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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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| **APRIL 2025 NEWSLETTER** | | |
| See the source image | See the source image | See the source image |

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| **Kupper-Ratsch Senior Center** | |
| A sign on the front of a building  AI-generated content may be incorrect.  Front entry on Superior Avenue | A building with a patio and tables  AI-generated content may be incorrect.Back 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 | **WELCOME TO THE KUPPER-RATSCH SENIOR CENTER**  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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| 22 | | **CALENDAR** | | 44 | Senior & Disabled Services Dept. Information |
| **Newsletter INSERTS** | | | -Insert: Photo Album pages.  -Insert: ADRC of Monroe County Senior Dining Sites Menu & Nutrition Handout.  -Insert: Scam & Fraud Prevention-Tax Refund Scams;  -Insert: The Pandemic Turns 5; Measles Is Back; & Custodial Care Versus Skilled Care  (Medicare). | | |

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| Laugh Clipart | Free download on ClipArtMag | May be an image of child and text that says 'Six year olds laugh an average of 300 times a day. Adults only laugh 15-100 15- times a day BE SIX AGAIN GitlLoving.Lte' | old lady laughing clipart - Clip Art Library |

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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.**

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| **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* | **APRIL**  **2025**    **“Hello”**  **from Pam** | | Buchda new director | “Do battle against prejudice and discrimination whenever you  find it.”  *~Author Unknown* | | **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* |
| “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* | | “Here at the Senior Center,  we are all about making friends, being friends, keeping friends and spending time with friends.”  *~Pam Buchda* | | | ‘Happiness is not a destination.  It is a method of life.”  *~Burton Hills*  “Laugh Often~ Live Well~ Love Much”  *~Author Unknown*  Everyday… What are 3 things you are grateful for? | |

Hello Everyone,

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| See the source image | **ELECTION DAY**  ***It is your right & responsibility to vote.***  **DATE: Tuesday, APRIL 01, 2025**  **TIME:** Polls open **7:00am to 8:00pm** | May be an image of text that says 'Stop being Democratic or Republican. Be honest, have morals, show empathy, value integrity. Be a GOOD HUMAN' |

Spring---we are here! In April, Pam has some **Calendar Raffle Tickets** that are fundraising for AAUW projects & scholarships. Ticket drawings are on Mondays thru Fridays in May - starting May 5th - $50 a day – can win more than once. An additional day is Mother’s Day for an $100 winner.

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| The **articles I selected to share with you** for this month in the newsletter are… *April Fool’s Day; Passover; Holy Week; Easter; Holocaust Remembrance Day; Earth Day; Arbor Day; Property Deed Protection; Life Advice on Decision Making; & Why you Should Write Your Own Eulogy; Spring Lawn Cleanup.*  I am **also sharing information** as newsletter inserts… *Photo Album Pages;* *ADRC of Monroe County Senior Dining Sites Menu & Nutrition Handout; The Pandemic Turns 5; Measles is Back; Custodial Care Versus Skilled Care (Medicare); Scam & Fraud Prevention- Tax Refund Scams.* |

**CHANGES IN SCHEDULE**:

-**Special Needs OPEN GYM** on Fridays moved from 12noon to **10:45am,** starting in April.

-**MEN’S SHED** is **April 15th** (not 22nd) 12:30 Lunch at Bog’s Edge & 1:30 Field Trip to Bog’s Edge

Brewery. To register call 608-785-5700 ADRC of La Crosse County.

**NEW ACTIVITY(S)**:

-**The** **NEIGHBORHOOD GROUP** at 6pm on Tuesdays *(except 3rd Tues)* starts April 22nd.

-**ADVANCE DIRECTIVE ASSIST** by Molly Hovick, Tomah Health Social Services at senior center on

Thursday, April 10 at 1pm-3pm

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| See the source image  See the source image | Easter is Sunday, April 20, 2025.  On **Good Friday (Friday, April 18)** the meal site will be closed. The Senior Center will be open. We will once again have our **GOOD FRIDAY POTLUCK at 11:30am**. Please sign up in the senior center office for the potluck. | **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\FC5A558C.tmp** |

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| See the source image | **INVITATION TO VOLUNTEER APPRECIATION SOCIAL**  **Everyone is invited to come celebrate & appreciate our volunteers.**  **DATE:** Thursday, April 24, 2025 **TIME:** 3/3:30pm (after bingo**) PLACE:** Kupper Ratsch Senior Center |

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| Reports Stat Stock Illustrations – 34 Reports Stat Stock Illustrations,  Vectors & Clipart - Dreamstime | **KUPPER-RATSCH SENIOR CENTER ATTENDANCE**  ***NOTES****: Did Not Take Daily Attendance Before COVID.**Senior Center closed due to COVID from March 17, 2020 to June 15, 2020 (3 months). Meal Site closed due to COVID from March 17, 2020 to July 26, 2021 (1 1/3 years).**They**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**  **2025**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,795+  1,487+  1,387+  856+  407  ---  Did not | 202+  206+  187+  93+  21+  ---  take | 24-01 Sun.,14 Eve.& 01 Sat.  25-01 Sun.,04 Eve.& 01 Sat.  23-01 Sun.,04 Eve.& 01 Sat  24-01 Sun.,01 Eve.& 02 Sat.  20–00 Sun.,02 Eve.& 01 Sat.  Masks Required  25-01 Sun.,02 Eve.& 01 Sat.  attendance before COVID |  | **July**  **2025**  **2024**  **2023**  **2022**  **2021**  *07-26-21*  **2020** | +  1,620+  1,741+  1,215+  1,078+  *MealSite*  586+ | +  175+  203+  161+  71+  *Reopen*  69+ | xx-xx Sun., xx Eve.& xx Sat.  20-01 Sun.,08 Eve.& 01 Sat.  24–03 Sun.,01 Eve.& 01 Sat.  21–01 Sun.,05 Eve.& 00 Sat.  21–01 Sun.,05 Eve.& 01 Sat.  Masks Optional  24-01 Sun.,02 Eve.& 01 Sat.  Open with Precautions | | **February**  **2025**  **2024**  **2023**  **2022**  **2021**  **2020** | 1,688+  1,847+  1,626+  1,039+  383+  ---  Did not | 214+  271+  207+  111+  20+  ---  take | 24-02 Sun.,14 Eve.& 02 Sat.  27-04 Sun.,10 Eve.& 02 Sat.  21-01 Sun.,02 Eve.& 01 Sat.  19-00 Sun.,02 Eve.& 00 Sat.  20-00 Sun.,01 Eve.& 01 Sat.  Masks Required  22-01 Sun.,01 Eve.& 01 Sat.  Attendance before COVID |  | **August**  **2025**  **2024**  **2023**  **2022**  **2021**  **2020** | +  1,738+  2,201+  1,486+  1,253+  620+ | +  190+  239+  202+  139+  74+ | xx-xx Sun., xx Eve.& xx Sat.  26-02 Sun.,09 Eve.& 02 Sat.  28–03 Sun.,02 Eve.& 02 Sat.  25-01 Sun.,04 Eve.& 01 Sat.  24-01 Sun.,04 Eve.& 01 Sat.  24–01 Sun.,02 Eve.& 02 Sat. Open with Precautions | | **March**  **2025**  **2024**  **2023**  **2022**  **2021**  **2020** | 1976+  1,902+  2,349+  1,390+  617+  --- | 208+  241+  263+  138+  37+  --- | 22-02 Sun.,11 Eve.& 01 Sat.  25–02 Sun.,14 Eve.& 02 Sat.  26-01 Sun.,06 Eve.& 02 Sat.  24-01 Sun.,05 Eve.& 00 Sat.  23-00 Sun. 01 Eve.& 01 Sat.  Masks Required  16–00 Sun.,00 Eve.& 00 Sat.  17th Closed d/t COVID |  | **September**  **2025**  **2024**  **2023**  **2022**  **2021**  **2020** | +  1,524+  1,927+  1,332+  1,134+  595+ | +  166+  208+  170+  112+  59+ | xx-xx Sun., xx Eve.& xx Sat.  22–01 Sun.,05 Eve.& 01 Sat.  24-03 Sun.,06 Eve.& 01 Sat.  22-01 Sun.,06 Eve.& 01 Sat.  23-01 Sun.,08 Eve.& 01 Sat.  23-01 Sun.,03 Eve.& 01 Sat. Open with Precautions | | **April**  **2025**  **2024**  **2023**  **2022**  **2021**  **2020** | +  1,872+  1,870+  1,340+  689+  --- | +  255+  232+  138+  43+  --- | xx-xx Sun., xx Eve.& xx Sat.  26-03 Sun.,08 Eve.& 01 Sat.  26-01 Sun.,06 Eve.& 02 Sat.  21½-1 Sun,09 Eve.& 00 Sat.  21–00 Sun.,01 Eve.& 01 Sat.  Masks Required  00-00 Sun., 00 Eve.& 00 Sat.  Closed d/t COVID |  | **October**  **2025**  **2024**  includes  **2023**  **2022**  **2021**  **2020** | +  2,670+  Hallowe  2,370+ 1,736+  1,410+  602+ | +  270+  enParty  282+  244+  142+  71+ | xx-xx Sun., xx Eve.& xx Sat.  27–3 Sun,12-23 Eve.& 1 Sat.  *Start include LIFE in evening.*  26-03 Sun,11 Eve.& 01 Sat.  21- 1 Sun.,07 Eve.& 01 Sat.  24 -2 Sun.,08 Eve.& 01 Sat.  25 –1 Sun.,03 Eve.& 02 Sat. Open with Precautions | | **May**  **2025**  **2024**  **2023**  **2022**  **2021**  **2020** | +  1,758+  1,898+  1,426+  657+  --- | +  246+  247+  128+  37+  --- | xx-xx Sun., xx Eve.& xx Sat.  24-01 Sun.,03 Eve.& 01 Sat.  24-01 Sun.,04 Eve.& 01 Sat.  22-01 Sun.,07 Eve.& 00 Sat.  20-00 Sun.,03 Eve.& 01 Sat.  Masks Required  00-00 Sun.,00 Eve.& 00 Sat.  Closed d/t COVID |  | **November**  **2025**  **2024**  **2023**  **2022**  **2021**  **2020** | +  1,785+  1,862+  1,322+  1,101+  510+ | +  226+  236+  228+  122+  76+ | xx-xx Sun., xx Eve.& xx Sat  24-03 Sun.,13 Eve.& 02 Sat.  25–03 Sun.,07 Eve.& 02 Sat.  21-01 Sun.,05 Eve.& 01 Sat.  20-01 sun.,05 Eve.& 01 Sat.  20-00 Sun.,01 Eve.& 01 Sat. Open with Precautions | | **June**  **2025**  **2024**  **2023**  **2022**  **2021**  **2020** | +  1,588+  1,795+  1,461+  965+  270+ | +  212+  224+  162+  44+  26+ | xx-xx Sun., xx Eve.& xx Sat.  23-01 Sun.,04 Eve.& 02 Sat.  25-01 Sun.,01 Eve.& 02 Sat.  23-01 Sun.,06 Eve.& 00 Sat.  22-01 Sun.,06 Eve.& 01 Sat.  Masks Required  14-01 Sun.,02 Eve.& 00 Sat.  15th Reopened w/Precautions |  | **December**  **2025**  **2024**  **2023**  **2022**  **2021**  **2020** | +  1,574+  1,644+  1,230+  1,006+  452+ | +  230+  242+  219+  88+  48+ | xx-xx Sun., xx Eve.& xx Sat.  21-00 Sun.,10 Eve.& 01 Sat.  21–01 Sun.,03 Eve.& 01 Sat.  21-00 Sun.,06 Eve.& 01 Sat.  22–01 Sun.,05 Eve.& 01 Sat.  22-00 Sun.,01 Eve.& 01 Sat.  Open with Precautions | |  |  |  | *Newsletter is done before end of month.* |  | **TOTAL**  **2025**  **2024**  **2023**  **2022**  **2021**  ***2020*** | **+**  **21,365+**  **22,670+**  **15,833+**  **10,700+**  ***3,635****+* | **+**  **2,688+**  **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, above the numbers recorded, additional people have used our services.* | |

