

Dane County Healthy Aging Workshops 2023

| Class | Date | Day | Location | Time | Registrar |
|----------------------------|--|----------|--|-------------------|---|
| Stepping On | January 11 – February 22 | Wed | Lake Edge Lutheran Church 4032 Monona Dr. Madison, WI | 10:00am – 12:00pm | Lake Edge Lutheran Church 608-222-7339 |
| Stand Up & Move More | January 12, 19, 26 & Feb 2 F/U session: March 2 | Thursday | Virtual – Zoom | 2:00pm – 3:30pm | Shannon Gabriel 608-261-5678 Gabriel.Shannon@countyofdane.com |
| Stepping On | March 7 – April 18 | Tuesday | Stoughton Senior Center 248 W. Main St. Stoughton, WI | 12:30pm – 2:30pm | Stoughton Senior Center 608-873-8585 |
| Stepping On | March 9 – April 20 | Thursday | Fisher-Taft Apts. 210 Fisher St. #1 Madison, WI | 10:30am – 12:30pm | Fisher-Taft Apartments LeeAnne Banks 608-843-2846 |
| Stepping On | March 14 – April 25 | Tuesday | Messiah Lutheran Church 5202 Cottage Grove Rd, Madison, WI | 9:00am – 11:00am | Messiah Lutheran Church 608-222-3833 |
| Mind Over Matter | March 22 April 5 April 19 | Wed | Virtual – Zoom | 1:00pm – 3:00pm | Shannon Gabriel 608-261-5678 Gabriel.Shannon@countyofdane.com |
| Stepping Up Your Nutrition | March 30 | Thursday | Virtual – Zoom | 1:30pm – 3:30pm | Shannon Gabriel 608-261-5678 Gabriel.Shannon@countyofdane.com |
| Stepping On | April 7 – May 19 | Friday | Verona Senior Center 108 Paoli St. Verona, WI | 9:00am – 11:00am | Verona Senior Center 608-845-7471 |
| Mind Over Matter | April 14 April 28 May 12 | Friday | Virtual – Zoom | 3:00pm – 5:00pm | Shannon Gabriel 608-261-5678 Gabriel.Shannon@countyofdane.com |
| Stepping On | April 19 – May 31 | Wed | UW Health East Terrace Drive Medical Geriatrics Clinic | 10:00am – 12:00pm | UW Health East Clinic Patients Only Register via Clinic |
| Stepping On | May 19 – June 30 | Friday | Waunakee Senior Center 333 S. Madison St. Waunakee, WI | 9:00am – 11:00am | Waunakee Senior Center 608-849-8385 |
| Stepping On | June 5 – July 24 *No Class 7/3 | Monday | DeForest Area Community & Senior Center 505 N. Main St. DeForest, WI | 12:00pm – 2:00pm | DeForest Area Community & Senior Center 608-846-2560 |

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| Stepping On | July 12 – August 23 | Wed | Stoughton Senior Center | 9:30am – 11:30am | Stoughton Senior Center 608-873-8585 |
| Stepping On | September 5 – October 17 | Tuesday | Monona Senior Center | 12:30pm – 2:30pm | Monona Senior Center 608-222-3415 |
| Stepping On | September 11 – October 23 | Monday | Harbor Athletic Club | 10:15am – 12:15pm | Harbor Athletic Club 608-831-6500 |
| Stepping On | September 11 – October 23 | Monday | Fitchburg Senior Center | 12:45pm – 2:45pm | Fitchburg Senior Center 608-270-4290 |
| Stepping On | September 12 – October 24 | Tuesday | Our Lady Queen Of Peace | 9:30am – 11:30am | Crystal 608-231-4614 |
| Healthy Living with Chronic Pain | September 12 – October 17 | Tuesday | Phone - Based | 10:00am – 11:00am | Deanna Truedson McKillips 608-669-7352 - OR - Julie Fiers 608-332-1077 |
| Stepping On | September 15 – November 3 | Friday | St. Maria Goretti Catholic Church | 12:00pm-2:00pm | St. Maria Goretti Catholic Church 608-271-7421 |
| Stepping Up Your Nutrition | September 19 | Tuesday | Virtual – Zoom | 9:00am – 11:00am | Shannon Gabriel 608-261-5678 Gabriel.Shannon@countyofdane.com |
| Stepping Up Your Nutrition | September 19 | Tuesday | Middleton Senior Center 7448 Hubbard Ave, Middleton, WI | 1:00pm-3:00pm | Middleton Senior Center 608-831-2373 |
| Stepping On | October 3 | Tuesday | Talamore Senior Living 275 N. City Station Dr., Sun Prairie, WI | 1:30pm-3:30pm | Talamore Senior Living 608-834-2800 |

For more information contact Healthy Aging Coordinator Shannon Gabriel at 608-261-5678 or Gabriel.Shannon@countyofdane.com Workshops are intended for Dane County older adults (60+).

There is no charge to participate in workshops. Optional: Donate \$15 to the Area Agency on Aging of Dane County to cover class materials.

