The Legal Language of Estate Planning
presented by
Phil Karrmann
Wednesday, November 7th @ 10:30
Learn exactly what all those perplexing legal terms mean when planning your estate.

Join us Thursday November 8th at 10:30 for the return of everyone’s favorite family physician Dr. Charles Steldinger. He will be sharing passages from his new memoir, “An Illinois Farm Boy Remembers”, and signing books for those who would like to stop by and visit.

Platteville Area Senior Services are selling fantastic one-of-a-kind calendars through the New Year. They feature 14 carefully selected historical images of Platteville accompanied by an explanatory caption.

All proceeds go to Support Our Seniors!
$10.00 each, or $12 to ship by USPS.
Stop by the PEAK Program at OE Gray, or contact PASS President Bill Cramer at pvillepass@gmail.com or on Facebook to purchase.
Has hearing loss impacted your life?

Don’t let relationships fade along with your ability to hear. Join us for:

If You’d Stop Mumbling, I Would Hear Just Fine!

Date: Tuesday, November 27
Time: 6–8 p.m.
Location: UW-Platteville, Ullsvik 0112
Instructor: Dr. Juliette Sterkens
Cost: $25

Juliette’s powerful presentation combines humorous stories with relevant data to help you learn about hearing loss, while providing you with helpful hearing aid tips and buying advice. Learn new communication strategies to help you feel more confident in all kinds of situations.

Your classroom will offer a temporary hearing loop. If you currently use hearing aids, you will benefit from this assistive technology by first activating the telecoil feature in your instrument. A My Hearing Loop representative will be available to answer questions.

To learn more and register, visit us at:

If You’d Stop Mumbling, I Would Hear Just Fine!
www.uwplatt.edu/continuing/enrichment
Nov. 5th
@ 10:30

Holding Space: Bringing the Moon and Mars to Wisconsin
By: The UW Geology Museum

For many years, our focus as a nation was to put a human on the Moon. Currently scientists and explorers have their eyes on Mars. Come learn about the Apollo moon landing missions, the Mars rover missions, and the importance of putting humans on Mars in this 40 minute presentation! Also, the UW Geology Museum, in partnership with NASA, is collecting stories from people who remember experiencing the moon landings (through TV, radio, etc.). If you would like to share your story with us, we will be bringing audio recording equipment to preserve your experience. Take a journey with us through history and space!
REMINDER:

Both PEAK & the Meal Site will be closed on the 12th & the 22nd.

The Meal Site will be open on Friday the 23rd.

What do those lab results really mean? Join Dietician Joan Bahr to find out. Friday the 16th at 11.
# November 2018 Menu

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<th>Monday</th>
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<tr>
<td>Please call the meal site (not the Center) by 6:00 the night before to reserve a meal! 348-8042</td>
<td>Oven Fried Chicken Breast  O'Brien Potatoes  Honey Glazed Carrots  Fruit Cocktail  Frosted Cake</td>
<td>Salmon Loaf  Duchess Potatoes  Mixed Green Salad/Dressing  Hidden Pears  Cherry Fluff</td>
<td>Baked Cod  Baked Potato  Maple Baked Beans  Coleslaw  Peanut Butter Cookie</td>
<td>Pepper Steak  Mashed Potatoes  Orange Pineapple Salad  Banana  Bread Pudding w/ Caramel Sauce</td>
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<td>Tater Tot Casserole  Normandy Blend Veggies  Oriental Salad  Rice Cereal Treat</td>
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<td>12 NO MEALS SERVED</td>
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<td>Roast Pork  Candied Sweet Potatoes  California Blend Vegetables  Chunky Applesauce  Oatmeal Fudge Bar</td>
<td>Sliced Turkey  Mashed Potatoes w/Gravy  Sage Dressing w/Wheat Bread  Green Bean Casserole  Cranberry Sauce  Pumpkin Pie Square/Topping  <em>Platteville Birthdays</em></td>
<td>Beef Mac Casserole  Mixed Green Salad/Dressing  Apricots  Pudding Pie Square</td>
<td>Beef Tips in Gravy over Egg Noodles  Corn  Spinach Salad  Peaches  Scotcharoo Bar</td>
<td>Pasty w/Gravy  Mandarin Oranges  Pea &amp; Cheese Salad  Corn Bread  Lemon Pie Square</td>
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<td>23 NO MEALS SERVED</td>
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<tr>
<td>Chicken Alfredo  Peas &amp; Carrots  Caesar Salad  Fruited Gelatin  Frosted Sugar Cookie</td>
<td>Swedish Meatballs over Mashed Potatoes  Hot Beets  Pears  Crème Puff Dessert</td>
<td>Beef Stroganoff over Egg Noodles  Buttered Carrots  Sunshine Salad  Blueberry Crisp</td>
<td>Pork Chop  Sweet Potatoes  Green &amp; Wax Beans  Chunky Applesauce  Poke Cake w/Topping</td>
<td>Navy Bean Soup  Tuna Salad Sandwich on Whole Wheat Bread  Waldorf Salad  Orange Chiffon Cake</td>
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<tr>
<td>Ring Bologna w/ Sauerkraut  Cowboy Potatoes  Baked Beans  Pineapple Chunks  Frosted Carrot Cake</td>
<td>Meatloaf  Oven Browned Potatoes  Brussel Sprouts  Mixed Greens w/Dressing  Cheesecake w/Fruit Topping</td>
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*Veterans Day*
# November 2018 Events