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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. |

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| **01** | **RECREATION & LEISURE ACTIVITIES/GATHERING PLACE**  **GOAL(S):**  To maintain & grow programs, services, & community events at/for the senior center. |

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| **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. |

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| **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. |

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| **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 |

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| A building with tables and chairs  AI-generated content may be incorrect. | **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:**

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| **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, Siegrun Horst, & Bev Thorp. |

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| **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 |

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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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| **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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| **THE NEIGHBORHOOD GROUP** | | |
| Free Vector group of elderly people dancingFree Vector happy senior people group | **DATE:** Tuesdays (except 3rd Tuesday)  Starting April 22nd, 2025  **TIME:** 6:00pm  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEER(S):** David Heffel | Purpose:  Fight loneliness with positive message, and a place to meet people & socialize. |

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| “**It’ spring fever, that’s what the name of it is.**  **And when you’ve got it, you want – oh, you don’t quite know what it is you do want,**  **but it just fairly makes your heart ache, you want it so!”**  *~Mark Twain* |

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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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| **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 ... | **DATE:** 4th Tuesday-**April** ~~22~~**15th 3rd Tues**  *May 27; & June 24.*  **TIME:** 12:30-1:15 Free Lunch  1:30pm – 3:00pm Field Trip  **TOPIC & SPEAKER(S):** Micro Beer Brewing  **PLACE: Bog’s Edge Brewery**  3511 Blarney Rd., Warrens, WI.  **RSVP** by April 8th to reserve lunch | **REGISTER/RSVP:**  ADRC-La Crosse County  **608-785-5700**  **SPONSORS**:  ADRC-Monroe County  **608-269-8690**  VA Caregiver Support/  Veteran Community Partnerships  608-372-3971 x66279  **QUESTIONS?/NEED TRANSPORTATION?**  Kristine at 608-386-0922 or kmeyer@lacrossecounty.org |

**CREATIVE GROUPS**

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| **BASKET WEAVING CLASS** | | |
| ***A close-up of hands holding a circular object  AI-generated content may be incorrect.*** | **DATE:** 3rd Monday  **TIME:** 10:30am to 3:30pm  **COST:** $ for supplies–ask Pam, Paulette 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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| A basket on top of a radio  AI-generated content may be incorrect. | A group of people sitting at tables  AI-generated content may be incorrect. |
| BASKET WEAVING CLASS – 3rd Monday  April basket - $20 for supplies  Must pre-register with senior center staff – limited class size. Sign up for May class. | BASKET WEAVING CLASS  Had a larger group then Rose is comfortable with - 19 people. However, all had a good time!  Monday, March 17, 2025 |

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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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| **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 imageEmbroidery Clipart Images | Free Download | PNG Transparent ...  **People who crochet. embroider & 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 imageEmbroidery Clipart Images | Free Download | PNG Transparent ...  **People who crochet. embroider & knit are also welcome**. |

**BOOKINGS:**

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

**MUSIC PROGRAMS:**

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| 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 |

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| **LIVE MUSIC AT THE SENIOR CENTER** | | |
| A person playing a guitar in a room  AI-generated content may be incorrect. | **KEVIN MATTSON**  **DATE:** Friday, April 04, 2025  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** x | See the source image  ***“Singer/Songwriter with songs from the 20’s thru the 70’s”*** |

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| **LIVE MUSIC AT THE SENIOR CENTER** | | |
| See the source image  ***“Local Songwriter/Singer”*** | **SCOTT WILCOX**  **DATE:** Friday, April 11, 2025  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** x | A person playing a guitar  AI-generated content may be incorrect. |

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| **LIVE MUSIC AT THE SENIOR CENTER** | | |
| A person playing a guitar  AI-generated content may be incorrect. | **SKIP JONES**  **DATE:** Friday, April 18, 2025  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** x | See the source image  ***“Folksinger & Storyteller”*** |

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| **LIVE MUSIC AT THE SENIOR CENTER** | | |
| See the source image  ***“Classic & current country and good old-fashioned sing-a-longs”*** | **BLAINE MEYER & GARY FELBER**  **DATE:** Friday, April 25, 2025  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** Volunteers their Time & Talents | A person playing a guitar next to a person playing a guitar  AI-generated content may be incorrect. |

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| **LIVE MUSIC AT THE SENIOR CENTER** | | |
| A person sitting in a chair  AI-generated content may be incorrect. | **MICHAEL SLATER**  **DATE:** Friday, May 04, 2025  **TIME:** 10:15am to 11:15am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **SPONSORS:** Volunteers his Time & Talents | See the source image  ***“Piano Music to sit back, relax and enjoy”*** |

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| **01** | **RECREATION & LEISURE ACTIVITIES/GATHERING PLACE,** continued | |
| **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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| **CANASTA** | | |
| https://lh3.googleusercontent.com/s76Tog-9yEzvFQ17nr1s9S5v-HF1EDQW_dnE1R1osFNrUAr2snsWkdtUeTnYa3v5ckE=w300 | **DATE:** Wednesdays  **TIME:** 1:00pm  **PLACE:** Kupper-Ratsch Senior Center | **COST:** Free  **VOLUNTEERS:**  People from the group |

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

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

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

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| Knitting Cliparts, Stock Vector and Royalty Free Knitting ... | **KNITTING GROUP**  **DATE:** Wednesdays or Fridays  **TIME:** 1:00pm or 1:45pmor ?  **PLACE:** Kupper Ratsch Senior Center | **You are welcome to join us!**  **COST:** Free, however you  provide your own supplies |

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| **MAHJONG** | | |
| https://static.vecteezy.com/system/resources/previews/000/104/079/original/free-mahjong-vectors.jpg | **DATE:** Wednesdays  **TIME:** 1:00pm  **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 Fridays  **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 |

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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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| **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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| **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. |

**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. |

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

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

**EDUCATIONAL, HEALTH PROGRAMS, & SUPPORT PROGRAMS:**

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| **VETS CAREGIVER SUPPORT GROUP** | | |
| A blue and gold emblem with a eagle and a flag  AI-generated content may be incorrect. | **DATE:** Second & Fourth 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. |

**EXERCISE PROGRAMS:**

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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 equipment, weights, balls, stretch bands, & steps to use.*  See the source image |

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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 |

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| **CHAIR YOGA** | | |
| See the source image | **DATE:** Tuesdays & Thursdays  **TIME:** 9:00am to 10:00am  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center  **VOLUNTEERS:** Trudi B. & Enid M.  &People in group | Vector illustration of man or woman sitting on a chair in yoga poses. Relaxing and stretching schematic image. Flat vector illustration in gentle palette. |

