



MARQUARDT MESSENGER



FEBRUARY 2012	
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MARQUARDT VILLAGE WORSHIP SERVICES

BETHANY CHAPEL SERVICES

Sundays – services at **9:30** and **10:30 a.m.**

Tuesdays - services at **1:30 p.m.**

Feb. 7 Moravian Church Communion Service (Grape Juice)

Feb. 14 Good Shepherd Lutheran Church

Feb. 17 ELCA Lutheran Communion Service (Wine)

Feb. 21 St. Peter's Lutheran Church

Feb. 28 1st Congregational UCC Church

This schedule is subject to change.

Wednesdays

1st - St. Luke's Lutheran at **10:30 a.m.**

2nd - St. Mark's Lutheran at **10:15 a.m.**

3rd - Farmington Lutheran at **10:30 a.m.**

4th - St. Mark's Lutheran at **10:15 a.m.**

5th – St. Paul's Lutheran at **10:15 a.m.**

Thursdays - Catholic Mass at **10:15 a.m.**

Fridays

1st - St. John's Lutheran at **10:15 a.m.**

Every - Catholic Rosary at **6:30 p.m.**



WEEKLY BIBLE STUDY GROUPS

Every Tuesday

9:00 a.m. - *Karl Fischer Center*

Pastor Martin Stuebs facilitates the group. Everyone is welcome to attend!

Every Thursday

1:00 p.m. - *Karl Fischer Center*

Connie Mundt facilitates the group. Everyone is welcome to attend.



FOUNDATION FOCUS

By Lori Werbeckes, Foundation Director

In Recognition of Our Generous Donors

Marquardt Village appreciates everyone who supports the Foundation with their financial gifts. We recognize individuals who give generously to the Marquardt Foundation as Friends, Partners and Advocates. The benefits of the gifts we receive can be seen throughout our facilities. In 2011, contributions were used to:

- Make significant improvements to the Chapel
- Show appreciation for our dedicated staff
- Enhance the Hospice and Activities programs
- Establish a fund for future Memory Care needs
- Assist in daily operations of the campus

Friends – annual donors of \$500 - \$999

James Bender

Rev. and Mrs. Allen Bergmann

Mr. and Mrs. Richard Bertoldi

Mr. and Mrs. Kyran Clark

Mr. and Mrs. Tom Frakes

Rev. and Mrs. Ron Kral

Karen I. Mantey

Charles Nienow

Mr. and Mrs. Ken Poradek

Mildred Schulze

Mr. and Mrs. John Stueber

Sarah Walter
Thomas Wendt
Lori and Mark Werbeckes
Susan Williams

Partners – annual donors of \$1,000 - \$2,499

Margaret Anthor
Rev. Dr. Rick Brewer
Mr. and Mrs. Richard Chynoweth
Mr. and Mrs. Don Devonshire
Mr. and Mrs. Robert Dobbratz
Dean Huffstutler
Anne and Bob Krystyniak
Marion Larson
Bishop Milo Loppnow
Dan and Julie Marks
Matt and Erika Mauthe
Mr. and Mrs. Ed Miller
Mr. and Mrs. Richard Nienow
Tom and Kathy Ready

Advocates – annual donors of \$2,500 or more

Grace Bentzin
Anonymous
Zoe Cone
Mary Jeane Romer
Phyllis Strasburg George

THANK YOU for your financial support of the Marquardt mission!

ZINZENDORF HAPPENINGS

Marquardt Village's Assisted Living Choice
By Sherry Cira, Administrator

February....the second month of the year, and also the shortest month.

At Zinzendorf, our residents are looking forward to enjoying the many activities being offered, even though we have to get them into 29 days vs. 30 or 31.

Residents at Zinzendorf can choose to participate in the numerous Activity options available, or they can choose to maintain a personal daily routine of their preference. Although we

encourage socialization, we highly respect a person's privacy and personal choices.

At Zinzendorf, we have a full time Activity Coordinator, Sandi Bathke. Sandi is here Monday through Friday, 8:00am until 3:30pm. Throughout the week, she offers the residents the opportunity to experience endless social and recreational activities, some of which include:

- Exercises
- Crafts
- Baking
- Happy Hour
- Money Bingo, Card Bingo, Traditional Bingo
- Wii Bowling (with Travelling Trophy!)
- Wii "Price is Right"
- Horseshoes
- Current Events
- Middle School Student Visits and Interactions

The list goes on! On the weekends Sandi arranges for entertainment, which includes musical performances and volunteers to call Bingo.

A few "Fun Facts" about the month of February: February had 28 days until Julius Caesar gave it 29, and 30 days every four years. According to tradition, Augustus, the Roman emperor, took one day off to add one day to August, the month named after him. We now have February with 28 days and 29 on LEAP YEAR.

The second day of February is often referred to as GROUND HOG DAY. The old stories told are that if he sees his shadow, then he goes back to sleep and there will be more winter time. If he doesn't, then the spring time will begin! We are definitely hoping that he won't see his shadow!

