

Social and Wellness Opportunities

in Iowa County



Upland Hills[®]
Health

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Please call phone numbers listed to be certain schedules and/or locations have not changed.

NOTE: If you know of any wellness or socialization resources that could be included in this booklet, or to update existing information, please contact:

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Being physically and mentally ‘fit’ can improve your quality of life. Getting out and visiting with friends leads to a happier, healthier, and longer life. The following list of social and wellness resources in Iowa County can help you make your life better.

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Avoca

Village Hall Gym

401 Wisconsin Street | 608-532-6831

Chair Yoga Mon, Wed, Fri at 9:00 AM

Barneveld

Barneveld Public Library

107 W. Orbison Street | 608-924-3711

Adult Book Club 1:00 PM every 3rd Thursday

Cribbage Club 1:00 every 2nd and 4th Thursday

Iowa County Association for Home and Community Education (HCE)

Meets 7-8 times per year

Contact: Ruth Schriefer, Family Living Agent UW-Extension

608-930-9850

Barneveld Lutheran Church

505 Swiss Lane | 608-924-8621

Game Day (includes light meal and games)

3rd Friday of the month from 11 AM – 2 PM

Walking Group

Wednesday at 8:30 AM during summer months (April – October)

Summit Apartments

106 Arneson Road | 608-924-1676

Over 55 Group

Shared conversation and light meal

2nd and 4th Monday at noon

Blanchardville

McKeller Park Public Pool

\$40 annual pass or \$3.00 daily fee

Blanchardville Public Library

208 Mason Street | 608-523-2055

Cobb

Cobb Public Library

109 Mifflin Street | 608-623-2554

Adult Book Club 1st Monday of every month

Iowa County Association for Home and Community Education (HCE)

Meets 7-8 times per year

Contact: Ruth Schriefer, Family Living Agent UW-Extension
608-930-9850

Dodgeville

ADRC – (AGING & DISABILITY RESOURCE CENTER)

303 W. Chapel Street, Dodgeville | 608-930-9835

Boost Your Brain and Memory An eight week, multi-faceted, whole-person program offering a unique approach to brain fitness. Led by a trained instructor, each session includes informational video segments, followed by group discussion and activities.

Survivors of Suicide Support Group This group is open to any and all adults that have lost someone to suicide.

2nd Thursday of each month at Health & Human Services Center

Mug Club for Caregivers Support Group

Taking care of someone can be hard, even when it's someone you love. Caring for a loved one can impact every aspect of your life. Preparing and protecting yourself, working to understand your loved one's experience, and embracing help from others can help to enhance the joys of your caregiving experience.

3rd Tuesday of each month at Dodgeville Public Library

Living Well with Chronic Conditions This six week workshop is for people who have one or more chronic conditions. A chronic condition is an ongoing health problem or disease such as diabetes, heart disease, arthritis, depression, and other long-term problems. Mutual support and success build participants' confidence in their ability to manage their health condition to maintain active and fulfilling lives. Participants of this program have reported from improved general health, fewer days of hospitalizations, and fewer health care visits.

Healthy Living with Diabetes This program is intended for anyone who has, or lives with someone who has, diabetes. This is a six week workshop designed to be a complement to treatment that participants receive from their health providers. Classes are highly participative, where mutual support and success build participants' confidence in their ability to manage their health condition and maintain active and fulfilling lives.

ADRC continued

Stepping-On This seven week evidenced-based program is proven to reduce falls and build confidence in older people. This program is a small-group workshop that is specifically designed for people who are at risk of falling, have a fear of falling, or who have fallen one or more times. Classes are taught by trained leaders and include guest experts who address a variety of issues including proper shoe fitting, medication management, vision, and strengthening exercises.
Fee \$5.00

Tai Chi

This is a six week workshop that meets twice a week. It is offered through the ADRC and Public Health Department. Tai Chi is a graceful form of exercise that involves a series of movements, known as forms, that are performed in a slow, focused manner combined with controlled breathing. It is a low impact exercise that puts minimal stress on muscles and joints making it suitable for many older adults.
Fee \$20.00

ADRC Care A Van Bus Trips

Provides transportation to and from multiple locations on a regular schedule including: shopping, casinos, apple orchards, Bell Tower theatre, museums. Fee \$5.00

Dodgeville

Upland Hills Health – Dodgeville

800 Compassion Way | 608-930-8000

Wellness Center

Open daily 6:00 AM – 9:00 PM.

Fee \$360/year for individual and \$240/year for seniors 55+.

Indoor Walking

Daily 6:00 AM – 8:30 PM. No fee.

Senior Arthritis Strengthening

In this class, we integrate exercises that enhance strength, balance, relieve chronic pain, and promote overall wellness. Classes are tailored to suit individual needs so that each participant can work at whatever level they are able.

