Dear Residents,

It was great having Queen Elizabeth and Prince Philip join us at the 5th Anniversary Celebration of the Capitol Lakes Foundation. Queen Elizabeth (aka Sally Davis) and Prince Philip (aka Bernie Alderman) both seemed very pleased to join us and to consider Capitol Lakes as a retirement community that they might join. We even had a piano player (Jean Alderman) who played God Save The Queen as they entered and exited. They were able to point out some of the wonderful advantages that we have here. The anniversary celebration turned out to be a very elegant affair with lots to eat and drink and door prizes for the lucky winners. We enjoyed having Board member Paul Hees with his wife Gena and their daughter Gabby with us. Tim Conroy brought his wife Jenny and youngest son, Brennan. Other members of the Foundation Board were introduced as well, including Bob Sparks, Jeanne Silverberg, Kristi Vater and Mary Hanson.

Mike Massey entertained us at the piano and Gabby Hees drew the winning door prizes. Thanks to the maintenance department for providing the raised platform for the Queen and Prince, and thanks to the housekeeping department for setting up the tables and chairs. Also thanks to the many resident volunteers who helped the party run smoothly. Thanks always goes to Mary Hanson, who got the communication system going so that we could hear the Queen’s comments. In other words, thanks to all for coming and making the party a success!

Further information regarding the Foundation can be found in the large binder in the Library on the shelf above the area housing the duplicating machine.

I suppose more snow is in the future, but it will be nice to see the trees budding out again and the early flowers popping through the soil.

Your Resident President,
Lynn Phelps
Adventure Trips:
Friday, Feb. 21, 4:30 PM—Fish Fry, Fitzgerald’s, Middleton
Sign up at the MainGate desk.

Tuesday, Feb. 25, 10 AM - Westgate/Whitney Way Shopping
There are several nice stores in this area, including Half Price Books, a great used book store; Dollar Tree, for economical household items; Rubin’s, where you can find beautifully designed, well made Scandinavian Furniture; and Wisconsin Craft Market, which has fabric, yarn, needlework, scrapbooking and art supplies. Numerous restaurants in that area offer something for everyone. Sign up now at the MainGate desk.

Resident and Staff Directory Updates
People who have left Independent Living:
Tillie Ripley
Barbara May
Esther Kennedy
Aasta Slagle
Ruby O’Donnell
Bernard Feder

People who have moved to another apartment:
Helen Bewick, H #402
Shyam & Prabha Makhija, H #212
Brian McCarthy, H #106
Carol Murphy, H #200

Contact change:
Alice Loew’s new e-mail is aloew1@charter.net

Health Tips from the Health Services Committee
When you are weary and bored with winter, read or listen to a good story. The Library is full of good books including several shelves of newly acquired ones.
Plan to See the Opera Film GODSPELL on Mon., Feb. 24

Departing from the usual fare of classical opera, the CLRA Opera Committee has selected GODSPELL as its February film. GODSPELL will be shown in Grand Hall on Monday evening, February 24, 7:00 pm. (Running time: one hour, 40 minutes) The book for GODSPELL was written by John-Michael Tebelak as a master’s degree thesis at Carnegie-Mellon University using parables of Jesus and Social-Gospel hymns. GODSPELL was set to music by Stephen Schwartz and staged on Broadway where it became - at that time - the longest running show in Broadway history. Filmed on the streets of New York City, GODSPELL offers several panoramic views of Manhattan landmarks. A "Newsweek" reporter commented that "...filled with unforgettable song and dance numbers, GODSPELL is rousing entertainment in the tradition of classic rock-opera."

Welcome New Residents
Robert Kimbrough and Phyllis Rose moved into MG 103. Please make them feel welcome.

Favorite Family Recipes
Evelyn Cantor has volunteered to coordinate a Capitol Lakes cookbook of family recipes from our residents, their families and friends. Residents are invited to submit their family recipes along with a short biography and anecdote about their family favorites which, depending on available space, may be published with the recipe. Books will be available for sale, and any profits will be donated to the CLRA Staff Appreciation Fund. Please send recipes to Evelyn at 110 MainGate by March 1, 2014.
FRIDAY, FEBRUARY 21, 2014

10:30 AM - Movin’ to Music                                  Exercise Studio
10:30 AM - Henry Street Chapel Bible Study                 H Chapel
11:15 AM - Meditation  *Please drop in - Everyone welcome.*  H Chapel
1:00 PM - Mary Hanson Party                                Grand Hall
            *Come & wish Mary farewell and good luck in her new role as Verona Senior Center Director.*
4:30 PM - Fish Fry: Fitzgeralnds in Middleton              H Circle Drive
            *Sign up at the MainGate desk*
7:00 PM - Karlos Moser & Friends                          Grand Hall
            *“The Tragedy of Duparc” You will appreciate the intellectual and esthetic side of this musical offering. Melinda Moser on piano, Wendy Rowe singing, with Karlos Moser giving commentary on six songs by Duparc.*

Please arrive so that you can be in your seats before the 7 PM start time, and remember to turn off your cell phones or leave them at home. Thanks.