VALENTINE'S DAY is celebrated on February 14. Young and old exchange cards with loved ones. This custom is hundreds of years old!

Valentine greetings have been found that date back into the 1400's!

The third Monday in February is PRESIDENT'S DAY. Both Washington and Lincoln's birthdays were in February. It is considered a Federal holiday for celebration of Washington's Birthday, but most states also honor all presidents on this day.

Whatever your February holds, may you LEAP into good health, may your GROUND HOG'S DAY be met without a shadow, may you give and receive lots of love on VALENTINE'S DAY, and may ALL of our Presidents, present and future, continue to lead this great country with wisdom, integrity, and with the promise on which this great nation was built!

HCBS (Home & Community Based Services)

Reviewed by Cheryl P Meyer RN

How Is Heart Failure Treated?

Today there are more options available to treat heart failure than ever before. Regular medications and lifestyle changes coupled with careful monitoring are the first line of treatment. As the condition progresses, centers specializing in the treatment of heart failure can offer more advanced treatment options, such as surgery.

To prevent your heart failure from worsening:

Keep your blood pressure low. In heart failure, the release of hormones causes the blood vessels to constrict or tighten. The heart must work hard to pump blood through the constricted vessels. It is important to keep your blood pressure as low as possible so that your heart can pump effectively without extra stress.

Monitor your own symptoms. Check for changes in your fluid status by weighing yourself daily and checking for swelling.

Schedule regular doctor appointments. During follow-up visits, your doctors will make sure you are staying healthy and that your heart failure is

not getting worse. Your doctor will ask to review your weight record and list of medications. If you have questions, write them down and bring them to your appointment. Help prevent further heart damage:

- Stop smoking or chewing tobacco.
- Reach and maintain your healthy weight.
- Control high blood pressure, cholesterol levels, and diabetes.
- Exercise regularly.
- Do not drink alcohol.
- Have surgery or other procedures to treat your heart failure or discover what caused it.

What Drugs Should I Avoid if I Have Heart Failure?

Several different types of medications are best avoided for those with heart failure. These include:

- Certain painkillers called nonsteroidal anti-inflammatory drugs (NSAIDS), such as Motrin.
- Most antiarrhythmia drug agents.
- Most calcium channel blockers (especially older versions like Calan, Cardizem, Covera, Procardia, and Isoptin) if you have systolic heart failure.
- Some nutritional supplements and growth hormone therapies.
- Antacids that contain sodium (salt).
- Decongestants such as Sudafed. They make your heart work harder.

Marquardt Home Health is now able to help with the acute Congestive Heart Failure, through home monitoring of your symptoms. We have VitalPoint Monitors that we can set up in your home to record your weight, blood pressure, and the oxygen in your blood. This monitor will record and send the information to the RN monitoring the vitals daily. Early notification to

your physician can prevent more damage on your heart.

MARQUARDT MANOR

Marquardt Manor Activities
Mary Lou Moldenhauer

Before we knew it, it was time to say Good-bye to 2011 and Hello to 2012. We celebrated our New Year’s Eve party in style, or, “just like downtown”, as I always say. We had hats, horns, and balloons to add a rainbow of color to our lives. We snacked on cheese, sausage and herring, as we sipped on champagne and toasted to good health and happiness to all. We listened to the music of the Myron Moldenhauer Band and reminisced about the days of the big dance halls, big bands, and evenings filled with dancing and laughter. Oh, what sweet memories!

YEARS OF SERVICE

The following employees are being recognized for February Employment Anniversaries. We thank them for their years of service to Marquardt Village.

Joyce Nemitz	41 years
Sandy Kemnitz	36 years
Jan Duffy	24 years
Noelle Villegas	20 years
Kim Holterman	14 years
Karen Kaulback	9 years
Jean Jolliff	7 years
Judy Maas	6 years
Laura Kerschke	4 years
Mike Johnson	4 years
Leah Hoff	3 years
Rachel Wolfgram	2 years
Roxanne Bertel	2 years
Barb Butler	2 years
Cheryl Songer	2 years

HAPPENINGS

Happy Birthday!

Residents

February	4	Illa Canaan	
	4	Virginia Holloway	
	8	Karen Jaehrling	
	12	Erna Nagel	99!
	16	Lorraine Rose	94
	16	Myles Crun Jr.	
	18	Paul Dunn	91
	18	Leslie Michel	90
	20	Leola Haberkorn	91
	22	Helen Morstad	
	26	William Schuett	

Employees

Rick Brewer	1
Beth Wollin	4
Rachel Wolfgram	5
Naomi Ganter	7
Amber Kaeserman	10
Stevi Wollitz	10
Cheryl Songer	11
Kari Krobsky	12
Tami Gerbensky	13
Angie Zastrow	13
Kristin Buss	15
Mary Plenkens	16
Marie Schroede	16
Jessica Schultz	18
Carol Kruesel	19
Lisa Faltersack	21
Kiley Timm	23
Cindy Morgan	25
Mel Froemming	28
Karley Loppnow	28



Social Services

Resident Right of the Month:

Notification of Changes: Except in a medical emergency, or when a resident is incompetent, a facility must consult with the resident immediately, and notify the physician, and if known, the resident’s Legal Representative, or interested family member within 24 hours, when there is:

Stephanie Coleman, Licensed Cosmetologist, will be available to do a basic manicure. The manicure includes trimming & filing the nails, cuticle treatment, hand massage and nail polish application. A basic selection of colors will be provided to you. You may bring along your own polish. The cost is \$10.00 per manicure. Fees are payable to the Manicurist at time of service. Please call the Karl Fischer office at 262-0923 to make an appointment or for further questions.