**WANTED…**

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| Do you know of any **musicians**? See the source imageD  Would you recommend them?  If so, please share with me their names & contact information.  I will investigate booking them here. Thanks, from Pam. |

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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 |  |  |  | | --- | --- | | **02** | **EDUCATIONAL & HEALTH PROGRAMS,** continued… |   **VISITING OFFICE HOURS:**  **Please stop by & say hi when you see us at the senior center during our “office hours” there.**   |  |  |  | | --- | --- | --- | | **VISITING WITH OFFICER AUDRA GOMEZ, Community Service Officer** | | | | Officer Gomez wearing her patrol uniform | **DATE: 2nd Tuesdays, as able**  **TIME:** 12:30 – 1:00pm  **COST:** Free  **PLACE:** Kupper-Ratsch Senior Center | |  |  | | --- | --- | | Police Department Logo | **Tomah Police Dept.**  **‘Serving the Community’** | |  |  |  |  | | --- | --- | --- | | **COFFEE TIME &/or MEMORY SCREENING**  **WITH ADRC DEMENTIA CARE SPECIALIST-TRAVELING OFFICE HOURS** | | | | A person smiling in a room  AI-generated content may be incorrect. | **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.*** | | |  |  |  |  | | --- | --- | --- | | **COFFEE TIME WITH ST. CROIX HOSPICE Care Transition Coordinator-TRAVELING OFFICE HOURS** | | | | A person smiling at camera  AI-generated content may be incorrect. | **DATE: 3rd Wednesday**  **TIME: 11:00am–1:00pm**  **COST**: FREE  **PLACE:** Kupper-Ratsch Senior Center  **CONTACT:** Janessa Peterson  608-461-8093 jpeterson@stcroixhospice.com | 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.*** | | |  |  |  |  | | --- | --- | --- | | **BETTER HEARING** | | | | A person in a tie sitting in a kitchen  AI-generated content may be incorrect. | **DATE: 3rd WEDNESDAY**  **TIME:** 9-11am or make an appointment  **COST**: Set by/with Better Hearing  **PLACE:** Kupper-RatschSenior Center  **CONTACT:** Tom Vierling at 608-781-6881 or 1-800-526-3298 | **See the source image** |  |  |  |  | | --- | --- | --- | | **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.*** | | |   😊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 |
| **LOAN CLOSET USAGE**  **INS/OUTS Per MONTH: XX DAYS of XX OPEN DAYS** | | | | | |
| Jan.: 19 of 24 days (44) | | April: xx of xx days | July: xx of xx days | October: xx of xx days | |
| Feb.: 19 of 24 days (44) | | May: xx of xx days | August: xx of xx days | November: xx of xx days | |
| March: 19 of 22 days(65) | | June: xx of xx days | September: xx of xx days | December: xx of xx days | |

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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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| **03** | **DISABLED/SPECIAL NEEDS SERVICES,** continued… | | |
| **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.*  **DATE: Meets 1st Tuesday every other month** (Jan.-Mar.-May-July-Sept.-Nov.)  **TIME:** 5:30pm **PLACE:** Kupper-Ratsch Senior Center. | |
| ***MISSION STATEMENT:*** *To provide an opportunity for the special needs community to have a fun time*  *together/social opportunities, and their caregivers’ opportunities for support, education, and networking.* | | | | |
| **ALWAYS LOOKING FOR PEOPLE INTERESTED IN OUR MISSION TO JOIN US.** | | | | |
| **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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| See the source image | **SUNDAY-FUNDAY**  Meets 1x monthly for special needs people & their parents/guardians. | |
| **DATE:** Sunday, April 13, 2025 **TIME: 2:00 to 4:00pm**  **COST:** FREE **PLACE:** Kuper-Ratsch Senior Center   |  | | --- | | **PURPOSE**: *Special needs persons for socialization and fun…*  **ACTIVITY:** Enjoying time with others… **Easter Egg Hunt & Games** |   and   |  | | --- | | **PURPOSE**: *Parents/Caregivers are invited to join us in visiting, support, networking, education, sharing of ideas, experiences, and resources.*  **TOPICS**: Enjoying time with others…sharing experiences & resources. |   *NOTE:* ***MUST RSVP TO PAM*** *at Senior Center* ***by Thursday before***  ***event*** *- 608-374-7476 or pbuchda@tomahwi.gov* | | **2025 DATES:**   |  |  | | --- | --- | | January 19 | July 20 | | February 16 | August 17 | | March 16 | Sept. | | April 13 | October | | May 18 1-3 | Nov. | | June 22 | Dec.--- |   *September thru December dates to be determined after Packer schedule is out.* |

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| **SPECIAL NEEDS OPEN GYM** | | |
| Limit of 12 people taking the class.  **A picture containing illustration, animated cartoon, text, drawing  Description automatically generated** | **DATE:** FRIDAYS **TIME:** 10:45am-11:45pm  **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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| **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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| [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 |

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

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

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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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| 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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| **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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| **SPECIAL NEEDS OPEN GYM 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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| Knitting Cliparts, Stock Vector and Royalty Free Knitting ... | **KNITTING GROUP Volunteer Instructor**  **DATE:** ? **TIME:** mornings or afternoons ?  **PLACE:** Kupper Ratsch Senior Center  **INSTRUCTOR**: ? | **COST:** Free,  however you provide your own supplies |

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| Tatting Shuttle High Res Stock Images | Shutterstock | **TATTING GROUP Volunteer Instructor**  **DATE:** ? **TIME:** mornings or afternoons ?  **PLACE:** Kupper Ratsch Senior Center  **INSTRUCTOR**: ? | **COST:** Free,  however, you provide your own supplies |

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| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D8251E22.tmp** | **“Good Neighbor” DRIVERS to Volunteer**  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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| **CONTACT** Pam  608-374-7476 or pbuchda@tomahwi.gov | **FACILITATE A NEW GROUP OF INTEREST**  **WHAT INTEREST:** ??? **DATE:** ??? **TIME:** ??? |

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

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

*~H. Jackson Brown Jr*

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

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

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

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

***Service Organizations and Nonprofits in the 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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| **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. |

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| See the source image | **VOLUNTEERS** since last newsletter *(was put together)***:**  June Abbott; John & Rose & Libby Berry; Pat Block; Sandi Bloom; Duane & Paulette Bolton; Mary Boettcher; Trudi Brohmer; Pam Buchda; Sandy Chroninger; Chad Dobson; John Dostal; Richard Gegenfurtner; Sue Gottbeheat; Alyson Hefner; Marvin Henricks; Tammy Hewuse; Siegrun Horst; Gail Johnson; Doris Kelley; Enid Mistele; Gary Moe; Jill Montgomery; Leta Nofsinger; Sue O’Neil; Marvin Parker; Al Pasch; Anna Mae Rudolph; Doug Semrau; Lauri Shumway, Cassie Skogan.  L.I.F.E. STAFF/SENIOR CENTER VOLUNTEERS: Karen Olson; Joey Davis; Peggy Meiners; Jill Montgomery; Pat Reis.  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 |

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| **“All through the long winter, I dream of my garden. On the first day of spring, I dig my fingers deep into the soft earth. I can feel it’s energy, and my spirits soar.”**  *~Helen Hayes* |

