

Pain management class on Aug. 21

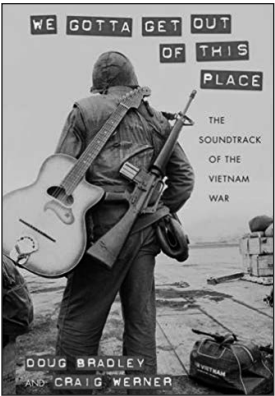
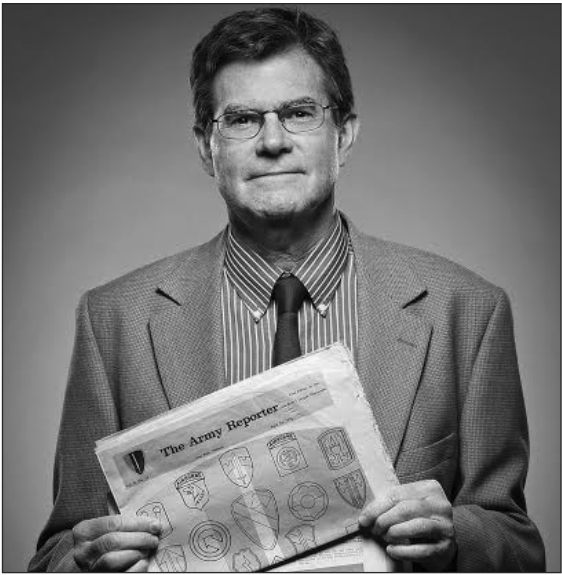
Submitted by Sunny Bowditch

Edgerton Hospital is inviting the community to a free ‘Pain Management Options’ discussion hosted by the hospital’s Physical Therapy team. The event will take place on Wednesday, Aug. 21, at 12:15 p.m., 11101 N. Sherman Rd, Edgerton. While the event is free, please reserve your seat by calling Lisa at 608-884-1489 or online at www.edgertonhospital.com.

When you’re in pain, finding relief can’t come soon enough. Join Edgerton Hospital’s Physical Therapy team, Kristin La-Pointe and Bobbi Bogner, to learn about options available at Edgerton Hospital that can help you feel better. Guests will hear about dry needling that focuses on ‘knots’ or ‘trigger points,’ as well as IASTM treatments that use an instrument for soft tissue massage. There will be time for questions and answers, and participants will learn a variety of ways to manage chronic pain, without medication.

For more information or to register for the event, visit www.edgertonhospital.com.

Evansville Grove Society to host 4th Annual History in the Park



At left is Doug Bradley, who will be presenting at the program. Above is a cover of the book he co-authored. Photos www.wggootp.com

Submitted by the Evansville Grove Society

The 4th Annual History In The Park is just around the corner. This year we will be honoring our Vietnam veterans.

At the request of local veterans, the Evansville Grove Society is sponsoring Doug Bradley to bring his presentation on the award winning book “We Gotta Get Out of This Place: The Soundtrack of the Vietnam War” to the Dietsch Shelter in Lake Leota Park on Sunday, Aug. 25, at 1 p.m.

Doug is one of the co-authors of the book as well as the author of “DEROS Vietnam: Dispatches from the Air-Conditioned Jungle.” Doug will explain the music of the era, how it impacted, and what it meant to the veterans in combat in Vietnam.

Bring a lawn chair and join us for an informative program full of music on a significant time period for America and Evansville.

The presentation is free, but come a little early, grab some food from BBQ Bob’s Brat Bunker and have a picnic in our beautiful park just like the old days.

IF YOU GO...

WHAT

Evansville Grove Society 4th Annual History in the Park

WHEN

Sunday, Aug. 25 at 1 p.m.

WHERE

Dietsch Shlter in Lake Leota Park Evansville, Wis.

The Gathering Place

Pastries on the Patio

You are invited to Pastries on the Patio on Tuesday, Aug. 20. The Gathering Place gardens are blooming beautifully and we will have lively conversation with friends. Join Mary JJ on the patio for coffee and sweet treats. Everyone is welcome and bring a friend.

Computer Info

On Wednesday, Aug. 21, at 1:30 p.m. Tom Law from Three Blind

Mice Computers will be here to answer your questions about computers and phones. He will spend some time on how to transfer photos from your phone to email or Facebook or other places. Be sure to bring plenty of questions about anything related to computers.

Chess Group

Starting Aug. 2 we will be offering the library for people to play chess. Time runs from 1 p.m. to 4

p.m. every Friday. No need to sign up, just drop in.

Stained Glass Class

Caroline Britton will be teaching the Stained Glass Class on Thursday, Aug. 22 and Friday, Aug. 23. The classes will start at 1 p.m. and go until about 4 p.m. Caroline will have all your supplies. There is a cost for the class payable to the instructor. Be sure to sign up at the reception desk.

