

THE Bridge

JUNE

Connecting services, resources, and information for the community.

World Elder Abuse Awareness Day is June 15th



What do you do if you are concerned an older adult isn't taking care of themselves or that no one is taking care of them? What about if you think someone is taking their money without their consent? The Aging and Disability Resource Center has Adult Protective Services staff member(s) to investigate these situations and help make a plan to keep the person safe. Unfortunately, elder abuse is more common than people would like to believe and isn't always physically evident.

The ADRC in Green County had over 130 cases of reported abuse of neglect in 2025. In reported cases, financial abuse totaled over \$1,693,057.

These numbers represent only cases reported to the ADRC. The actual number of elders experiencing abuse or neglect is likely much higher but goes unreported.

Green County has an Elder Abuse Prevention Interdisciplinary Team (E.A.P. I-Team) that consists of a variety of entities (Adult Protective Services, area Banks, Law Enforcement, Public Health, DHS, and more). This team concentrates on raising awareness about Elder Abuse and how to prevent it. The EAP I-Team is currently seeking the participation of a community member that has been affected by or is passionate about Elder Abuse and its prevention. If this is you, please contact the ADRC at 608-328-9499 to learn how you can join.

If you have any suspicion that someone in the community may be the victim of any form of abuse or neglect, please contact the ADRC. Though we may ask you some questions, all referral sources are kept anonymous, by law! **Remember, you don't have to prove it to report it. Call the ADRC in Green County at (608) 328-9499 or the Elder Abuse Hotline at (833) 586-0107.**



Like Us On
facebook

Aging & Disability Resource Center of Green County

The Aging and Disability Resource Center in Green County provides information, assistance, and services to help older people and people with disabilities remain healthy and independent.

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TO ENRICH LIVES**

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Heather Huschitt

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Dementia Care Specialist

Bonnie Beam-Stratz

Ways to contact us!

Website - adrcgreencounty.org

Facebook - Aging & Disability Resource Center
of Green County

Email - resourcecenter@gchsd.org

Phone - 608-328-9499

Office - N3152 State Road 81

Monroe, WI 53566



Meet Your New EBS: *Mandy Johnsen!*

Hello! I'm excited to step into the role of EBS and continue my journey with the ADRC. I've been with the organization since November 2011, starting out as a Regional Office Assistant. Those early years gave me a strong understanding of our work and the communities we serve.

For the past 12 years, I've worked as an ADRC Specialist, supporting individuals and families by connecting them with important resources and services. This experience has been incredibly rewarding and has prepared me well for this next step.

Outside of work, I am married and have three children who keep me busy with their involvement in sports and school activities.

As I begin this new role, I bring a foundation of knowledge and experience while recognizing there is always more to learn. I appreciate your patience as I continue to grow, and I am truly excited for this opportunity and what lies ahead.

WALK WITH EASE A Program for Better Living



Feel better, move easier, and stay active.



Safe, proven, and perfect for beginners.



Improve your flexibility, strength, and stamina.

June 22nd - August 2nd
Self-Directed: Anytime/Anywhere

At least 3x per week
For at least 10-40+ minutes

Suggested Donation: \$15.00



To register, please call the ADRC
Green County Office at **608-328-9499**.
Or register online by scanning the QR code.

New Life Lavender

Join Us

June 18th, 2026

New Life Lavender is a beautiful working farm that sits on 40 acres with a scenic view of the Baraboo Bluffs in the background. Our farm offers 25 varieties of lavender which blooms mid June-mid July. Each variety blooms and peaks at different times depending on a number of factors including weather.

Cost of trip is \$40 and includes transportation, admission to farm, wagon ride and tour through the farm, a strawberry lavender lemonade and lavender macaron.

**Contact the ADRC at
608-328-9499
to reserve your spot.**

Arthritis Foundation Certified.
Doctor Recommended.





SEVERE WEATHER PREPARATION

By the GWAAR Legal Services Team

The changing weather of springtime creates the perfect conditions for severe weather like thunderstorms, high wind, and flash floods. Preparing for severe weather beforehand will help you and your loved ones stay safe and could help you avoid costly damage to your home. Create a plan for severe weather and keep an eye on weather conditions as the seasons change. Below are suggestions to consider when preparing for severe weather.

MAKE A PLAN

Planning ahead can help prevent injuries and help calm panic during weather emergencies.