CHOCOLATE AND NUTS!

Grab some snacks on **Monday, February 20** and **Tuesday, February 21** from 9:00 a.m. to 2:00 p.m. at the Karl Fischer Activity Center.

More than 150 fine quality Nutman Company nuts, chocolate, snack mixes and candy will be for sale.

Everyone is welcome to join us!

ELECTION DAY

Tuesday, February 21, 2012

Karl Fischer Craft Room

7:00 a.m. - 8:00 p.m.

If you are not registered to vote or need to

update your registration information, you may do so at your local polling location on Election Day as long as you can provide proof of residence.

VALENTINE GREETINGS

Roses are red. Chocolate is sweet. Remember your family and friends with flowers and treats.

Treat yourself or find the perfect gift for your valentine at the coffee shop. Greeting cards, chocolate hearts and flowers will be available for sale throughout the month of February.



MARCH HEALTH SCREENING!

Marquardt Village is teaming up with Life Line Screening to offer preventative health screening

for vascular disease on **Wednesday, March 21st** at the Karl Fischer Activity Center. Learn risks of stroke or vascular disease through four painless, noninvasive health screenings. The tests include stroke/carotid artery (most common cause for stroke), abdominal aortic aneurysms, peripheral disease (blockages in the arteries of the legs) and atrial fibrillation (irregular heartbeat). This is a prevention program, and with early detection, these problems can be treated. Make an appointment for any or all of the tests. For pricing information or to register, which is required to participate, please call Joan Genz at 262-0923 or Life Line at 1-800-324-1851.

MARQUARDT VILLAGE GIFT CERTIFICATES

A Perfect Gift for any Occasion!

Contact the Housing Business office for more information at 920-261-4876.

EYE GLASS COLLECTION AND RECYCLING

To donate your used eye glasses, please drop them off at the business offices.



Enjoy, escape, rejuvenate!

Everyone is welcome!

COFFEE SHOP HOURS:

Monday, Tuesday, Thursday, Friday 9:00 a.m.-3:00 p.m.

Wednesday 9:00 a.m.-2:00 p.m.

Saturday 8:00 a.m.-10:00 a.m.

COFFEE SHOP FEBRUARY SPECIALS:

Dine In or Take Out

CELEBRATE YOUR BIRTHDAY WITH US!

Stop in on your birthday and get a free ice cream dixie cup.

Wednesday, February 1st

Hamburger on Bun, Chips & Pickle

Price: \$3.25

11:00 a.m. – 1:00 p.m.

Friday, February 3rd

Wear Red to fight Heart Disease

Free Hot Cranberry Cider
Assortment of Coffee Cake

Price: \$1.00

9:00 a.m. – 3:00 p.m.



Tuesday, February 7th

Potato Augratin w/Ham Soup

Price: \$2.00

Cherry Cheesecake Pie

Price: \$2.00

9:00 a.m. – 3:00 p.m.

Thursday, February 9th

Hot Beef on a Bun, Chips & Pickle

Price: \$3.25

11:00 a.m. – 1:00 p.m.

Tuesday, February 14th

Happy Valentine's Day!

BUY ONE, GET ONE FREE Cup Of Coffee!

Price: \$.25

Guess the candy hearts and **WIN** the jar of candy!

9:00 a.m. – 3:00 p.m.

Wednesday, February 15th

Meatloaf Sandwich & Fruit

Price: \$3.25

11:00 a.m. – 1:00 p.m.

Thursday, February 16th

Pecan Sticky Bun or Cinnamon Roll,
Cup of Juice or Coffee

Price: \$1.50

9:00 a.m. – 10:00 a.m.

Monday, February 20th

Presidents' Day



Cherry or Apple Turnover

Price: \$1.50

9:00 a.m. – 3:00 p.m.

Tuesday, February 21st

Election Day

Bowl of Chili w/Crackers

Price: \$2.00

Polish Fat Tuesday Day

Paczkis – Fruit Filled Polish Pastry

Price: \$1.00

9:00 a.m. – 3:00 p.m.



Wednesday, February 22nd

Ash Wednesday

Egg Salad Sandwich

Price: \$2.00

Cream of Broccoli Soup

Price: \$2.00

11:00 a.m. – 1:00 p.m.

Wednesday, February 29th

**Leap Year Sloppy Joes on a Bun,
Chips & Pickle**

Price: \$3.25

11:00 a.m. – 1:00 p.m.