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| See the source image | **INVITATION TO VOLUNTEER APPRECIATION SOCIAL**  ***Everyone is invited to come celebrate & appreciate our volunteers.***  **DATE:** Thursday, April 24, 2025 **TIME:** 3/3:30pm (after bingo)  **PLACE:** Kupper Ratsch Senior Center |
| http://cdn2.hubspot.net/hub/251467/file-2354757671-jpg/images/Blog_Graphics/Blog_Top_Graphics/Volunteer_Appreciation.jpg?t=1426195652892  **APRIL 20-26, 2025**  See the source image  **Let’s Celebrate our Volunteers**  **of**  **March 2024**  **to**  **March 2025!!!**  See the source image  s**THANK YOU**  **SO MUCH!!!**  See the source image  See the source image | June Abbott; John & Rose & Libby Berry; Karen Birkeness; Pat Block; Sandi Bloom; Duane & Paulette Bolton; Mary Boettcher; Trudi Brohmer; Nancy Close; Sandy Chroninger; Chad Dobson; John Dostal; Jeff Drew; Donna Evans; Family Promise Volunteers; Becky Fitzpatrick; Renee Fletcher; Kathy Friske; Richard Gegenfurtner; Deb Gilles; Kitty Gnewikow; Donna Greeno; Susan Greeno; Rod Hanes; Nicole Hart; Ana Hartley; Jeremy Haun; Monica Haun; Alyson Hefner; Marvin Henricks; Fran & Tammy Hewuse; Siegrun Horst; Brad Jilek; Gail Johnson; Doris Kelley; Martha Klatt; Ruth Klug; Pat Koca (sadly missed); Darold & Monica Kukowski; L.I.F.E. After School Students & Staff; Jillene Luedtke (sadly missed); Richard McNeil; Peggy Meiners; Enid Mistele; Gary Moe; Jill Montgomery; Jenna Moser; Leta Nofsinger; Sue Noth; Evelyn Noyes; Sue O’Neil; Marvin Parker; Al Pasch; Lisa Peterson; Nancy Phillips; Pete Reichardt; Rotary Club of Tomah; Anna Mae Rudolph; Cathy Scherreicks; Doug Semrau; Lauri Shumway; Cassie Skogan; Barb Stoda; Renee Stroh; Deb Young.  **ART & CRAFT FAIR VOLUNTEERS:** Diane Behrens;John, Rose & Libby Berry; Sandi Bloom; Duane & Paulette Bolton; Liz Brown; Colleen Carl; Leon & Pauline Clark; Diana Dombrowski; Becky Fitzpatrick; Richard Gegenfurtner; Sue Gottbeheat; Donna Greeno; Susan Greeno; Alyson Hefner; Grace Heim; Marvin Henricks; Sharon Jensen; Chris King; Gary Moe; Jenna Moser; Sue Moser; Carol Myers; Eara & Leta Nofsinger; Sue Noth; Eveyln Noyes; Sharon Organ; Marvin Parker; Pete & Trudi Peterson; Nancy Phillips; Marilyn Ratliff; Cathy Scherreicks; Lauri Shumway; Donna Simonson; Richard Yarrington;  **HALLOWEEN CANDY ASSEMBLY LINE VOLUNTEERS**: John, Rose & Laura Berry; Marvin Parker; with staff Paulette Bolton.  **HALLOWEEN PARTY VOLUNTEERS**: 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; **TASD 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)*  **L.I.F.E. STAFF/SENIOR CENTER VOLUNTEERS**: Karen Olson; Joey Davis; Peggy Meiners; Jill Montgomery; Pat Reis.  **MUSIC VOLUNTEERS**: Gary Felber; Blaine Hackett; Shannon Hogie; Blaine Meyer; Michael Slater; David Mosely & daughters; St. Paul 50+ Students & Staff;  **SENIOR & DISABLED BOARD**: Sandi Bloom; Sue Greeno; Jenna Moser; Evelyn Noyes; Lauri Shumway; Richard Yarrington/Mitch Koel; Shawn Zabinski. Mayor Mike Murray/Mayor Paul Dwyer.`  **SPECIAL NEEDS ADVISORY/WORK GROUP**: Patty Ambort; Ashley Gerke; Lauri Shumway; Stephanie Squires; Renee Stroh. .  We also Thank City of Tomah’s…. Scott Donovan, Maintenance; Park & Recreation Department; Public Works Department; & other City Department staff for their efforts on our behalf throughout the year. |
| **NOTE:** If you are a volunteer and you do not have your name listed in the volunteer sign-in book on the  small table by the front door, please let me know right away. Thank you. ~Pam. | |
| See the source image | **THANK YOU SO VERY MUCH FOR YOUR DONATIONS OF MONEY, GOODS, &/or SERVICES. 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* |

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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 SUBMISSION DEADLINE** | |
| 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 (pbuchda@tomahwi.gov), by the 15th of this month for next month’s newsletter. |

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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.  -*Yearly:* Senior Center involvement in community events such as Freeze Fest.  -*Yearly*: We have a senior center booth at the Healthy Aging Expo in Tomah.  -*Yearly:*  Organizing the free Tomah Area Annual Community Halloween Party (1990).  -*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 the 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). |

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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. 12-2024 to 03-2025 Volunteers painted walls in main rooms on 2nd floor.  -**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** |
| |  |  |  | | --- | --- | --- | | Long room with a table and chairs  AI-generated content may be incorrect. 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  AI-generated content may be incorrect.Line 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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*Pages 22 & 23 are the calendar and are in a separate ‘Newsletter Calander’ email file from this ‘Newsletter Email’ file.*

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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). |

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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  AI-generated content may be incorrect. | **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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| 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.  ***We accept donations of greeting cards*** *to supply this fundraiser.* |

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| A framed picture of a beach  AI-generated content may be incorrect. | **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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| *A light bulb with a black text  AI-generated content may be incorrect.* | **LIGHTBULBS**  We have packs of 4 LED (60 watt equivalent) Lightbulbs for sale for $3. That’s a good price. |

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| **“Science has never drummed up quite as effective tranquilizing agent as a sunny spring day.”**  *~W. Earl Hall* |
| **“I have seen the Lady April bring daffodils, bring the springing grass and the soft warm April rain.”**  *~John Masefield* |

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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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| **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.*

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| **LIVE MUSIC IS SCHEDULED WEEKLY AT THE SENIOR CENTER** | | | |
| May be an image of text that says 'Music imprints itself in the brain deeper than any other human experience... ...Music brings back the feeling of life when nothing else can. Dr. Oliver Sacks' | | May be an image of text that says 'Music It has the power to make us smile, and bring us to all types of tears. It can carry us back in time, and inspire us to dance in the moment. For all our happiest days, and our saddest, there is music.' | May be an image of text that says 'FACT: ONE OF THE ONLY ACTIVITIES THAT ACTIVATES, STIMULATES AND USES THE ENTIRE BRAIN IS MUSIC. David Avocado Wolfe' |
| May be an image of text that says 'Music can change your mood in a second. Listen to music that makes you smile.' | | May be an image of text | May be an image of text that says 'DID YOU KNOW? Music has the ability to repair brain damage and return lost memories.' |
| **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* | **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.   |  |  |  | | --- | --- | --- | | See the source image | **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 $175 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!** | | |

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| **2025 MUSIC SPONSORSHIPS** | | | |
| **$500 & up**  -Frank G. Andres Charitable  Trust 2024 for 2025 Music | **$250-$499**  -Pam Buchda | **$100-$249** | **Up to $99** |
| **MUSICIANS THAT SPONSOR THEMSELVES BY VOLUNTEERING are Gary Felber; Blaine Hackett; Shannon Hogie;**  **Blaine Meyer; & Michale Slater. THANK YOU!!!** | | | |

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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 |

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

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

-*Ongoing*: **Fundraising for Specific Programs/Projects,** continued…

Work goes on throughout the year. (I.E: Music Sponsorships, Halloween Party, etc.).

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| See the source image **2025 HALLOWEEN Fundraiser for Community Party-October 31** | | | |
| **SUPERHERO: $500 & up**  -City of Tomah (Rec. Park  & staff hours) | **GENIE: $250-$499**  -Pam Buchda | **MAGICIAN: $100-$249** | **GREAT PUMPKIN: Up to $99** |

-*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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| **2025 ART & CRAFT FAIR Fundraiser for Senior Center-Nov.** See the source image | | | |
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-*Ongoing:* Looking for and applying for available and appropriate **Grants**.

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| **2025 GRANTS**Grant Funding: Over 3,972 Royalty-Free Licensable Stock ... | |
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***“An Act of kindness may take only a moment of our time,***

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

-*Ongoing*: **In Memory Donations**, and other **Donators/Sponsors** are listed in newsletter.

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| In Memory of Our Friends - Oak Hill Homepage**2025 MEMORIALS** | |
| -**IN MEMORY** of **Pat Koca** by Pam Buchda |  |

-*Ongoing*: **Other Donations**.

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| **2025 MONETARY GIFTS** | | | | | What is a Monetary Gift? - Greatest Gift |
| **$500 & up**  - | **$250-$499**  - | **$100-$249**  -Sandi Bloom  -Peggy Taylor | **$50 to $99**  -Christie  Broadhurst | **$Up to $49**  -Eugene Jakobi  -Lance & Barbara  Jensen | **$Up to $49**  -Chad  Kastenschmidt  -Pete Peterson  -Wanda Sheldon |

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| Free Lily Cliparts, Download Free Lily Cliparts png images, Free ClipArts  on Clipart Library | **CELEBRATE NEW LIFE**  *By Residents, Pine Meadows Assisted Living, Armada, MI*  Lilies so white, Easter eggs bright, church bells ringing, birds are singing ...  Celebrate New Life! Green grass growing, hyacinth showing, empty tomb found, His promise resounds ...  Celebrate New Life! Jelly bean treats, find a basket of sweets, alleluia of praise with voices raised ...  Celebrate New Life! Cards and greetings, families meeting, springtime, the season, His resurrection, the reason ...  Celebrate New Life! | C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\EE4CC5AC.tmp  Free Easter Sunday Photos, Download Free Clip Art, Free Clip Art on Clipart  Library |

