SENIOR NEWS

From
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NESCO Executive Director

Summer Reflections

As the summer quickly blazes by, I've found myself in a reflective mood lately. Three items have been swimming around in my brain.

The Warner Park Community Recreation Center and the surrounding Warner Park become more beautiful everyday. What an awesome spot to host our annual Monday night summer concerts—under the colorful shelter, enjoying the cool breezes from the lagoon, and watching the cranes fly over our heads. Our community is very fortunate to have a beautiful facility to house our agency and host programs for our senior adults. The partnerships formed by MSCR, WPCRC, and NESCO staff are testaments to strong community building—kudos to Janet Dyer and Brad Weisinger for their leadership.

Our summer concert series continues to amaze me with the quality of musical entertainment and strong support from the community. It's been a blast watching families pull up with their blankets and strollers and quickly settle in for an evening of brats, popcorn, and dancing. I tried capturing the essence of each concert with a few photos, which are displayed on our office window.

Lastly, on a sadder note, the "Great Houdini" has passed on…in the form of my mother-in-law. Jane Batterman earned this nickname due to her everlasting quest to escape her housework in search of the perfect sunrise, a drive through the park, or a trip around the world. After surviving breast cancer at the age of 83, she succumbed to a heart attack while dressing early one morning. She died in her husband's arms, in her own home. Jane was a political activist, life-long learner, and raised four wonderful children (I married the best one!). She always had time for a smile and kind word…she will be deeply missed.

SENIOR Activities

For more information on NESCO programs, contact Programs Director, Kryn Hoyer-Winfield at 243-5252 or khoyer-winfield@nescoinc.org.

Special Events

Troy Gardens Mosaic Project, Aug. 8, 9 & 15, 10 am, Warner Park. Buddy up with a member of the MSCR Kids Kamp to create a mosaic fence at Troy Gardens. Anyone can learn, and the results are always beautiful. Talk to Nicole (243-5252) to sign-up.

Xerxes Visit, Wed., Aug. 16, 10 am, Warner Park. This dog is so big and friendly, he's hard to keep your hands off him. Come by to meet him and his owner. You'll be sorry if you don't!

Madison Accordion Club, Tues., Aug 22, 10:30 am, Warner Park. What could be better than the sound of a well-played Waltz coming from a fine-tuned squeeze box? Come down to the site to hear a collection of amazing accordion players go through the classics

Live Music! Randy Kiel, Tues, Aug. 22, 10:30 am, Bashford Methodist Church. Back by popular demand, Randy Kiel performs some of the classics of the sixties including Elvis and Buddy Holly. He was a big hit last when he visited, and he guaranteed us another great show.

Cool Summer Recipes, Tues, Aug. 29, 10:30 am, Bashford Methodist Church. Are you the keeper of a classic potato salad or tasty cold soup? Bring your best summer recipes down to exchange with other great cooks. "Goods which are not shared are not goods" (Fernando de Rosas).

Regular Programming

Tasty, Nutritious Lunches Mon.-Fri. at 11:30 am NESCO offers nutritious lunches at Warner Park Community Recreation Center (1625 Northport Dr.) and Bashford Methodist Church (329 North St.). Meals are served by Gaylords Catering and are paid for on a donation basis. Reservations are required by 11:30 am the day prior. Transportation is available daily and free on Tuesdays and Fridays.

Exercise Get out and stretch those legs! Wednesdays at Warner Park Carolyn Ganther teaches a free Chair-Based Yogacise at 10:30 am. There is an exercise group at the Bashford Nutrition site every Thursday at 10:15.

Needlework Network Stop out on the second Thursday of the month (Aug. 10, Sept. 14) at 10 am to share the projects you have been working on. Group open to everyone from knitters to crocheters to cross-stitchers.

BINGO Each Friday at the Warner Park Nutrition site we host a fun session of BINGO at 10:30 am. Each game costs 5 ¢ with all proceeds paid out to the winners.

Foot Care Clinics NESCO and Home Health United co-sponsor six foot clinics each month for individuals who cannot do their own foot care and do NOT have diabetes. Appointments are required and can be made up to a year in advance by calling 243-5252. There is a $10 fee.

Book Discussion Group Enjoy discussing a good book? Pick up our next book at our Warner Park office.

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