He’s back!

On Thursday, April 25th at 10 AM
Platteville’s favorite former physician and his amazing wife Vel return to the PEAK Program with the second installment of the Doc's memoirs.

Join them for a reading, reminiscing, and Q & A.
Want to stick around for lunch afterwards?
Call Lindsay at #348-8042 by noon on the 24th.
4 tips to stay healthy and prevent falls as you age

One out of four people over the age of 65 falls each year and falling once doubles your chances of falling again. While many conditions can put you at risk for a fall, there are simple steps you can take to boost your overall health to try to decrease the likelihood of falling.

How can you lower your risk of falling? The American College of Sports Medicine recommends 150 minutes of exercise per week, incorporating balance, strength, cardiovascular and flexibility exercises. Consult your doctor before beginning any exercise program.

1. **Balance:** You can improve your sense of balance with exercise and regular check-ups. Balance is complex, and many factors affect our equilibrium. These factors include our vision, hearing, reaction time and overall strength. The first thing you can do is have your vision checked, and update prescriptions for glasses or contacts if necessary. Also ask your doctor for a hearing check.

Some examples of simple balance exercises you can do on your own include:
* Walk heel-to-toe for 20 steps. Steady yourself with a wall if needed.
* Walk normally in as straight a line as you can.
* See how long you can stand on one foot - try holding that position for 10 seconds on each leg. Make sure to do this near a wall or railing in case you feel unsteady.
2. **Strength training:** Improving muscle strength increases your ability to stay mobile and avoid falls. We all lose muscle mass with age, beginning around age 40 and accelerating as we get older. Strength training is vital to combating loss of muscle and maintaining strength. Your legs and core constitute your base of support. When you don't have a strong base, you are more likely to fall. Studies show that those engaged in a strength training program improve their balance.

3. **Cardio:** This means getting your heart going by steady, repeated movements. Find activities you love to do and make them part of your routine, at least 30 minutes most days. Whether it’s swimming, golf, dancing, riding a bike or walking, cardio activity not only keeps you fit and mobile, but releases stress and boosts your mood. Doing activities with a friend or group - or four-legged companion - makes it more fun and easier to maintain.

4. **Flexibility:** Staying flexible is difficult as we age, and is often neglected. Whether you sign up for a yoga class or do simple stretches at home, it’s important to stretch after a workout to help avoid injury. Remember to take deep breaths when you are stretching to avoid clenching up muscles. Stretching can be done standing or sitting.
The Older Americans Act (OAA) was enacted in 1965 to help develop new or improved programs which help older persons living in the community to do so with dignity and good health. One of the first programs established through the OAA was the elder nutrition program. The nutrition program is funded by a combination of federal and state funds, local public and private funds and participant contributions.

**Congregate (Senior Dining) Meals**

Individuals eligible to receive meals on a contribution basis at a senior dining center are:

- Age 60 or older
- Any spouse or domestic partner who attends the senior dining site with their spouse or domestic partner who is aged 60 or older
- An adult with a disability, under age sixty (60) who resides in housing facilities occupied primarily by older individuals at which congregate nutrition services are provided is eligible to receive meals at the facility in which they reside
- A disabled adult who resides at home with an eligible older individual participating in the program
- Meal reservations are required and must be made the day prior to the day you wish to receive a meal.
# APRIL 2019 MENU