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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** | | | | |
| **DONATIONS** since last newsletter: | | | | | | | | | | | | | | | |
| See the source image | | | | Terry Amundson; Sharon Anderson; Aidan Andrus; *Anonymous*; John & Rose Berry; Sandi Bloom; Jean Boak; Duane & Paulette Bolton; Christie Broadhurst; Liz Brown; Tara Brueggeman; Pam Buchda; Tim & Jeanne Buchda; Leon & Pauline Clark; John Dostal; Carol Drysch; Betsy Edevold; Gerrie Gerke; Chuck Geszvan; Stephanie Haas; Ray Hays; Siegrun Horst; Eugene Jakobi; Robert Jenkins; Kevin & Barb Jones; Tom Johnson; Terry Juracich; Doris Keister; Karen Kopenhafer; Duane & Marilyn Kortbein; Ruth Lehman; L.I.F.E. After School students & staff; Richard McNeal; Lynn Miller; Gary Moe; Sue Murphy; Carol Myers; Vern Naumann; Neighbor For Neighbor Food Pantry; Eara & Leta Nofsinger; Sue Olson; Pete Peterson; Marilyn Ratliff; Lyla Reigle; Donna Simonson; Peggy Taylor; Marianne Waege; | | | | | | | | | | | |
| **DONATIONS RECEIVED Each MONTH XX DAYS of XX OPEN DAYS** | | | | | | | | | | | | | | | |
| Jan.: 22 of 24 days (81) | | | | | April: xx of xx days | | | July: xx of xx days | | | October: xx of xx days | | | | |
| Feb.: 16 of 24 days (43) | | | | | May: xx of xx days | | | August: xx of xx days | | | November: xx of xx days | | | | |
| March: 19 of 22 days(57) | | | | | June: xx of xx days | | | Sept.: xx of xx days | | | December: xx of xx days | | | | |
| 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 | | | | | | | | | | | | | |
| **2025: BUSINESSES, ORGANIZATIONS & PEOPLE WHO DONATED–THANK YOU!** | | | | | | | | | | | | | | | |
| **AAUW**  June Abbott  Gene Alderman  Terry Amundson  Sharon Anderson  Aidan Andres  *Anonymous*  David Batten  John & Rose Berry  Sandi Bloom  Jean Boak  Mary Boettcher  Duane& Paulette Bolton  Marvin Braud  Liz Brown  Tara Brueggeman  Pam Buchda  Tim & Jeanie Buchda | | | Dan Burton  **Cares 4 You**  Pat Christensen  Mark Clapper  Leon & Pauline Clark  Doroth Coenen  John Dostal  Carol Drysch  Betsy Edevold  Casimir Eichenseer  Tom Feldkamp  Becky Fitzpatrick  James Fountain  Rebecca Frost  Richard Gegenfurtner  Gerri Gerke  Susan Greeno  Alyson Hefner | | | | Marvin Henricks  Penelope Herr  Siegrun Horst  Lance&Barbara Jensen  Gail Johnson  Tom Johnson  Pat Johnson  Kevin & Barb Jones  Terry Juracich  Doris Keister  Ann Kerr  Chris King  Ruth Klug  Bette Knutson  Karen & Terry Kopenhafer  Jan Koranda  Duane &Marilyn Kortbein | | | Ruth Lehman  Mary Lovold  Lorraine Lowry  Russel McKenna  Richard McNeal  Lynn Miller  Gary Moe  Rebecca Modlin  Amy Modlom  Jill Montgomery  Carol Myers  Vern Naumann  **Neighbor For Neighbor**  **Food Pantry**  Eara & Leta Nofsinger  Ken & Sue Olson  Sharon Organ  Bonnie Owens | | | Elva Pearson  Pete Peterson  Marilyn Ratliff  Paul & Terri Rice  Lorna Rosenow  **SAVVY Sisters**  Kathy Scherreciks  Wanda Sheldon  Sue Sherman  Cassie Skogan  Joyce Skogan  Cheryl Stees  Kathleen Stouffer  Peggy Taylor  Marianne Waege  Dave Wagner  Ann Wallus  Ron & Deb Watson | | |
| 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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| **DONATION WISH LISTS** | | |
| **REGULAR ONGOING NEEDS** | **WISHING FOR** | **WISH UPON A DREAM** |
| -Snacks (for 2pm daily snack time)  -Coffee: regular & decaf  -Creamers  -Sugar & sugar sub packets  -Hot chocolate packets  -Bingo Bash items for prizes  (Shelf food, treats, TP, paper towels,  cleaners, personal items, knick-knacks,  gently used treasures, etc.) | -Spoons (regular not plasticware)  -Bowls (not disposable) for serving  ice cream & other snacks  -TV, Very large screen smart tv for  activity room -Ruko enabled  -Popcorn machine stand  (specific measurements)  -2 Bins on wheels for yoga balls  (sized to fit in a specific place) | -Van (handicapped–like n.a.s.a. van)  -Elevator |

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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 two days 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 three 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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| **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.  -February & March: Training for city computer programs; and beginning to learn to use excel and power point. |

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| April Showers Spring Flowers Clip Art free image download | Town of Hudson's Annual Spring Clean Up, April 1 - 15 | Focus Newspaper | Free Clip Art April - ClipArt Best |

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| **“The green eyes of Springtime, Charming, as ever, Flirting, again.”** *~Michael Garofalo*,Cuttings |

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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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| **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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| **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.  Terms 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  Mitch Koel, Alderperson District 5  Shawn Zabinski, Alderperson District 4,  CHAIRPERSON | | |
| **NAME** | **City of Tomah’s SENIOR & DISABLED SERVICES EMPLOYEES** | | | | | | |
| Pam Buchda  Paulette Bolton  John Berry | Senior & Disabled Services Director (SDSD)  Senior & Disabled Services Aide (SDSA)  Senior & Disabled Services Aide (SDSA) | | | | FT: Salary 40 hours week  PT: Budget 20 hours week  PT: Budget 10 hours week | 07-02-2018  07-13-2021  01-13-2025 | |

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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. |
| INTERN HISTORY:  Sistina Barr 08-16-2023 to 11-06-2021 APTIV Program. Thomas Hollis 10-25-2022 to 01-05-2023 APTIV Program.  Brittany Phillips 12-09-2024 to 03-09-2025 APTIV Program. |
| If you have any questions, please feel free to contact me.  Sincerely, *Pam Buchda,* Tomah’s Senior & Disabled Services Director |

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| **SPRING LAWN CLEAN-UP** A yellow and blue gear with white text  Description automatically generated | | |
| **DATE:** In May **COST:** Free  **Sign up before May.** | The Rotary Club of Tomah members would like to help do spring lawn clean-up for 3 people with ‘regular size’ lawns. | **CONTACT**: Pam Buchda  608-374-7476  pbuchda@tomahwi.gov |

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

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| **AA MEETINGS** | | |
| [Image result for free clip art - aa meetings](https://www.bing.com/images/search?q=free%20clip%20art%20-%20AA%20meetings&id=34962008F716360C8B8D7F6B0AFE32EFC41E7591&FORM=IQFRBA) | **DATE: Wednesdays**  **TIME:** 6:30pm  **COST:** Free  **PLACE:** First United Methodist Church  Parsonage at 1105 Butts Ave., Tomah  **CONTACT**: Church #608-372-4543  Pastor or Seth Armour | No photo description available. |

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

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

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| **GRIEF SUPPORT GROUP** | | |
| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\27DB825D.tmp** | **DATE: Second Tuesday** of the month  **TIME:** 12:00pm–1:00pm  **COST:** Free  **PLACE:** ADRC Bldg. in Sparta  315 West Oak St. Suite A Room A | **To register…**  **CONTACT**: Emily Reitz  608-387-9250 Emily.reitz@co.monroe.wi.us |

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

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

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| **“The true harbinger of spring is not crocuses, or swallows returning to Capistrano,**  **but the sound of the bat on the ball.”** *~Bill Veeck* |

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

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| **SENSORY-FRIENDLY NIGHT AT SALON** | | |
| **Unwind with lower lights, retrained use of clippers and playing soft spa like music for low sensory!** | **DATE: 1st Tuesday** of the month  **TIME:** 4:00pm to 7:00pm  **COST**: ? depends on what you have done  **PLACE**: **Bold Impressions Salon**  1115 N. Superior Ave. Suite F, Tomah  608-377-7077 | This is welcome to any age that struggles with sensory.  Ask our staff about sensory supports,  or bring your own. |

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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: First 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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| **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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| **Sparta’s COMMUNITY MEAL** | | |
| At Lion’s Log Building - Sparta, WI. | | |
| See the source image | **DATE:** 2nd Wednesday  **TIME:** 4:00pm – 6:00pm  **COST**: Free, Donations Accepted | **SPONSORS:** |

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| **NEIGHBOR FOR NEIGHBOR FOOD PANTRY** | | | | | | |
| 1118 W. Veterans Street, Tomah, WI. 54660 608-372-6737 | | | | | | |
| Neighbor for Neighbor | | **DATE:** Mondays  **TIME:** 4:30pm – 5:30pm  **COST**: Free, check out income requirements | | | See the source image. | |
| **Monday** | **Tuesday** | | **Wednesday** | **Thursday** | | **Friday** |
| 1pm -3:30pm |  | | 1st & 3rd: 8-10am  2nd & 4th: 3-5pm | 10am – 12noon | |  |

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| **SECOND HARVEST MOBILE FOOD PANTRY** | | |
| Second Harvest Community Food Bank ... | **DATE:** 1st Tuesday **(in April 2nd Tuesday)**  **TIME:** 3:00pm-4:30pmor until gone  **PLACE**: Drive Thru Pickup- Recreation Park  1625 Butts Ave. Tomah | **COST**: Free  See the source image |

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

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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: Apr. 4 & 18.  **TIME: 5:00pm** until gone;  Doors open at 4pm  **COST**: $15 Adults; $12 First Responders.  $9 Kids under 10; | **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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| **Invite to COMMUNITY WINTER WALKING Group** | | |
| Recreation (gold) building at Recreation Park (fairgrounds) 1625 Butts Ave., Tomah, WI. 54660 | | |
| Free Vectors | Young men and women walking and senior men and women | **DATES: Tuesdays & Thursdays**  **TIME:** 8:00am -9:00am  **COST**: Free, informal group - join us!  **VOLUNTEER:** Donna Evans | NOTE: If no school due to weather – no walking and dates that recreation building used - we won’t walk, also  Not 2-06-2025 & 03-17-2025 |

