When: Sat. May 18th
When: 10:30 ′til Sold Out
Where: Heiser’s Parking Lot
What: Platteville Area Senior Support fundraiser
Driver safety class, CarFit event to be held at PEAK Program in May

Third program, offered in June, focuses on when and how to talk to loved ones about limiting their driving

Two AARP programs designed to help older drivers continue driving safely and become more familiar and comfortable with all the functions and safety features in their own vehicles will be held on two separate dates in May at the Platteville Senior Center, 155 W. Lewis St.

A third program, aimed at helping families to identify when it’s time to have the difficult talk with a loved one about limiting or stopping their driving entirely, will be held in June.

The AARP Driver Safety Program – a classroom course that helps older drivers become more of aware of changes that occur due to aging (vision, hearing, and reaction time) and how to adjust driving accordingly – will be offered on Monday, May 20, from 9 a.m. to 2:30 p.m. A lunch break will be held midway through.

The program will be taught by Dean Braund, an instructor with the Driver Safety Program in Wisconsin. To register for the class, please call 608-348-9934 and ask for Jill or Jon.

The Driver Safety course also reviews some of the basic rules of the road. It is open to the public and there are no tests. The cost of the course is $15 for AARP members and $20 for non-members.

If you would like to find out more about the AARP Driver Safety Program – including class locations, information regarding the online course, or other volunteer opportunities – visit www.aarp.org/drive. You can also call toll-free 1-888-227-7669.

Then on Friday, May 31, from 9 a.m. to 1 p.m., drivers of all ages are invited to a free program at the senior center that is designed to help them “fit” better in their own vehicles and become safer behind the wheel.

This innovative “CarFit” program, also sponsored by AARP and led by event coordinator Dean Braund, offers a quick, comprehensive check on how well drivers and their vehicles work.

As part of event, a trained team of volunteers will walk through a 12-point checklist to help drivers make sure they have: a clear line of sight over the steering wheel; adequate space to their airbag/steering wheel; properly adjusted head restraints; proper positioning on gas and brake pedals; proper safety belt use and fit, and safe positioning of mirrors to minimize blind spots.
The checkup takes about 20 minutes and provides an opportunity for drivers to ask questions and learn how to make their vehicles “fit” them in the best way possible.

“As we age, changes in our vision, flexibility, strength, range of motion and even size and height may make us less comfortable and reduce our control behind the wheel. CarFit gives older adults the tools to help them stay on today’s roads safely,” said Braund.

Advance registration for CarFit is not necessary. Simply drive your vehicle to senior center during the event hours. For more information about CarFit, go to www.car-fit.org

Then on Saturday, June 8, from 10 to 11:30 a.m., AARP will be offering a free program at the Senior Center called “We Need to Talk.”

This seminar, which will be led by instructor Cori Marsh, is designed specifically to help families know when it’s time for a loved one to limit or stop driving. The program offers tips on how to navigate that difficult discussion. No registration required.

For more information about this program, visit aarp.org/weneedtotalk
PASS CORNER

For those of you not familiar with Platteville Area Senior Support:

PASS was set up 2 years ago as an independent fundraising organizations to support senior programs and activities in the Platteville area with primary emphasis on helping replace Senior Center funding lost to budget cuts.

For information on helping with fundraisers, or membership, call John Klosterman, 217-341-5357, or email pvillepass@gmail.com.

PASS’s NEXT FUNDRAISER: BRAT SALE MAY 18TH AT HEISER HARDWARE.

Bill’s Plumbing & Heating
Platteville, WI 53818
(608) 348-5026

SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY
# May 2019 Menu

**Monday**
- Autumn Harvest Casserole
- Vegetarian Baked Beans
- Chunky Applesauce
- Gingerbread w/ Whipped Topping

**Tuesday**
- Unless another bread item is listed, all meals include a serving of Whole Wheat Bread

**Wednesday**
- Turkey Loaf
- Mashed Potatoes
- Italian Vegetables
- Gelatin Applesauce Salad
- Seven Layer Bar

**Thursday**
- Marinated Chicken Breast
- O'Brien Potatoes
- Stewed Tomatoes
- Pineapple Rings
- Oatmeal Raisin Cookies

**Friday**
- Salmon Loaf
- Baked Potato
- Creamed Peas
- Spinach Salad
- Lemon Poppy Seed Cake

**Monday**
- Autumn Harvest Casserole
- Vegetarian Baked Beans
- Chunky Applesauce
- Gingerbread w/ Whipped Topping

**Thursday**
- Goulash
- Caesar Salad
- Apricots
- Cheese Cake w/ Fruit Topping

**Tuesday**
- Pork Chops
- Mashed Potatoes
- Glazed Carrots
- Rosey Pears
- Cranberry Bread

**Friday**
- Salisbury Steak in Gravy
- Mashed Potatoes
- Normandy Blend Veggies
- Banana
- Chocolate Frosted Cake

**Wednesday**
- Chicken & Dumplings w/ Vegetables
- Mixed Greens w/Dressing
- Mandarin Oranges
- Cherry Bar

**Saturday**
- Baked Cod
- Parsley Buttered Potatoes
- Peas & Pearl Onions
- Green Beans Almandine
- Peach Crisp

**Monday**
- Roast Pork
- Cowboy Potatoes
- Green & Wax Beans
- Peaches
- Frosted Cake

**Sunday**
- Orange Glazed Chicken Breast
- Au gratin Potatoes
- Broccoli
- Tropical Fruit
- Lemon Bar

**Tuesday**
- Pasty w/ Gravy
- Creamy Coleslaw
- California Blend Veggies
- Apple Cobbler

**Monday**
- Roast Beef w/ Gravy
- Baked Potato
- Honey Glazed Carrots
- Mixed Greens w/ Dressing
- Orange Cake w/ Topping