- › Create an emergency plan that includes where family members should meet, where pets are going to be kept, and a list of what should be in the emergency meeting location.
- › Make an emergency kit. This kit should include a radio, batteries, nonperishable food, water, a change of clothes, blankets, prescription medication, a first aid kit, flashlights, pet food and supplies, a list of community resources, and a cell phone charger.
- › Create a map that shows an evacuation route if needed.
- › Make a list of community resources and emergency contacts.
- › Have copies of important documents in the emergency location. Include pictures of driver's licenses, birth certificates, social security cards, medical insurance cards, home and car insurance plans, and important medical documents.

WATCH THE WEATHER

Whether you use the weather app, listen to the radio, or watch the news, make sure that you are aware of possible severe weather in your area.

- › Make sure you understand the difference between a severe weather watch and a warning.
- › A watch means that the conditions are favorable for severe weather, and you should be prepared to get to a safe place.
- › A warning means that severe weather is coming or occurring in your area, and you need to take immediate action to get to a safe place.
- › A safe place will be away from doors and windows. It should have as many walls between you and the outside as possible and it should be on the lowest floor of the building or your home. Basements are the best place to be if you have one.
- › If you are under a severe flood warning or watch, the safe place will be on a higher level of your home. Watch or listen to the news for evacuation alerts.
- › Most cell phones are capable of alerting you with Wireless Emergency Alerts or WEAs. These are free messages sent to your phone to alert you of public safety issues.
- › Most cities have alert systems that you can register for that will go out to residents in that area. Check your city's government website to find out more information.

2026 Healthy Living with Mild Cognitive Impairment (MCI) Education Series

A free quarterly support and education series about brain health and living well with MCI

Navigating Alzheimer's Biomarker Testing and Results

Friday, June 12

9:30–11:30 a.m.



This session will explore Alzheimer's biomarker testing, including its benefits and risks, how results guide medical care and planning, and how early diagnosis can expand treatment options and support quality of life. The program will end with a Q&A session. Free and open to all.

Guest Presenter: Annalise Rahman-Filipiak, PhD

Register to attend in person in Green County by contacting Bonnie Beam-Stratz at 608-426-4295 or bbeam@gchsd.org

Held at:

SSM Health Clinic
St. Clare Conference Room
515 22nd Avenue
Monroe, WI 53566



SSMHealth.



About the Series:

Healthy Living with MCI offers attendees guidance and science-backed strategies for living and coping with memory and thinking changes.

Join **Nathaniel Chin, MD**, and **Jennifer McAlister, BA**, from the Wisconsin Alzheimer's Disease Research Center to learn more about MCI.

Questions?

Contact the Wisconsin ADRC at 608-265-0407 or adrc@medicine.wisc.edu

Presented by:



Wisconsin Alzheimer's Disease Research Center
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

Community Partners:



ONEIDA



Your Bridge to Support

The ADRCs of Brown, Dane, Dodge, Door, Eagle County, Fond du Lac, Grant, Green, and La Crosse counties, and the Oneida Nation are committed to unbiased service and cannot endorse nor recommend any organization, product, or service.

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608-328-9499 | adrcgreencounty.org **3**



June is Alzheimer's and Brain Health Awareness Month

By the GWAAR Legal Services Team

According to the Alzheimer's Association there are over 7 million people in the U.S. that have Alzheimer's. This number goes up yearly, which prompted the Alzheimer's Association to organize a national campaign to educate the public about Alzheimer's and other brain-related disorders. Understanding what Alzheimer's is and the risk factors that contribute to its development can help individuals make better choices about their brain health. While there isn't enough research available to know how to completely eliminate the risk of developing Alzheimer's, there is good research on how to support a healthy brain and slow the progression of Alzheimer's.

What is Alzheimer's?

Alzheimer's is a type of dementia that affects memory loss, cognitive abilities, and behavior. The effects interfere with daily life and progressively worsen over time. It's important to remember that Alzheimer's isn't a part of getting older, but some individuals are more likely to be affected than others.

While we can't predict if someone will develop Alzheimer's, we do know that some factors give us a clue about those that may be more likely to develop it. Age is the biggest factor that points to the likelihood of an individual developing it. This is because most individuals with Alzheimer's are 65 and older and the risk factor doubles every 5 years. Another risk factor is heredity and family history. If you have a family member with Alzheimer's, you are at a higher risk of developing it yourself, and this risk increases the more family members who have this disease. The next risk factor is a link to an increased risk of dementia from head injuries. Lastly, certain medical conditions, especially those linked to heart health, increase the risk of developing dementia. This link has to do with blood vessel health. Talk to your doctor about your risks of developing Alzheimer's to make a plan to reduce those risks.