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| **TAKE THE MYSTERY OUT OF MEDICARE** | | |
| **CONTACT & RESERVATION**  Alice Ackerman, Elder Benefit Specialist  ADRC of Monroe County  608-269-8693  Alice.Ackerman@co.monroe.wi.us | **DATE: Monday, March 11, 2024**  **TIME: 4:00pm to 5:30pm**  **PLACE:** Monroe County Board  Assembly Room 201 W. Oak St., Sparta, WI.  **COST:** FREE | 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 issues. P**resentation 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 as well as any new features. | | |

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| **BREAKFAST with the EASTER BUNNY** | | |
| **PLACE:** First United Methodist Church at 1105 Butts Ave., Tomah, WI. 54660~~~608-372-4543 | | |
| **EVERYONE WELCOME!**  Sponsored by Noah’s Ark Christian Learning Center  Free Easter Free Clipart, Download Free Clip Art, Free Clip Art on Clipart  Library | **DATES: Saturday, April 12, 2025**  **TIME:** 8:00am -11:00am Easter Egg Hunt for all Every half hour starting at 9:30am. Pictures with Easter Bunny.  **COST**: A good will offering will be taken | No photo description available. No photo description available. |

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| **2025 SPRING SPECTACULAR** | | |
| **PLACE:** St. Matthew Church 4285 US Hwy 12, Warrens, WI. 54666 | | |
| **BAKE SALE CONTACTS:**  Barb 608-344-0525  Patti 608-343-5045  **LUNCH:**  Sandy 608-387-4455 | **DATES: Friday, April 25, 2025**  **TIME:** 8:00am -5:00pm  **DATES: Saturday, April 26, 2025**  **TIME:** 8:00am -2:00pm | **8x10 Space Available for Crafts, Rummage/Thrift, Product Sales $25**  CONTACT  Karen 608-372-2853 |

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

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| **Tomah Area School District (TASD) Events** | |
| **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 | | 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 | | July 07 | July 21 | | August 04 | August 18 | | September ?? | September 15 | | October 06 | October 20 | | November 03 | November 17 | | December 01 | December 15 |   . | **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**:  4: Last Day of School |

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| **CAR SHOW with TOM WOPAT MEET & GREET**  **& TOM WOPAT IN CONCERT** | | |
| **PLACE:** Monroe County Recreation Park Exhibit Building | | |
| **CONCERT TICKETS at Tomah Museum**  $30 per person  **CAR SHOW**  Spectators Free | **DATES: Saturday, May 03, 2025**  **TIME:** 12noon -4:00pm **Car Show**  **TIME:** 7:00pm **Tom Wopat Concert**  Fundraiser for Tomah Area Historical Society and Museum | BP Smokehouse Food Truck will be available for purchase of food and beverages, along with Rooster Popcorn. |

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| **C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\6D1333D1.tmp** | | **THE BREAK ROOM**  1123 Superior Ave., Tomah ~608-372-2711 | | | FUN THINGS TO DO  Come early to get a seat. | |
| **POOL**  **DATE:** Tuesdays  **TIME:** All Day  **COST:** Free | **KARAOKE**  **DATE:** Wednesdays  **TIME:** 9:00pm  **COST:** Free | | **DJ TRIVIA**  **DATE:** Thursdays  **TIME:** 7:00pm  **COST:** ? | **KARAOKE**  **DATE:** Fridays  **TIME:** 9:00pm  **COST:** Free | | **LIVE MUSIC**  **DATE:** Saturdays  **TIME:** 9:00pm  **COST:** Free |

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| **BRICK SIP HAUS**  800 Superior Ave. Tomah, WI. 54660 ~ 651-303-3454 | | |
| **OPEN MIC NIGHT**  **DAYS:** Last Wednesday  **TIME:** 6pm – 9pm  **COST:** Free | Image result for brick sip haus | **LIVE MUSIC**  **DAYS:** Fridays  **TIME:** 7pm-10pm  **COST:** Free |

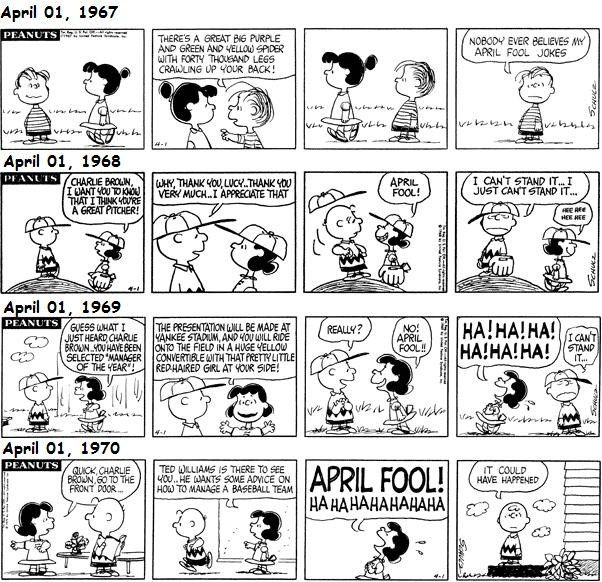
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| **TAPHOUSE TWENTY**  201 Helen Walton St. Suite 1 in Heartland Cranberry Mall, Tomah, WI. 54660 ~ 608-372-4000 | | |
| **TRIVIA NIGHT**  **DAYS:** Tuesdays  **TIME:** 6:30pm  **COST:** ? | **A black circle with white text  Description automatically generated** | **BINGO NIGHT**  **DAYS:** Wednesdays  **TIME:** 7pm  **COST:** ? |

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**FOR YOUR INFORMATION…**

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| **APRIL FOOLS DAY**   |  |  |  | | --- | --- | --- | | **APRIL 1st** | See the source image | From online Wikepedia |   April Fools' Day or April Fool's Day (sometimes called All Fools' Day) is an annual (primarily) [Western](https://www.bing.com/search?q=Western+world%20wikipedia) celebration commemorated on April 1 by playing [practical jokes](https://www.bing.com/search?q=Practical+joke%20wikipedia) and spreading [hoaxes](https://www.bing.com/search?q=Hoax%20wikipedia).  The jokes and their victims are called April fools. People playing April Fool jokes often expose their prank by shouting "April fool(s)" at the unfortunate victim(s). Some newspapers, magazines and other published media report fake stories, which are usually explained the next day or below the news section in smaller letters. Although popular since the 19th century, the day is not a [public holiday](https://www.bing.com/search?q=Public+holiday%20wikipedia) in any country.   Aside from April Fools' Day, the custom of setting aside a day for the playing of harmless pranks upon one's neighbor has historically been relatively common in the world. |

**Learn to laugh at yourself, or you’ll miss some of the best jokes**.



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😊 **FOR YOUR INFORMATION…**

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| **PASSOVER**   |  |  |  | | --- | --- | --- | | Free Passover Cliparts, Download Free Passover Cliparts png images, Free  ClipArts on Clipart Library | By Jill Cueni-Cohen, BSJ  Passover Stock Illustrations – 6,700 Passover Stock Illustrations, Vectors  & Clipart - Dreamstime | C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E1323789.tmp |   The Israelites’ exodus out of Egypt is one of the most important events in the history of the Jewish people. This is when God first contacted the nomadic tribe, introduced the concept of monotheism, and led them out of slavery.  Families celebrate the eight-day festival of Passover in the early spring. In **2025,** the holiday begins at sundown on **April 12 and continues through April 20**. Unlike most other Jewish holidays, which are celebrated in the synagogue, the Seder is generally conducted in the family home, although synagogues, schools, and community centers often hold communal Seders.  Established thousands of years ago, the Passover Seder has been an effective way of reminding future generations of Jews that they come from humble beginnings. Through the use of food imagery, all ages receive an annual lesson on the story contained in the book of Exodus. Throughout the meal, a little handbook called a Haggadah is read by everyone at the table including the children.  The handbook explains the significance of every sip of wine and each piece of matzo with the most important part of the Seder taking place when the Haggadah mentions the 10 plagues that God visited upon the Egyptians: blood, frogs, vermin, wild beasts, pestilence, boils, hail, locusts, darkness…and then the most impactful event took place when God sent the Angel of Death to kill their first-born sons.  This is where the holiday gets its name. After many failed attempts to get the Egyptian pharaoh to let the Israelites leave Egypt in peace, god instructed Moses to tell every Jewish family to mark the doorposts of their homes with the blood of a slaughtered spring lamb. This was meant to be a signal to the Angel of Death to PASS OVER the first-born sons of these homes and spare their lives. |