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>1 Porcupine Meatballs</td>
<td>2 Baked Pork Chop</td>
<td>3 Chicken &amp; Dumplings w/ Vegetables</td>
<td>4 Sloppy Joe on a Bun</td>
<td>5 Cream of Potato Soup</td>
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<tr>
<td>Sweet Potatoes</td>
<td>Scalloped Potatoes</td>
<td>Romaine Salad w/ Dressing</td>
<td>Tater Tots</td>
<td>Egg Salad on Whole Wheat</td>
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<tr>
<td>Buttered Corn</td>
<td>Dilled Carrots</td>
<td>Fruit Cocktail</td>
<td>Baked Beans</td>
<td>Broccoli Raisin Salad</td>
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<tr>
<td>Fruit n’ Yogurt Salad</td>
<td>Cucumber Tomato Salad</td>
<td>Snickerdoodle Cookie</td>
<td>Creamy Coleslaw</td>
<td>Apricots</td>
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<tr>
<td>Pineapple Upside Down Cake</td>
<td>Mixed Berry Cobbler</td>
<td></td>
<td>Oatmeal Fudge Bar</td>
<td>Frosted Pumpkin Bar</td>
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<tr>
<td>8 Parmesan Baked Chicken</td>
<td>9 Sliced Roast Beef w/ Gravy</td>
<td>10 Chili w/Beans</td>
<td>11 Turkey &amp; Dressing</td>
<td>12 Seasoned Baked Cod</td>
</tr>
<tr>
<td>Breast</td>
<td>Mashed Potatoes</td>
<td>Cornbread</td>
<td>Green Beans</td>
<td>Hashbrowns</td>
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<tr>
<td>Cowboy Potatoes</td>
<td>Broccoli</td>
<td>Seven Layer Salad</td>
<td>Copper Penny Salad</td>
<td>Buttered Beets</td>
</tr>
<tr>
<td>Stewed Tomatoes</td>
<td>Mandarin Oranges</td>
<td>Tropical Fruit</td>
<td>Peaches</td>
<td>Cucumber Salad</td>
</tr>
<tr>
<td>Mixed Fruit</td>
<td>Cherry Cheesecake</td>
<td>Peach Pie Square</td>
<td>Cream Puff Dessert</td>
<td>Lemon Bar</td>
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<tr>
<td>Chocolate Chip Cookie</td>
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<tr>
<td>15 Meatloaf</td>
<td>16 Pepper Steak over Rice</td>
<td>17 Oven Baked Chicken</td>
<td>18 Roast Pork</td>
<td>19 CLOSED</td>
</tr>
<tr>
<td>Baked Potatoes</td>
<td>Oriental Salad</td>
<td>Mashed Potatoes</td>
<td>Sweet Potatoes</td>
<td>GOOD FRIDAY</td>
</tr>
<tr>
<td>Baked Beans</td>
<td>Normandy Blend Veggies</td>
<td>Baked Squash</td>
<td>Mixed Vegetables</td>
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</tr>
<tr>
<td>Fruit Salad</td>
<td>Pineapple Tidbits</td>
<td>Sunshine Salad</td>
<td>Chunky Applesauce</td>
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<tr>
<td>Mississippi Mud Bar</td>
<td>Apple Crisp w/Topping</td>
<td>Frosted Cake</td>
<td>Cranberry Mousse</td>
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<tr>
<td>22 Hamburger on a Bun w/</td>
<td>23 Lasagna</td>
<td>24 Sliced Ham</td>
<td>25 Pork Loin</td>
<td>26 Swiss Steak w/Gravy</td>
</tr>
<tr>
<td>Onions &amp; Mushrooms</td>
<td>Tossed Salad w/Dressing</td>
<td>Baked Potato</td>
<td>Red Bliss Potatoes</td>
<td>Mashed Potatoes</td>
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<tr>
<td>Potato Wedges</td>
<td>Garlic Bread</td>
<td>Baked Beans</td>
<td>Glazed Carrots</td>
<td>California Blend Veggies</td>
</tr>
<tr>
<td>Harvest Blend Vegetables</td>
<td>Green Beans</td>
<td>Applesauce</td>
<td>Coleslaw</td>
<td>Rosey Pears</td>
</tr>
<tr>
<td>Vegetable Salad</td>
<td>Diced Peaches</td>
<td>Coconut Crème Pie Square</td>
<td>Carrots</td>
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<tr>
<td>Bread Pudding w/ Caramel Sauce</td>
<td>Scotcheroo</td>
<td></td>
<td></td>
<td>Brownie</td>
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<tr>
<td>29 Beef Stew over a</td>
<td>30 Ring Bologna/Sauerkraut</td>
<td>May 1 Turkey Loaf</td>
<td>Unless another bread item is listed, all meals</td>
<td>Please call the meal site (not the Center)</td>
</tr>
<tr>
<td>Baking Powder Biscuit</td>
<td>Oven Browned Potatoes</td>
<td>Mashed Potatoes</td>
<td>include a serving of Whole Wheat Bread</td>
<td>by 6:00 the night before to reserve a meal!</td>
</tr>
<tr>
<td>Broccoli &amp; Cauliflower Salad</td>
<td>Baked Beans</td>
<td>Italian Vegetables</td>
<td></td>
<td>348-8042</td>
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<tr>
<td>Baked Apple w/Cinnamon</td>
<td>Ambrosia Salad</td>
<td>Applesauce Gelatin Salad</td>
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<tr>
<td></td>
<td>Carrot Cake w/Cream Cheese Frosting</td>
<td>Seven Layer Salad</td>
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# April 2019 Events

