

# Dane County Healthy Aging Workshops 2022

Class	Date	Day	Location	Time	Registrar
Stepping On	<del>January 7 – February 18</del> Postponed: TBD	Friday \$35	Capitol Lakes (for residents only)	9:00am – 11:00am	Capitol Lakes 608-283-2000
Stepping Up Your Nutrition	<del>Jan 20</del> Postponed: Feb 17	Thursday	Oregon Area Senior Center: 219 Park Street Oregon, WI 53575	1:00pm – 3:00pm	Oregon Area Senior Center Anne Stone 608-835-5801 <a href="mailto:astone@vil.oregon.wi.us">astone@vil.oregon.wi.us</a>
Mind Over Matter: Healthy Bowels; Healthy Bladder	Feb 4 Feb 18 March 4	Friday	Virtual – Zoom	1:00pm – 3:00pm	Deenah Givens, 512-0000 ext. 3002 <a href="mailto:deenahg@newbridgemadison.org">deenahg@newbridgemadison.org</a>
Stepping Up Your Nutrition	March 14	Monday	Virtual – Zoom	1:30pm – 3:30pm	Shannon Gabriel 608-261-5678 <a href="mailto:Gabriel.Shannon@countyofdane.com">Gabriel.Shannon@countyofdane.com</a>
Stand Up & Move More	March 31 April 7, 14, 21 F/U session: May 19	Thursday	Phone - Based	3:00pm – 4:00pm	Shannon Gabriel 608-261-5678 <a href="mailto:Gabriel.Shannon@countyofdane.com">Gabriel.Shannon@countyofdane.com</a>
Stepping On	April 7 – May 26 *No Class 4/21	Thursday \$35	Monona Senior Center: 1011 Nichols Rd. Monona, WI, 53716	12:00pm – 2:00pm	Monona Senior Center 608-222-3415
Stepping On	April 8 – May 20	Friday \$35	Vista West 150 Bella Vista Dr. Madison, WI, 53717	1:00pm – 3:00pm	Vista West 608-820-1805
Stepping On	April 15 – May 27	Friday \$35	Middleton Senior Center 7448 Hubbard Ave. Middleton, WI, 53562	9:00am – 11:00am	Middleton Senior Center 608-831-2373
Healthy Living with Chronic Pain	April 12 – May 17	Tuesday	Phone - Based	10:00am- 11:00am	Deanna Truedson McKillips 608-669-7352 - OR - Julie Fiers 608-332-1077
Stepping On	April 25 – June 13	Monday \$35	Virtual – Zoom	12:30pm – 2:30pm	Ashley Hillman 608-235-1957
Mind Over Matter: Healthy Bowels; Healthy Bladder	June 2 June 16 June 30	Thursday	Oregon Area Senior Center: 219 Park Street Oregon, WI 53575	1:00pm – 3:00pm	Oregon Area Senior Center Anne Stone 608-835-5801 <a href="mailto:astone@vil.oregon.wi.us">astone@vil.oregon.wi.us</a>

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Stepping On	June 8 – July 17	Friday \$35	Harbor Athletic Club 2529 Allen Blvd. Middleton, WI 53562	12:30pm – 2:30pm	Harbor Athletic Club 608-831-6500
Stepping On	June 17 – July 29	Friday \$35	Waunakee Senior Center 333 S. Madison St. Waunakee, WI 53597	9:00am – 11:00am	Waunakee Senior Center 608-849-8385
Mind Over Matter: Healthy Bowels; Healthy Bladder	July 22 August 5 August 19	Friday	Virtual – Zoom	1:00pm – 3:00pm	Shannon Gabriel 608-261-5678 <a href="mailto:Gabriel.Shannon@countyofdane.com">Gabriel.Shannon@countyofdane.com</a>
Stepping On	September 6 – October 18	Tuesday \$35	Stoughton Senior Center 248 W. Main St. #1 Stoughton, WI, 53589	9:30am – 11:30am	Stoughton Senior Center 608-873-8585
Stepping On	September 12 – October 24	Monday \$35	Verona Senior Center 108 Paoli St. Verona, WI, 53593	9:00am – 11:00am	Verona Senior Center 608-845-7471
Stand Up & Move More	Sept 15, 22, 29 Oct 6 Nov 3	Thursday	Village of McFarland Municipal Center 5915 Milwaukee St. McFarland, WI 53558	1:30 – 3:00pm	Dawn Wallace 608-838-7117 <a href="mailto:Dawn.Wallace@McFarland.wi.us">Dawn.Wallace@McFarland.wi.us</a>
Stepping Up Your Nutrition	September 19	Monday	Virtual – Zoom	2:00pm – 4:00pm	Shannon Gabriel 608-261-5678 <a href="mailto:Gabriel.Shannon@countyofdane.com">Gabriel.Shannon@countyofdane.com</a>
Stepping Up Your Nutrition	September 23	Friday	Oakwood Village 6205 Mineral Point Rd Madison, WI, 53705	10:00am – 12:00pm	For On-Site Residents Only (Internal Registration Process)
Stepping On	September 29- November 17 *Skips Oct 13*	Thursday \$35	Our Lady Queen of Peace 401 S. Owen Dr. Madison, WI, 53711	9:30am – 11:30am	Our Lady Queen of Peace 608-231-4600
Stepping On	October 17 – November 28	Monday \$35	DeForest Area Community & Senior Center 515 N. Main St. DeForest, WI, 53532	12:00pm – 2:00pm	DeForest Area Community & Senior Center 608-846-9469

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Stepping On	October 21 – December 9 *Skips Nov 25*	Friday \$35	Harbor Athletic Club 2529 Allen Blvd. Middleton, WI, 53562	10:30am – 12:30pm	Harbor Athletic Club 608-831-6500

For more information contact Healthy Aging Coordinator Shannon Gabriel at 608-261-5678 or [Gabriel.Shannon@countyofdane.com](mailto:Gabriel.Shannon@countyofdane.com) Workshops are intended for Dane County older adults (60+). Stepping On Workshops have a \$35 fee. All other workshops are free, with the option to donate \$15 to the Area Agency on Aging of Dane County to cover class materials.