The Coffee Shop is a vital part of the Campus. We hope you will stop in for an event.

FEBRUARY ACTIVITIES

GROUNDHOG DAY BREAKFAST

Thursday, February 2nd

Karl Fischer Craft Room

8:30 a.m. Upper Krust

MENU: Pancakes, Scrambled Eggs, Bacon, Fruit, Juice & Coffee

The meal price is \$5.50 per person.

Reservations required by January 31st.



COFFEE & CONVERSATION

Thursday, February 2nd

9:00 a.m.

Karl Fischer Craft Room



Licensed Massage Therapist, Krista Eberle, will discuss how massage works to improve an individual's overall health. Massage Therapy can offer relief from many different conditions. Come & learn about the benefits of massage. **FREE MASSAGE DRAWING!**

All welcome to join us for breakfast and/or program.

POTLUCK

Sunday, February 5th

12:30 p.m.

Karl Fischer Activity Center

Please bring a dish to pass, serving utensils and your own place setting. Coffee will be provided.

All are welcome to join us for potluck.

BUNCO PARTY

Friday, February 10th

Karl Fischer Craft Room

12:00 p.m.



MENU: Pizza: Sausage, Pepperoni or Canadian Bacon (specify with reservation), Lettuce Salad, Ice Cream Bar & Coffee

The meal price is \$5.00 per person.

Reservations required by February 8th.

1:00 p.m. Dice Bunco

Join us for meal and/or Bunco!

VALENTINE'S DAY CELEBRATION

Invite a "Sweet or Special" person to join you for music and dinner!

Tuesday, February 14th

Karl Fischer Activity Center

3:00 p.m.

Sweetheart Melodies performed by Neal and Connie Mundt at Marquardt Manor Chapel.

4:15 p.m. Glenn's Market

Karl Fischer Activity Center



MENU:

Baked Ham, Scalloped Potatoes, Glazed Carrots, Roll, Ice Cream Sundae & Coffee

The meal price is \$6.50 per person.

Reservations required by February 10th.

All welcome to join us for music and/or dinner.

WELLNESS WEDNESDAY

Energize Your Life

Wednesday, February 15th

1:00 p.m. Karl Fischer Activity Center

It's that time of year again when there's fresh inspiration to start anew, a great opportunity to reenergize your life with new possibilities for the success and happiness that await you in the coming year. Join Becky Gutzman, UW Extension Nutrition Coordinator, who will present, "Simple Changes for a New, Energized You". Learn how to energize your life with physical activity! Everyone is welcome.

ROAST CHICKEN DINNER AND BINGO

Friday, February 17th

Karl Fischer Activity Center

12:30 p.m. Augie's Elite Catering

MENU: Roast Chicken, Sage Dressing, Glazed Carrots, Cranberry Sauce, Roll, Chocolate Chip Bar & Coffee

The meal price is \$5.00 per person.

Reservations required by February 15th.

2:00 p.m. Bingo

Join us for meal and/or bingo!

BAKED COD DINNER AND BINGO

Wednesday, February 29th

Karl Fischer Activity Center

12:30 p.m. Augie's Elite Catering

MENU: Lemon Baked Cod Fish, Potato Pancakes, Sweet Corn, Roll, Lemon Bar & Coffee



The meal price is \$5.00 per person.

Reservations required by February 27th.

2:00 p.m. Perkins Bingo

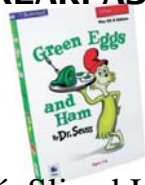
GREEN EGGS AND HAM BREAKFAST

Thursday, March 1st

Karl Fischer Coffee Shop

8:30 a.m. Upper Krust

MENU: "Green" Egg Soufflé, Sliced Ham, Fruit, Juice & Coffee



The meal price is \$5.50 per person.

Reservations required by February 28th.

BOARD GAMES

BINGO - 2:00 p.m.

Karl Fischer Activity Center

Price: \$.50 per card.

Friday, February 3rd

Prize: Karl Fischer Gift Certificate

Wednesday, February 8th

Prize: Area Business Certificate

Friday, February 17th

Prize: Karl Fischer Gift Certificate

Wednesday, February 29th

Prize: Perkins Coupons

FREE DICE BUNCO - 1:00 p.m.

Karl Fischer Craft Room

Friday, February 10th & 24th

FREE BEAN BAG BASEBALL

No bats, no balls, just bags of beans! Join us for a friendly game of Bean Bag Baseball on **Monday, February 13th & 27th at 6:30 p.m.** in the Karl Fischer Activity Center. Fun for everyone! *So, let's play ball (or beans)!*

CARD GAMES

SHEEPSHEAD

Mondays 1:00 p.m. – KFC Craft Rm



UNO

Thursdays 1:00 p.m.

Karl Fischer Craft Room

CRAFTS

Stitchery - Tuesdays - 1:00 p.m.

Karl Fischer Craft Room

Handcrafts - Wednesdays - 9:00 a.m.