Tuesday & Thursday 9:00 AM – 10:00 AM

Wellness Center Members \$25/Non-members \$30

Mix It Up A moderate intensity workout using exercise balls, hand weights, and body weight exercises. This class incorporates balance, as well as Pilates and Yoga principles to strengthen your body and to improve your flexibility.

Monday, Wednesday and Friday 8:15 AM – 9:00 AM

Wellness Center Members \$50/Non-Members \$55

Strength, Stretch & Flow

A low-impact workout designed to improve balance, strength and flexibility by using elements of Pilates, Yoga and Strength Training. This class is suitable for all fitness levels.

Tuesday and Thursday – 8:00 AM to 8:45 AM

Wellness Center Members \$35/Non-members \$40

Upland Hills Health – Dodgeville continued

Tone It Up

This class incorporates full body toning with strength training. You will be using weights to produce stronger bones and muscles and increase your metabolism to help maintain a healthy body weight. This class is for everyone, whether you are a beginner or you want to switch up your workout!

Tuesday and Thursdays – 6:30 AM – 7:15 AM

Monday and Wednesdays – 5:15 PM to 6:00 PM

Wellness Center Members \$35/Non-members \$30

Chair Yoga

A chair yoga class geared for the beginner participant. Learn chair yoga poses and exercises to reduce stress, increase strength, flexibility and improve breathing. Chairs will be provided.

Thursday – 9:45 AM to 10:45 AM

Wellness Center Members \$35/Non-members \$40

Dodgeville

Dodgeville Public Library

139 S. Iowa Street | 608-935-3728

Adult Book Club Every 3rd Wednesday at 6:30 PM

Genealogy Group Every 3rd Monday

Iowa County Association for Home and Community Education (HCE)

Meets 7-8 times per year | Contact: Ruth Schriefer, Family Living Agent
UW-Extension 608-930-9850

Anytime Fitness

401 N. Iowa Street | 608-930-2691

Open 24/7. Membership fee \$37/month

Harris Park

600 N. Bennett Road

2 mile paved walking path

Lands' End Summer Concert Series

Centennial Park

301 S. Lynn Street

Gary C. Comer Public Swimming Pool

Fee for residents 60+ years: \$3.00 daily or \$30.00 season

Military Ridge State Trail

40 mile trail from Madison to Dodgeville

Best Western

1130 N. Johns Street | 608-935-7739

Indoor Swimming Pool Fee \$5.00 per day

Don Q Inn

3658 State Road 23 | 608-935-2321

Indoor Swimming Pool Fee \$5.00 per day

Dodgeville continued

Folklore Village

3210 County Road BB | 608-924-4000

Provides a broad range of cultural and recreational programs, including barn dances.

Governor Dodge State Park

4175 State Road 23 | 608-935-2315

Provides hiking, camping and swimming. The Dodgeville Kiwanis Club operates a concession stand at Cox Hollow beach area with canoe rentals. Reduced fee for age 65+ (\$3 per day and \$13 annual)

Hidden Valley Community Church

605 N. Bennet | 608-574-6630 t | 608-930-4822

Seniors United for Nutrition (SUN)

Fee \$4.50 at local community sites and \$5.00 for home delivered meals. Offered Monday through Friday.

Horse and Pepper cards

Monday and Wednesday at 1:00 PM (except for the 3rd Wednesday of the month when they have a birthday party)

Dodgeville United Methodist Church

327 N. Iowa Street | 608-935-5451

Feeding Friends Community Meals Free and open to all. Available each Wednesday from 5:00 – 6:30 PM

Iowa County Humane Society

305 County Road YZ | 608-935-1381

Volunteer opportunities, including becoming a pet foster parent and participation in fundraising events.

Dodger Bowl

318 King Street | 608-935-3595

Open bowling Fees: \$2.75 per game or \$15.00 per hour per lane

Dodgeville continued

Sienna Crest Assisted Living

40 E. Madison Street | 608-935-9430

Bingo Friday at 3:00 PM

Crestridge Senior Living

219 Grace Street | 608-935-0211

Senior Bingo First Friday of the month at 2:00 PM

Culvers

1122 N. Johns Street | 608-935-9094

Bingo Monday at 9:00 AM

Euchre Wednesday 9:00 AM

Kiwanis Club of Dodgeville

4340 Cannonball Drive | 608-935-7024

Dodgeville Lioness Club

602 W. Walnut Street | 608-935-2053

SWCAP Foster Grandparent Program

149 N. Iowa Street | 608-935-2326 or 1-800-704-8555

Eligibility:

- Fifty-five years of age or older
 - Willing to volunteer 15-40 hours per week
 - Enjoy children
 - Subject to program income guidelines
-

Highland

Seniors United for Nutrition (SUN)

Fee \$5.00 at community sites and \$5.00 for home delivered meals.

Breakfast Monday - Friday from 7:00 AM – 10:00 AM

BETSY'S RESTAURANT

503 Main Street | 608-929-7482

Lunch Monday - Friday at 11:30 AM

SS. ANTHONY AND PHILIP CHURCH

726 Main Street | 608-929-7482

Blackhawk Lake Recreational Area

2025 County Highway BH | 608-623-2707

Provides camping, boating, swimming, hiking, and fishing.

