



# Monona Senior Center Report

January 1st thru March 31, 2022

A new year began with a tone of cautious optimism. Flexibility of staff and volunteers created the day-by-day responsiveness to the participants and needs of the community. The Senior Center was open five days a week to provide essential services such as foot clinics, chair massage and reflexology. On January 10<sup>th</sup> all non-essential in person programs were suspended for two weeks to help slow the spread of a Covid variant, 38 programs were cancelled.

February continued with the safety of our participants in mind, no food or beverages were offered at the Center and masks were required. Also in February, Tax Clinics began and our attendance increased by 31 %.

March 1<sup>st</sup>, Public Health Madison & Dane County no longer required face coverings. March also brought the Center's State re-accreditation review. The accreditation self-assessment takes place every five years and reviews nine area of management to ensure the center is operating at the highest level of standards. We are thrilled to announce our official approval of the State Accreditation requirements.



	January-22	February-22	March-22
Attendance	567	1014	1361
Total Participants	265	412	501
Days Open	21	19	23
Programs Offered	93	144	140
New to the Center	14	4	25
Drop-In Attendance	13	13	17
Volunteer Hours	150	278	278

## Volunteers:

Volunteer hours and shifts remained low compared to the last quarter of 2021. Senior are more cautious and limiting with their volunteer hours. Some are re-evaluating their time and resources and we hope they will return in some capacity. As the year progressed March welcomed new volunteers. Staff trained two new foot care clinic volunteers and two new desk volunteers. As you can see the shifts and volunteer opportunities provided increased the volunteer hours.





Monona Quilt Group  
Women's Badger Honor Flight Quilt recipients



**Programs and Services:**  
Attendance increased each month of the quarter, doubling from January to March. Well attended programs included a Community Health program "Brain Health in Aging", Veterans met on the 2<sup>nd</sup> Wednesday each month, in person Fitness classes Stretch & Tone, Pilates and Senior Shape Up increased in attendance. Recreation programs were well attended even though we did not serve food in February. Forty three new annual Friends memberships and nine new lifetime memberships obtained in first quarter of 2022.



Woodcarvers  
Scholarly Scoop Lecture Series



Entertainment  
R.O.M.E.O.



# Monona Senior Center

2022 January to March

## January

## February

## March

### Virtual Programs

**Brain Health in Aging**  
53 attended virtually

**Geo Series Returns**  
Blue Mounds-Virtual Hike 15 ppl  
**Educational Programs**  
Bone Health  
Eating for a Healthy Heart

**Geo Series**  
**Apostle Islands** Virtual Hike- 23ppl  
**Educational Programs**  
Heart Brain Health – 22ppl

### Outreach & Inclusion

**Senior Center Staff enrolled courses:**  
\*\* Justified Anger  
\*\*CVMIC *Supporting Diverse Communities*

**“Expand Your Circles”**  
socialization initiative  
kicked off

**AARP Tax Clinic**  
*Served over 300*

### In Person

**Community Education**  
**Mind Body Medicine**  
A Volunteer led Great Course

**Activities:**  
Learn to Snowshoe  
Bingo & Lunch  
Movies

In person attendance  
increased by 140%  
January to March

### Volunteers

Hours	
Desk	92
Foot Clinic	28
Newsletter	11
Misc.	10

Hours	
Desk	181
Foot Clinic	34
Newsletter	4
Misc.	35
<b>Trained new volunteers</b>	

Hours	
Desk	174
Foot Clinic	33
Newsletter	17
Misc.	46