Karl Fischer Craft Room

TRIPS

HIGH ROLLERS HO CHUNK CASINO

Baraboo, WI

Wednesday, February 8th

Price: \$30.00

Walking Level: Low-Moderate

Highlights: poker room, slot machines, off-track betting parlor & Las Vegas-style gaming, \$20.00 in Slot Credit, 10% off your meal with a valid Players Card

Reservations still available

Depart: 8:45 a.m. Hus Apartments

Return: Approximately 6:00 p.m.



DRURY LANE OAKBROOK TERRACE

Oakbrook Terrace, Illinois

Wednesday, February 29th

Price: \$95.00

Walking Level: Moderate

Highlights: lunch and show at Drury Lane Theatre presenting "GYPSY", lunch entrée selection will be stuffed chicken breast or roast sirloin of beef

Reservations still available

Depart: 7:00 a.m. Hus Apartments

Return: Approximately 7:30 p.m.

WALK LIKE AN EGYPTIAN

Milwaukee, Wisconsin

Wednesday, March 7th

Price: \$89.00



Walking Level: Low

Highlights: Milwaukee Public Museum exhibit Walk Like An Egyptian, lunch buffet at Milwaukee’s best Middle Eastern Restaurant, Coptic Egyptian Church in Oak Creek

Reservation deadline is February 13th

Depart: 7:00 a.m. Hus Apartments

Return: Approximately 4:15 p.m.

CAJUN COUNTRY \$UPER \$AVER

Marksville, Louisiana

7 Days: **March 18 - 24, 2012**

Double Occupancy: \$599/person

Single Occupancy: \$749/person

A Super Saver vacation provides an affordable winter getaway to a wonderfully warm area. Not only is this affordable, but you can customize the tour to be as active or as relaxing as you wish. You choose what you would like to see and do while on vacation from the numerous side excursions which are available.

Take advantage of this tremendous value and make your reservation early while space is available!

Cajun Country - Today’s Cajuns trace their ancestral roots to French Canadian exiles who came together again in Southern Louisiana in the late 18th Century. The joyful reverberations of that reunion and the pride in the enduring culture built here set the tempo for today’s Cajun Country, a region where many different people share a unifying “joie de vive.” On this tour you’ll have the opportunity to explore the cultural riches on day trips around towns nestled in bayou country.

Paragon Casino Resort, the “Pearl of Louisiana”

- The Paragon Casino Resort is Louisiana’s premier escape, located in the heart of the Bayou. Treat yourself to a totally indulgent getaway including luxurious lodging, fabulous spa services which are available (at an additional cost), golf, movie theatre, and an awesome casino. Paragon will provide everyone with \$25 in play to start you off. The casino floor features over 2,000 slots, off

track betting parlor, poker room and a variety of the hottest table games.

Deposit of \$100 per person due when making your reservation. Travel Protection should also be paid at this time. Final payment is due by February 10, 2012.

MEMORIES DINNER THEATRE

Port Washington, Wisconsin

Sunday, April 22nd

Price: \$74.00



Walking Level: Low

Highlights: Memories Dinner Theater for the performance of the “Odd Couple” Female Version Comedy by Neil Simon, lunch Chicken Marsala & Roast Beef

Reservation deadline is February 13th

Depart: 7:00 a.m. Hus Apartments

Return: Approximately 4:15 p.m.

ALL TRIP INFORMATION

To reserve a trip or get more information, contact Joan Genz at 262-0923.

*****All trips are (unless otherwise stated):***

First come, first served basis! ♦ There must be a minimum of 10 people for a Marquardt Village pickup. ♦ Make check payable to: Badger Tour & Travel ♦ Friends welcome!

Full payment guarantees your reservation. No refunds are given after the reservation deadline unless your ticket can be resold.

CANCELLATIONS – Full refunds may be made if cancellation is 48 hours prior to event. However, in some cases nonrecoverable costs (such as prepaid theatre tickets, etc.) may be deducted. If the reservation is filled from a waiting list, a full refund will be given.

HEALTH SERVICES

BLOOD PRESSURE CLINICS – Free

Marquardt Home Health



First Wednesday Anna
Second Wednesday Milo
Third Wednesday Hus
Fourth Wednesday Mueller

Times will remain 10:00 – 11:00 a.m.

FOOT CARE CLINICS

Marquardt Home Health

February 9th, 16th, & 23rd

Karl Fischer Center

February 15th Milo Loppnow Apts.

March 21st Anna Nitschmann Apts.

Appointments required. Call 261-7108.



HEARING TEST - Free

Wisconsin Hearing Aid Center

Karl Fischer Center Lower Level.

Monday, February 13th at 1:00 p.m.

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE

Wednesday, February 8th & 22nd

Karl Fischer Craft Room

4:00 p.m.

DBSA is a support group for individuals affected by a mood disorder such as depression, anxiety, and bipolar disorder. For more information, call Joan Genz at the Karl Fischer Activity Center at 920-262-0923.