Can I prevent Alzheimer's?

Unfortunately, there isn't a way to completely eliminate the risk of developing Alzheimer's, but we can help keep our brain as healthy as possible to reduce our risks. While some risk factors like genetics and family history can't be prevented, we can do several things to help reduce our risk of developing Alzheimer's. We can control our overall physical health with diet and exercise. We can improve our mental health with social connections and keeping mentally active. We can also protect our head by wearing helmets on bikes and wearing seat belts while in a car.

MEMORY SCREENINGS

JUNE: BRAIN HEALTH AWARENESS MONTH

A memory screen is a wellness tool that helps identify possible changes in memory and cognition. If there are no issues detected, it can be used as a baseline of where a person is at so that future changes can be monitored. Screens are free and conducted in a private area.

Contact us to sign up for a spot!

For More Information:

 **608-426-4295**

 **bbeam@gchsd.org**

Learn more about your own brain health and about normal vs. abnormal aging. Get a baseline for your cognition and strategies for brain health.



**Offered throughout Green County
(30 minutes to complete)**

Wednesday, June 3rd
1:00pm - 3:00pm
Sugar River Senior Center

21 S. Vine Street
Belleville, WI 53508

Monday, June 8th
10:00am - 2:00pm
Monticello Public Library

512 E. Lake Avenue
Monticello, WI 53570

Thursday, June 18th
10:00am - 3:00pm
ADRC of Green County

N3152 State Road 81
Monroe, WI 53566

Monday, June 29th
2:00pm - 6:00pm
Memorial Public Library

1207 25th Street
Brodhead, WI 53520

There is a connection between heart health and brain health. Keeping conditions like diabetes, high blood pressure, and high cholesterol under control helps your cardiovascular system and improves overall heart health. Taking steps to improve your heart health, like regular exercise and a healthy diet, help reduce high blood pressure and cholesterol. This also helps to keep blood sugar under control. Making healthy choices now can reduce the damage that can result from uncontrolled diabetes, high blood pressure, and high cholesterol, leading to better heart health which reduces your risk of Alzheimer's.

Your mental health can help reduce the risk of Alzheimer's. There are studies that support the link between strong social connections and lowering your risk of cognitive decline. Social connections and interactions improve cognitive abilities. Cognitive decline can also be reduced by exercising your brain. Engaging in activities like reading, doing puzzles, or engaging in a hobby will stretch your cognitive skills and help reduce your risk of Alzheimer's. Stay connected and stretch those mental muscles to reduce your risks.

Of course, protecting your brain from trauma will help reduce damage to your brain. Trauma to your brain has been linked to increased risk of Alzheimer's. Always wear your seatbelt and helmets to reduce trauma to your brain.

While we don't know everything about Alzheimer's, we do know overall brain health is a significant determinant of the likelihood of developing it. Understanding your risks of Alzheimer's can help you reduce those risks by taking preventative measures early. Take steps today to help keep your brain as healthy as possible, for as long as possible. Find more information about Alzheimer's by visiting the Alzheimer's Association website at <https://www.alz.org>.

WORDS from the ADRC Specialist

June is National Men's Health Month, dedicated to raising awareness of preventable health problems and encouraging early detection and treatment of diseases among men. It highlights the need for regular checkups, mental health support, and healthy lifestyle choices to reduce the risk of chronic conditions, as men are 41% more likely to die prematurely.



Why It Matters

- **Lower Life Expectancy:** On average, men live five years less than women.
- **Delayed Care:** Men are less likely to see a doctor for yearly checkups, with 40% waiting until they are seriously ill.
- **Men in the U.S.** have an average life expectancy up to six years less across national average. U.S. men also experience higher mortality rates across all Top 10 causes of death. Greater awareness of risk factors & warning signs, along with early detection & consistent healthcare engagement, can help improve long-term outcomes.

HEALTH FACTS & WHAT TO KNOW TOP 6 Causes of Death in Men & Signs to Look For

1. HEART DISEASE

- Leading cause of death among men. Higher mortality rates. Risk factors include high blood pressure, high cholesterol, obesity, diabetes, smoking, & inactivity.
- Possible warning signs: Chest discomfort, short of breath, fatigue, irregular heartbeat

2. CANCERS

- Men experience higher cancer mortality. Black men face higher prostate mortality. Prostate, lung, colorectal, liver, & pancreatic cancers are big factors.
- Possible warning signs: Changes in bowel or urinary habits, persistent cough, any unexplained weight loss, blood in urine or stool.