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<td>Have a question about or for the Senior Center? Call 348-9934 To speak with Jon or Jill</td>
<td>8:15-9:15 Yoga w/Eileen 10:30 Guest Speaker From UW-Madison NASA Astrobiology Institute, Topic: Bringing the Moon &amp; Mars to Wisconsin 12:10 Bridge 12:30 Smear</td>
<td>10:45 Historic Platteville Images—Haunted House/1922 Halloween Pranks 12:30 Euchre/500</td>
<td>8-9 Intensive Exercise w/John 9:00 Card Making w/Becky 10:30 Music w/Chris Ross 12:30 Cribbage 3—Cross Country Team Leaf Raking</td>
<td>8-9 Intensive Exercise w/John 9:00 CoA Meeting 11:00 Guest Speaker Joan Bahr, Topic: Labs and what they mean 12:30 Cribbage 17—PHS Craft Fair</td>
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<td>8:15-9:15 Yoga w/Eileen 10:30 Guest Speaker From UW-Madison NASA Astrobiology Institute, Topic: Bringing the Moon &amp; Mars to Wisconsin 12:10 Bridge 12:30 Smear</td>
<td>8-9 Intensive Exercise w/John 6pm Crafts w/Theresa Make a Thanksgiving Craft</td>
<td>8-15-9:15 Yoga w/Eileen 10:00 Reading Club 10:30 Guest Speaker Phil Karrmann, Topic: Explanations of Legal Terms in Estate Plans 6pm Meal in a Jar w/Mariilee</td>
<td>10:30 Guest Speaker Dr. Charles Steidinger 12:30 Euchre/500</td>
<td>8-9 Intensive Exercise w/John 9:00 SCA Meeting 12:30 Cribbage</td>
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<td>8-9 Intensive Exercise w/John</td>
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<td>8:15-9:15 Yoga w/Eileen 10:00 Crafts w/Vicki</td>
<td>11:00 “Just Ask Judy” 12:30 Euchre/500</td>
<td>8-9 Intensive Exercise w/John 9:00 CoA Meeting 11:00 Guest Speaker Joan Bahr, Topic: Labs and what they mean 12:30 Cribbage 17—PHS Craft Fair</td>
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<td>8-15-9:15 Yoga w/Eileen 11:00 Guest Speaker Maggie Kleisath, Topic: Girl Scouts 6pm Meal in a Jar w/Mariilee</td>
<td>8-9 Intensive Exercise w/John 12:30 Cribbage</td>
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<tr>
<td>8:15-9:15 Yoga w/Eileen 10:30 Guest Speaker Pam Kul-Berg, Topic: Dementia Care 12:10 Bridge 12:30 Smear</td>
<td>8-9 Intensive Exercise w/John</td>
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<td>12:30 Euchre/500</td>
<td>8-9 Intensive Exercise w/John 12:30 Cribbage</td>
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<td>8:15-9:15 Yoga w/Eileen 10:45 Guest Speaker Bryant Schobert, Topic: Diabetes 10:30 Blood Pressure Sugar Level Checks</td>
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<td>8-9 Intensive Exercise w/John 9:00 CoA Meeting 11:00 Guest Speaker Joan Bahr, Topic: Labs and what they mean 12:30 Cribbage 17—PHS Craft Fair</td>
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**12 CLOSED FOR VETERANS DAY**
Ask A Pharmacist
w/ Bryant from SW Health

This month’s topic: Diabetes

Monday the 19th at 10:45
Then
Get that blood sugar (and blood pressure) checked on the 20th, 10:30 to 11.

Join Dementia Care Specialist Pam Kul-berg to learn about the realities of caring for a loved with dementia.
Monday the 26th 10:30 to 11:30.

One of the most generous people we know, Maggie Kleisath, will speak about all the wonderful work done by the Girl Scouts.
Wednesday the 25th at 11 AM
“Branson on the Road” Christmas Show

KICK OFF THE SEASON WITH A BRANSON CHRISTMAS!

What do you get when you bring together a fiddle, mandolin, banjo, guitar, upright slap bass, beautiful rhinestone costumes, hilarious comedy and country Christmas, bluegrass, rockabilly and gospel music? Only one answer:

Branson On The Road® – Christmas Style is in town!

Monday, December 3rd, Palace Theater-Wisconsin Dells, Cost $87.00

8:30 AM Departure. 5-5:30 PM Return

Call Jill at #348-9934 to sign up!

FREE BINGO
12:30 on the 21st
Sponsored by PASS

SAVE THE DATE!!!
Christmas Party
December 7th
10:30 to 12:30
*Entertainment*
*Goodies*
*A Great Meal*