\$26 annual fee or \$7.00 daily pass

Victory Ridge, Inc.

4864 County Rd P | 608-778-7224

Not-for-profit 501(c)3 Charity Equestrian Learning Center that provides equine assisted learning activities to the public, including for people with physical, mental and emotional disabilities.

Highland Village Park

755 Park | 608-929-4521

Hollandale

Iowa County Association for Home and Community Education (HCE)

Meets 7-8 times per year

Contact: Ruth Schriefer, Family Living Agent UW-Extension

608-930-9850

Hollandale Lending Library

400 Main Street | 608-574-4017

Linden

Seniors United for Nutrition (SUN)

MUNICIPAL BUILDING

444 Jefferson Street | 608-623-2800

Fee \$4.50 at community site and \$5.00 for home delivered meals.
Offered Monday through Friday.

Livingston

Iowa-Grant School District Fitness Center

Open Monday-Friday 5:30 pm – 9:00 pm during the school year
\$20/month

Mineral Point

The High Barre

26 High Street | 608-341-7207

Yoga, Tai Chi, Barre Fitness, Zumba

Mineral Point Fitness Center

802 Ridge Street

Open daily 5:00 AM – 9:00 PM.

Fee \$360/year for individual and \$240/year for seniors 55+

Mineral Point Public Swimming Pool

100 Copper Street | 608-987-2175

Fee \$30.00 per year for 60+ years

Quality Inn & Suites

1345 Business Park Rd | 608-987-4747

Indoor Swimming Pool Fee \$5.00 per day

Cheese Country Trail

47-mile trail connecting Mineral Point to Monroe

Mineral Point Public Library

137 High Street | 608-987-2447

Congregational United Church of Christ

300 Maiden Street | 608-987-2025

Mineral Point Community Meal Free and open to all.
Available the fourth Wednesday of each month.

Midway Lanes

1850 Midway Road | 608-987-2668

Bowling

Montfort

Montfort Public Library

102 E Park | 608-943-6265

Montfort Public Pool

608-943-8228

\$4.00 day pass and \$40 season pass for 55+ years

Tower Junction

254 US Hwy 18 | 608-943-6061

Bowling

Muscoda

Muscoda Public Pool

432 N. Iowa Street

Daily pass \$3.00 for age 60+

Muscoda Public Library

206 N. Wisconsin | 608-739-3182



Our healthcare experts are close to you, with seven clinic locations!

Upland Hills Health

800 Compassion Way, Dodgeville, WI 53533
608.930.8000 • www.uplandhillshealth.org

Emergency Hours: 24 hours a day, seven days a week

**Urgent Care: Weeknights 5 – 10pm
Weekends and holidays 9am – 10pm**

Dodgeville Medical Center of Upland Hills Health

1204 Joseph Street
Dodgeville, WI 53533
608.935.2308

Mineral Point Medical Center of Upland Hills Health

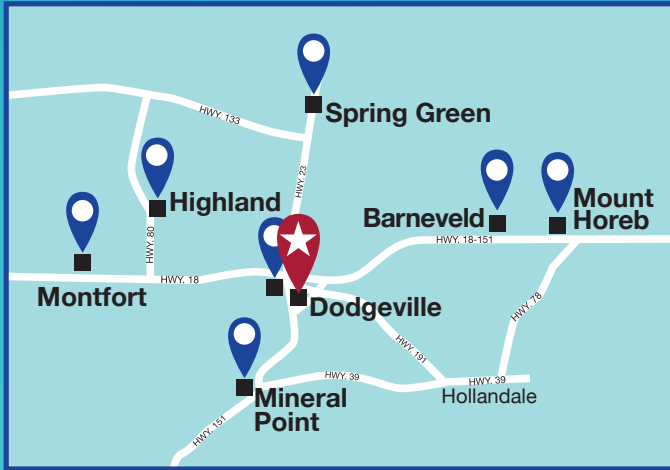
104 High Street
Mineral Point, WI 53565
608.987.2346

Upland Hills Health Barneveld Clinic

103 Quail Ridge Drive
Barneveld, WI 53507
608.924.1088

Upland Hills Health Highland Clinic

723 N. Main Street
Highland, WI 53543
608.929.4518



Upland Hills Health Montfort Clinic

202 W. U.S. Highway 18
Montfort, WI 53569
608.943.6308

Upland Hills Health Mount Horeb Clinic

North Cape Suites, 1809 Springdale St.
Mount Horeb, WI 53572
608.437.8033

Upland Hills Health Spring Green Clinic

156 W. Jefferson St.
Spring Green, WI 53588
608.588.2600

Upland Hills Health[®]
Hospital and Clinics



800 Compassion Way | Dodgeville, WI 53533 | 608.930.8000 | uplandhillshealth.org