3. UNINTENTIONAL INJURIES

- Includes motor vehicle accidents, workplace injuries, overdoses, & falls. Men account for a higher proportion of fatal injuries.

4. STROKE

- Warning Signs (FAST): ♦ Face drooping ♦ Arm weakness ♦ Speech difficulty ♦ Time to call emergency services

5. DIABETES

- Increased risk of heart disease, kidney disease, & nerve damage. Frequently linked to metabolic risk factors.
- Possible warning signs: Abnormal thirst, frequent urination, slow-healing wounds.

6. CHRONIC LIVER DISEASE & CIRRHOSIS

- Associated with alcohol use, hepatitis, & metabolic conditions. Men experience higher mortality rates.
- Possible warning signs: Random swelling, jaundice

ACTIONABLE STEPS

- Schedule a yearly check up. Prevention and Early Detection is Key!
- Start conversations. Talk to your doctor about physical and mental health concerns.
- Watch for warning signs.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."

— Bill Richardson

ADRC Specialists - Heather, LA and Darcy

608-328-9499 | adrcgreencounty.org

JUNE
MENU



Albany
Brodhead
Monroe
New Glarus

Monroe & New Glarus receive hot meals Monday-Friday. Albany & Brodhead receive hot meals Monday & Friday with options for frozen on other days. The Monroe Dining Center is located in the Behring Senior Center, 325-3040. The Brodhead Dining Center is located at the Brodhead Senior Center, 897-4796.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Alfredo w/Noodles 1 Steamed Corn Green Beans Pineapple Tidbits Cookie	Shredded Beef & Broccoli 2 Steamed Rice Seasoned Carrots Tropical Fruit Cup Lemon Bar 	Apple Butter Roast Pork 3 Hot Apple Macaroni Buttered Corn Mashed Sweet Potatoes Diced Peaches Blueberry Cheesecake	Baked Cod w/Lemon & Butter Sauce 4 Steamed Peas Baked Potato Diced Pears Chocolate Pudding 	Ham & Scalloped Potatoes 5 Buttered Steamed Cauliflower Roasted Zucchini Mandarin Orange Cup Angel Food Cake w/Strawberry Topping
Pulled Pork Sandwich 8 Steamed Buttered Corn Garlic Mashed Potatoes w/Gravy Coleslaw Tropical Fruit Cup	Basil Chicken Parmesan 9 Pasta Roasted Zucchini Caesar Salad w/Dressing Pina Colada Lush Square	Baked Ham & Pasta 10 Steamed Broccoli Roasted Honey Carrots Diced Pear Cup Cottage Cheese Cup	BBQ Country Beef Tips 11 Roasted Ted Potatoes Steamed Peas w/Butter Pineapple Tidbits Frosted Cupcake 	Baked Parmesan & Herb Crusted 12 Tilapia Steamed Seasoned Beets Cauliflower Diced Peach Cup Frosted Brownie
French Onion Meatballs 15 Au Gratin Potatoes Green Beans Jell o Cup Pear Cup 	Lasagna 16 Roasted Italian Vegetables Caesar Salad w/Dressing Diced Peach Cup Cookie	Lemon-Garlic Parmesan Orzo 17 Chicken Roasted Broccoli Steamed Cauliflower Mandarin Orange Cup Confetti Sheet Cake	Tuna Noodle Casserole w/Noodles 18 Peas & Carrots Asparagus Cuts Red Velvet Cake w/Frosting Fruit Cocktail	Ham Salad on Wheatberry Bread 19 3 Bean Salad Creamy Dill & Cucumber Salad Tropical Fruit 
Tortellini & Shredded Beef 22 W/Mushroom Sauce Peas Carrots Pineapple Tidbits	Ham & Swiss Croissant Roll Ups 23 Steamed Broccoli Baked Beans Salad w/Dressing Cherry Cheesecake	Sliced Turkey w/Gravy 24 Mashed Potatoes Steamed Corn w/Butter Diced Peach Cup Cinnamon Apple Chips	Sage Roasted Pork w/Gravy 25 Steamed Beets Baked Potato Mandarin Oranges	Baked Cod w/Lemon & Butter Sauce 26 Steamed Asparagus Cuts Mashed Potatoes w/Butter Sauce Diced Pears Butterscotch Pudding
Spiced Rubbed BBQ Chicken 29 Half Baked Potato Buttered Pears Peach Cup	Goulash w/Noodles 30 Peas & Carrots Corn Salad w/Dressing Mandarin Orange Cake			