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</tbody>
</table>
| 8:15-9:15 Yoga w/Eileen  
10:00 Crafts w/Vicki  
11:50-12:30 Platteville History w/PMS 6th Graders  
12:00 Bridge  
12:30 Smear | 1:30-3:00 “Powerful Tools For Caregivers” sponsored by the ADRC | 8:15-9:15 Yoga w/Eileen  
10:00 Reading Club | 10:30 Guest Speaker  
Ann Cooley from Marine Credit Union  
Topic: Understanding Credit Reports & Scores  
12:30 Euchre/500 | 8-9 Intensive Exercise w/John  
9:00 Card Making w/Becky  
10:30 PMS Music Students  
12:30 Cribbage |
| 6      | 9       | 10        | 11       | 12     |
| Sunday April 7  
5-8 pm Dance at Elks Club | 8:15-9:15 Yoga w/Eileen  
11:50-12:30 Platteville History w/PMS 6th Graders  
12:00 Bridge  
12:30 Smear | 8:15-9:15 Yoga w/Eileen | 10:30 Guest Speakers  
John Klosterman & Bev Davis, Topic: Trip to Europe  
12:30 Euchre/500 | 8-9 Intensive Exercise w/John  
9:00 SCA Meeting  
10:30 Guest Speakers  
John Klosterman & Bev Davis, Topic: Trip to Europe  
12:30 Cribbage  
Saturday April 13  
10:30 90th+ Party |
| 13     | 14      | 15        | 16       | 17     |
| 8:15-9:15 Yoga w/Eileen  
11:50-12:30 Platteville History w/PMS 6th Graders  
12:00 Bridge  
12:30 Smear | 10:30 BP/Sugar Level Checks  
1:30-3:00 “Powerful Tools For Caregivers” sponsored by the ADRC | 8:15-9:15 Yoga w/Eileen | 11:00 “Just Ask Judy”  
Topic: Falls  
12:30 Euchre/500 | 12     |
| 19     | 20      | 21        | 22       | 23     |
|        | GOOD FRIDAY CENTER CLOSED |        | 8:15-9:15 Yoga w/Eileen  
10:45 Guest Speaker  
Bryant Schobert, Topic: Over the Counter Drugs & Supplements  
12:00 Bridge  
12:30 Smear | 1:30-3:00 “Powerful Tools For Caregivers” sponsored by the ADRC | 8:15-9:15 Yoga w/Eileen  
12:30 FREE BINGO sponsored by Our House |
| 24     | 25      | 26        | 27       |        |
|        | 10:00 Guest Speaker  
Dr. Charles Steidinger, Topic: “An Illinois Farm Boy Remembers” Volume 2  
12:30 Euchre/500 | 8-9 Intensive Exercise w/John  
9:00 CoA Meeting  
12:30 Cribbage | 8:15-9:15 Yoga w/Eileen  
11:00 Guest Speaker  
Jackie Methelcic, Topic: Calligraphy  
12:00 Bridge  
12:30 Smear | 30 | Have a question about or for the Senior Center?  
Call 348-9934 To speak with Jon or Jill |
Wednesday the 24th
@ 12:30
Sponsored by
Our House
Trip to Europe Slideshow
April 11 & 12 @ 10:30
Harry Potter

FLY MGT FMUGGLE T
VLOOIRHIGNEEO
OAFLGAEHELACMCS
LGLHNHFORLGNNA
DAAUAKMFAMNRCN
ENMFCCIONMINMIN
MNOFUOMEOUNDON
OOCLTLFUKLOSNS
RGAEYREHHTYSE
TCRPRCROTMEDHR
MMDURAVENCLAWC
AALFNNSEIPANSM
YFFFMRSNORRISA
YOFLAMSUICLAI

VOLDMOR
HERMIONE
LOCKHART
DRACO MALFOY
FANG
MRS. NORRIS
HAGRID
HUFFLEPUFF
SLYTHERYN
MCGOSSAGAL
DEMENTOR
LUCIUS MALFOY
SNAPE
MUGGLE
RAVENCLAW

Ice Cream Flavors

YMTRLCOCOLATE
ASKCARTESOMET
PYVANILLASNOTE
MKDETDEACFANAA
CATNLINNAOCOOGEO
OKPOAGDKEAET
ECULNCAFOPLRN
DOTAEENORYWEEE
OCSBOAWYOTTEOIE
COIEAAARTSAOAR
RNTTCRALETNIAAG
EEDUFOSNIOVLT
DAORYKCORUACGT
AEETUNOCOCTPES

COTTON CANDY
MAPLE WALNUT
PECAN
BANANA
TIGER TAIL
MOOSE TRACKS
COCONUT
ROCKY ROAD
GREEN TEA
FUDGE
REESSES
CHOCOLATE
VANILLA