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| **Holy Week**  Creative Forecasting Editors March 28 - April 3, 2021  For much of the Christian church, the final week of the Lenten season is known as Holy Week. These days are spent in sacred remembrance of the last week of Jesus’ life. It is a time of great solemnity pointing worshippers toward sorrow and repentance as they consider the sufferings of Christ.  Holy Week traditions are some of the most ancient in the Christian church. References to fasting during these days before Easter can be found as early as 260 A.D. Other historical records indicate that early Christians in Jerusalem had developed pre-Easter traditions by the 3rd or 4th century.  Holy Week has special days of remembrance including Palm Sunday, Holy Thursday or Maundy Thursday, Good Friday, and Holy Saturday.  **Palm Sunday** **(April 13 in 2025)**, the first day of Holy Week, focuses on Jesus’ triumphal entry into Jerusalem where crowds of people placed palm branches at His feet.  **Holy Thursday or Maundy Thursday** **(April 17 in 2025)** commemorates the Last Supper, Christ washing the disciples’ feet, and His instruction to the disciples to love others as He loved them. Many churches hold services in remembrance of these events.  **Good Friday** **(April 18 in 2025**) is the day of the crucifixion of Christ. He died, was buried, and rose again on the third day after His death (Easter). Solemn Good Friday services are held for people to prepare spiritually for the Easter celebration.  **Holy Saturday or Great Sabbath or Easter Even** **(April 19 in 2025)** is the last day of Holy Week and Lent. Religious services are an important part of Holy Week. | Palm Sunday transparent background PNG cliparts free download | HiClipart  Jesus Washing the Disciples Feet coloring page | Free Printable Coloring  Pages | Jesus coloring pages, Bible coloring pages, Sunday school coloring  pages  Lent Clipart | Free download on ClipArtMag |

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😊 **FOR YOUR INFORMATION…**

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| By Creative Forecasting Editors, April 2021  http://www.clipartkid.com/images/555/easter-religious-happy-easter-religious-cross-Q1wkE5-clipart.jpg  Free Easter Sunday Photos, Download Free Clip Art, Free Clip Art on Clipart  Library  Free Easter Free Clipart, Download Free Clip Art, Free Clip Art on Clipart  Library  Free Easter Clipart  C:\Users\Delia\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\EE4CC5AC.tmp | **EASTER**  The most joyous celebration in the Christian Church is **Easter Sunday.**  **In 2022, Western Easter will be on April 17.**  For the majority of Western believer, especially in the Catholic tradition, Easter celebrations begin with the Easter Vigil which begins on Saturday night and ends in the early morning hours of Easter Sunday. This Vigil may include the baptism of new converts for whom Lent has been a time of instruction and preparation and the lighting of the paschal candle symbolizing the hope of Resurrection. Often the Eucharist is celebrated at midnight or in the early morning, this being the first Eucharist for the newly baptized converts. Some Christian churches hold sunrise services and/or their regular Sunday morning worship services. These are joyful affairs with lots of music and smiling faces.  In the Greek Orthodox or Eastern tradition, Easter or Pascha will be on April 24 in 2022. The Easter celebration also begins on the Saturday evening before Easter as people gather in the churches carrying large white candles. As the bells toll midnight, the priest announces, Christos anesti! “Christ is Risen!” The people respond with Alithos anesti! “Truly He is Risen!” Candles are brought to one another’s homes, symbolizing the light of Christ going out into the world. People then celebrate with a big meal.  **ANIMAL SYMBOLS**  **EASTER HARE OR RABBITT**. The date on which Easter is celebrated depends on the position of the moon. Ancient people believed the hare was a symbol of the moon since it was born with its eyes open, suggestive of the full moon. There are many differences between a hare and a rabbit such as a hare is larger and quicker than a rabbit, a hare lives above ground and a rabbit likes to burrow into the earth, and the hare is born with its eyes open, and a rabbit is born blind. Over the years, the rabbit replaced the hare in Easter tradition.  **LAMBS**. During the time when the Hebrews (Jews) were slaves in Egypt, their leader, Moses, told families to sacrifice and roast lambs then put their blood on their doorposts. This would protect them when the angel of God passed over to kill the firstborn children in Egyptian homes. To Christians, the Easter lamb became a symbol of Jesus whose life was sacrificed so people could have life after death. There is a belief that a lamb is good luck, especially if a person meets one during the Easter season.  **COLORED EASTER EGGS**  Many cultures have had beliefs about eggs. Primitive sun worshippers thought egg yolks symbolized the sun, the giver of all life. Greek philosophers believed that the egg represented the universe; the shell signified the earth and air, the white symbolized water, and the yolk represented fire. The Polynesians believed that the world was hatched from an egg. The egg is generally considered a symbol of rebirth and regeneration, and it is fitting that it is an important hallmark of the springtime feast of Easter.  The custom of dyeing eggs was not known in Europe prior to the Middle Ages, and it is thought that it was introduced by the Crusaders because it was common practice among the Egyptians, Persians, Greeks and Romans to dye eggs for their spring festivals. The traditional reason for coloring eggs is to suggest joy, show the bright colors of springtime, and symbolize the blood of Christ. |

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😊  **FOR YOUR INFORMATION…**

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| **HOLOCAUST REMEMBRANCE DAY**  **Yom HaShoah**  From Wikipedia, the free online encyclopedia  There are a number of Holocaust Memorial Days in the world, though not all on the same day. **Yom Hazikaron laShoah ve-laG'vurah** ([Hebrew](https://en.wikipedia.org/wiki/Hebrew_language): יום הזיכרון לשואה ולגבורה‎, [lit.](https://en.wikipedia.org/wiki/Literal_translation) 'Holocaust and Heroism Remembrance Day'), known colloquially in [Israel](https://en.wikipedia.org/wiki/Israel) and abroad as **Yom HaShoah** (יום השואה) and in English as **Holocaust Remembrance Day**, or **Holocaust Day.** In Israel, it is a national Memorial Day.  **Begins in the evening of April 23 & ends at nightfall of April 24, 2025 marks the anniversary** of the liberation of the Nazi-run concentration camp Auschwitz-Birkenau where more than one million people died or were killed by Nazis.  January 27 was later officially commemorated when the United Nations designated it International Holocaust Remembrance Day.  The day was officially designated in 2005 and has been commemorated each year since. The idea behind the day was to both honor the victims of Nazism and the Holocaust and to promote education around it while preserving sites where the acts of genocide took place. According to the Holocaust Encyclopedia from the United States Holocaust Memorial Museum.  **This day commemorates the genocide that claimed the lives of nearly 9,000 homosexual men, 250,000 physically & mentally disabled people, 200,000 Romas, 3 million ethnic Poles, 5 million Slavs, and 6 million Jews by the Nazi regime and its accomplices.**  The day is frequently marked by commemoration ceremonies and activities to accomplish the awareness and remembrance of the day. Museums, memorials and education centers across the United States play an active role in the education around the Holocaust year-round, but especially on the day of remembrance.  The internationally recognized date for the Holocaust Remembrance Day corresponds to the 27th day of Nisan on the Hebrew calendar. It marks the anniversary of the Warsaw Ghetto Uprising.  In Hebrew, Holocaust Remembrance Day is called **Yom Hashoah**. When the actual date of Yom Hashoah falls on a Friday, the state of Israel observes Yom Hashoah on the preceding Thursday. When it falls on a Sunday, it is observed on the following Monday.  In the United States, **Days of Remembrance** runs from the Sunday before Yom Hashoah through the following Sunday.  There are five Holocaust memorials & museums around the US you can visit. | Yom Hashoah Stock Illustrations – 496 Yom Hashoah Stock Illustrations,  Vectors & Clipart - Dreamstime  See the source image  **What is the saying? Something to the effect of… If we don’t learn/know about history, we are in danger of repeating it.**  See the source image |

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😊 **FOR YOUR INFORMATION…**

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| **EARTH DAY**   |  |  |  | | --- | --- | --- | | **PROTECT OUR SPECIES**  **“In nature, nothing exists alone.”**  ~ Rachel Carson, 1962 | APR APRSee the source imageI AP | From the Earth Day online site  **APRIL 22RIL** |   Nature’s gifts to our planet are the millions of species that we know and love, and many more that remain to be discovered. Unfortunately, human beings have irrevocably upset the balance of nature and, as a result, the world is facing the greatest rate of extinction since we lost the dinosaurs more than 60 million years ago. But unlike the fate of the dinosaurs, the rapid extinction of species in our world today is the result of human activity.  The unprecedented global destruction and rapid reduction of plant and wildlife populations are directly linked to causes driven by human activity: climate change, deforestation, habitat loss, trafficking and poaching, unsustainable agriculture, pollution and pesticides to name a few. The impacts are far reaching.  If we do not act now, extinction may be humanity’s most enduring legacy. Here are some quick facts on the current wave of extinction and additional information about this problem here.  All living things have an intrinsic value, and each plays a unique role in the complex web of life. We must work together to protect endangered and threatened species: bees, coral reefs, elephants, giraffes, insects, whales and more. The good news is that the rate of extinctions can still be slowed, and many of our declining, threatened and endangered species can still recover if we work together now to build a united global movement of consumers, voters, educators, faith leaders, and scientists to demand immediate action.  Earth Day Network is asking people to join in the efforts. Our goals are to:  -Educate and raise awareness about the accelerating rate of extinction of millions of species and  the causes and consequences of this phenomenon.  -Achieve major policy victories that protect broad groups of species as well as individual species  and their habitats.  -Build and activate a global movement that embraces nature and its values.  -Encourage individual actions such as stopping pesticide and herbicide use, waiting in spring to  do yard clean-up until pollinators are out and about, planting pollinator flowers, and adopting  plant-based diet. |

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| **ARBOR DAY**   |  |  |  | | --- | --- | --- | | **Trees are Simply Amazing.** | See the source image | From Arbor Day Foundation online site  **Friday, April 25, 2025**  (last Friday in April) |   Trees are simply amazing! They clean air and water, slow climate change, ease poverty and hunger, prevent species loss, and feed the human soul.  All we need to do is plant and care for them. Let’s work together to make it happen around the world.  Possible Arbor Day Celebrations: Planting, caring for and climbing trees, educating about importance of trees. |

