Center  **CONTACT:** 608-374-0250 SWilliams@tomahhealth.org | Tomah Health Hospice Touch & Life Choices Palliative Care |
| ***Our role is to provide education and information on what hospice and palliative care is and what it looks like.*** | | |

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| **BETTER HEARING** | | |
| A person in a tie sitting in a kitchen  Description automatically generated | **DATE: 3rd Thursdays TIME:** 9-11am or make appointment  **COST**: As you discussed with Better Hearing staff.  **PLACE:** Kupper-RatschSenior Center  **CONTACT:** Tom Vierling at 608-781-6881 or 1-800-526-3298 | **See the source image** |

Christmas Tree Clip Art PNG Images, Free Transparent Christmas Tree Clip Art  Download - KindPNG

😊Page 13

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| **03** | **DISABLED/SPECIAL NEEDS SERVICES**  **GOAL(S):**  A. MEDICAL EQUIPMENT NEEDS: To continue the Loan Closet free service.  B. GENERAL NEEDS: To continue Giving Closet free service.  C. SPECIAL NEEDS: To maintain and grow services for special needs population and their  caregivers.  D. DEMENTIA NEEDS: To continue to be involved in the Healthy Brain Coalition of  Monroe County. |

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| **LOAN CLOSET**  Keeping it clean and organized is a major feat in-of-itself. | | |
| See the source image  See the source image  See the source image | The senior center *(depending on donations of items)* has medical equipment we loan out free. What we have changes pretty much daily with in-going and out-going equipment.  Take care of the items while you use them. Clean them and return items when you are done with them so others may use them.  We accept donations of medical equipment, so we have them for people to borrow. | See the source image  toilet riser cvs All products are discounted, Cheaper Than Retail Price,  Free Delivery & Returns OFF 63%  See the source image |

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| **GIVING CLOSET**  Keeping it clean and organized is a major feat in-of-itself. | | |
| Closet clipart clothing donation, Closet clothing donation Transparent FREE  for download on WebStockReview 2020 | The senior center *(depending on donations of items)* has items we give away free of charge.  Items may include incontinent products, miscellaneous personal care items *(diabetes care, guaze, etc.)* and some clothing. | We accept donations for the Giving Closet *(no needles or prescription items*). |

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| **LIONS CLUB EYEGLASS & HEARING AIDE PROGRAM** | | |
| 174,900+ Eyeglasses Stock Illustrations, Royalty-Free Vector Graphics & Clip  Art - iStock | Eyewear, Glasses, Family wearing glasses | The Lions Club of Tomah has a bucket, *by the front door under the newsletter magazine wall rack next to the Vet’s photo board*, at the senior center for people to donate old eyeglasses and hearing aids. | *Free Lions Club Logo, Download Free Lions Club Logo png images, Free  ClipArts on Clipart Library* |

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| **READING MAGNIFIER FOR VISUALLY IMPAIRED** | | |
| **HELP WITH READING** | The magnifier machine for reading is set up for use on the reading table | You are invited to  come in and use it. |

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| **MILITARY SERVICE PHOTO BOARD** | | |
| See the source image | We have a Military Service Board with pictures of people past and present who have served in the military.  You are welcome to bring pictures of people who have served to add to the board*.* | Some of the pictures have no name on them. If you know who some of them are, please tell staff who they are and the correct spelling of the names, so we can label them. |

😊Page 14

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| **03** | **DISABLED/SPECIAL NEEDS SERVICES,** continued… |

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| **SPECIAL NEEDS ADVISORY GROUP** | | |
| Club Meeting Clipart Free | Committee formed in last quarter of 2018. Shall consist of people with a passion for serving our community’s special needs population.  Terms shall be as long as able and willing to serve. *They* ***Voluntee****r their time for us.*  **Meets 1st Wed. at 5:15pm** (Open to public)every other month, began in Jan. 2022.  *(January, March, May, July, September, November).* | |
| ***MISSION STATEMENT:*** *To give the special needs community a fun time together, and their care-givers*  *opportunities for support, education, and networking.* | | |
| **CURRENT ACTIVE MEMBERS**  Patty Ambort, Parent/Caregiver  Ashley Gerke, Handishop Industries Program Manager  CHAIRPERSON.  Lauri Shumway, Parent/Caregiver, SECRETARY  Stephanie Squires, Handishop Industries Director of  Programming. VICE-CHAIR.  Renee Stroh, Parent/Caregiver/Retired Educator, | | PAST MEMBERS  *Krista Deede, Pastor United Methodist Church*  *Chrissy Fries, Handishop*  *Francis (Trey) Hewuse, Family Caregiver/AHF Group Home/*  *Former Special Education Teacher*  *Scott Mann, Parent/Caregiver/Pastor of Gloria Dei Church*  *Rick Murray, Parent/Caregiver*  *Mary Watkins, Parent/Caregiver/Retired Special Needs Educator* |

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| **SUNDAY-FUNDAY EVENT**  **None in December 2024 or January 2025.** | |
| **EVENT: Community special needs CHRISTMAS PARTY**  **DATE:** Sunday, December 01, 20204  **TIME:** Noon – 4pm  **PLACE:** Recreation Park **COST:** Free  **RSVP REQUIRED:** You must be registered by November 15th in order to have a gift for the day of the party. There will be no day of registration.  *Special Christmas Registration:* [*https://forms.gle/V2RsTo1wiyZNmsDQ9*](https://forms.gle/V2RsTo1wiyZNmsDQ9)  *Group Home Registration:* [*https://forms.gle/jFtjMXMR4WzzpKXW8*](https://forms.gle/jFtjMXMR4WzzpKXW8)  *Volunteers must register:* [*https://forms.gle/1MzgvrbJgwXwYaJa9*](https://forms.gle/1MzgvrbJgwXwYaJa9) | See the source image |

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| **L.I.F.E. After School & L.I.F.E. In Summer**  **School:** 3:30 on Mondays, Wednesdays. & Thursdays (Sept thru May) at the Kupper-Ratsch Senior Center.  **Summer:** 3:00 on Tuesdays, Wednesdays & Thursdays (June & July). | | |
| Life Skills Clip art by RamonaM Graphics | Teachers Pay Teachers | **DATE: See above. TIME: See above**  **PLACE:** Kupper-Ratsch Senior Center  **SPONSOR(S):** A partnership with  Goodwill. *(Started Nov. 29, 2021 at senior center).* | High school age students with special needs learn basic living skills such as interacting with others, community involvement, recreation, shopping, cooking, cleaning, volunteer, etc. |

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| **ADAPTIVE FITNESS 4 ALL Class** | | |
| Limit of 12 people taking the class.  **A picture containing illustration, animated cartoon, text, drawing  Description automatically generated** | **DATE:** FRIDAYS **TIME:** 12noon-12:45pm  **PLACE:** Kupper Ratsch Senior Center  **FACILITATOR:** Volunteers & Parents/Caregivers  **SIGN UP FOR EACH CLASS:** Contact Pam at 608-374-7475  or [pbuchda@tomahwi.gov](mailto:pbuchda@tomahwi.gov) or stop by the senior center. | **COST:** FREE  Special needs  exercise class.  A cartoon of a child on a mat  Description automatically generated with medium confidence |

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| **PROM DRESSES FOR SPECIAL NEEDS PROM** | | |
| Home | Ocean County Library | The organization and care of dresses is ongoing. (Found a home at the senior center in 2021).  Will take donations of prom dresses. | Will loan out prom dresses for regular prom also. |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com |

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| **04** | **VOLUNTEER PROGRAM**  **GOAL(S):**  To maintain and build the volunteer program according to the needs of the department. |

***“To be of use in this world is the only way to be happy.”*** *~Hans Christian Anderson, Danish writer/artist*

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| **We are grateful to all our volunteers. Volunteers are very much needed and appreciated!**  -When volunteering, please sign in/out in the Volunteer Book on table by Vet’s Photo Board.  -Volunteers to assist with daily/monthly activities and at special events and fundraisers.  -Some volunteer opportunities are listed in the newsletter.  -Volunteerism at the senior center continues to be an integral part of our life here. |

***“An Act of kindness may take only a moment of our time,***

***but when captured in the heart the memory lives forever.” ~****Molly Friedenfeld*

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| See the source image | **VOLUNTEERS** since last newsletter *(was put together)***:**  June Abbott; John & Rose & Libby Berry; Karen Birkeness; Pat Block; Sandi Bloom; Duane & Paulette Bolton; Mary Boettcher; Dan Burton; Nancy Close; Chad Dobson; John Dostal; Family Promise volunteers; Richard Gegenfurtner; Alyson Hefner; Marvin Henricks; Siegrun Horst; Doris Kelley; Gary Moe; Jill Montgomery; Sue O’Neil; Marvin Parker; Al Pasch; Anna Mae Rudolph; Doug Semrau; Lauri Shumway; Barb Stoda.  HALLOWEEN CANDY ASSEMBLY LINE: John, Rose & Laura Berry; Marvin  Parker; with staff Paulette Bolton.  HALLOWEEN PARTY: Richard Gegenfurtner, Mike Hanson; Siegrun Horst;  Chris King; Mary Jo Maglus; Gary Moe; Carol Myers; Sue Noth; Bridget Owens;  Marvin Parker; Matthew Parker; Cindy Parris-Owens; Nancy Phillips; Mike & Cheryl  Schoeny.  Show Choir: Kate Buehner; Abby Byers; Alex Burbach; Makenna Ching; Kate  Eagleson; Kyrah Eckelberg; Isabella Fiad; Andrew Flora; Addy Gerke; Ethan Giole;  Yarielis Guomen; Maddie Henze; Charlie Hilt; Isabelle Hilt; Addyson Holmquist;  DeVon Lamb; Fauna Last; Xavier Mallory; Lynn Miller; Nicholas Pairier; Averi Rasch;  Cora Rasch; Alayna Scholze; Trent Scholze; Luey Scnllowski; Morgan Swenson; Ian  Thompson; Kieralynn Tupper; Alex Weigew; Curtis Zochocz. *(I suspect some of the names are spelled wrong because I had a hard time reading some of the volunteer sign-in writing)*  ART & CRAFT FAIR VOLUNTEERS: Diane Behrens; John & Rose Berry; Pat Block; Sandi Bloom; Duane & Paulette Bolton; Liz Brown; Colleen Carl; Leon & Pauline Clark; Nancy Close; Diana Dombrowski; Becky Fitzpatrick; Richard Gegenfurtner; Donna Greeno; Sue Greeno; Alyson Hefner; Grace Heim; Marvin Henricks; Sharon Jensen; Chris King; Gary Moe; Jenna Moser; Sue Moser; Carol Myers; Eara & Leta Nofsinger; Sue Noth; Evelyn Noyes; Sharon Organ; Marvin Parker; Pete & Trudi Peterson; Nancy Phillips; Marilyn Ratliff; Cathy Scherreicks; Laurie Shumway; Donna Simonson; Richard Yarrington.  MUSIC VOLUNTEERS: Gary Felber; Blaine Hackett; Blaine Meyer; Michael Slater.  SENIOR & DISABLED BOARD: Sandi Bloom; Sue Greeno; Jenna Moser; Evelyn  Noyes; Lauri Shumway; Shawn Zabinski.  SPECIAL NEEDS ADVISORY GROUP: Patty Ambort; Ashley Gerke; Lauri  Shumway; Stephanie Squires; Renee Stroh. |
| See the source image | **THANK YOU SO VERY MUCH FOR YOUR DONATIONS OF MONEY, GOODS, &/or SERVICES. YOU MAKE A DIFFERNCE! YOU ARE APPRECIATED!**  *NOTE: If I have misspelled anyone’s name, or missed someone on the list, I am so sorry. Please let me know.*  ~*Pam Buchda*, Senior & Disabled Services Director |

***Volunteerism is one of the most selfless acts that we can become involved in!!!***

***Service Organizations and Nonprofits in Tomah area*** *(includes the senior center)* ***and around the world need more volunteers to carry out their missions and make the biggest difference possible.***

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com |

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| **04** | **VOLUNTEER PROGRAM,** continued… |

***“To be of use in this world is the only way to be happy.”*** *~Hans Christian Anderson, Danish writer/artist*

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| C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\3CC48A6B.tmp | **VOLUNTEER OPPORTUNITIES**  **You are needed** | Free Volunteer Clip Art Pictures - Clipartix |

***“One of the things I keep learning is that the secret to being happy is doing things for other people.”***

*~Dick Gregory*

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| **ADAPTIVE FITNESS 4 ALL VOLUNTEERS WANTED**  We are looking for volunteers to assist clients with special needs to participate in Fitness 4 All. | | |
| **A person in a wheelchair with his arms up  Description automatically generated** | **DATE: FRIDAYS** **TIME:** (11:45) 12noon-12:45 (1pm)  **PLACE:** Kupper-RatschSenior Center  **CONTACT:** Pam 608-374-7476 or pbuchda@tomahwi.gov | A cartoon of a child on a mat  Description automatically generated |

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| **BINGO VOLUNTEERS WANTED in Volunteer Caller Rotation** | | |
| Clip art Entertainment Bingo | **DATE:** Mondays, Thursdays and/or Fridays  **TIME:** 12:30 set-up /1:00 Bingo  **PLACE:** Kupper-RatschSenior Center  **CONTACT:** Pam 608-374-7476 or pbuchda@tomahwi.gov | **Bingo Callers will teach you how we do bingo at the senior center.** |

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| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D8251E22.tmp** | **“Good Neighbor” DRIVERS**  If you are driving yourself to the senior center for a group & would like to help others… There are some people wanting to come to the same groups as you do here at the senior center, but they need rides. If you are so inclined to be a “good neighbor” volunteer driver, check with Pam and/or Paulette on who might need a ride. |

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| Newsletter Newsletter Clipart Newsletter Clipart Happening - Monthly Newsletter  Clip Art, HD Png Download , Transparent Png Image - PNGitem | **FOLDING NEWSLETTERS**  **DATE:** Last Wednesday, Thursday &/or Friday of month.  **TIME:** Open hours – 8:30am to 4:30pm |