REFLEXOLOGY

Reflexologist Kerry Schmidt

Karl Fischer Center Lower Level

Tuesday, February 28th at 9:00 a.m.

Treatment focuses on pressure point work on the reflex zones of your feet. Payable at time of service. Appointments required. Call 920-988-0519.

TOPS

Weight management meetings are held on **Mondays from 5:00 p.m. to 6:00 p.m.** in the Craft Room at Marquardt Manor (across from Chapel). Anyone who is interested in “Taking Off Pounds Sensibly” is welcome to attend.

MASSAGE THERAPY

Massages by Krista Eberle

Karl Fischer Center Lower Level

Thursday, February 23rd at 1:30 p.m.

Relax your mind and bring comfort to your whole body. Payable at time of service. Appointments required. Call 920-262-0923.



Marquardt Memorial Manor, Inc.
1020 Hill Street
Watertown, WI 53098

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Return Service Requested

If you do not wish to receive this newsletter, please give us a call at 920-261-4876 or email at housing@marquardtville.org. Thank you.

CLASSES -SPRING 2012

63405/63404

Senior Health/Fitness

Wed-Fri January 25-March 2
March 28-May 4

Cost: \$4.00

10:30 a.m. Karl Fischer Activity Center

63406/63415

Senior Health/Fitness

Tues-Thurs January 24-March 1
March 27-May 3

Cost: \$4.00

10:30 a.m. Karl Fischer Activity Center

63387/63388

Memory & Mind Stimulation

Tuesday January 24-February 28
March 27-May 1

Cost: \$4.00

1:30 p.m. Karl Fischer Craft Room

63470 Watertown History

Tuesday February 7-February 28

Cost: \$4.00

6:00 p.m. Karl Fischer Activity Center

HOW TO REGISTER – Register in person: 9:00 a.m. – 3:00 p.m., Monday through Friday at the Karl Fischer Center office. Checks payable to: M.A.T.C. For more information please contact Joan Genz at 262-0923.

PLEASE NOTE – Class descriptions are available at the Karl Fischer Center office.

WEEKEND MEAL PROGRAM - AUGIE'S ELITE CATERING SERVICE

The Weekend Meal Program is a delivered meal service provided by Augie's Elite Catering for **ALL** campus residents. **There are no restrictions or eligibility requirements**; all residents are able to receive delivered meals. Families and friends are also welcome to order meals! The cost of the meal is \$5.50, which will be billed monthly directly to you through Augie's Catering Service. The menus and dates are listed for your convenience. **Reservation and cancellations are due on FRIDAYS AT 10 a.m.** The count will be given to the catering service at that time.

Contact Jan Duffy, Service Coordinator, at 262-8830 or #6001, to register or learn more about the program.

Happy Valentines Day

Saturday, February 4
Salsbury Steak in Gravy Cottage Fried Potatoes Sweet Peas Fresh Baked Roll Iced Brownie

Sunday, February 5
Lasagna Tossed Salad Garlic Bread Strawberry Bar

Saturday, February 11
Turkey Rolls stuffed with Sage Dressing/Gravy Sweet Potatoes Corn Vienna Bread Cranberry Sauce Pumpkin Bar

Sunday, February 12
Seafood Primavera (Baby shrimp/Alaskan cod in cream sauce w/mushrooms/broccoli) Liguinni Garlic Break Strawberry Cheesecake




Saturday, February 18
Lightly Breaded Fried Chicken Parsley Buttered Potatoes Sweet Peas Fresh Corn Muffin Chocolate Pudding

Sunday, February 19
Roast Beef in Gravy w/Roasted Onions Garden Rice Sweet Corn Fresh Baked Roll Tapioca Pudding

Saturday, February 25
Oven Roasted Chicken Sage Dressing Glazed Baby Carrots Cranberry Sauce Fresh Baked Roll Oatmeal Raisin Cookie

Sunday, February 26
Stuffed Pork Chops w/Sage Dressing & Gravy Mashed Potatoes Sweet Peas Fresh Baked Roll Ice Brownie





**The Nutman Co.
is coming!**

**150 Fine Quality
Nuts, Chocolates,
Snack Mixes & Candies**

**Mon. & Tues.
Feb. 20th & 21st
9:00am-2:00pm**

Karl Fischer Activity Center

Benefitting Marquardt Village

We accept VISA, MC, AmEx, Cash & Checks



February 2012

Dodge County Senior Dining

All meal reservations must be made the day prior by calling 1-800-924-6407 by 1:00 p.m. Or 262-9790 between 11:00 a.m. – 1:00 p.m. Suggested donations: \$3.50
 Meal Site is located in Mueller Apartments – 2nd floor. **Meals served at 11:45 a.m.**
 Home delivered meals available – contact Jan Duffy, 262-8830 for more information.

