

Dane County Healthy Aging Workshops 2021

Class	Date	Day & Fee*	Location	Time	Registrar
Stepping On	February 17 – April 7	Wednesday \$35	Virtual - Zoom	10:00am – 12:00pm	Jewish Social Services 608-442-4084
Stepping On	April 8 – May 20	Thursday \$35	Waunakee Senior Center 333 S. Madison St. Waunakee, WI 53597	1:00pm – 3:00pm	Waunakee Senior Center 608-849-8385
Healthy Living with Chronic Pain	May 4 – June 8	Tuesday \$0	Phone-based	10:00am – 11:00am	Deanna Truedson-McKillips 608-669-7352
Stepping On	May 19 – June 30	Wednesday \$35	Verona Senior Center 108 Paoli St. Verona, WI	10:00am – 12:00pm	Verona Senior Center 608-849-8385
Healthy Living with Diabetes	May 26- June 30	Wednesday \$20	Stoughton Community Health & Wellness Center 3162 County Highway B Stoughton, Wisconsin 53589	2:00pm – 4:30pm	Jen McPhee jmcphee@stoughtonhealth.com 608-877-3485
Stepping On	May 27 – July 8	Thursday \$35	Waunakee Senior Center 333 S. Madison St. Waunakee, WI 53597	1:00pm – 3:00pm	Waunakee Senior Center 608-849-8385
Mind Over Matter: Healthy Bowels; Healthy Bladder	June 3 June 17 July 1	Thursday \$25	Stoughton Health Community Health and Wellness Center 3162 County Hwy B Stoughton, WI 53589	2:00pm – 4:00pm	Sonja Goldbeck 608-873-2356
Healthy Living with Diabetes	September 1 – October 6	Wednesday \$20	Colonial Club Senior Activity Center: 301 Blankenheim Lane Sun Prairie, WI 53590	12:00pm -2:30pm	Laura Jennings 608-837-4611, ext. 129 ljennings@colonialclub.org
Healthy Living with Chronic Pain	September 7 – October 12	Tuesday \$25	Middleton Senior Center: 7448 Hubbard Ave Middleton, WI 53562	1:00pm – 3:30pm	Ted Quincey 608-831-2373 tquincey@ci.middleton.wi.us
Physical Activity for Lifelong Success	September - October TBD	Day TBD \$0	Stoughton Health Community Health and Wellness Center 3162 County Hwy B Stoughton, WI 53589	TBD	Jen McPhee 608-873-2332 jmcphee@stoughtonhealth.com
Stand Up	September 23 – October 14 F/U session: November 11	Thursday \$0	Oregon Area Senior Center: 219 Park Street Oregon, WI 53575	12:30pm – 2:30pm	Anne Stone 608-835-8501 astone@vil.oregon.wi.us

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Mind Over Matter: Healthy Bowels; Healthy Bladder	October 6 October 20 November 3	Wednesday \$20	Mount Horeb Senior Center: 107 N Grove St, Mt Horeb, WI 53572	1:30pm – 3:30pm	Mount Horeb Senior Center 608-437-6902
Mind Over Matter: Healthy Bowels; Healthy Bladder	October 1 October 15 October 29	Friday \$20	Warner Park Community Center: 1625 Northport Dr. Madison, WI 53704	1:00pm – 3:00pm	Deenah Givens, 512-0000 ext. 3002 deenahg@newbridgemadison.org

For more information contact Healthy Aging Coordinator Shannon Gabriel at 608-261-5678 or Gabriel.Shannon@countyofdane.com

*Scholarships may be available dependent on the workshop. Inquire when registering.