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| **GROUP TRIPS** | | |
| excursion bus clip art - Clip Art Library | Looking for a volunteer to be our Group Trip Coordinator.  Please see Pam if you are interested and willing and able. | See the source image |

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| **YOGA, T-CHAI &/or MEDITATION**  **VOLUNTEER INSTRUCTORS WANTED** | |
| 832 Senior Meditation Illustrations & Clip Art - iStock | We are looking for volunteer instructor(s) for **Meditation, T-Chai and/or Yoga. CONTACT:** Pam 608-374-7476 or [pbuchda@tomahwi.gov](mailto:pbuchda@tomahwi.gov) |

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| **CONTACT** Pam at  608-374-7476 or pbuchda@tomahwi.gov | **FACILITATE A NEW GROUP OF INTEREST**  **WHAT INTEREST:** ??? **DATE:** ??? **TIME:** ???  **PLACE:** Kupper Ratsch Senior Center |

***“Remember that the happiest people are not those getting more, but those giving more.”***

*~H. Jackson Brown Jr.*

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com |

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| **05** | **COMMUNITY INVOLVEMENT/PUBLIC RELATIONS**  **GOAL(S):**  A. To continue to work on raising community awareness of the city’s Senior & Disabled  Services Department and the Kupper-Ratsch Senior Center.  B. To continue to build/maintain community partnerships. |

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| **PUBLIC RELATIONS**  *-Ongoing*: Give tours, explain programs, hand out newsletters, listen and visit.  *-Ongoing:* Manyrequestsfor assistance with finding/contacting resources for various needs.  -*Ongoing*: Work on communication tool-monthly Senior & Disabled Services Newsletter  -*Ongoing:* Work on communication tool-information on Facebook-Tomah Senior Center/City.  *-Ongoing:* Work on communication tool-information in Dept. section on City of Tomah’s website.  *-Ongoing:* Work on communication with Tomah Chamber of Commerce. |

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| **NEWSLETTER** | |
| Gale Newsletter submissions needed – GALE: Gender Awareness in ... | If you have something you would like to put in the next newsletter, please submit, in writing or e-mail, by the 15th of this month. |

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| **NEW NEWSLETTERS AVAILABLE** | |
| Newsletter Newsletter Clipart Newsletter Clipart Happening - Monthly Newsletter  Clip Art, HD Png Download , Transparent Png Image - PNGitem | The goal is to have the newsletter ready for pick-up by the last Thursday or Friday of the month for the next month.  *NOTE: If you wish to have the newsletter/calendar emailed to you, please email Pam*  *at* [pbuchda@tomahwi.gov](mailto:pbuchda@tomahwi.gov) *(Photo pages may be too “large” for emails).* |

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| **FAMILY PROMISE PARTNERSHIP** | | |
| Untitled design (2)_edited.jpg | **DATE:** 3rd Sunday to 4th Sunday, if needed.  **TIME:** Approximately 4:00pm - 7:30am  **PLACE:** Kupper-Ratsch Senior Center  **PARTNERS:** Family Promise & Volunteers from  various churches & organizations | Taking a turn, every month providing a week of shelter for homeless families in the Family Promise program. |

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| **COMMUNITY INVOLVEMENT**  -*Ongoing*: Maintain existing and building new relationships, contacts, involvements and  partnerships with community organizations and businesses.  -*Ongoing-Yearly Event*: Organizing the free Tomah Area Annual Community Halloween Party (1990).  -*Ongoing:* Senior Center involvement in community events such as Freeze Fest.  -*Ongoing*: Director is a member of Rotary Club of Tomah (1990).  -*Ongoing:* Director is serving on Tomah Health Hospice Touch & Palliative Care Advisory Board (2016or17)  *-Ongoing*: Director is a member of Lioness & then Lions Club of Tomah (2018).  *-Ongoing:* Director is an individual member of Chamber of Commerce (2020).  -*Ongoing:* Director is a member of American Association of University Women [AAUW] (2021).  Serving as 2024-2025 Tomah Branch President and serving on 2025 AAUW State Convention Committee.  *-Ongoing*: Director is serving on Neighbor For Neighbor Food Pantry Board (March 2022).  -*Ongoing*: Director is serving on Noah’s Ark Christian Learning Center Community Leadership Team(Aug.22)  -*Ongoing*: Director is serving on TAMS (Montessori School) Governance Board (May 2023).  -*Ongoing:* Director is serving on Tomah Concert Association Board (March 2024).  -May 07: Director attended the Tomah Community Conversation with Mayo Health Clinic System.  -Oct. 03: We had senior center booth at the Healthy Aging Expo in Tomah. |

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| **06** | **BUILDINGS/MAINTENANCE**  **GOAL(S):**  A. To maintain the building in good working order and a safe environment, and  update, as needed, for safety and for changing/expanding needs.  B. To manage the senior center rental buildings/spaces (which help fund senior center budget).  C. To entertain possibilities and work with the Senior Executive Team and City Council  toward the future plans of the second floor of the senior center buildings. |

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| *-Ongoing*: Continue to work to make the senior center feel “homey”, with an **inviting, friendly**  **& comfortable atmosphere**, including seasonal decorating & keeping the place clean.  -Ongoing: Maintenance Projects/Repairs. Seems there is always something that needs doing.  Thank You Scott Donovan, City Maintenance. |

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| -**107 E. Milwaukee Street** – **Tomah Housing Authority Office:** Rental continues to present.  New furnace 2019.  -**109 E. Milwaukee Street - Apartment** above Housing office: Rental Nov. 4, 2021, to present.  Deep clean & repainted- 2021.  -**1000 Superior Avenue** - **Jensen Tax & Accounting:** Rental June 15, 2023, to present.  Added another exit light in back hall. Removed wooden structure partially blocking back  door. In process of replacing back door. |
| -**1002 Superior Avenue - Senior Center**… Automatic door mechanisms fixed on 03-20- 2024. Smoke/CO2 Detectors installed on all 3 floors in April 2024. 11-2024 Thermostat replaced in upstairs center heating zone, & Venter motor replaced in dance room heating zone.  -**Kitchen/Prep area – ADRC Meal Site**: Rental continues to present.  -**4 Offices on 2nd floor–VAMC AFGE Local 0007 Union:** Rented Oct.1, 2019 to present.  Locks added to the 4 doors-2019.   |  |  | | --- | --- | | **1st Floor**: -**Senior Center** changed locks front & back  doors – 2018.  -**Main/Dining room** (in use most of the time) –  Coat hooks added 2019; New chairs with 3-inch padding-2019.  Added 8 bookshelves in 2023. WiFi Booster added 03-27-2024.  **-Activity room** (in use most of the time).  Chair rack 2018.  -**Library**/hall/food assembly area.  **-Kitchenette** – renovation in 2020.  -**Loan Closet** room- renovation 2019.  -**Giving Closet** – started 2019.  -**Storage/Laundry** room–Renovation 2019 & 2020.  -**Workroom/storage/loan closet overflow**  Loan Closet renovation opened blocked door-2019  New locking screen door 02-2024.  -2 **Bathrooms** with toilets replaced in 2023.  **OUTSIDE in Back (‘Courtyard’/Sitting area):**  -New metal cigarette receptacle in back 2018.  -Garbage corral built 2019.  -1st Bench from Rotary moved from front to back when new one  in Front-2020.  -Shed built 08-2020.  -Picnic Table with Umbrella. 2020.  -5-7 Raised Garden Beds 08-2024. | **-Basement** - Accessible by stairs.  -**2nd floor** - Accessible by stairs.  -**Conference room at top of stairs** -meetings are  held in this room with tables & comfortable chairs.  (could see for a future movie/TV room).  -**“Break-out” room** for smaller groups or games.  -**Big Front Room-**Line dancing upstairs since 04-  2024  -**Storage closet (**for building supplies).  -**Storage room** (for our dept.) & access to roof.  -**Room for Family Promise** storage.  -2 **Special Needs Prom Dress** rooms.  -**Room for Loan Closet** storage.  -**Corner Big Front room**  Currently used as loan closet over-flow storage.  (could see as a future game *pool table & dart game).*  -2 **Bathrooms** with toilets replaced in 2022.  **OUTSIDE in Front:**  -Added bench donated by Rotary Club of Tomah-2020.  -Added 2 flower planters both sides of front bench-2020. | |

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| -**1004 Superior Avenue** – **JNC Latin Grocery Store**: Rental September 20,2023, to present.  New air conditioner/furnace 07-2024.  New locks front & back 07-2024. |

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| **06** | **BUILDINGS/MAINTENANCE,** continued… |

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| **HISTORY**:  The planning and work for the city department – Senior & Disabled Services *(which included the senior center)* was the brainchild of Mayor Ed Thompson and was started in 1999. In 1999 the senior center program was started in the basement of city hall.  The buildings for the senior center *(107 Milwaukee Street with 109 Milwaukee St. second floor apartment, 1000/1002/1004 (not second floor) Superior Ave.* were purchased in 2002 *(from Mr. Carmichael & Mr. Holmes)* after the city received a gift of money for the senior center from the Kupper-Ratsch family.  At 8/23/2022 City Council meeting, the council approved the donation to the city (senior center) of 2nd floor of 1004 Superior Ave. building (the old radio station) by the Dickie family.  Fun facts: When Mr. Holmes had these buildings for Westland Insurance and the bank building kitty-corner across the street ½ block away, the buildings were connected by computer cable under the road. Before the senior center was Westland, it was Neitzel’s Furniture Store and Mortuary. |

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| **UPSTAIRS MEETING ROOMS & SITTING ROOM at the senior center** |
| |  |  |  | | --- | --- | --- | | Meeting room at top of stairs | **C:\Users\Delia\Pictures\2020-08\100_1009.JPG**  ‘Break-out meeting room | A group of people in a room  Description automatically generatedLine dance room above the office | | We have a meeting room, a ‘break-out meeting room’, and a ‘dance’ room upstairs.  However, the upstairs is only accessible by the stairs, so that limits the use of the rooms. | | | |

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| **POLICY – RENTAL USE OF SENIOR CENTER** | | | |
| **There are some opportunities to…**  **RENT A SPACE for events/meetings at the Senior Center.**  **APPLICATIONS ARE SUBJECT TO APPROVAL** **by City of Tomah’s Senior & Disabled Services Director.** | | *The City of Tomah and/or The City of Tomah’s Senior & Disabled Services Department retains the ability to deny use of building based on availability of staff, activities/events scheduled, other bookings, history of usage/how facility was treated before, etc.* | |
| **RENT (and License Fees, if applicable) ARE DUE AND PAYABLE AT TIME OF APPLICATION.** | | | |
| **PRIVATE APPLICANT**  Client, resident $80.  *Client, non-resident $96.* | **PRIVATE APPLICANT**  Non-Client, resident $110.  *Non-Client, non-resident $126.* | | **PUBLIC APPLICANT**  Public applicant, resident $0.  *Public applicant, Non-resident $50* |
| Ongoing, regularly scheduled *(ie: 2-4 times monthly, 4-12 times yearly, etc.)* private groups are half the above rents each time here. | | | |
| **CLIENT**: Regularly comes to the senior center.  **RESIDENT**: Lives in the City of Tomah | | **NON-CLIENT:** Lives in the City of Tomah but does not  regularly come to senior center.  **NON-RESIDENT:** Does not live in the City of Tomah | |
| **PUBLIC**: Refers to clubs/service organizations that deal  with service and civic involvement for the community,  such as scholarships, good deed projects, etc. | | **PRIVATE**: Refers to farm organizations, industry, private  parties or any other gatherings with the objective to  make money not used for civic improvement. | |

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| **07** | **INCOME/BUDGET/DONATIONS**  **GOAL(S):**  To operate within budget, and procure funds, as needed and available, for maintaining  and/or expanding services. |

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| -*Ongoing*: Worked on monthly bills/invoices & keeping track of income/expenses & the budgets.  -*Ongoing*: Planning possible future capital budget projects.  -*Ongoing*: Donations of Bingo Bash Items for senior center and organization of them (these donations  save money on operating expenses). |

***“For it is in giving that we receive.”*** *~ St. Frances of Assisi*

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| Throughout the year, we receive sponsorships and donations from individuals, organizations, and businesses. We are very Grateful!!! It all makes a difference. Thank You!!! |

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| Fundraising Clipart, Transparent PNG Clipart Images Free Download -  ClipartMax | **SENIOR CENTER**  **FUNDRAISING** |

-*Ongoing*: **In-House Fundraiser Projects**:

Greeting cards, framed puzzles, showcase items & other items as they are available.

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| A display case with jewelry on it  Description automatically generated | **SHOWCASE ITEMS**  We have items for purchase in the large showcase by the piano in our main room. IE: craft items, jewelry, etc. **Shop for yourself or for a gift.  *We accept donations of items*** *for showcase.*  **Volunteer needs:** Donating/Making craft items, jewelry. Etc. for showcase sales. |

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| A close up of a sign  Description automatically generated | **CHRISTMAS CARDS**  *FUNDRAISER AT SENIOR CENTER*  We have Christmas cards for sale for 10 cents each or 12 for $1.  *NOTE:* ***We accept donations of Christmas cards*** *to supply this*  *fundraiser.* |

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| C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\453F8225.tmp | **GREETING CARDS**  In our activity room, we have a have a greeting card tree rack with different kinds of greeting cards for sale for 25 cents each.  *NOTE:* ***We accept donations of greeting cards*** *to supply this*  *fundraiser.* |

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|  | **PUZZLES**  We have framed puzzles at the Senior Center. They may be purchased for the amount on each puzzle. It is a year-round fundraiser. They make nice gifts and/or decorations for your home or business.  ***We accept donations of puzzles*** *for people to put together here or at home.* |

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Pages 22 & 23 are the calendar and they are in a separate Newsletter Calander email file from this Newsletter email file.

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| **07. INCOME/BUDGET/DONATIONS,** continued | **SENIOR CENTER FUNDRAISING** |

-*Ongoing*: **Fundraising Events**: Planning and coordinating that go on throughout the year

(I.E: Crazy Daze Lunch Fundraiser, Art & Craft Fair, etc.).