Monday	Tuesday	Wednesday	Thursday	Friday																																																							
<table border="1" style="margin: 10px auto; border-collapse: collapse; text-align: center;"> <thead> <tr> <th colspan="7">Jan 2012</th> </tr> <tr> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1</td> </tr> <tr> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> </tr> <tr> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> </tr> <tr> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> </tr> <tr> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> </tr> <tr> <td>30</td> <td>31</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Jan 2012							M	T	W	T	F	S	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						<p style="text-align: center; font-size: 2em; font-weight: bold;">1</p> <p>Hawaiian Meatballs Red Skin Potatoes Peas and Carrots Rainbow Sherbet Sliced Bread</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">2</p> <p>Baked Spaghetti (includes veg.) Italian Blend Vegetables Birthday Cake French Bread</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">3</p> <p>Roast Pork Loin Mashed Potatoes Baby Carrots Applesauce Sliced Bread</p>
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<p style="text-align: center; font-size: 2em; font-weight: bold;">6</p> <p>Chicken Breast Mashed Potatoes California Blend Vegetables Dream Sicle Torte Sliced Bread</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">7</p> <p>Beef Stew (includes veg.) Seven Layer Salad Mandarin Orange Gelatin Biscuit</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">8</p> <p>Baked Chicken Mashed Potatoes Pickled Beet Salad Butterscotch Pudding Sliced Bread</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">9</p> <p>BBQ Pork Cutlet Baked Potato Summer Blend Vegetables Petite Banana Dinner Roll</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">10</p> <p>Salisbury Steak Mashed Potatoes Corn Apple Pie Sliced Bread</p>																																																							
<p style="text-align: center; font-size: 2em; font-weight: bold;">13</p> <p>Ham Rolls Squash Health Slaw Pineapple Tidbits Sliced Bread</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">14</p> <p>Chicken Cacciatore Escaloped Potatoes Mixed Italian Salad Cinnamon Roll Dinner Roll</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">15</p> <p>Chili Casserole (includes veg.) Mixed Vegetables Fruited Gelatin Corn Bread</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">16</p> <p>Liver and Onions Cheesy Potato Bake Winter Blend Vegetables Alexander Torte Dinner Roll</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">17</p> <p>Country Fried Steak Mashed Potatoes Green Beans Pear Slices Sliced Bread</p>																																																							
<p style="text-align: center; font-size: 2em; font-weight: bold;">20</p> <p>Pork Steak Mashed Potatoes Red Cabbage Coconut Cream Pie Sliced Bread</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">21</p> <p>Beef Stroganoff Cass. (includes veg.) Tossed Salad Pineapple Tidbits Dinner Roll</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">22</p> <p>Crispy Fish Fillet Au Gratin Potatoes Peas and Carrots Ambrosia Dessert Sliced Bread</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">23</p> <p>Swedish Meatballs Mashed Potatoes Wax Beans Apricot Halves Dinner Roll</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">24</p> <p>Salmon Loaf Baked Potato Baby Carrots Pecan Pie Sliced Bread</p>																																																							