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| **IT’S SPRING**  By ???  A small green frog, on a big brown log;  A lack and yellow bee in a little green tree;  A red & yellow snake, by a blue-green lake;  All sat & listened, to red bird sing;  “Wake up, everybody, it’s spring! it’s spring!” | **SPRING FAITH**  By Carolyn Wells  “I don’t believe the half I hear,  nor the quarter of what I see!  But I have one faith, sublime and true,  That nothing can shake or slay;  Each spring I firmly believe anew  All the seed catalogues say!” |

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| **WHY YOU SHOULD WRITE YOUR OWN EULOGY**   |  |  |  | | --- | --- | --- | | **Doing this in advance is an incredibly empowering and comforting experience that will allow you to leave nothing unsaid.** | Man filling out paperwork at table with coffee  Getty Images | By Suzanne B. O’Brien , TIME The Brief March 21, 2025  Former hospice and oncology nurse and the founder & AMP; CEO of Doulagivers Institute. |   Have you ever lost a loved one who left important words unsaid? Did you wonder if they really loved you, or did you have an argument with them right before they died? As a hospice nurse and the founder of Doulagivers Institute, and as someone who has been at the bedside of over 1,000 dying patients, I know how important it is to say everything you need to say at the end of life. That’s why I recommend that everyone, young and old, sick or healthy, write their own eulogy.  Today, many are rethinking what a funeral service needs to look like. Some are looking back to older traditions by readopting the practice of home wakes and funerals. Others are creating new traditions, showing that there are so many more ways to celebrate a life well-lived than the conventional options. **Turning the traditional eulogy into a personally written goodbye can be an empowering and beautiful** way to say “I love you” one more time.  A eulogy is usually a heartfelt tribute that someone else delivers at the funeral or memorial service. Sometimes, it’s a family member or close friend, but often, it’s a clergy member who may not even know us well.  As a death doula, I’ve attended many funerals. But I have never felt more love and healing at one than when a first-person eulogy is read. It’s powerful. Everyone in the room feels they get to have one last conversation with the person they’ve lost. When that conversation is filled with love, it’s the best possible salve for grief. It doesn’t mean others can’t say their own eulogies, but there’s something special about hearing directly from the person everyone misses so much.  When you write your own eulogy to be read after you’re gone, it’s wonderful to know that you’ve left behind a message for everyone you love to help them get through the loss. Even if you aren’t ill and even if you’re still young, you will feel a sense of relief in knowing your eulogy is ready just in case. **Of course, none of us wants to think about our death. It can be scary. But I’ve learned that we can release some of that fear by taking back control – when we take care of our final plans in advance, we can feel more at ease and at peace**, rather than afraid of the unknown.  It can also be an opportunity to communicate life lessons you’ve amassed along the way, especially if you’re leaving behind young children or grandchildren. I know someone who wrote about working too much in his younger days before he finally learned that it was more important to spend valuable time with his family. He talked about this in his eulogy, recounting some of the memories he had with his children, wife, and parents that he wouldn’t have had if he’d been working overtime. It meant less money for exotic vacations, but as he put it, “seeing the Great Wall of China will never compare to watching my five-year-old perform in a kindergarten play.”  A first-person eulogy is the perfect place to say apologies you’ve never been able to say face-to-face and bury the hatchet on any arguments before your death. For estranged relationships or those that ended in conflict, a pre-written eulogy can offer comforting closure. It can turn a sad occasion into a powerful experience.  Some people use their eulogy as a chance to apologize for their very human shortcomings, assuring their loved ones that they did their best even when they fell short and that they hope the people left behind will be able to remember the good times more often than the painful ones.  Most importantly, your eulogy is your occasion to express your caring and appreciation for the people you love. You can let them know how important they have been to you, what you admire about them, and what they’ve some for you that has been enormously valuable in your life. Even if you’ve already said it to them directly, saying it to them one more time after you’re gone will be  *Continued on page 40* |

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😊  **FOR YOUR INFORMATION…**

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| **WHY YOU SHOULD WRITE YOUR OWN EULOGY, continued…**  enormously meaningful to them.  If you have children, telling them how proud you are will stay with them forever. I recommend being specific about it. Speak to each child about their individual strengths that you admire and provide encouragement and confidence that they can take with them. It’s your opportunity to tell them how much you believe in them and the life they can create despite whatever challenges they might have experienced. If your child is struggling, this can be a remarkable boost for them as they grieve.  You can’t always count on being able to say goodbye to those you love. Even in the case of a prolonged illness, you might be unconscious or too weak to do it. By writing your own first-person eulogy ahead of time, you get to say goodbye to everyone who has had an impact on you – not just family members and close friends, but also coworkers, mentors, and community members you want to remember and convey your feelings about. When you write while you’re still feeling healthy, you’ll be less likely to forget anyone, and you can always add to the list as necessary. **Doing this in advance is an incredibly empowering and comforting experience** that will allow you to leave nothing unsaid. |

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| **The NIGHT OF APRIL 30th** |
| “In Celtic tradition, the night of April 30 was thought of as the darkest of the year,  when witches flew to frighten, spawning evil throughout the land.  In response, people pounded kettles, slammed doors, cracked whips, rang church bells, and made all the noise they could to scare off the corruption they imagined to be moving in the moist air.  They lit bonfires and torches and witch-proofed their houses with spring boughs.  Such vigils were kept throughout the night until the rising of the May-dawn.” -May Day |

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| **LIFE ADVICE on DECISION-MAKING**   |  |  |  | | --- | --- | --- | | **DIFFICULT DECISION-MAKING TIPS** | [An opened notebook with the phrase “Who Am I?” written across the top of a page with a pen lying across it as light causes a shadow along the page.](https://click.nl.npr.org/?qs=9b966737431bfa24ae47d033f9ea0009eb48f176de01d8edc6051cbbe472850204898023eeae80a82ab8bf23d76326c75c16db303d8996209118510c1b406cc0)  Beck Harlan/NPR | Found online on March 10, 2025 NPR UPFIRST  by Brittany Melton |   **Whether you’re considering a new career or moving to a different city, there are exercises that can help you make difficult decisions more clearly.**  Art Markman, a professor of psychology at the University of Texas at Austin, says the key is to be curious because it opens you up to the prospect that life can be even more interesting than you envisioned.  If you are ready to make a big decision, grab a pen, a notebook and a calendar and answer these prompts from *Life Kit’s* experts.  **BRAINSTORM**  Brainstorm with the “Two Lines” exercise. On the left side of the page, write where you are today. On the right, write where you hope to be. In the middle column, write down ideas for achieving you goal.  **20 STATEMENTS**  Get unstuck with the “20 Statements Test.” Write the question “Who am I?” at the top of the page and write down 20 answers. Look to see if any of your written traits counteract the ones holding you back.  **CALENDAR KICKSTART**  Look for a date on your calendar to kickstart your significant life change. Creating a symbolic date can spur the “fresh start effect,” boosting your motivation and sense of optimism. |

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😊 **FOR YOUR INFORMATION…**

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| **PROPERTY DEED PROTECTION**  Submitted by Mary Boettcher  **There are criminals (“scammers”) who try to take loans out on other people’s property deeds or a quick claim on other people’s property deeds – how do you protect your property?**  This is a number from the Aging & Disability Resource Center (ADRC) of Monroe County for a free service to help you protect your property from these types of scams.  This number, 800-728-3858, is who you call to register your name and phone number to protect your property in the event that someone tries to borrow money or tries to make a quick claim deed to take your property. Once you register, those at this number will notify you if someone takes a loan out on your deed or a quick claim on your deed.  Thank you, Mary, for identifying a problem, finding a solution, and sharing the information with us. |

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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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| 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. |

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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 | Free Procedure Cliparts, Download Free Procedure Cliparts ...**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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| **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 ... |

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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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| **WHEN THE SENIOR CENTER IS CLOSED DUE TO WEATHER** | | |
| Free Procedure Cliparts, Download Free Procedure Cliparts ...Free Snow Shovels Cliparts, Download Free Snow Shovels Cliparts png images, Free  ClipArts on Clipart Library | When the meal site is closed due to bad weather, most of the time, the Senior Center is still open.  If in doubt, call Pam or Paulette at the senior center 608-374-7476 after opening time (8:30am), say around 8:45am (for the 9am activity) or 9:00am. *During bad weather days,* *we are only closed on those days when Pam cannot get out of her house or driveway.* | If closed, we do call the radio stations:  **Tomah** (Magnum– 96.1, 94.5, 1460)  at 608-372-9600,  & **Sparta** (COW- 97.1) at 608-269-3100,  along with informing **city hall** 608-374-7420. |

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| 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. |

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| 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.** |

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| **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.** |

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| Free Procedure Cliparts, Download Free Procedure Cliparts ... **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*.*  *Please give picture and printed name to staff to type name and to put on 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. |

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| [https://companycasuals.com/images/customer/cityoftomah1552053892510.png](https://companycasuals.com/cityoftomah) | | **SENIOR & DISABLED SERVICES DEPARTMENT**  **INFORMATION** | Policies Procedures Concept Chart ... | | |
| **CODE OF CONDUCT** | | | | |
| **A sign with a check mark  AI-generated content may be incorrect.** | **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).* | | | Free Procedure Cliparts, Download Free Procedure Cliparts ... |
| **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. | | | | |

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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.** |

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