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| We tried a new fundraiser… at our 09-19-2024 **PAINT PARTY FUNDRAISER**, we raised $120.00. Thank you to Senior & Disabled Services Board Member Jenna Moser for setting this up, Kathleen Richer for organizing & instructing, and the people who signed up and attended. |
| Another new fundraiser… Monday, 10-28-2024, we did **Tip Night at Culvers**. Thank you to SDS Board Member Jenna Moser for setting this up, & to both SDS Board members Jenna and Susan Greeno for working it with me. Thank you to all who came out to eat between 5pm & 8pm to support the senior center. We do not have the totals from Culvers yet but will report it in the next newsletter. |

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| **2024 ART & CRAFT FAIR Fundraiser for Senior Center-Nov.** | | | |
| -Diane Behrens  -Sandi Bloom  -Paulette Bolton  -Colleen Carl  -Pauline Clark  -Nancy Close | -Diana Dombrowski  -Becky Fitzpatrick  -Donna Greeno  -Alyson Hefner  -Grace Heim  -Marvin Henricks | -Chris King  -Jenna Moser  -Sue Moser  -Carol Myers  -Sue Noth | -Sharon Organ  -Pete & Trudi Peterson  -Nancy Phillips  -Marilyn Ratliff  -Cathy Scherreicks |

***“Kindness is the chain by which society is bound together.”***

*~ Johann Wolfgang Von Goethe, German author/scientist/philosopher*

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| **2024 MONETARY GIFTS** | | | | |  |
| **$500 & up**  -Dr. Richard Ahn  -Burnstad’s Family  Foundation  -Loretta Noet  -United HealthCare  via Jerry Tiffany | **$250-$499**  -John & Rose Berry | **$100-$249**  -Bible Study  Fellowship (BSF)  -Wayne & Linda Pasch  -Anna Mae Rudolph | **$50 to $99**  -William Allen  -Sandi Bloom  -Pat Koca  -Gerald & Patricia  Nadreau | **$Up to $50**  -Shirley Anderson  -Tony Angulang  -John Dostal  -Darla Gardner  -Terry Jefferson  -Sharon Jensen | **$Up to $50**  -Lorna Mesner  -Daniel Murphy  -Carol Myers  -Ed Olson  -Eileen Richmond |

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| **DONATIONS** since last newsletter: | | |
| See the source image | | Gale Alderman; Marilyn Anderson; *Anonymous*; Ruth Beckler; Diane Behrens; Sandi Bloom; Mary Boettcher; Duane & Paulette Bolton; Liz Brown; Marian Brieski; Liz Brown; Tara Brueggeman; Pam Buchda; Dan Burton; Leon & Pauline Clark; Nancy Close; Diana Dombrowski; John Dostal; Carol Drysch; Greg & Donna Evans; Becky Fitzpatrick; Sue Gottbeheat; Alyson Hefner; Grace Heim; Colleen Helmkamp; Marvin Henricks; Pat Johnson; Chris King; Stephanie Kleiser; Bette Knutson; Karen Kopenhafer; LaGrange Tunnel-lites 4-H – Lois Von Haden; Patty Liddane; L.I.F.E. After School; LNP Services -Lisa Shutter; Lorraine Lowry; Norman Markgraf; Wilmer McCroc; Kim Mockler; Jill Montgomery; Jenna Moser; Sue Moser; Carol Myers; Neighbor For Neighbor Food Pantry; Lois Neitzel; Sus Noth; Sharon Organ; Bonnie Owen; Marvin Parker; Tom Pederson; Nancy Phillips; June Potter; Anna Mae Rudolph; Tess Saunders; Savvy Sisters; Cathy Scherreicks; Lois Schultz; April Seering; Sue Sherman; Donna Siekert; Audrey Steen; Molly Sullivan; Peggy Taylor; Teresa Taylor; TMS 6th Graders – Brenda Kroener Leona Von Haden; Larry Wargowski; June Wentworth; Richard Yarrington; |
| See the source image | **THANK YOU SO VERY MUCH FOR YOUR DONATIONS OF MONEY, GOODS, &/or SERVICES. YOU MAKE A DIFFERNCE! YOU ARE APPRECIATED!**  ~*Pam Buchda*, Senior & Disabled Services Director | |

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| 😊   |  |  |  | | --- | --- | --- | | [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com |  |  |  | | --- | --- | | **07. INCOME/BUDGET/DONATIONS,** continued | **SENIOR CENTER FUNDRAISING** |   -*Ongoing*: **Fundraising for Specific Programs/Projects**: Work goes on throughout the year (I.E:  Music Sponsorships, Halloween Party, etc.). *The Music Program and the Community*  *Halloween Party are both funded by Sponsorships, Donations and, if fortunate, Grants.*   |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **2024 HALLOWEEN Fundraiser for Community Party-October 31** | | | | | | | | **SUPERHERO: $500 & up**  -City of Tomah (Rec. Park  & staff hours) | **GENIE: $250-$499**  -Pam Buchda  -Lions Club of Tomah  -Rotary Club of Tomah  -Wal-Mart | | **MAGICIAN: $100-$249**  -Paulette & Duane Bolton  -Dean’s Refrig. & Heating  -MECA Sportswear  -Marvin Parker  -Penny Precour, Attorney | | **GREAT PUMPKIN: Up to $99**  -Keene’s Transfer, Inc.  -Nancy & James Phillips  -Mike & Cheryl Schoeny  -Tomah Family Dentistry | | | **Still Taking Donations for the Annual Community HALLOWEEN PARTY**  As of the date of this report, Income (Donations/Sponsorships) is $1,708.00 and Expenses are $1792.28 = Balance of -$84.28. We had approximately 600 people at the Annual Community Halloween Party.  **2024 MUSIC SPONSORSHIPS** | | | | | | | | **$500 & up**  -Frank G. Andres  Charitable Trust | | **$250-$499**  - | | **$100-$249**  -Pam Buchda | | **Up to $99**  -Sharon Jensen  -Carol Schlicht |   **MUSICIANS THAT SPONSOR THEMSELVES BY VOLUNTEERING are Gary Felber; Blaine Hackett; Shannon Hogie;**  **Blaine Meyer; & Michale Slater. THANK YOU!!!**   |  |  | | --- | --- | | **LIVE MUSIC IS SCHEDULED WEEKLY AT THE SENIOR CENTER** | | | **Music is good for the soul.**  **It touches us and fills us.**  **It reminds us of past memories and creates new memories.**  **It brings us together.**  **It is a celebration of life.**  See the source image  According to researchers singing uses both sides of the brain and takes people’s minds off their worries, so it is a stress reducer. Singing also boosts oxygen and blood flow to the brain and body.  *~Creative Forecasting, March2021* | |  |  | | --- | --- | | See the source image | **MUSIC SPONSORSHIPS NEEDED** |   We believe in the benefits of music for all of us. As a result, we have a **music program** here at the senior center with the idea of free admission to weekly live music entertainment.  *The music program is our most expensive ongoing program and is soley funded by sponsorships, donations, grants and, if fortunate, volunteers sharing their time and musical talents*. e mu  si **WE NEED SPONSORS!** **Please be a sponsor of music!**cal talents.   |  |  | | --- | --- | | **DATE: Fridays TIME: 10:15am-11:15am**  **COST**: FREE Admission  **PLACE**: Kupper Ratsch Senior Center  **SPONSORS: Could this be you?!!!** | See the source image |   The weekly music costs for the senior center are anywhere between volunteering-for-free to $150 an hour for a music performance.   |  |  | | --- | --- | | *Please make check to:* City of Tomah’s Senior & Disabled Services Dept. – Music Program. | See the source image |   **Donations of any size are appreciated!** |   -*Ongoing:* Looking for and applying for available and appropriate **Grants**.   |  |  | | --- | --- | | **2024 GRANTS** | | | -Frank G. Andres Charitable Trust - $1000 Raised Gardens  -Frank G. Andres Charitable Trust - $1000 Music Program | -Thomas B.Earl Charitable Trust -$1,500 Outdoor Signs  -Thomas B.Earl Charitable Trust -$ 500 Special Needs  -United Healthcare via Jerry Tiffany - $500. |   -*Ongoing*: **In Memory Donations**, and other **Donators/Sponsors** are listed in newsletter.   |  |  | | --- | --- | | **2024 MEMORIALS** | | | -**IN MEMORY** of **Mary Ellen Justinger** by Pam Buchda  -**IN MEMORY** of **Rachel Muehlenkamp** by Pam Buchda | -**IN MEMORY** of **Jim Wallus** by Anne Wallus |   😊Page 25 |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | | | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | | | | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com | |
| **07. INCOME/BUDGET/DONATIONS,** continued | | | | | **SENIOR CENTER FUNDRAISING** | | | |
| **2024: BUSINESSES, ORGANIZATIONS & PEOPLE WHO DONATED – THANK YOU!!!** | | | | | | | | |
| **AAUW - American**  **Association of**  **University Women**  June Abbott  Sherri Achterkirch  Dr. Richard Ahn  Barb Akers  Connie Albert  Gale Alderman  Bill Allen  Leann Allen  **American Legion**  Patty Ambort  Terry Amundson  Kim Anderson  Marilyn Anderson  Sharon Anderson  Tony Angulang  *Anonymous*  George Arimond  Helen Bailey  Bob & Vickie Baker  Bonnie Baldwin  Rosalynda Ballwahn  Fran Baldwin  Sherry Baldwin  Mike Barta  Laura Bass  Bert & Cheryl  Baumgarten  Loretta Baumbach  via Cindy Eppers  Ruth Beckler  Diane Behrens  Dr John& Rose Berry  **Bible Study Fellowship**  Pat Block  Sandi Bloom  Ruth Ann Bock  Mary Boettcher  Duane & Paulette  Bolton  Imogene Bracsic  Peggy Brenneke  Jeri Brewer  Melissa Brey  Marian Brieski  Peggy Bronowski  Liz Brown  Tara Brueggeman  Pam Buchda  Dan Burton  Pam Butterfield  Bill Cain  Faith Callahan  **Cares Just 4 You**  Colleen Carl  Teresa Carnes  Barb Chandler  Sandy Chroninger | | **City of Tomah-Parks**  **& Recreation Dept.**  Leon & Pauline Clark  Cindy Clay  Nancy Close  Janice Cook  Virginia Creed  Dan Darlington  Randy Davis  **Dean’s Refrigeration**  **& Heating**  **Dollar Store**  Diana Dombrowski  Phyllis Dordel  John Dostal  Carol Drysch  Elvira Eckelberg  Carol Ellis  Rita Epps  Greg & Donna Evans  Tom Feldkamp  Bobbi Feldman  Becky Fitzpatrick  Shelby Frei  Virginia Frei  Jack Garber  Darla Gardner  Richard Gegenfurtner  Geri Gerke  Patty Gerke  Amy Gernetzke  Ann Gerzel  Tracy Gilson  Sue Gottbeheat  **Great Rivers 211**  Diane Greeno  Donna Greeno  Susan Greeno  Mary Jo Handy  Robert Harrison  Teri Hayward  Alyson Hefner  Grace Heim  Colleen Helmkamp  Pat Hendricks  Marvin Henricks  Courtney Henshaw  Hollis Herbison  Tammy Hewuse  Siegrun Horst  Barb Iwanowicz  Peter & Pat Jensen  Sharon Jensen  Diane Johns  Lucy Johnson  Pat Johnson  Terry Juracich  Eugene Kast  **Keene’s Transfer**  Ann Kerr | | Chris King  Myriam Kivimaki  Stephanie Kleiser  Bette Knutson  Ruth Klug  Pat Koca  Karen & Terry  Kopenhafer  Renee & Jenny Kreizer  Suellen Kress  Carla Kron  Madonna Kuderer  Darold & Monica  Kukowski  Tammy Leach  Patty Liddane  **L.I.FE. After School**  Dawn Linder  Karleen Linehan  **Lion’s Club**  Jenifer Lisy  **LNP Services - Lisa**  **Shutter**  Dr. Lottmann  Lorraine Lowry  Jillene Luedtke  Norman Markgraf  Jenny Marten  WilmerMcCroc  Richard McNeal  **MECA Sportswear**  Kim Mello  Donna Mesner  Paul Meuenkamp  Bill Milem  Peggy Miners  Kim Mockler  Gary Moe  **Moments Hospice**  via Chad Dobson  Jill Montgomery  Sara Moseley  Jenna Moser  Sue Moser  Scott Muhalovic  Daniel Murphy  Sandy Murray  Carol Myers  Vern Nauman  **Neighbor For Neighbor**  **Food Pantry**  Lois Neitzel  Sandy Nemitz  Cathy Neumann  Gloria Niceswanger  Kris Nichole  Lavae Nietzel  Loretta Noet | | Eara & Leta Nofsinger  Sue Noth  Lori Norquay  Evelyn Noyes  Vincent O’Loughlin  Sue Olsen  Ed Olson  Priscillamae Olson  Sue O’Neil  **Operation May Day**  Sara Moseley & Friends  via Jane Tessman  Sharon Organ  Karen Otto  Bonnie Owen  Marvin Parker  Darlene Parkinson  Al Pasch & Judy Bonn  Wendy Patterson  Marilyn Peak  Tom Pederson  Joe Peterson  Pete & Trudi Peterson  Nancy & James Phillips  Judy Potter  June Potter  **Penny Precour, Atty.**  Jan Prell  Bruce Puttkamer  Steve Quast  Karen Rapp  Marilyn Ratliff  Deb Reid  Robin Rhoades  Paul & Terri Rice  Eileen Richmond  Rikki Rodiquez  Janelle Rodrigueze  Lora Roering  Kim Rohe  **Rotary Club**  Anna Mae Rudolph  Emile Salvo  **St. Claire Clinic** via  Dr. Michael Saunders  Dr. Michael & Tess  Saunders  Jeff & Roxanne  Schwanz  **Savvy Sisters** via  Cindy Best  Larry & Ann Scheckel  Cathy Scherreicks  Carol Schlicht  Mike Schoeny  Lois Schultz  Kelly Schuman  April Seering  Doug Semrau | | Florence Shelter  Sue Sherman  Donna Shuck  Lauri Shumway  Donna Siekert  Donna Simonson  Joyce & Roy Skogan  Tom & Sue Skoug  Lavonne Smith  Karen Snowberry  **Sports Booster Club**  Gloria Spyrison  Audrey Steen  Dawn Steitz  Mary Sullivan  **TASD**-Rocky Shutter’s  Summer School Class  Peggy Taylor  Teresa Taylor  Jennifer Teasdale  **Tomah Family**  **Dentistry**  **Tomah Health**  Tracy Theurich-York  Beverly Thorp  **Tomah Hospice** via  Sandi Bloom  **TMS 6th Grade-Teacher**  **Brenda Kroener**  **Tomah Museum &**  **Historical Society**  AnnaMae Tralmer  Ron Tralmer Family  via Sue Murphy  **United HealthCare**  **via Jerry Tiffany**  **VA Hospital** via  Becky Fitzpatrick  Macy VanKirk  Leona Von Haden  Angie Wagner  Carol Wallerman  Anne Wallus  Mary Wallus  **WalMart**  Jean Ward  Larry Wargowski  Cheryl Weber  Ruby Weeks-Fortney  June Wentworth  Jordan Westphal  Jennifer Whipple  Sue Wiegde  Victoria Wilcox  Family of Vicki Williams  Bill Wilson  Family of Al Woodworth  Richard Yarrington  Doris & Glenn Yates  Shawn Zabinski |
| See the source image | **THANK YOU SO VERY MUCH FOR YOUR DONATIONS OF MONEY, GOODS, &/or SERVICES. YOU MAKE A DIFFERNCE! YOU ARE APPRECIATED!**  **~***Pam Buchda*, Senior & Disabled Services | | | | | | | |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com |