<p style="text-align: center; font-size: 2em; font-weight: bold;">27</p> <p>Swiss Steak Mashed Potatoes Swiss Spinach Peach Slices Sliced Bread</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">28</p> <p>Baked Chicken Twice Bake Style Mashed Potatoes Copper Penny Salad Oatmeal Raisin Cookie Dinner Roll</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">29</p> <p>Meatloaf Red Skin Potatoes Peas/Pearl Onions Fruited Gelatin Sliced Bread</p>	<table border="1" style="margin: 10px auto; border-collapse: collapse; text-align: center;"> <thead> <tr> <th colspan="7">Mar 2012</th> </tr> <tr> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> </tr> </tbody> </table>		Mar 2012							M	T	W	T	F	S	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							
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FEBRUARY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		MATC MEMORY CLASS Tuesdays February 7th-28th 6:00 p.m. Karl Fischer Center *Register at the Karl Fischer Office	1 9:00 CRAFTS 10-11 BLOOD PRESSURE - Anna 11-1 HAMBURGER LUNCHEON 10:30 MATC EXERCISE 10:30 ST. LUKES 4:00 YOGA	2 8:30 GROUNDHOG DAY BREAKFAST 9:00 COFFEE & CONVERSATION - Massage 10:15 CATHOLIC MASS 10:30 MATC EXERCISE 1:00 BIBLE STUDY 1:00 UNO 3:45 STRETCH & WALKING	3 9:00 HOT CRANBERRY CIDER & COFFEE CAKE 10:30 MATC EXERCISE 10:30 ST. JOHN'S 2:00 BINGO 6:30 CATHOLIC ROSARY WEAR RED SUPPORT HEART DISEASE
5 9:30 & 10:30 SUNDAY WORSHIP 12:30 POTLUCK	6 9:15 PIGGLY WIGGLY BUS 10:30 MATC EXERCISE 1:00 BRIDGE – Marquardt 1:00 SHEEPSHEAD 5:00 TOPS – MMM Craft Room	7 9:00 BIBLE STUDY 9:00 LINE DANCE 9-3 POTATO AUGRATIN SOUP CHERRY CHEESECAKE PIE 10:30 MATC EXERCISE 1:00 STITCHERY 1:30 CHAPEL 1:30 MATC MEMORY CLASS 3:45 STRETCH & WALKING	8 8:45 HO CHUNK CASINO TRIP 9:00 CRAFTS 10-11 BLOOD PRESSURE - Milo 10:15 ST. MARK'S 10:30 MATC EXERCISE 2:00 BINGO 4:00 YOGA 4:00 DEPRESSION SUPPORT GROUP	9 8:30 FOOT CARE 10:15 CATHOLIC MASS 10:30 MATC EXERCISE 11-1 HOT BEEF LUNCHEON 1:00 BIBLE STUDY 1:00 UNO 1:00 VALENTINE MANICURE 3:45 STRETCH & WALKING	10 10:30 MATC EXERCISE 12:00 PJ'S PIZZA 1:00 DICE BUNCO 6:30 CATHOLIC ROSARY
12 9:30 & 10:30 SUNDAY WORSHIP	13 9:15 PIGGLY WIGGLY BUS 10:30 MATC EXERCISE 1:00 BRIDGE – Marquardt 1:00 SHEEPSHEAD 1:00 HEARING TEST 5:00 TOPS – MMM Craft Room 6:30 BASEBALL BEAN BAG	14 9-11 BUY ONE, GET ONE COFFEE – Coffee Shop 9:00 BIBLE STUDY 9:00 LINE DANCE 10:30 MATC EXERCISE 1:00 STITCHERY 1:30 CHAPEL 1:30 MATC MEMORY CLASS 3:00 NEAL & CONNIE MUNDT 3:45 STRETCH & WALKING 4:15 BAKED HAM DINNER	15 9:00 CRAFTS 10-11 BLOOD PRESSURE - Hus 10:30 MATC EXERCISE 10:30 FARMINGTON 11-1 MEATLOAF LUNCHEON – Coffee Shop 1:00 WELLNESS WEDNESDAY – ENERGIZE YOUR LIFE 4:00 YOGA	16 8:00 FOOT CARE 9-3 PECAN OR CINNAMON ROLL – Coffee Shop 10:15 CATHOLIC MASS 10:30 MATC EXERCISE 1:00 BIBLE STUDY 1:00 UNO 1:00 STEPPING ON PROGRAM 3:45 STRETCH & WALKING	17 10:30 MATC EXERCISE 12:30 AUGIE'S ROAST CHICKEN 2:00 BINGO 6:30 CATHOLIC ROSARY
19 9:30 & 10:30 SUNDAY WORSHIP	20 9-3 CHERRY OR APPLE TURNOVER – Coffee Shop 9:00-2:00 NUTMAN COMPANY 9:15 PIGGLY WIGGLY BUS 10:30 MATC EXERCISE 1:00 BRIDGE – Marquardt 1:00 SHEEPSHEAD 5:00 TOPS – MMM Craft Room	21 7:00-8:00 ELECTION DAY 9:00-2:00 NUTMAN COMPANY 9:00 BIBLE STUDY 9:00 LINE DANCE 9-3 PACZKIS – Coffee Shop 10:30 MATC EXERCISE 11-3 CHILI – Coffee Shop 1:00 STITCHERY 1:30 CHAPEL 1:30 MATC MEMORY CLASS 3:45 STRETCH & WALKING	22 9:00 CRAFTS 10-11 BLOOD PRESSURE - Mueller 10:15 ST. MARK'S 10:30 MATC EXERCISE 11-1 EGG SALAD SANDWICH – BROCCOLI SOUP – Coffee Shop 4:00 DEPRESSION SUPPORT GROUP 4:00 YOGA	23 8:00 FOOT CARE 10:15 CATHOLIC MASS 10:30 MATC EXERCISE 1:00 BIBLE STUDY 1:00 UNO 1:00 STEPPING ON PROGRAM 3:45 STRETCH & WALKING 1:30 MASSAGE THERAPIST	24 10:30 MATC EXERCISE 1:00 DICE BUNCO 6:30 CATHOLIC ROSARY
26 9:30 & 10:30 SUNDAY WORSHIP	27 9:15 PIGGLY WIGGLY BUS 10:30 MATC EXERCISE 1:00 BRIDGE – Marquardt 1:00 SHEEPSHEAD 5:00 TOPS – MMM Craft Room 6:30 BASEBALL BEAN BAG	28 9:00 BIBLE STUDY 9:00 LINE DANCE 10:30 MATC EXERCISE 1:00 STITCHERY 1:30 CHAPEL 1:30 MATC MEMORY CLASS 3:45 STRETCH & WALKING	29 7:00 DRURY LANE TRIP 9:00 CRAFTS 10:15 ST. PAUL'S 10:30 MATC EXERCISE 11-1 LEAP YEAR SLOPPY JOES – Coffee Shop 12:30 AUGIE'S BAKED COD 2:00 PERKINS BINGO 4:00 YOGA	KFC Phone Numbers: Karl Fischer Center Joan Genz 262-0923 Coffee Shop 262-1500	