SATURDAY, FEBRUARY 22, 2014

10:00 AM - Read Aloud Group - *Economic Issues*            Premier
10:00 AM - Rosary                                          H Chapel
10:00 AM - Saturday Social *Coffee & conversation*        Terraces - Willow
1:00 PM - Cultured Purls *Knitting Group*                 Premier
7:00 PM - Film “Big Miracle”  *2012, PG, 107 minutes*     Grand Hall

*After small-town Alaska journalist Adam Carlson writes about three whales trapped in the Arctic Circle, the U.S. and U.S.S.R. team up to rescue them in this tale inspired by true events. Meanwhile, Adam’s Greenpeace volunteer ex-girlfriend arrives.*
SUNDAY, FEBRUARY 23, 2014

8:30 & 9:30 AM - Van to Churches            H Circle Drive
10:30 AM - Sunday Worship Service          HC AUD II
11:00 AM - Middleton Comm. Orch. Rehearsal Open to residents Grand Hall
2:00 PM - Mah Jongg                        Premier
7:00 PM - Perfect Harmony Rehearsal        Grand Hall

MONDAY, FEBRUARY 24, 2014

10:00 AM - PLATO: Refighting the Civil War Grand Hall
10 & 11:00 AM - Van to Hilldale            H Circle Drive
10:00 AM - Program Committee Meeting       PDR
11:00 AM - Cultured Purls Knitting Group   Atrium
1:00 PM - UW: Brent Sugimoto               Grand Hall

Brent is a UW student who is working on a hearing aid invention. He would appreciate input from residents with hearing loss. Stop by and help out this enterprising young man.

1:45 PM - Van to Trader Joe’s & Square     H Circle Drive
2:00 PM - Poker                            Encore
2:00 PM - Economic Issues Discussion Group Premier
2:00 PM - PLATO: Movement Communication & Meaning Grand Hall

Creation = Rebellion The origins of “Modern Dance”. The body is the instrument of expression. We will discuss Isadora Duncan, Dennis-Shawn, Martha Graham, Hawkins/Cunningham, and others, and end with references to Mark Morris. (Everyone will have an opportunity to move, if you want)

3:00 PM - Holy Eucharist                   H Chapel
4:00 PM - Torah Study Group                H Chapel
7:00 PM - Opera Film: GODSPELL            Grand Hall

Details on page 3

TUESDAY, FEBRUARY 25, 2014

10:00 AM - Clergy Gathering                H Chapel
10:00 AM - Sennett Middle School Tutoring Grand Hall
10:00 AM - Van Trip: Westgate/Whitney Way Stores & Lunch H Circle Drive
10:30 AM - Movin’ to Music                Exercise Studio
10:30 AM - Catholic Mass                   HC AUD II
1:00 PM - Euterpe                         Grand Hall

Laurie Riss, Royce Dembo, and others will present a program of beautiful music.

1:00 PM - Yoga Beginners                  Exercise Studio
1:00 PM - Competitive Bridge              Encore
2:00 PM - Mah Jongg                       Premier
## WEDNESDAY, FEBRUARY 26, 2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>9:00 AM</td>
<td>Balance thru Movement Class</td>
<td>Exercise Studio</td>
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<tr>
<td>10:00 AM</td>
<td>PLATO: Global Affairs</td>
<td>Grand Hall</td>
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<tr>
<td>10:00 AM</td>
<td>PLATO: Reminiscence Writing</td>
<td>Premier</td>
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<tr>
<td>10 &amp; 11:00 AM</td>
<td>Van to Hilldale</td>
<td>H Circle Drive</td>
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<tr>
<td>10:30 AM</td>
<td>Movin’ to Music</td>
<td>Exercise Studio</td>
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<tr>
<td>1:00 PM</td>
<td>Yoga Intermediate</td>
<td>Exercise Studio</td>
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<tr>
<td>1:00 PM</td>
<td>Relaxed Bridge</td>
<td>Premier</td>
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<tr>
<td>1:45 PM</td>
<td>Van to Capitol Square</td>
<td>H Circle Drive</td>
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<tr>
<td>7:00 PM</td>
<td>Residents’ Favorite Music</td>
<td>Premier</td>
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<tr>
<td>7:30 PM</td>
<td>Wingra Woodwind Quintet</td>
<td>Grand Hall</td>
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Stephanie Jutt, flute, Linda Bartley, clarinet, Marc Vallon, bassoon, Linda Kimball, horn, and Kostas Tiliakos, oboe, all faculty members at the UW School of Music, will perform.