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| **08** | **MEAL SITE**  **GOAL(S):**  A. To continue to provide a meal program at the senior center.  B. To continue to partner with Monroe County ADRC to provide meals at the senior center. |

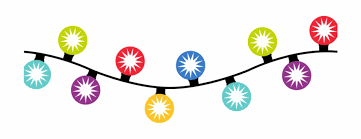
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| -*Ongoing*: Worked together in day-to-day operations/collaborations with Tomah’s Meal Site  Manager and other meal site employees. |

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| **TOMAH MEAL SITE** | |
| *The City of Tomah (Senior & Disabled Services Department) has a contract with the Aging & Disability Resource Center (ADRC) of Monroe County for the Tomah meal site to be at the Kupper-Ratsch Senior Center.* | |
| See the source image | **DATE:** Monday thru Fridays, except holidays  **TIME:** Arrive 11:15 or earlier for Lunch at 11:30am  **COST:** Meal donation to ADRC is $4-$7 for 60 & older, younger is $14.07  **PLACE:** Kupper Ratsch Senior Center   |  | | --- | | **SIGN-UP**: Per ADRC sign up by NOON one day before to reserve meal |   **CONTACT:** ADRC Tomah Meal Site Manager, Cathy Neumann  at 608-372-7291 or come to Senior Center to see her.  Or the ADRC of Monroe County Office at 608-269-8690.  Join us at the Kupper Ratsch Senior Center. **Good People–Good Place!** |
| *NOTE: Besides in-house meals, the Tomah meal site has some pick-up meals, and 3 meal delivery routes for*  *home-bound people. For food safety, each route can serve about 20 places. There is usually a waiting*  *list to get home delivery.* | |

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| **09** | **SENIOR & DISABLED SERVICES DEPARTMENT STAFF**  **GOAL(S):**  A. To maintain an effective, positive employee team for the city’s Senior & Disabled Services  Department. |

Besides the Activities/Events, Programs, and regular everyday things at the Senior Center and what has been reported in the other sections of this report…

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| **MEETINGS:** |
| -*Ongoing*: Special Needs Committee meetings:  *1st Tuesday at 5:30pm every other month (starting in January) at the senior center.*  -*Ongoing*: Senior & Disabled Services Board meetings:  *1st Tuesday at 6:30pm every other month (starting in January) at the senior center.*  -*Ongoing*: Tomah’s Great Holiday Shopping Hunt (TGHSH) meetings:  *2nd Tuesday at 4:30pm every month (starting in February thru November) at the senior center.*  -*Ongoing*: Staff Meetings for City Department Heads:  *2nd & 4th Tuesdays at 8:30am &/or as scheduled, usually at city hall.*  -*Ongoing*: Committee of the Whole Meeting, depending on what is on the agenda.  *Monday before 3rd Tuesday at 6:30pm at city hall.*  -*Ongoing*: City Council Meeting to give Monthly Department Report:  *3rd Tuesdays at 6:30pm at city hall. (Written report due in Municode agenda on 2nd Tuesday).*  -*As Needed*: Long-Range Planning Meeting, depending on if a senior center project is on the agenda.  *3rd Wednesday at 5:00pm at city hall.* |



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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **MONTHLY REPORT** | Goal Setting Clipart - Set Goals Clip Art Png Download Ready Set Goals  Clipart,Goals Png - free transparent png images - pngaaa.com |

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| **09** | **SENIOR & DISABLED SERVICES DEPARTMENT STAFF,** continued… |

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| **PROFESSIONAL ORGANIZATION INVOLVEMENT**  -Wisconsin Association of Senior Centers (WASC) member since January 2019, meetings/education as scheduled.  Served on 2024 WASC State Conference Committee.  -Wisconsin State Aging Advisory Council (SAAC) serving 3-year term since Sept. 2022, meetings 2nd Thurs.10am-12.  -National Council on Aging (NCOA) virtual meetings/education as scheduled.  -National Institute of Senior Centers (NISC)virtualmeetings/education as scheduled.  -Healthy Brain Coalition of Monroe County (formerly Monroe County Dementia & Brain Health Coalition) meetings on  1st Thursday 3:00pm.  -Wisconsin Coalition for Social Connection meeting 3rd Tuesday (Feb, Apr, June, Aug, Oct, Dec) 2:00pm. |

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| **EDUCATIONAL OPPORTUNITIES**: |
| As they present themselves, and are appropriate, and are within budget.  -**September 25-27:** **Wisconsin Association of Senior Centers Annual Conference.**  TOPICS: Senior Center Program Sharing; Dr. Tom Sather on Social Isolation; Sara Walsh on Strategic Planning.  Sponsor Presentations; WASC Accreditation Information; Jill Renken on Pillars of Aging; Healthy Aging Programs;  Wish of a Lifetime Presentation; Paula Gibson on Positivity. Networking with other senior center professionals.  **-November 11-15, 2024: Wisconsin Coalition for Social Connection – Social Connection**  **Awareness Week Summit 2024.**  TOPICS: 11th: The Power of Connection; 12th: Accessible Recreation; 13: Coalition & Community Building;  14th : Intergenerational Programs; 15th: Technology for Connection. |

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| **City of Tomah’s SENIOR & DISABLED SERVICES BOARD** | | | | | | |
| ***MISSION STATEMENT:***  ***The City of Tomah’s Senior & Disabled Services Department’s mission is to offer ongoing programs and services*** *(in the areas of recreation & leisure activities, and in educational & health programs)* ***and senior meals on a regular basis in a safe place for Tomah’s citizens*** *(especially our senior and disabled people).* | | | | | | |
| Club Meeting Clipart Free | | The committee was formed in July 2000.  Shall consist of Mayor, 2 Alderpersons, & 5 citizens.  Term shall be 2 years & aldermanic members shall be coextensive with their term of office.  *They* ***Voluntee****r their time for us.*  **DATE: Meets 1st Tuesday every other month** (Jan.-Mar.-May-July-Sept.-Nov.)  **TIME:** 6:30pm  **PLACE:** Kupper-Ratsch Senior Center. | | | | |
| **2023-2025 TERM** | | | **2024-2026 TERM** | | | |
| Sandi Bloom, Citizen  Susan Greeno, Citizen, SECRETARY  Evelyn Noyes, Citizen | | | Jenna Moser, Citizen  Lauri Shumway, Citizen,  VICE-CHAIRPERSON | Paul Dwyer, Mayor  ~~Nicole Hart~~, Alderperson *(moved out her district)*  Shawn Zabinski, Alderperson, CHAIRPERSON | | |
| **NAME** | **City of Tomah’s SENIOR & DISABLED SERVICES EMPLOYEES** | | | | | | |
| Pam Buchda  Paulette Bolton | Senior & Disabled Services Director (SDSD)  Senior & Disabled Services Aide (SDSA) | | | | FT: Salary 40 hours week  PT: Budget 20 hours week | 07/02/2018  07/13/2021 | |

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| STAFF HISTORY:  Senior & Disabled Services Directors: Maretta Budde 1999-2000. Delia Duncan 5/01/2000 to 05/31/2018.  Senior & Disabled Services Aides: Junior Noyes 02/10/2009 to 05/31/2018. Diane Behrens 10/02/2018 to 03/05/2021. |
| If you have any questions, please feel free to contact me.  Sincerely, *Pam Buchda,* Tomah’s Senior & Disabled Services Director |



😊Page 28

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| See the source image | **ACTIVITIES IN THE COMMUNITY…** |

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| **LUNCH BUNCH MEMORY CAFE** | | |
| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\27DB825D.tmp**  See the source image | **DATE: 1st Monday**  **TIME: 11:00am – 12:30pm**  **PLACE:** Barney Center  1000 E. Montgomery Street, Sparta, WI. 54656  **COST**: Lunch $4-$7 Donation  **To Register Contact** Emily Reitz, ADRC Dementia Care Specialist 608-387-9250 | **The Memory Café is a place to meet with others living with Mild Cognitive Impairment (MCI), Alzheimer’s or other related dementia and their care partner in a relaxed and friendly atmosphere.**  **“You are not alone.”** |

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| **PARKINSON’S SUPPORT GROUP** | | |
| *A close up of a logo  Description automatically generated* | **DATE: 1st Tuesday of Month**  **TIME: 1:00pm – 2:30pm**  **PLACE:** Tomah Health  501 Gopher Drive, Tomah, WI. | **CONTACT**:  Whitney Sanjari  608-377-8615  wsanjari@tomahhealth.org |

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| **CANCER SURVIVORSHIP GROUP** | | |
| *A close up of a logo  Description automatically generated* | **DATE: 2nd Wednesday of Month**  **TIME: 10:00am – 11:30am**  **PLACE:** Tomah Health, Conf. room 1B  501 Gopher Drive, Tomah, WI. | **CONTACT**:  Amanda Burkhalter  608-377-8443 |

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| **GRIEF SUPPORT GROUP** | | |
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| **CAREGIVER SUPPORT GROUP** | | |
| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\27DB825D.tmp**  See the source image | **DATE: 3rd Friday of Month**  **TIME: 1:00pm – 2:00pm**  **PLACE:** ADRC Bldg. in Sparta  315 West Oak St. Suite A~Conf. Rm. A  **FACILITATOR**: Emily Reitz, ADRC  Dementia Care Specialist 608-387-9250 | **COST**: Free  ***ANOTHER CAREGIVER SUPPORT OPTION***  *In-person or Virtual*  **Taking care of you…so you can take care of them.** |

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| **VETS CAREGIVER SUPPORT GROUP** | | |
|  | **DATE:** First & Second Mondays  **TIME:** 1:00pm – 2:30pm  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSOR(S):** VA Medical Center | **CONTACT**:  Barbara Iwanowicz [Barbara.Iwanowicz @va.gov](mailto:Barbara.Iwanowicz@va.gov)  or 608-372-3971 x64441 |

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| Christmas Letter | Free Images at Clker.com - vector clip art online,  royalty free & public domain | **“Christmas isn’t just a day – it’s a frame of mind”**  *~Miracle on 34th Street* | Children's Christmas craft session #2 at Ryde Library on 15 Dec 2018 |

😊Page 29

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| See the source image | **ACTIVITIES**  **IN THE COMMUNITY…** |

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| **Tomah’s COMMUNITY MEAL** | | |
| At Tomah’s Masonic Lodge - 520 E. Saratoga St., Tomah, WI. 54660 | | |
| See the source image | **DATE:** Mondays  **TIME:** 4:30pm – 5:30pm  **COST**: Free | **SPONSORS:**  Different Business, Organization &/or Individuals that sign up for it. |

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| **SECOND HARVEST MOBILE FOOD PANTRY** | |
| Second Harvest Community Food Bank ... | **DATE:** 1st Tuesday  **TIME:** 3:00pm-4:30pmor until gone  **COST**: Free  **PLACE**: Drive Thru Pickup-Recreation Park 1625 Butts Ave. Tomah, WI. |

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| **AMERICAN LEGION 2024-25 FISH FRY EVENTS** | | |
| 800 Wisconsin Ave. Tomah, 45660 608-372-1028 | | |
| *American Legion Logo Black And White - American Legion Logo Vector Art -  Free Transparent PNG Clipart Images Download* | **DATE:** Fridays 2024**:** Dec.6,13;  2025: Jan. 10, 24; Feb. 7, 21. Mar. 7, 21; Apr. 4, 18.  **TIME: 5:00pm** until gone;  Doors open at 4:00pm  **COST**: $15 Adults; $9 Kids under 10;  $12 First Responders. | **MENU**:  Beer Battered Walleye or Baked Walleye or Chicken Tenders. Baked Potato or French Fries. Cole Slaw or Apple Sauce. Roll/Bread & Treat. Ice water, Milk, or Coffee.  Carry outs available. |

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| **MONROE COUNTY 2024 VINTAGE VAGABOND TRIPS** | | | | |
| **2024 DATES** | **TRIP STOPS** | **COST** | **FIRST day to REGISTER** | **DEADLINE to Register** |
| December 03 | WI. Dells – Dinner Theatre Christmas Show | $105.00 | 10-18-2024 |  |

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| **FRIENDS OF THE LIBRARY SILENT AUCTION FUNDRAISER** | | |
| No photo description available. | **DATE:** Tuesday, December 03, 2024  **TIME:** 3:00-7:00pm  4pm-until all kids have been seen: Santa  4:30-5: Queen of Apostles School Choir  5:30-6: Tomah High School Jazz Band  **COST:** Free  **PLACE:** Tomah Public Library  716 Superior Ave. Tomah | Free silent auctions, Download Free silent auctions png images, Free  ClipArts on Clipart Library  Goal of this year’s event is to raise funds to purchase electronic bulletin boards. |