Elephant tranquilizer overdoses on the rise across the nation

Submitted by Shauna Krout

Narconon reminds families that overdoses due to an elephant tranquilizer known as Carfentanil, has been on the rise in nearly every community nationwide.

Carfentanil is a synthetic opiate painkiller 100 times more powerful than fentanyl and 1000 times stronger than heroin. A tiny grain of it is enough to be fatal.

To learn more about Carfentanil abuse and how to help your loved one, visit www.narconon-suncoast.org/drug-abuse/parents-get-help.html for more information.

Senior Moments

Edgerton Senior Center 313 Stoughton Road
Jigsaw puzzles are always in progress
Wednesday, Aug. 14 9–11 a.m. Fabric Plates 11 a.m.–3 p.m. Bridge 1–3 p.m. Needle Tatting and Birch Bark Vessels, Huck/Swedish Embroidery, Basket Weaving, Fun with Felt, Candlewicking
Thursday, Aug. 15 9:30 a.m. –11:30 a.m. Creative Writing
Saturday, Aug. 17 10 a.m.–1 p.m. Unfinished projects 1–3 p.m. Water Walking at Swifhaven \$2.00–Must have a buddy

Monday, Aug. 19 1–3 p.m. Euchre
Tuesday, Aug. 20 9–11 a.m. Woodcarving Beginners Welcome 1–3 p.m. Dreamcatchers, Brazilian embroidery, penny rugs or pine needles
Wednesday, Aug. 21 9–11 a.m. Fabric Plates 11 a.m.–3 p.m. Bridge 1–3 p.m. Needle Tatting and Birch Bark Vessels, Huck/Swedish Embroidery, Basket Weaving, Fun with Felt, Candlewicking

Contact Bob Phelps at 608-314-7033 or 608-884-0161 with any questions or for more information.

Rock County Council on Aging Golden Diners Dining Centers and Home Delivered Meals Aug. 14 thru Aug. 21 The Gathering Place 715 Campus Lane, Milton Meals served at noon
Manager: Pam Dewey

Substitutions: LS = Low Sodium D = Diabetic
Other special diets available upon request.
Milk is served with all meals. Coffee and tea are served with dining center meals.

Golden Diners

Reservations are required. To reserve a meal or cancel a meal, please call 757-5474 by noon of the prior business day. Suggested donation for each meal; \$4.00 (dining center) \$4.00 (home delivered for homebound only)
Wednesday, Aug. 14 Roast beef w/gravy, mashed potatoes w/gravy, mixed

vegetables, wheat bread, brownie
Thursday, Aug. 15 Swedish meatballs, egg noodles, sweet potatoes, brussels sprouts, apricots
Friday, Aug. 16 Egg salad sandwich on wheat bread, romaine salad w/dressing, peaches, pumpkin bar
Monday, Aug. 19

Pork stew, green beans, peas, wheat bread, cherry crisp
Tuesday, Aug. 20 Broccoli quiche, breakfast sausage links, asparagus, tomato juice, wheat bread, strawberries
Wednesday, Aug. 21 Teriyaki chicken, brown rice, Asian blend vegetables, oatmeal raisin cookie

5	3	7	4	1	8	6	9	2
1	6	8	2	3	9	7	5	4
4	2	9	5	7	6	8	1	3
9	7	6	1	5	3	2	4	8
8	1	2	9	4	7	3	6	5
3	4	5	6	8	2	9	7	1
2	5	3	7	6	1	4	8	9
7	9	1	8	2	4	5	3	6
6	8	4	3	9	5	1	2	7



Questions? (608) 837-4547, spchamber@tds.net or sunprairiechamber.com

August 15-18, 2019 Angell Park, Sun Prairie

Includes: Parade on Thursday; carnival, Car Show Friday, family entertainment stage, craft fair, beer shelter, special attractions, bands Friday & Saturday, food and vendor booths, kiddie korner, midget auto racing Sunday.
Sweet Corn served Sat. & Sun. \$8 per tote, \$2.00 per single ear
Parking \$5 (includes admission)
Admission: \$1.00 Sat. & Sun. only



Missing you, Helen Remembering you on your birthday

Staci Deena Paul
Barb Jennifer
Sharon Wright Jeff
Bugs Dale Diane JACK Steve
Bruce Lynn Skan Peggy
Mark Nicole
David Thunquist
Jason Bob Janice Carol Sam
Maurice Hale Lisa
Tommy McLaughlin

If you have questions about your insurance coverage, please contact our office.



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Hammer Chiropractic is a preferred provider for Quartz, Mercy & Dean Health Plans. Chiropractic care is covered by most health insurance companies, worker's compensation, auto and personal injury insurance companies



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