



Monona Senior Center Report

July 2022 to September 2022

Mission Statement

The mission of the Monona Senior Center is to provide those fifty and over with educational, social, recreational, health and fitness programs as well as volunteer opportunities. We strive to enhance the dignity, support the independence and enrich the lives of and advocate for older adults.

Trends This Quarter

A greater number of seniors returned to participate in programs this quarter. The unique individuals (one time attendance) increased 16% from July to September.

Memory Café, Understanding Alzheimer’s and Dementia and Caregiving for Self and Others drew over 50 attendees. These programs provided support and resources for caregivers, activities for the participants and community connections.



Over 1300 in the community participated in offsite programming including Ice Cream Socials, Outdoor Games, Bird & Nature walks at Aldo Leopold, Pontoon Boat rides and Summer Concerts.

	July	August	September
Total People Served (Attendance)	1578	1820	1244
Unique Individuals	381	403	442
Average Daily Attendance	45	48	55
Programs Offered	140	156	132
New to the Center	13	15	26
Drop-In Attendance	20	20	25
Volunteer Hours	294	244	301



The first annual “Christmas in July” was held. This Craft Sale featured hand crafted items from our local senior participants. It drew over 40 people and was a great success.



Other special events this quarter included Author Series: Come to the Lake, They Shot Kennedy and Four Seasons Theater brought in over 120 participants.

The Scholarly Scoop series began the fall semester of educational topics once a month with the UW-Whitewater Professors and the Monona Senior Chorus returned!



Health and Wellness

Wellness offerings such as foot care, reflexology and chair massage served a consistent 250 seniors. These service appointments are fully booked with waitlists at a minimum of two months in advance.

Six core fitness classes are offered regularly. This quarter, over 450 participants benefited from these valuable practices.

Another session of Brain Enrichment began its eight-week series in September. This makes the fourth class to partake in this learning series.



Volunteers

Our volunteers continued to put in amazing hours, 839 total this quarter, helping with phone calls, greeting guests, assisting in foot clinics, entering data, setting up events and organizing cards as well as numerous other tasks. A special warm welcome to new foot care clinic, special projects and memory café volunteers, making a difference in the lives of others! This quarter, of the 88 active volunteers, 44 live in Monona, 44 live in surrounding communities. The success of programming and all we have to offer depends on our great volunteers!



Monona Senior Center

2022 July to September

July

August

September

Programs

Ice Cream Socials at Fireman's Park Shelter bring a crowd.

Pontoon Boat Ride takes 30 seniors on the lake.

Four Seasons Theater helps us celebrate Senior Center month with 50 in attendance

Community Education

Health & Wealth Series

- ABC's Of Medicare
- Mobility Use it or Lose it
- Estate Planning

Alzheimer's Association
"Understanding Alzheimer's & Dementia"

Home Safety with Monona Fire & EMS
Vile of Life, Fire Extinguishers & Knock boxes discussed

Dementia Friendly

Memory Screening Returns with Record Attendance

Dementia Friendly and Senior Center represented at a Booth at National Night Out.

New Attendees bring variety to Memory Cafe

Volunteers

Trained 3 new desk volunteers and 2 for other tasks

111 Hours Volunteered this quarter for Nutrition Program

New student volunteer from MGHS joins the volunteer team.

Brain Enrichment class has a new volunteer instructor join the ranks.