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| **HOLIDAY TRAIN in Tomah** | | |
| CPKC Holiday Train returns to Finch November 27 – Morrisburg Leader | **DATE:** Monday, 9, 2024  **TIME:** 5:00pm  4:00-5:25pm: TMS Show Choir  **PLACE:** Amtrak Depot  205 N. Superior in Tomah  **PERFORMER(S):** The Lone Bellow  Tiera Kennedy | **DONATE:** **Non-perishable food items for Neighbor for Neighbor Food Pantry.**  Methodist Church tent” Hot Chocolate & Treats & see Santa. Proceeds to benefit Neighbor for Neighbor Food Pantry. |

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| See the source image | **ACTIVITIES**  **IN THE COMMUNITY…** |

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| **SPECIAL CHRISTMAS PARTY** | | |
| A green sign with reindeer and ornaments  Description automatically generated | **DATE:** Sunday, December 01, 2024  **TIME:** Noon to 4pm  Light lunch provided by Murrays on Main  **PLACE:** Recreation Park  **REGISTER**: Make sure to register | A community party for people with special needs…  Join us for a fun filled day of activities, a visit with Santa and fun with friends! |

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| **HOLIDAY LOVE LIGHT TREE LIGHTING CEREMONY** | | |
| Tomah Health Hospice Touch & Life Choices Palliative Care | **DATE:** Sunday, December 8, 2024  **TIME:** 6:00pm  **PLACE:** Tomah Health | Christmas Lights Heart. SVG File Graphic by artychoke.design · Creative  Fabrica |

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| **GIVING TREE** | | |
| **The 2024 Giving Tree is up in our (Police Station) lobby.**  We continue to partner with Families First and Monroe County Human Services to bring joy to our community kiddos. There are 120 cards on the tree.  If you would like to participate, information regarding this program is below. Pick up cards from tree at Police Station. Thank you and Merry Christmas!! | | |
| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah)   |  |  | | --- | --- | | Police Department Logo | **Tomah Police Dept.**  **‘Serving the Community’** | | **DATE:** November 18 to **Gifts returned by DECEMBER 11, 2024, at 3:00pm.**  **GIVING TREE REQUIREMENTS:**  -Card(s) Must Be Returned with Gifts.  -Gifts Must Be Wrapped.  -Gifts Returned By Dec. 11, 2024 at 3pm.  **PLACE:** TOMAH POLICE DEPARTMENT | If you have questions…  **CONTACT**:  Ronda D. Culpitt, Administrative Assistant  608-374-7404  culpitt@tomahwi.gov |

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| **BREAKFAST WITH SANTA** | | |
| Heskinpembertons | Breakfast With Santa | **DATE:** Saturday, December 14, 2024  **TIME:** 8:00am-11:00am  **PLACE:** Recreation Station  316 Arthur St. Tomah  **SPONSOR:** Tomah Lions Club | **COST:** Free will donation. Proceeds donated to Neighbor For Neighbor Food Pantry |

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| **COOKIE & CANDY WALK & CRAFT SALES** | | |
| No photo description available. | **DATE:** Saturday, December 14, 2024  **TIME:** 9:00am-3:00pm  **PLACE:** 1st United Methodist Church  **VENDORS:** 14 Booths | Cookie Walk | Falls Cancer Club |

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| **‘TINSEL & TOEPICKS’ HOLIDAY SHOW**  **by 7 Rivers Figure Skating Club** | | |
| Set Of Silhouettes Figure Skating Graceful Girls In Beautiful Poses Winter  Sports Activity Figure Ice Skating Illustrations Women Sillhoettes On Ice  Rink Set Isolated On White Background Vector - Arte vetorial de | **DATE:** Sunday, December 15, 2024  **TIME:** 6:30pm  **COST:** $5 sold at door  **PLACE:** Tomah Ice Rink at Rec. Park | Seven Rivers Figure Skating Club Home Page |

😊Page 31

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| See the source image | **ACTIVITIES**  **IN THE COMMUNITY…** |

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| **Tomah Area School District (TASD) Events** | |
| ***Please ADD THE DATES & TIMES ON YOUR CALENDARS*** | |
| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\34ACA7B6.tmp**  ***Keep yourself informed; these are open meetings…***   |  |  | | --- | --- | | **SCHOOL BOARD ACADEMY** **Meetings**  1st Monday 6:30pm at RKLC | **SCHOOL BOARD Meeting**s  3rd Monday 7pm at RKLC | | 2024: December 02 | 2024: December 16 | | 2025: January 02 | 2025: January 20 | | February 03 | February 17 | | March 03 | March 17 | | April 07 | April 21  *Reorganization mtg. 28th* | | May 05 | May 19 | | June 02 | June 16 |   **DECEMBER 2024:**  06 & 07: 7:00pm MS Musical at THS  08: 2:00pm MS Musical at THS  13: 6:00pm MS Band Concert at THS  19: 7:00pm MS Choir Concert at THS  20: 7:00pm HS Holiday Concert at THS  23-1/01/20205: No School (winter break)  **JANUARY 2025**:  01: Winter Break  17: End of 2nd Quarter  20: No School – Professional Development  **FEBRUARY**:  17: No School - Prof. Dev.  21 & 22: 7pm THS Play  23: 2pm THS Play  28: 7pm HS/MS Show Choir Concert | **MARCH**:  06: 6:30pm Tomah Band-O-Rama  07: No School - Prof. Dev.  08: 2pm & 7pm One Acchord Performance $15  14: 7pm Spassabend  17: 6:30pm Camp/Oak Elementary Music Concert  18: 6:30pm LaGrange 3-5 Elementary Concert  21: End of 3rd Quarter  24: Tomah Concert Association -Sail On (Tribute to Beach Boys)  24-28: No School – Spring Break  **APRIL**:  08: 6:30pm Warrens Elementary Concert  10: 6:30pm LaGrange K-2 Elementary Concert  12: TASD Big Band Bash at Cranberry Country Lodge  18: No School – Friday before Easter  21: No School – Monday after Easter  **MAY**:  02 & 03: 7pm THS Musical  04: 2pm THS Musical  05: 7:30pm Senior Scholarship Night  06: 6:30pm Miller 3-5 Elementary Concert  08: 8pm THS Choir Concert  09: 7:30pm Spring Jazz Ensemble Concert  10: 2pm Tomah Concert Association-Jared Freiburg & The  Vagabonds (Early Rock & Roll)  12: 6pm TMS Band Concert  13: 6:30pm Lemonweir K-2 Elementary Concert  15: 7:30pm TMS Choir Concert  17: 7pm THS Spring Band Concert  18: 2pm Dance Art Centers Recitals $8 Adults $5 Child  24: 10am THS Graduation Ceremony  26: No School – Memorial Day  **JUNE**:  04: Last Day of School |

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| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\27DB825D.tmp** | **TAKE THE MYSTERY OUT OF MEDICARE** | C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\474786CB.tmp |
| Turning 65 soon? Have questions about what the different parts of Medicare are and what each one provides? Already on Medicare and have questions about specific coverage issue.  Alice Ackerman, Elder Benefit Specialist with the Aging and Disability Resource Center (ADRC) will be giving a presentation on the different sections of Medicare – Parts A, B, C & D. It will include what each part covers as well as what deductibles and copays may apply.  Other topics discussed will include the difference between public and private Medicare options to cover the 20% that Medicare doesn’t cover. The new deductibles and some of the changes for 2025 will also be discussed.  The meeting will be on **Monday, December 09 from 4pm to 5:30pm** **at the Monroe County Board Assembly Room**, 201 W. Oak Street in Sparta. For more information or to make a reservation , please contact Alice at 608-269-8693 or email at Alice.Ackerman@co.monroe.wi.us | | |

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| Mrs claus Illustrations and Clipart. 271 Mrs claus royalty free  illustrations, and drawings available to search from thousands of stock  vector EPS clip art graphic designers. | Christmas Clipart Vector Art, Icons, and Graphics for Free Download | Christmas Dwarf Hd Transparent, Cartoon Gnome Christmas Happy Girl And  Dwarf, Dwarf, Christmas, Cartoon PNG Image For Free Download | Christmas  photo frame, Christmas cartoons, Christmas gifts for girls |

😊Page 32

😊 **FOR YOUR INFORMATION…**

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| **HOME TITLE LOCK vs PROPERTY FRAUD ALERT**  Submitted by Alice Ackerman, ADRC of Monroe County Elder Benefit Specialist  The Monroe County Register of Deeds office has been receiving more frequent questions from property owners regarding property fraud and monitoring services as well as the legitimacy of companies such as Home Title Lock or questioning an alert triggered by such monitoring services. Many of the services you hear about are paid subscription plans. It is important to understand the difference between ***Home Title Lock*** vs ***Property Fraud Alert*** which is offered through the Monroe County Register of Deeds office.  **Companies such as Home Title Lock are NOT title Insurance policies and can NOT prevent fraudulent activity on your property**. Title Insurance is issued by a title insurance company one time when you purchase your property and any time you refinance a loan/mortgage on your property. Home Title Lock charges a monthly or annual fee with plans starting at $19.95 per month, $199.00 per year, or $796.00 for a 4-year plan. This service checks for any deed activity periodically. In September 2020, a news channel in Atlanta, GA reported on Title Lock, a similar company. Here is where to find that article: *Title Lock Insurance is a waste of your money Fox 5 Atlanta*.  **On the other hand, Property Fraud Alert, offered through the Register of Deeds office, is a FREE service that has been offered here in Monroe County since 2018**. In general, around the country, property and mortgage fraud crimes are on the rise. Although not specifically identified in Monroe County as an issue at this time, it is always better to take a proactive approach vs a reactive approach. Property Fraud Alert allows property owners to go online and set up alerts on their property(ies) by entering their name(s) into the system. Any time there is recording activity against your name, an automated alert will be sent to you via email or phone call, allowing you to catch possible property fraud sooner rather than later. To date, **411** individuals have signed up on our Property Fraud Alert system. Property Fraud Alert is offered in many other counties throughout Wisconsin. Participants should set up their alerts in each county that they own property in. |

**MESSAGE FROM PAM**

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| **HAPPY HOLIDAYS EVERYONE!!!**  In Tomah area, the holiday season officially starts on the Friday after Thanksgiving, with the Holiday Parade (sponsored by the Chamber) on Superior Ave., and the lighting of the Tomah Holiday Lights at Winnebago Park.  Traditionally for me, until I moved to Tomah, the holidays started with St. Nicholas Day on December 6th.  The Christmas season ends on January 6th which is the 12th Day of Christmas/Epiphany Day/3 Kings Day.  **I am taking this opportunity to wish everyone HAPPY HOLIDAYS!**  *Why do I wish people “Happy Holidays”? Because from November 1 to January 15 there are approximately 29 holidays observed by 7 of the world’s major religions. And I don’t think mine are the only ones that count.*  Remember to Count Your Blessings - things you are grateful for – at least 3 a day. I am grateful for you and my senior center family!  Thank You. | See the source image  See the source image  See the source image |

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| Free Christmas Angel Cliparts, Download Free Clip Art, Free Clip Art on  Clipart Library | Christmas Scene Svg,Christmas Village vector clipart,Santa Sleigh,Christmas  Santa,Cutting Files,Santa's Reindeer,Merry Christmas,Reindeer,Snow Snowflakes  Paper Cut Stock Vector | Adobe Stock | **A picture containing text  Description automatically generated** | merry christmas cartoon vector clipart . #411776 | Graphics Factory | See the source image |