JUNE
MENU

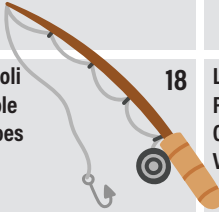
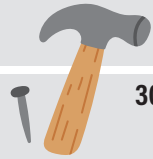


Monticello

1% milk only served. Meals are prepared without salt. For serving times and more information, call the Aging and Disability Resource Center at 608-328-9499. Monticello meals are available through Gempeler's Supermarket, 938-4927. *all menus are subject to change*

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The Bridge |
June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken & Rice 1 Potato Salad Broccoli Peaches 	Roast Pork 2 Mashed Potatoes w/Gravy Carrots Applesauce	Turkey Tetrazzini 3 Potato Wedges Corn Orange 	Sharron's Goulash 4 Cauliflower Fruit Cocktail Fruit Pie	Baked Cod 5 Potato Wedges Coleslaw Banana Sugar Cookie 
Pizza Casserole 8 Carrots Tossed Salad Pineapple	Chicken Breast 9 Scalloped Potatoes Green Beans Mandarin Oranges Peanut Butter Cookie	Pork Cutlets 10 Sweet Potatoes Baked Beans Fruit Cocktail Butterscotch Pudding	Turkey Stroganoff 11 Corn Tossed Salad Canned Pears 	Ring Bologna 12 Peas Potato Salad Melon
Chicken w/Wild Rice 15 Broccoli Potato Salad Fruit Cocktail Chocolate Cake	Ham Balls 16 Mashed Potatoes w/Gravy Corn Banana	Spaghetti 17 Carrots Tossed Salad Fruit Cocktail Oatmeal Cookie	Chicken, Broccoli & Rice Casserole 18 Stewed Tomatoes Apple Chips	Lasagna 19 Peas & Carrots Orange Slices Vanilla Pudding
Veal Sausage 22 Mashed Potatoes Mixed Vegetables Peaches Sugar Cookie	Taco Noodle Bake 23 Peas Banana Vanilla Pudding 	Pork 24 Sweet Potatoes Green Beans Fruit Cocktail	Baked Chicken 25 Mashed Potatoes Broccoli Pineapple Jell O	Baked Cod 26 Potato Wedges Coleslaw Red Grapes Oatmeal Raisin Cookie
Bean Casserole 29 Beets Canned Pears Chocolate Chip Cookie	Chicken Breast 30 Mashed Potatoes Peas & Carrots Melon 			

Continued from page 3.

Prepare Your Home

Preparing your home can take some time so make sure that you do these things before bad weather hits.

- Have your trees trimmed. Especially those close to your home or powerlines.
- Secure anything outside that could blow away, like trampolines or umbrellas.
- Research if your home is in a flood zone and make necessary preparations for your home and valuables.
- Contact your insurance company beforehand to discuss possible flood insurance and to make sure you understand your policy in case there is damage to your home.
- If your home is in a flood zone, you may want to consider a sump pump with a backup battery. You should also think about moving water heaters and furnaces to higher ground.
- Get a roof inspection to ensure that your roof is solid to avoid leaks.
- Make sure that gutters are cleared to help push water away from your home.

A little preparation beforehand can help ensure that you and your loved ones are safe. It can also help you avoid costly damage from high winds and flood risks. Being prepared will help you stay calm and have a clear head during a weather emergency. You can also check your local American Red Cross and city government websites for other helpful resources in your area.

Resources

- **American Red Cross in Wisconsin** at <https://www.redcross.org/local/wisconsin.html>
- **Ready Wisconsin** at <https://readywisconsin.wi.gov>
- **Wisconsin Department of Health Services** at <https://www.dhs.wisconsin.gov/climate/storms.htm>

SENIOR FARMERS MARKET NUTRITION PROGRAM

The Senior Farmers Market Nutrition Program (SFMNP) helps older adults purchase local, fresh foods at farmers markets. The SFMNP is from June 1st through October 31st, 2026. Qualified households will receive a booklet to use at participating Farmers Markets

TO BE ELIGIBLE:

- **BE 60 YEARS OR OLDER**
- **MAKE INCOME AT OR BELOW 185% POVERTY LEVEL**
- **BE A GREEN COUNTY RESIDENT**

To learn more about the program, please contact the ADRC at 608-328-9499



LEARN MORE:
<https://www.dhs.wisconsin.gov/wic/fmnp/senior.htm>

Researched & proven to reduce falls by 31%!