## THURSDAY, FEBRUARY 27, 2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 AM</td>
<td>Balance Class</td>
<td>Exercise Studio</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>PLATO: International Film</td>
<td>Grand Hall</td>
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<tr>
<td>10:00 AM</td>
<td>Open Forum</td>
<td>H Chapel</td>
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<td></td>
<td><em>CLRA President Lynn Phelps hosts.</em></td>
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<td><em>No theme. Let’s just talk a bit.</em></td>
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<tr>
<td>12:00 PM</td>
<td>Van to West Towne Area</td>
<td>H Circle Drive</td>
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<tr>
<td>1:00 PM</td>
<td>Yoga Advanced</td>
<td>Exercise Studio</td>
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<tr>
<td>2:30 PM</td>
<td>Cribbage</td>
<td>Premier</td>
</tr>
<tr>
<td>7:30 PM</td>
<td>Con Vivo Chamber Music</td>
<td>Grand Hall</td>
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</table>

Con vivo….music with life! Join these talented musicians as they return to Capitol Lakes for another fine performance. They are in their 12th season of performing innovative chamber music.
FRIDAY, FEBRUARY 28, 2014

10:00 AM - PLATO: Travel  
Grand Hall

10:30 AM - Movin’ to Music  
Exercise Studio

10:30 AM - Henry Street Chapel Bible Study  
H Chapel

11:15 AM - Meditation  Please drop in - Everyone welcome.  
H Chapel

2:30 PM - Women’s Social  
Premier

7:00 PM - WYSO Philharmonia Honors Recital  
Grand Hall

Come and hear Wisconsin Youth Symphony Orchestra’s Honors Recital,  
featuring the best young musical talents in the area.

SATURDAY, FEBRUARY 29, 2014

10:00 AM - Read Aloud Group - Economic Issues  
Premier

10:00 AM - Rosary  
H Chapel

10:00 AM - Saturday Social Coffee & conversation  
Terraces - Willow

1:00 PM - Cultured Purls Knitting Group  
Premier

2:00 PM - Performers Supporting Performers  
Grand Hall

This group consists of Madison area piano teachers, who come to Capitol Lakes  
every year to share their musical skills with you.  Sit back & enjoy!

~ Dining Options ~

Seasons
Dinner 5:00 PM - 7:00 PM, Monday - Saturday

Henry St. Café
Breakfast 8-10:30 AM, seven days a week  
Lunch 11 AM - 1:30PM, seven days a week

Lunch Box in Atrium
11:30 AM - 1:30 PM Monday-Friday
Seasons

“There is no love sincerer than the love of food.” ~George Bernard Shaw

Menu for February 19th – February 26th

Small Plates
• Seafood Bisque, Roe
• Featured Soup
• Baby Green Salad
• Bibb Salad, Citrus, Bleu
• Mushrooms, Bordelaise
• House Fries
• Duchesse Potatoes
• Cauliflower, Pistachio Agnolotti
• Beet Salad, Pâté, Passion Fruit

Large Plates
• Catfish, Crawfish Étouffée
• Pot au Feu (Chicken, Pork, Beef)
• Korean Beef Tacos
• Lamb Skewer, Yogurt, Red Pepper Molasses, Pickled Onion
• Crab Alfredo
• House Burger, Colby, Pickles
• Mushroom Cakes, Tomato Aioli, Fried Egg

Buffet Features February 24th – March 1st

Monday: Italian Meatballs, Chicken Alfredo, Spaghetti, Summer Squash
Tuesday: Corned Beef, Broiled Salmon, Cabbage, Carrots and Potatoes
Wednesday: Pecan Crusted Trout, Kielbasa, Baked Potato, Green Beans
Thursday: Chicken Tenders, Beer Battered Pollock, Creamy Potato Hash, Succotash
Friday: Beef Stew, Fried Scallops with Cocktail Sauce, Bacon Mashed Potatoes, Peas
Saturday: Roast Chicken, Apricot Glazed Ham, Acorn Squash, Braised Red Cabbage