**Wednesday**
- Oven Roasted Chicken
- German Potato Salad
- Aunt Carol's Salad
- Pears
- Brownie

**Thursday**
- Beef Stroganoff
- Mashed Potatoes
- Seasoned Spinach
- Sunshine Salad
- Frosted Cupcake

**Monday**
- Shredded Pork
- Hashbrown Potatoes
- Baked Beans
- Orange
- Pudding Pie Square

**Tuesday**
- Meatloaf
- O'Brien Potatoes
- Squash
- Fruit & Yogurt Salad
- Pumpkin Bar

**Wednesday**
- Pepper Steak
- Mashed Potatoes
- Mixed Vegetables
- Broccoli Salad
- Pistachio Dessert

**Thursday**
- Spaghetti w/ Meat Sauce
- Seven Layer Salad
- Green Beans
- Tropical Fruit
- Garlic Bread
- Pecan Bar

**Friday**
- Pork Chops w/ Gravy
- Sweet Potatoes
- Boston Baked Beans
- Applesauce
- Fruited Gelatin w/ Topping

**Monday**
- Tater Tot Casserole
- Mixed Greens w/ Dressing
- Peaches
- Scotcheroo Bar

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**Special Note:**
Please call the meal site (not the Center) by 6:00 the night before to reserve a meal!

**Contact Number:** 348-8042

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**Memorial Day:**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<td>NO MEALS SERVED</td>
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# MAY 2019 EVENTS

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>Have a question about or for the Senior Center? Call 348-9934 To speak with Jon or Jill</td>
<td>Beginning Wednesday, May 8, PEAK (the Platteville Senior Center) will again offer transportation 5 days a week.</td>
<td>1 8:15-9:15 Yoga w/Eileen 10:00 Reading Club</td>
<td>2 12:30 Euchre/500</td>
<td>3 8-9 Intensive Exercise w/John 9:00 Card Making w/Becky 11:00 Guest Speaker Jackie Mihelcic, Topic: Calligraphy 12:30 Cribbage</td>
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<td>Sunday May 5 5-8 pm Dance at Elks Club 6 8:15-9:15 Yoga w/Eileen 10:00 Crafts w/Vicki, Make a Spring Wreath 11:00 Bell Tower Auction 12:00 Bridge 12:30 Smear</td>
<td>7</td>
<td>8 8:15-9:15 Yoga w/Eileen 1:00-3:00 PHS Students Community Service Day 7:00pm Guest Speaker Tim Zauche, Thrivent Financial Advisor, Topic: Social Security</td>
<td>9 10:30 Guest Speaker Tracey Roberts, Topic: Home of the Badger &amp; The Lead Mine District 12:30 Euchre/500</td>
<td>10 8-9 Intensive Exercise w/John 9:00 SCA Meeting 10:30 Music w/Chris Ross 12:30 Cribbage</td>
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<tr>
<td>13 8:15-9:15 Yoga w/Eileen 10:45 Guest Speaker Bryant Schobert, Topic: Arthritis &amp; Pain 12:00 Bridge 12:30 Smear</td>
<td>14</td>
<td>15 8:15-9:15 Yoga w/Eileen 10:00 Senior Picnic Committee Meeting 11:00 Singing w/St. Mary’s Students</td>
<td>16 12:30 Euchre/500</td>
<td>17 8-9 Intensive Exercise w/John 9:00 CoA Meeting 10:30 Guest Speaker Mike Mair, Topic: “Kalten” 12:30 Cribbage Saturday, May 18, 10:30 BRAT SALE at Heiser Hardware</td>
</tr>
<tr>
<td>20 8:15-9:15 Yoga w/Eileen 8:45 Smart Driving Course sponsored by AARP. Cost, $15 for members, $20 for nonmembers 12:00 Bridge 12:30 Smear</td>
<td>21 10:30 BP/Sugar Level Checks</td>
<td>22 8:15-9:15 Yoga w/Eileen</td>
<td>23 10:00 Guest Speaker Steven Samuel from Bureau of Consumer Protection, Topic: Senior Scams, Frauds, &amp; No Call List 12:30 Euchre/500</td>
<td>24 8-9 Intensive Exercise w/John 11:00 Guest Speaker Joan Bahr, Topic: Proteins 12:30 Cribbage</td>
</tr>
<tr>
<td>27 CLOSED</td>
<td>28</td>
<td>29 8:15-9:15 Yoga w/Eileen 10:00 Mike Mair, Hearing Loss Support Group 12:30 FREE BINGO</td>
<td>30 10:30 Guest Speaker Erick Flesch, Museum Director, Topic: What’s Happening at the Museums 12:30 Euchre/500</td>
<td>31 8-9 Intensive Exercise w/John 9:00-1:00 “Car Fit” sponsored by AARP. NO COST! Come in with your vehicle any time from 9-1 to be sure it fits you.</td>
</tr>
</tbody>
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Sign Up For Our E-Newsletter Today!

Send an email to peak@platteville.org to get a digital copy of this publication sent directly to your inbox. (Need help setting up an email address? Let us know.)

In addition, you will be the first to know about upcoming trips, parties, programs, and more.

Look for our meal site menu and event calendar every month in your favorite local newspaper - The Platteville Journal
Did you know?

1 out of 5

People in SW Wisconsin Live with Hearing Loss

Do you have hearing loss? JOIN US!

New SW WIS HLAA Chapter forming now!

Hearing Loss Support * Resources * Educate

Platteville Senior Center

Wed. May 29, 10AM-11:30AM

Guest Speaker May 29

Emil Quast Jr.

HLAA Wisconsin State Chapter Coordinator

For more information: Mike Mair (608) 778-6723