Stepping On FALLS PREVENTION

STEPPING ON CAN HELP YOU AVOID A DANGEROUS & COSTLY FALL SO YOU CAN KEEP DOING THE THINGS YOU LOVE TO DO. IN JUST SEVEN WEEKS YOU'LL LEARN:

- ✓ To identify and remove or avoid fall hazards in your home and outside
- ✓ How vision, hearing, medication, and footwear affect your risk for falling
- ✓ To get back on your feet the right way if you do fall
- ✓ Strength and balance exercises you can adapt to your individual level
- ✓ AND MUCH MORE!



July 16th - August 27th
Thursdays, 2:00pm - 4:00pm
Public Library - Belleville, WI
Suggested Donation: \$15

To register, please call the ADRC Green County Office at: 608-328-9499.

Or register online by scanning the QR code:



Pre-registration is required. Spots are limited. No living-in county or state requirements.



YOU ARE NOT ALONE.

Support Groups

Offered by the Aging and Disability Resource Center

GRIEF SUPPORT GROUP

For individuals who have experienced a loss of a loved one and are looking for support. Talk or Listen. You're not alone.

3rd Tuesday of the month from 5:30pm-7:00pm
Green County Human Services Building
Lower Level: Multipurpose Rooms 2 & 3

N3152 State Road 81, Monroe, WI

CAREGIVER SUPPORT GROUP

For family, friends, and other caregivers who are caring for a person with a chronic illness or disability.

4th Thursday of the month from 10:30am-12:00pm
Green County Human Services Building
Lower Level: Multipurpose Room 1

N3152 State Road 81, Monroe, WI

For a full listing of other available support groups in the area, please call the ADRC at 608.328.9499.

Medicare 101

POSTPONED
until further
notice



Health & Wellness

UPCOMING 2026 PREVENTION WORKSHOPS

WALK WITH EASE:

[Arthritis Self-Management/
Physical Activity Program:
6 consecutive weeks]

June 22nd – August 2nd
3x per week, for at least 10-40 minutes
Self-Directed: Anytime/Anywhere

STEPPING ON:

[Falls Prevention Program:
7 consecutive weeks]

July 16th – August 27th
2:00pm-4:00pm, Thursdays
Belleville, Public Library

STAND UP FOR YOUR HEALTH:

[Reduce Sedentary Time Program:
4 consecutive weeks]

September 10th – October 1st
Booster Session: October 29th
1:00pm-3:00pm, Thursdays
Brodhead, Memorial Public Library

WALK WITH EASE:

[Arthritis Self-Management/
Physical Activity Program:
6 consecutive weeks]

September 14th – October 25th
3x per week, for at least 10-40 minutes
Self-Directed: Anytime/Anywhere

If you have any questions, or are wanting to register for a class, please call the ADRC at
608-328-9499.

For more detailed information on the available classes offered, please visit our website by scanning the QR Code or visiting: www.adrcgreencounty.org



Need A Ride?

ADRC Shuttle Bus Services

Reservations are required as space is limited.
All ages welcome, with priority seating reserved for the elderly and those with a disability.

All shuttle bus services are a suggested donation.

Every Monday	Around Monroe	\$5.00
June 25th	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
June 10th & 24th	Belleville - New Glarus - Monticello to Monroe	\$8.00
June 3rd & 17th	Albany - Brodhead - Juda to Monroe	\$8.00
June 4th	Monroe - Monticello - New Glarus - Belleville to Westside of Madison	\$15.00

Day by Day Memory Café

Join us social gathering for individuals living with memory loss, early stage dementia including Alzheimer's, and their family and friends.



It will be a time to gather for laughter, relaxation, activities and companionship. It is not an educational workshop or support group about dementia. It is fun, welcoming, friendly environment where everyone will be accepted and no one will feel alone.

4th Thursday of the Month
1:00 PM- 2:30 PM

St. Johns United Church of Christ
(1724 14th Street Monroe, WI)

Please call 608-205-8203 to RSVP