😊Page 33

😊  **FOR YOUR INFORMATION…**

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| **ADVENT**  **This Year from December 1 to December 24**   |  |  |  | | --- | --- | --- | | **Advent** is a [season](https://en.wikipedia.org/wiki/Liturgical_year) observed in many [Christian churches](https://en.wikipedia.org/wiki/Christianity) as a time of expectant waiting and preparation for the celebration of the [Nativity of Jesus](https://en.wikipedia.org/wiki/Nativity_of_Jesus) at [Christmas](https://en.wikipedia.org/wiki/Christmas) as well as the return of Jesus at the second coming. | From Wikipedia, the free encyclopedia  See the source image | The term is a version of the Latin word meaning "coming". The term "Advent" is also used in [Eastern Orthodoxy](https://en.wikipedia.org/wiki/Eastern_Orthodoxy) for the 40-day [Nativity Fast](https://en.wikipedia.org/wiki/Nativity_Fast), which has practices different from those in the West |   **Adven**t is the beginning of the Western [liturgical year](https://en.wikipedia.org/wiki/Liturgical_year) and **commences on the** **fourth Sunday before Christmas** (sometimes known as [Advent Sunday](https://en.wikipedia.org/wiki/Advent_Sunday)), the Sunday nearest to [St. Andrew's Day](https://en.wikipedia.org/wiki/St._Andrew%27s_Day) (30 November), in the [Roman Rite](https://en.wikipedia.org/wiki/Roman_Rite) of the [Catholic Church](https://en.wikipedia.org/wiki/Catholic_Church), the [Western Rite](https://en.wikipedia.org/wiki/Western_Rite_Orthodoxy) of the Orthodox Church, and in the [Anglican](https://en.wikipedia.org/wiki/Anglican), [Lutheran](https://en.wikipedia.org/wiki/Lutheran_church), [Moravian](https://en.wikipedia.org/wiki/Moravian_Church), [Presbyterian](https://en.wikipedia.org/wiki/Presbyterian), and [Methodist](https://en.wikipedia.org/wiki/Methodism) calendars.[[5]](https://en.wikipedia.org/wiki/Advent#cite_note-5) In the [Ambrosian Rite](https://en.wikipedia.org/wiki/Ambrosian_Rite) and the [Mozarabic Rite](https://en.wikipedia.org/wiki/Mozarabic_Rite) of the Catholic Church, Advent begins on the sixth Sunday before Christmas, the Sunday after [St. Martin's Day](https://en.wikipedia.org/wiki/St._Martin%27s_Day) (11 November).  Practices associated with Advent include keeping an [Advent calendar](https://en.wikipedia.org/wiki/Advent_calendar), lighting an [Advent wreath](https://en.wikipedia.org/wiki/Advent_wreath), praying an Advent [daily devotional](https://en.wikipedia.org/wiki/Daily_devotional), erecting a [Chrismon tree](https://en.wikipedia.org/wiki/Chrismon_tree), lighting a [Christingle](https://en.wikipedia.org/wiki/Christingle), as well as other ways of preparing for Christmas, such as setting up [Christmas decorations](https://en.wikipedia.org/wiki/Christmas_decoration), a custom that is sometimes done liturgically through a [hanging of the greens](https://en.wikipedia.org/wiki/Hanging_of_the_greens) ceremony.  **Advent Wreath** The wreath crown is traditionally made of [fir](https://en.wikipedia.org/wiki/Fir) tree branches knotted with a red ribbon and decorated with pinecones, holly, laurel, and sometimes mistletoe. It is also an ancient symbol signifying several things; first-of-all, the crown symbolizes victory, in addition to its round form evoking the sun and its return each year. The number four represents, in addition to the four weeks of Advent, the four seasons and the four cardinal virtues, and the green color is a sign of life and hope. The fir tree is a symbol of strength and laurel a symbol of victory over sin and suffering. The latter two, with the holly, do not lose their leaves, and thus represent the eternity of God. The flames of candles are the representation of the Christmas light approaching and bringing hope and peace, as well as the symbol of the struggle against darkness. For Christians, this crown is also the symbol of [Christ the King](https://en.wikipedia.org/wiki/Christ_the_King), the holly recalling the crown of thorns resting on the head of Christ. **Four Sundays:** In the [Roman Rite](https://en.wikipedia.org/wiki/Roman_Rite) of the [Catholic Church](https://en.wikipedia.org/wiki/Catholic_Church), the readings of Mass on the Sundays of Advent have distinct themes:   |  | | --- | | 1. On the First Sunday ([Advent Sunday](https://en.wikipedia.org/wiki/Advent_Sunday)), they look forward to the [Second Coming](https://en.wikipedia.org/wiki/Second_Coming) of Christ.  2. On the Second Sunday, the Gospel reading recalls the preaching of [John the Baptist](https://en.wikipedia.org/wiki/John_the_Baptist), who came to  "prepare the way of the Lord"; the other readings have associated themes.   1. On the Third Sunday([Gaudete Sunday](https://en.wikipedia.org/wiki/Gaudete_Sunday)), the Gospel reading is again about John the Baptist, the other readings about the joy associated with the coming of the Savior.   4. On the Fourth Sunday, the Gospel reading is about the events involving Mary and Joseph that led  directly to the birth of Jesus, while the other readings are related to these. |   Other variants of the themes celebrated on each of the four Sundays include:   |  |  | | --- | --- | | -The Prophets' Candle, symbolizing hope.  -The Bethlehem Candle, symbolizing faith.  -The Shepherds' Candle, symbolizing joy.  -The Angel's Candle, symbolizing peace | -Faithfulness–Hope–Joy–Love;  -Prophets–Angels–Shepherds–Magi  -Faith–Prepare–Joy–Love |   In another tradition:   1. The readings for the first Sunday in Advent relate to the Old Testament patriarchs who were Christ's ancestors, so some call the first Advent candle that of hope. 2. The readings for the second Sunday concern Christ's birth in a manger and other prophecies, so the candle may be called that of Bethlehem, the way, or of the prophets. 3. The third Sunday, Gaudete Sunday after the first word of the introit (Philippians 4:4), is celebrated with rose-colored vestments similar to Laetare Sunday at the middle point of Lent. The readings relate to  [John the Baptist](https://en.wikipedia.org/wiki/John_the_Baptist), and the rose candle may be called that of joy or of the shepherds. 4. The readings for the fourth Sunday relate to the annunciation of Christ's birth, so the candle may be known as the Angel's candle. The [Magnificat](https://en.wikipedia.org/wiki/Magnificat) or Song of Mary may be featured. 5. Where an Advent wreath includes a fifth candle, it is known as the Christ candle and is lit during the Christmas Eve service. |

😊Page 34

😊 **FOR YOUR INFORMATION…**

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| 145 Saint Nicholas Day Illustrations, Royalty-Free Vector Graphics & Clip  Art - iStock  See the source image  St Nicholas Stock Illustrations, Cliparts And Royalty Free St Nicholas  Vectors | **ST. NICHOLAS DAY**  **December 6**  From Wikipedia, the free encyclopedia:  **Saint Nicholas' Day**, observed on **December 6** in [Western Christian](https://en.wikipedia.org/wiki/Western_Christian) countries and [Romania](https://en.wikipedia.org/wiki/Romania), December 5 in the [Netherlands](https://en.wikipedia.org/wiki/Netherlands) and December 19 in [Eastern Christian](https://en.wikipedia.org/wiki/Eastern_Christian) countries, is the [feast day](https://en.wikipedia.org/wiki/Feast_day) of [Saint Nicholas](https://en.wikipedia.org/wiki/Saint_Nicholas).[[2]](https://en.wikipedia.org/wiki/Saint_Nicholas_Day#cite_note-Carus2002-2)  It is celebrated as a Christian festival with particular regard to his reputation as a bringer of gifts, as well as through the attendance of [Mass](https://en.wikipedia.org/wiki/Mass_(liturgy)), [liturgy](https://en.wikipedia.org/wiki/Liturgy), or [worship services](https://en.wikipedia.org/wiki/Service_of_worship).[[3]](https://en.wikipedia.org/wiki/Saint_Nicholas_Day#cite_note-McKnight1917-3)[[4]](https://en.wikipedia.org/wiki/Saint_Nicholas_Day#cite_note-KeshenSt-Onge2001-4)  In Europe, especially in "Germany and Poland, boys would dress as bishops begging alms for the poor."[[5]](https://en.wikipedia.org/wiki/Saint_Nicholas_Day#cite_note-Baird2005-5)  In Ukraine, children wait for St. Nicholas to come and to put a present under their pillows provided that the children were good during the year. Children who behaved badly may expect to find a twig or a piece of coal under their pillows.  In the Netherlands, "Dutch children put out a clog filled with hay and a carrot for Saint Nicholas' horse. On Saint Nicholas' Day, gifts are tagged with personal humorous rhymes written by the sender."[[6]](https://en.wikipedia.org/wiki/Saint_Nicholas_Day#cite_note-MC2002-6)  In the United States, one custom associated with Saint Nicholas Day is children leaving their shoes in the foyer on Saint Nicholas Eve in hope that Saint Nicholas will place some coins on the soles, for them to awake to.[[2]](https://en.wikipedia.org/wiki/Saint_Nicholas_Day#cite_note-Carus2002-2)  The American [Santa Claus](https://en.wikipedia.org/wiki/Santa_Claus), as well as the British [Father Christmas](https://en.wikipedia.org/wiki/Father_Christmas), derive in part from Saint Nicholas and in part from the Dutch [*Sinterklaas*](https://en.wikipedia.org/wiki/Sinterklaas), the saint's name in that language. However the gift giving associated with these descendant figures is associated with [Christmas Day](https://en.wikipedia.org/wiki/Christmas_Day) rather than Saint Nicholas Day itself.[[4]](https://en.wikipedia.org/wiki/Saint_Nicholas_Day#cite_note-KeshenSt-Onge2001-4)  **In North America:**  While feasts of Saint Nicholas are not observed nationally, cities with strong German influences like [Milwaukee, **Wisconsin**](https://en.wikipedia.org/wiki/Milwaukee,_Wisconsin); [Evansville, Indiana](https://en.wikipedia.org/wiki/Evansville,_Indiana); [Cincinnati, Ohio](https://en.wikipedia.org/wiki/Cincinnati,_Ohio); [Fredericksburg, Texas](https://en.wikipedia.org/wiki/Fredericksburg,_Texas); [Newport News](https://en.wikipedia.org/wiki/Newport_News), Virginia; [St. Louis](https://en.wikipedia.org/wiki/St._Louis,_Missouri); [Pittsburgh, Pennsylvania](https://en.wikipedia.org/wiki/Pittsburgh,_Pennsylvania) celebrate St. Nick's Day on a scale similar to the German custom.[[14]](https://en.wikipedia.org/wiki/Saint_Nicholas_Day#cite_note-14)  Although not as widespread as in other countries, some people in the United States celebrate a separate St Nicholas Day by putting their shoes outside their bedroom doors or hanging an empty stocking by the fireplace on the evening of 5 December. St Nicholas then comes during the night. On the morning of 6 December, those people will find their shoes/stockings filled with gifts and sugary treats. Widespread adoption of the tradition has spread among the German, Polish, Belgian and Dutch communities throughout the United States.  Americans who celebrate Saint Nicholas Day generally also celebrate [Christmas Day](https://en.wikipedia.org/wiki/Christmas_Day) (December 25) as a separate holiday. Some of the traditions and rituals of Christmas, such as leaving out a shoe or stocking to be filled, are similar to the traditions of Saint Nicholas Day. |

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| **FAIRY LIGHTS ON CHRISTMAS NIGHT**. | |
| Free Christmas Tree Line Art, Download Free Christmas Tree Line Art png  images, Free ClipArts on Clipart LibraryFree & Cute Christmas Tree Clipart For Your Holiday Decorations - TulamamaChristmas Tree PNG Clip Art Image​ | Gallery Yopriceville - High-Quality  Free Images and Transparent PNG Clipart | **“Nothing ever seems to bad, too hard, or too sad when you’ve got a Christmas tree in the living room.”**  *~Nora Roberts* |

😊Page 35

😊 **FOR YOUR INFORMATION…**

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| **PEARL HARBOR REMEMBRANCE DAY**  From Wikipedia, the free encyclopedia  See the source image  **National Pearl Harbor Remembrance Day**, also referred to as **Pearl Harbor Remembrance Day** or **Pearl Harbor Day**, is observed annually in the [United States](https://en.wikipedia.org/wiki/United_States) on December 7, to remember and honor the 2,403 citizens of the United States who were killed in the Japanese surprise [attack on Pearl Harbor](https://en.wikipedia.org/wiki/Attack_on_Pearl_Harbor) in Hawaii on December 7, 1941.  On August 23, 1994, the [United States Congress](https://en.wikipedia.org/wiki/United_States_Congress), designated December 7 of each year as National Pearl Harbor Remembrance Day.  On November 29, President [Bill Clinton](https://en.wikipedia.org/wiki/Bill_Clinton) issued a proclamation declaring December 7, 1994, the first National Pearl Harbor Remembrance Day.  On Pearl Harbor Day, the [American flag](https://en.wikipedia.org/wiki/Flag_of_the_United_States) should be flown at half-staff until sunset to honor those who died as a result of the attack on U.S. military forces in Hawaii. Pearl Harbor Day is not a federal holiday – government offices, schools, and businesses do not close. Some organizations may hold special events in memory of those killed or injured at Pearl Harbor.  **The attack on Pearl Harbor:**  On Sunday morning, December 7, 1941, the [Imperial Japanese Navy Air Service](https://en.wikipedia.org/wiki/Imperial_Japanese_Navy_Air_Service) attacked [Naval Station Pearl Harbor](https://en.wikipedia.org/wiki/Naval_Station_Pearl_Harbor) in [Honolulu](https://en.wikipedia.org/wiki/Honolulu), [Oahu](https://en.wikipedia.org/wiki/Oahu), [Hawaii Territory](https://en.wikipedia.org/wiki/Territory_of_Hawaii), without warning and without a [declaration of war](https://en.wikipedia.org/wiki/Declaration_of_war), killing 2,403 American servicemen, and injuring 1,178 others. The attack sank four [U.S. Navy](https://en.wikipedia.org/wiki/United_States_Navy) [battleships](https://en.wikipedia.org/wiki/Battleship) and damaged four others. It also damaged three [cruisers](https://en.wikipedia.org/wiki/Cruiser), three [destroyers](https://en.wikipedia.org/wiki/Destroyer), and one [minelayer](https://en.wikipedia.org/wiki/Minelayer). Aircraft losses were 188 destroyed and 159 damaged.  **Aftermath:**  Canada declared war on Japan within hours of the attack on Pearl Harbor, the first Western nation to do so. On December 8, the United States declared war on Japan and entered World War II on the side of [the Allies](https://en.wikipedia.org/wiki/Allies_of_World_War_II). In a speech to Congress, President [Franklin D. Roosevelt](https://en.wikipedia.org/wiki/Franklin_D._Roosevelt) called the bombing of Pearl Harbor "[a date which will live in infamy](https://en.wikipedia.org/wiki/Infamy_Speech)."  **Pearl Harbor tributes:**  In 1990, leading up to the 50th anniversary of the attack on Pearl Harbor, Congress established the [Pearl Harbor Commemorative Medal](https://en.wikipedia.org/wiki/Pearl_Harbor_Commemorative_Medal). This is also known as the Pearl Harbor Survivor's medal and was awarded to anyone who was in the U.S. Armed Forces and who was present in Hawaii on December 7, 1941, and participated in combat operations that day against the attack. The medal was also awarded to civilians who were killed or injured in the attack. A few years later, Congress amended the law to allow any person who was present in [Hawaii](https://en.wikipedia.org/wiki/Hawaii) on December 7, 1941, and was involved in combat operations against Japanese military forces attacking Hawaii, to receive the award. In both instances, there was a limited time-period to apply for the award, and it is no longer issued. |

