



Monona Senior Center Report

October 2022 to December 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.

Fourth Quarter Recap	October	November	December
Total People Served (Attendance)	1319	1281	867
Unique Individuals	438	429	371
Average Daily Attendance	56	57	41
Programs Offered	161	124	135
New to the Center	9	13	2
“Drop-In” Attendance	25	15	29
Volunteer Hours	249	166	135

Program Highlights

The fourth quarter was active with a variety of programs in community education. The **Alzheimer’s Association** offered a class on *Effective Communication Strategies* for friends and families of dementia patients. A **Recycling** presentation drew attendees who learned new tips and tricks for their households. **Scholarly Scoop** was a favorite for the community. The variety of timely topics covered and quality presenters contributed to consistently high attendance numbers.



Recycling Tips & Tricks



WI Council of the Blind

Monona’s **Low Vision** Support Group is one of only two remaining, in-person support groups for those who are blind or visually impaired in Dane County. Our group was established over three decades ago and offers tips, resources and support through the various stages of vision loss. In 2022, we averaged 12 participants at each meeting. Average numbers were as high as 17 per meeting in 2019.

Did you know that **NewBridge**, our social service contract provider, scheduled and assisted 45 people with re-enrollment in **Medicare Part D** plans? All appointments were made directly with Newbridge, and they met in person at the Monona Senior Center. This service is a valuable way for seniors to keep healthcare expenses affordable.



Program Highlights

Collaboration with **Monona PD** provided a great program for our ROMEO group. A show and talk about the unmanned aircraft (UA) program was well received.



Monona Unmanned Aircraft (UA)

Volunteers

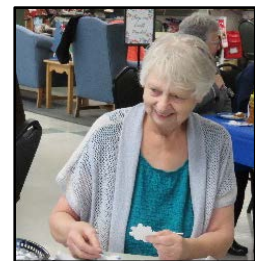


The **Friends of Monona Senior Center** dedicated a plaque in memory of Kathy Bell at the Monona Community Center in December. Friends gathered in her memory to see the plaque and share memories. Kathy Bell was a volunteer at the Monona Senior Center in various capacities since 2014.



Kathy doing what she loved

The center hosted a **Volunteer Reception** in December. Attendees shared table games, fresh pie & coffee, good conversation, plus ornament making. We were able to say “Thank You” to our various program sponsors and volunteers for their contribution of over 550 hours of service just in the fall quarter alone.



Volunteer Appreciation

Summary



Romeo Attendee

This quarter, volunteer hours dropped due to illness, social plans and inclement weather (two snow days). In addition, two nail clinics were canceled due to the health of a contracted provider.

The center offered 135 **programs**, clinics, and events in December. The “drop-in” **attendance increase** reflected returning participants; renewed memberships and friends or family brought to visit. Holiday events were popular, and the Monona Senior Chorus was a highlight with over 51 in attendance. The **Friends of Monona**

Senior Center fundraiser “**Let’s Dance**” drew 70.



Let’s Dance Event

Monona Senior Center looks forward to a new year of opportunities to improve socialization, support better physical and mental health and increase community involvement.

Monona Senior Center

2022 October to December

October

November

December

Special Events

Music Event "Toco Beach Steelpan" was enjoyed by 40 attendees in the community

Veteran's day music by *Vets on Frets* draws 48

Holiday Merriment featuring Monona Senior Chorus drew 60 attendees

Community Events

Friends of Monona Senior Center hosted "Let's Dance." The event drew 70 participants

Akami Investment Advisors offers a 4-part Health & Wealth Series

Senior Center offered "Joy" cards for community members to bring joy to an older adult in need with the giving of a gift card for the holidays

Programs

Educational Programs included: Scam Prevention, Advanced Planning, Effective Communication & Scholarly Scoop

Entertainment by Jessica Michna with Mittens on the Tree & music with Jim Hetzel draw over 100

MSCR's Brain and Body Fitness Program is introduced

Outreach Inclusion

NewBridge
45 People received assistance with Medicare Part D open enrollment appointments

Transit
Potential changes to Monona Transit caused much concern among Monona Residents

Overture Center
Community Vouchers were available for WI Chamber Orchestra performances to Seniors at the center