😊Page 36

😊  **FOR YOUR INFORMATION…**

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| **St. Lucia's Day**  **December 13**  From Britannica, the free encyclopedia:  St. Lucia’s Day, festival of lights celebrated in Sweden, Norway, and the Swedish-speaking areas of Finland on December 13 in honor of St. Lucia (St. Lucy). One of the earliest Christian martyrs, St. Lucia was killed by the Romans in 304 CE because of her religious beliefs.  In Scandinavian countries each town elects its own St. Lucia. The festival begins with a procession led by the St. Lucia designee, who is followed by young girls in white and wearing lighted wreaths on their heads and boys dressed in white pajama-like costumes singing traditional songs. The festival marks the beginning of the Christmas season in Scandinavia, and it is meant to bring hope and light during the darkest time of the year.  Schools generally close around noon on the day of the festival so the families can prepare for the holiday. Families observe St. Lucia’s Day in their homes by having their daughters (traditionally the oldest) dress in white and serve coffee and baked goods, such as saffron bread *(hussekatter)* and ginger biscuits, to the other members of the family. These traditional foods are also given to visitors during the day.  In earlier centuries the Norse celebrated the winter solstice with large bonfires meant to scare off evil spirits and to alter the course of the sun. After converting to Christianity sometime around 1000, the Norse incorporated the legend of St. Lucia into their celebration. The modern festival of light combines elements of both pagan and Christian traditions. | [St. Lucia's Day](https://cdn.britannica.com/51/172551-050-5B53FD24/statue-display-Saint-Lucy-Syracuse-celebration-Italy.jpg)  **St. Lucia's Day**A statue of Saint Lucy on display during a St. Lucia's Day celebration, Syracuse, Italy.  Picture by.*© valentina5000/Fotolia*  [St. Lucia's Day](https://cdn.britannica.com/32/172532-050-3A415400/girl-wreath-Day-head-St-Lucia-family.jpg)  A girl celebrating St. Lucia’s Day wears a lighted wreath on her head and carries saffron bread (lussekatter ) to serve her family. Picture by Bodil Johansson/Thinkstock  [St. Lucia's Day: lussekatter](https://cdn.britannica.com/50/172550-050-876698AB/Saffron-bread-St-Lucia.jpg)  St. Lucia’s lussekatterSaffron bread.  Picture by ezoom/Fotolia |

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| **WINTER SOLSTICE, The SHORTEST DAY, The LONGEST NIGHT, MIDWINTER**  From Wikipedia, the free encyclopedia | |
| Yule (winter Solstice Day) Greeting Card With Candles And Fir Branches.  Royalty Free SVG, Cliparts, Vectors, and Stock Illustration. Image  133248206. | **December 21, 2023**  Winter solstice, also called the hibernal solstice occurs when either of the earth’s poles reaches its maximum tilt away from the sun. This happens twice yearly, once in each hemisphere.  Astronomically marks the beginning of lengthening days and shortening nights.  CELEBRATIONS  Winter Festivals, spending time with loved ones, feasting, singing, dancing, and fires. |

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| https://tse2.mm.bing.net/th?id=OIP.p93gGR5oGQVUZCVAfLnRkAHaET&pid=Api&P=0&w=287&h=168 | Feliz Navidad, Merry Christmas Spanish Text Holiday, Lettering Vector  Illustration Royalty Free SVG, Cliparts, Vectors, and Stock Illustration.  Image 89976842. | Feliz Navidad Merry Christmas PNG, Clipart, Cartoon, Christmas Day, Feliz  Navidad, Frosty The Snowman, Merry Christmas |

😊Page 37

😊 **FOR YOUR INFORMATION…**

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| **HANUKKAH**  From Wikipedia, the free encyclopedia  **This Year from December 26 (begins at sundown) to January 02**   |  |  | | --- | --- | | **Hanukkah** *(*[*/ˈhɑːnəkə/*](https://en.wikipedia.org/wiki/Help:IPA/English)[*HAH-nə-kə*](https://en.wikipedia.org/wiki/Help:Pronunciation_respelling_key)*;* [*Hebrew*](https://en.wikipedia.org/wiki/Hebrew_language)*: חֲנֻכָּה‬ ḥanuká,* [*Tiberian*](https://en.wikipedia.org/wiki/Tiberian_Hebrew)*: ḥanuká, usually spelled חנוכה‎, pronounced* [*[χanuˈka]*](https://en.wikipedia.org/wiki/Help:IPA/Hebrew) *in* [*Modern Hebrew*](https://en.wikipedia.org/wiki/Modern_Hebrew)*,* [*[ˈχanukə]*](https://en.wikipedia.org/wiki/Help:IPA/Hebrew) *or* [*[ˈχanikə]*](https://en.wikipedia.org/wiki/Help:IPA/Hebrew) *in* [*Yiddish*](https://en.wikipedia.org/wiki/Yiddish_language)*; a transliteration also* [*romanized*](https://en.wikipedia.org/wiki/Romanized) *as Chanukah or Ḥanukah)* **is** **a** [**Jewish holiday**](https://en.wikipedia.org/wiki/Jewish_holiday) **commemorating the rededication of the** [**Second Temple**](https://en.wikipedia.org/wiki/Second_Temple) **in** [**Jerusalem**](https://en.wikipedia.org/wiki/Jerusalem) **at the time of the** [**Maccabean Revolt**](https://en.wikipedia.org/wiki/Maccabean_Revolt) **against the** [**Seleucid Empire**](https://en.wikipedia.org/wiki/Seleucid_Empire). | See the source image |   Hanukkah is observed for eight nights and days, starting on the 25th day of [Kislev](https://en.wikipedia.org/wiki/Kislev) according to the [Hebrew calendar](https://en.wikipedia.org/wiki/Hebrew_calendar), which **may occur at any time from late November to late December** in the [Gregorian calendar](https://en.wikipedia.org/wiki/Gregorian_calendar). It is also known as the **Festival of Lights** and the **Feast of Dedication**.  The festival is observed by lighting the candles of a [candelabrum](https://en.wikipedia.org/wiki/Candelabrum) with nine branches, called a [Hanukkah menorah](https://en.wikipedia.org/wiki/Menorah_(Hanukkah)) (or hanukkiah). One branch is typically placed above or below the others and its candle is used to light the other eight candles. This unique candle is called the [*shamash*](https://en.wikipedia.org/wiki/Gabbai) ([Hebrew](https://en.wikipedia.org/wiki/Hebrew_language): שמש‎, "attendant"). Each night, one additional candle is lit by the *shamash* until all eight candles are lit together on the final night of the holiday.  Other Hanukkah festivities include playing [dreidel](https://en.wikipedia.org/wiki/Hanukkah#Dreidel) and eating oil-based foods such as [latkes](https://en.wikipedia.org/wiki/Latke) and [sufganiyot](https://en.wikipedia.org/wiki/Sufganiyot), and dairy foods. Since the 1970s, the worldwide [Chabad](https://en.wikipedia.org/wiki/Chabad) [Hasidic](https://en.wikipedia.org/wiki/Hasidic_Judaism) movement has initiated public menorah lightings in open public places in many countries.  **HISTORICAL TRADITIONAL VIEW**:  When the [Second Temple](https://en.wikipedia.org/wiki/Second_Temple) in Jerusalem was looted and services stopped, [Judaism](https://en.wikipedia.org/wiki/Judaism) was outlawed. In 167 BCE, [Antiochus](https://en.wikipedia.org/wiki/Antiochus_IV_Epiphanes) ordered an altar to [Zeus](https://en.wikipedia.org/wiki/Zeus) erected in the Temple. He banned [brit milah](https://en.wikipedia.org/wiki/Brit_milah) (circumcision) and ordered pigs to be sacrificed at the altar of the temple.[[33]](https://en.wikipedia.org/wiki/Hanukkah#cite_note-33) Antiochus's actions provoked a large-scale [revolt](https://en.wikipedia.org/wiki/Maccabean_Revolt). [Mattathias](https://en.wikipedia.org/wiki/Mattathias) (Mattityahu), a [Jewish priest](https://en.wikipedia.org/wiki/Kohen), and his five sons [Jochanan](https://en.wikipedia.org/wiki/Johanan_Maccabeus), [Simeon](https://en.wikipedia.org/wiki/Simon_Maccabaeus), [Eleazar](https://en.wikipedia.org/wiki/Eleazar_Maccabeus), [Jonathan](https://en.wikipedia.org/wiki/Jonathan_Maccabaeus), and [Judah](https://en.wikipedia.org/wiki/Judas_Maccabeus) led a rebellion against Antiochus. It started with Mattathias killing first a Jew who wanted to comply with Antiochus's order to sacrifice to Zeus, and then a Greek official who was to enforce the government's behest (1 Mac. 2, 24–25).  Judah became known as Yehuda HaMakabi ("Judah the Hammer"). By 166 BCE Mattathias had died, and Judah took his place as leader. By 165 BCE the Jewish revolt against the Seleucid monarchy was successful. The Temple was liberated and rededicated. The festival of Hanukkah was instituted to celebrate this event. Judah ordered the Temple to be cleansed, a new altar to be built in place of the polluted one and new holy vessels to be made. According to the Talmud, unadulterated and undefiled pure olive oil with the seal of the [kohen gadol](https://en.wikipedia.org/wiki/High_Priest_(Judaism)) (high priest) was needed for the menorah in the Temple, which was required to burn throughout the night every night. The story goes that one flask was found with only enough oil to burn for one day, yet it burned for eight days, the time needed to prepare a fresh supply of [kosher](https://en.wikipedia.org/wiki/Kashrut) oil for the menorah. An eight-day festival was declared by the Jewish sages to commemorate this miracle.  The version of the story in 1 Maccabees states that an eight-day celebration of songs and sacrifices was proclaimed upon re-dedication of the altar and makes no specific mention of the miracle of the oil. |

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| Free Christmas Angel Cliparts, Download Free Clip Art, Free Clip Art on  Clipart Library | May you never be too grown up to search the skies on Christmas eve. | Free Printable Rudolph The Red Nosed Reindeer Vintage - Rudolph The Red  Nosed Reindeer 1949 Sheet Music Clipart (#678700) - PikPng |

😊Page 38

😊 **FOR YOUR INFORMATION…**

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| See the source image  https://media.istockphoto.com/vectors/christmas-party-clipart-vector-id848202742?s=170667a  Christmas tree Christmas Day Santa Claus Clip art - Transparent Christmas  Tree with Stars PNG Clipart png download - 3000*4277 - Free Transparent  Christmas Tree png Download. - Clip Art Library | **CHRISTMAS**  **December 25**  By Creative Forecasting Editors 2020  **Christmas Day Gentle Reminder:**  Jehovah’s Witnesses, Jews, Muslims, atheists, and some other religions do not celebrate or observe Christmas. Communities need to be sensitive to such residents. On the other hand, devout Christians are often offended by the strictly secular and non-religious observances of Christmas in those same homes.  The challenge is to celebrate Christmas with a loving joy that can enrich the lives of Christians, as well as non-Christians.  **HISTORY**  What goes around, comes around. Christmas had its origins in pre-Christian secular celebrations that took place annually in December. Romans partied for a week with drunken revelry.  Other cultures also celebrated the winter solstice by partying during the week when daylight was the briefest, and continuing to party for several more days as the daylight began to lengthen.  In order to compete with these much-loved celebrations of lawlessness, debauchery, and hedonism, the church established December 25 as the celebration of the birth of Jesus (although the date of Jesus’ birth is unknown). They told converts and potential converts to Christianity that they could continue to party in their traditional ways during the newly-created Christian Christ Mass meaning “Festival of Christ.” Consequently, the earliest observances of Christ’s birth were not very sacred in nature, but rather quite secular. These riotous and raucous celebrations continued for many years and became so objectionable that in the 17th century, Oliver Cromwell, devout Puritan and Lord Protector of England, outlawed the Christmas holiday. By 1659, the celebration of Christmas was also banned and forbidden in the American colonies because of its pagan origins and the secular ways in which Christmas had been celebrated for so long.  **SYMBOLS OF CHRISTMAS**  Even though Christmas is supposed to be a sacred celebration of the birth of Jesus, today it is often a secular holiday rather than a sacred holy day. However, it is possible to see the sacred in the secular if one intentionally looks for the religious meanings in those things that are secular in nature for many, if not most, Americans.  **Christmas Tree**  The Christmas tree is usually an evergreen tree that can symbolize the eternal life that Jesus promises to His followers: “For God so loved the world that He gave His only Son, that whoever believes in Him shall not perish, but have eternal life.” (John 3:16)  The **lights on the tree and in other decorations** can remind us of Jesus’ words, “I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.” (John 8:12) The Christmas lights can also be a reminder that Jesus said to his followers, “You are the light of the world ...let your light shine before others.” (Matthew 5:14,16) After the holiday season, many churches save the large Christmas tree, strip off its branches, make a cross of it, and use that cross as a focal point of worship during Lent, the 40 days of preparation for Easter.  Continued on page 40 |

😊Page 39

😊  **FOR YOUR INFORMATION…**

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| **CHRISTMAS,** Continued from page39  **Santa Claus**  Santa means “saint,” and Claus is a shortened form of Nicholas. Santa Claus is St. Nicholas, a 4th century Christian and bishop who preached the good news of Jesus and who practiced what he preached. The Dutch pronounced his name as Sinter Klaas, and when Christians from Holland came to America, they brought Sinter Klaas as part of their Christmas celebration. St. Nicholas gave generously, unselfishly, and anonymously. Over the years, largely as a result of Clement Moore’s “’Twas the Night Before Christmas” and Thomas Nast’s drawing of Santa Claus for a Coca-Cola® ad, St. Nicholas became the Santa Claus of our secular Christmas. However, with eyes of faith, one can see in Santa Claus a messenger of Christ who preached and taught that Jesus is the Way, the Truth, and the Life.  **Poinsettia**  The poinsettia can be seen as a star that represents the Star of Bethlehem that led the Wise Men to the infant Jesus. The red poinsettia reminds believers of the blood of Christ, and the white poinsettia reminds them that the blood of Christ cleanses sin from all.  **Gift-giving** The giving of gifts can be an expression of love originating in God’s love for humankind. “God so loved the world, that he gave. …” Gift-giving can also be a reminder that the Wise Men gave Jesus precious gifts of gold, frankincense, and myrrh, and that our gifts to Jesus are our lives given in His service.  **Christmas Cards** The cards that Christians send at Christmas can be (perhaps ought to be) not only wishes for a Merry Christmas and a Happy New Year, but proclamations of the real reason for the season and prayers for the recipient’s joy, peace, and faith.  **Angels** Angels are not just tree-toppers, but reminders that angels appeared to the shepherds announcing the birth of the long-awaited Savior.  **Christmas Colors** of Green and Red Green is a symbol of life and can remind us that Jesus said, “I have come that you might have life, and have it abundantly.” (John 10:10) Red is a color that can symbolize the blood of Christ shed for humankind for the forgiveness of sin.  **Rudolph the Red-nosed Reindeer** Yes, even Rudolph can say to us that God is the creator of all, and even those who are different are loved by God, cherished by God, called by God for a purpose, and saved by God through Christ, whose birth we celebrate at Christmas.  What began as a secular celebration has become a secular celebration once again. However, with a little effort, one can “put Christ back into Christmas” simply by seeing the sacred in the secular. | See the source image  Poinsettia Png Black And White Free & Free Poinsettia Black And White.png  Transparent Images #8139 - PNGio  C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E78E9E37.tmp  **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\4DD6B87D.tmp**  Free Christmas Angel Cliparts, Download Free Clip Art, Free Clip Art on  Clipart Library  Free Printable Rudolph The Red Nosed Reindeer Vintage - Rudolph The Red  Nosed Reindeer 1949 Sheet Music Clipart (#678700) - PikPng |

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| 10 reasons why I love December 😍🎄 – Sea of words | merry christmas cartoon vector clipart . #411776 | Graphics Factory | Quote of the Day – December 3, 2018 – cup of tea with that book, please |

Page 40

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| 😊 **FOR YOUR INFORMATION…**   |  |  |  |  | | --- | --- | --- | --- | | **KWANZAA**  From Wikipedia, the free encyclopedia  **December 26 to January 1**   |  |  | | --- | --- | | **Kwanzaa** ([/ˈkwɑːn.zə/](https://en.wikipedia.org/wiki/Help:IPA/English)) is a celebration held in the United States and in other nations of the [African diaspora](https://en.wikipedia.org/wiki/African_diaspora) in [the Americas](https://en.wikipedia.org/wiki/African_diaspora_in_the_Americas) and lasts a week.  The celebration honors African heritage in [African-American culture](https://en.wikipedia.org/wiki/African-American_culture) and is observed from December 26 to January 1, culminating in a feast and gift-giving. | See the source image |   Kwanzaa has seven core principles (*Nguzo Saba*). It was created by [Maulana Karenga](https://en.wikipedia.org/wiki/Maulana_Karenga) and was first celebrated in 1966–67.  **PRINCIPALS:**  **Kwanzaa celebrates** what its founder called **the seven principles of Kwanzaa, or *Nguzo Saba*** (originally *Nguzu Saba*—the seven principles of African Heritage), which Karenga said "is a [communitarian](https://en.wikipedia.org/wiki/Communitarian) [African philosophy](https://en.wikipedia.org/wiki/African_philosophy)," consisting of what Karenga called "the best of African thought and practice in constant exchange with the world." They were developed in 1965, a year before Kwanzaa itself. These seven principles comprise *Kawaida*, a [Swahili](https://en.wikipedia.org/wiki/Swahili_language) word meaning "common".  Each of the seven days of Kwanzaa is dedicated to one of the following principles, as follows:   |  | | --- | | **-*Umoja* (Unity)**: To strive for and to maintain unity in the family, community, nation, and  race.  **-*Kujichagulia* (Self-Determination)**: To define and name ourselves, as well as to create and  speak for ourselves.  **-*Ujima* (Collective Work and Responsibility)**: To build and maintain our community  together and make our brothers' and sisters' problems our problems and to solve them  together.  ***-***[***Ujamaa***](https://en.wikipedia.org/wiki/Ujamaa) **(**[**Cooperative Economics**](https://en.wikipedia.org/wiki/Cooperative_economics)**)**: To build and maintain our own stores, shops, and other  businesses and to profit from them together.  **-*Nia* (Purpose):** To make our collective vocation the building and developing of our  community in order to restore our people to their traditional greatness.  **-*Kuumba* (Creativity)**: To do always as much as we can, in the way we can, in order to leave  our community more beautiful and beneficial than we inherited it.  **-*Imani* (Faith)**: To believe with all our hearts in our people, our parents, our teachers, our  leaders, and the righteousness and victory of our struggle. |   **SYMBOLS:**  Kwanzaa celebratory symbols include a mat *(Mkeka)* on which other symbols are placed: a [*Kinara*](https://en.wikipedia.org/wiki/Kinara) (candle holder), *Mishumaa Saba* (seven candles), *mazao* (crops), *Muhindi* (corn), a *Kikombe cha Umoja* (unity cup) for commemorating and giving shukrani (thanks) to African Ancestors, and *Zawadi* (gifts). [Corn](https://en.wikipedia.org/wiki/Corn) is the primary symbol for both decoration and celebratory dining. |  |  |  | | --- | --- | | **NEW YEAR’S EVE**  From Wikipedia, the free encyclopedia | | | Free Clipart Of A bell hourglass and happy new year banner | **December 31**  New Year’s Eve is one of the largest global celebrations because it marks the last day of the year in the Gregorian calendar, December 31, before the New Year.  It is a time to celebrate the end of the year gone by and welcome what is on store in the New Year. |   😊Page 41 |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **INFORMATION** | Policies Procedures Concept Chart ... |

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| **POLICY - CODE OF CONDUCT** | | |
| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\84F64209.tmp**  The Code of Conduct is posted in the senior center, and/or a copy may be obtained from staff. | The purpose of the code of conduct is to establish a standard of behavior, which will ensure the safety and wellbeing of all involved at the senior center and its events. | Participation at the senior center is a privilege, not a right.  All are expected to abide by the code of conduct. |
| * **Senior & Disabled Services Dept. CODE OF CONDUCT** | | |
| **The purpose of this code of conduct is to establish a standard of behavior, which will ensure the safety and wellbeing of all involved at the senior center and its events.**  **Participation at the senior center is a privilege, not a right.** **All are expected to abide by this code of conduct.** All are expected to behave in a manner consistent with core social values of mutual respect, courteous/positive attitude towards others, friendly, trustworthy, responsible, accountable, engaged here in teamwork, and protective of other’s property.  The Senior & Disabled Services Department staff has the authority to make immediate decisions regarding inappropriate behavior and consequences. Not all situations or circumstances are addressed in these guidelines. Staff will address each situation on a case-by-case basis. Offenses may result in immediate removal from the senior center and/or its events. Some offenses may result in involving our police department.  **BEHAVIORS that are EXPECTED while participating at the senior center and its events:**  -I will act in ways that bring respect to me and to others.  -I will help make the senior center an inviting, friendly and safe place to be by welcoming and  respecting others and ensuring an environment free of discrimination and harassment.  -I will exhibit a positive attitude toward others, contribute to a harmonious environment, and  not use bad language, swear at, insult and/or fight with others.  -I will learn and follow the senior center guidelines and rules of the activities I participate in.  -I will be part of the team by pitching in and helping (to the best of my abilities) to set up before,  assist during, and clean up after activities I participate in.  -I will ask staff questions and/or appropriate leader volunteers when I do not understand.  -I will exhibit good sportsmanship in the activities I participate in.  -I will respect others and not make inappropriate or unwanted verbal, visual, physical and/or  sexual advances/behaviors toward others.  -I will be accountable and not take things that are not mine unless offered to me by staff or staff  designee.  -I will help make the senior center a safe place to be and follow safety guidelines and rules.  -I will uphold the mission, philosophy, principles, and policies of the City of Tomah and its  Senior & Disabled Services Department.  **BEHAVIORS that are UNACCEPTABLE while participating at the senior center & its events:**  -Taking things that do not belong to you & have not been offered to you by staff or staff designee.  -Exhibition of poor sportsmanship.  -Conduct which disrupts or impedes the participation of others.  -Conduct that is unfriendly, discriminating, offensive, intimidating, hostile and/or alienating in  visual, verbal and/or behavioral ways.  -Any unwelcome verbal and/or visual conduct, such as profanity, abusive language and/or  gestures, intimidation, threat of violence, and/or unwelcome sexual overtures.  -Any unwelcome physical contact, including physical sexual overtures, violent or disruptive  behavior and/or physical abuse.  -Illegal and/or socially unacceptable behavior.  -Use of alcohol, illegal drugs and/or possession of harmful weapons at the senior center and  events. | | |

😊Page 42

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| 😊   |  |  |  | | --- | --- | --- | | [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **INFORMATION** | Policies Procedures Concept Chart ... |  |  |  |  | | --- | --- | --- | | **YOUR CONTACT INFORMATION** | | | | Free Procedure Cliparts, Download Free Procedure Cliparts ... | **Please share** with staff - Pam or Paulette -**YOUR CONTACT INFORMATION** … your name, phone number, email, address, & birthdate (may, but do not have to share year). | Address Books) (Paperback) | DIESEL ... |  |  |  |  | | --- | --- | --- | | Free Procedure Cliparts, Download Free Procedure Cliparts ... **PARKING AREAS** | | | | You may park your cars in the parking lots behind the senior center building or in street parking stalls.  The area outside the back door(s) of 1002 Superior Ave. *(senior center)* & 1004 Superior Ave. *(JNC Latin Grocery Store)* is for deliveries of food, people drop-off & pick-up, and for our ‘courtyard’ area – it is NOT FOR PARKING. |  | The first two parking lanes behind us *(senior center)* off Milwaukee Street belong to the Western Technical College (WTC).  We are fortunate and thankful they allow us at the senior center to park in their parking lot.  The rest of the parking lanes further over behind us is a city parking lot for us to use. |  |  |  |  | | --- | --- | --- | | Free Procedure Cliparts, Download Free Procedure Cliparts ...**DONATION OF ITEMS ONLY DURING OPEN HOURS** | | | | **DONATIONS**  **ACCEPTED DURING OPEN HOURS ONLY** | Donations are welcome and should be brought to us during open hours – Monday through Friday 8:30am to 4:30pm, except holiday times.  The names of people who have donated and items they donated should be reported to staff. | **Please** **DO NOT DROP OFF ITEMS &/or DONATIONS OUTSIDE THE DOOR(S)**  **of the senior center.** |  |  | | --- | | Free Procedure Cliparts, Download Free Procedure Cliparts ... **REVIEW on FALLS and/or ACCIDENTS** | | **What is the protocol – the expectations of your actions:**  Occasionally someone falls or has an accident at the senior center. What do you do?  When a person has fallen…   1. **DO NOT HELP THEM UP** –even if they ask you to. Leave them exactly as they have fallen.   Do not crowd around the person – one person is enough to reassure & keep them calm.  For any accident and/or fall…   1. **GET STAFF RIGHT AWAY** – Pam and/or Paulette. 2. **Staff will ASSESS THE SITUATION**. And then move forward with appropriate actions. |  |  |  |  | | --- | --- | --- | | **VOLUNTEERING to TREAT for AFTERNOON SNACK** | | | | Free Procedure Cliparts, Download Free Procedure Cliparts ... | **Please contact staff – Pam or Paulette – if you are planning to bring a treat to share – we have a calendar in the kitchenette that we will reserve the date for you.**  Not only does your “treating” bring happiness to you for sharing, but it also helps the senior center budget. Plus, people just plain like treats. | **The tradition at the senior center is for those that wish to… on or around their birthday… to provide the afternoon snack or to treat everyone to a bingo card or such. All of this is optional and NOT a requirement.** |   😊Page 43 |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | **SENIOR & DISABLED SERVICES DEPARTMENT**  **INFORMATION** | Policies Procedures Concept Chart ... |

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| **MISSION STATEMENT**  **The City of Tomah’s Senior & Disabled Services Department’s mission is to offer ongoing programs and services** *(in the areas of recreation & leisure activities, and in educational & health programs)*  **and senior meals on a regular basis in a safe place for Tomah’s citizens** *(especially our senior and disabled people).* | **Tomah Timberwolves** Timber Wolf Silhouette **Credo**  *by Del Goetz*  Respect the elders. Teach the young.  Cooperate with the pack.  Play when you can. Hunt when you must.  Rest in between.  Share your affections. Voice your feelings.  Leave your mark. |

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| **HOURS of Kupper-Ratsch SENIOR CENTER** | | |
| Store Hours Clipart | The Kupper Ratsch Senior Center is open Monday thru Friday from 8:30am to 4:30pm, except on holidays(& occasional set-up times for special events-check monthly calendar)**.** | We may be able to book groups some evenings and/or some weekends. Must discuss with Senior & Disabled Services Director to see what is possible. |

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| **POLICY – NO AGE REQUIREMENT** | | |
| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\84F64209.tmp**  1-28-2019 Board Meeting | People of any age may participate in our senior center activities and events. That being said…the Senior Center encourages senior, disabled, and people with special needs of all ages to participate in our programs/events. | NOTE: There are age and/or residency requirements for Aging & Disability Resource Center (ADRC) of Monroe County services including senior dining & meal delivery, and for some WIHA courses (IE: PALS). |

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| **POLICY – NO MEMBERSHIP FEES** | | |
| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\84F64209.tmp** | There are NO membership fees, age, or residency requirements to participate in most programs and services\* offered at the City of Tomah’s Senior Center.  Note: \* There are age and/or residency requirements for Aging & Disability Resource Center (ADRC) of Monroe County services including senior dining & meal delivery. | See the source image  1-28-2019 Board Meeting |

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| **POLICY - PHOTOS/VIDEOS/ETC.** | | |
| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\84F64209.tmp** | **The City of Tomah’s Senior & Disabled Services Department** (including the Kupper Ratsch Senior Center) **reserves the right to utilize photos/videos/etc. of participants for publicity purposes.**  Participants not wanting their photo/video/etc. used must notify the Senior & Disabled Services Director in writing. | See the source image |

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| **POLICY – NO WEAPONS** | | |
| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\84F64209.tmp** | As defined by Wisconsin State Statute 941.235 – Carrying Firearm in Public Building:  ‘Any person *(other than those listed in statue)* who goes armed with a firearm (941.23 Concealed Weapon) in any building owned or leased by the state or any political subdivision of the state is guilty of a Class A misdemeanor.’ | **NO FIREARMS OR WEAPONS**  **ALLOWED**  **ON THIS PROPERTY.** |

😊Page 44