

Disclaimer: This activity is organized and solely sponsored by a recognized parent or community organization in support of the Stoughton Area School District and not by the school district itself. It is recognized that the intent of this activity is to ultimately support students and families served by the Stoughton Area School District. Permission to distribute this material is granted by the District Administrator.



# GO FOR THE GOAL

## STOUGHTON YOUTH SOCCER



[WWW.STOUGHTONSOCCER.COM](http://WWW.STOUGHTONSOCCER.COM)

Fall 2018 — Spring 2019  
**YOUTH SOCCER REGISTRATION**  
**May 3-June 10**

**Teams for Ages 6-18 • Boys & Girls of All Skill Levels**

**Details at [www.StoughtonSoccer.com](http://www.StoughtonSoccer.com)**

**Online Registration Begins May 3  
at [www.StoughtonSoccer.com](http://www.StoughtonSoccer.com)**

**Open House Registrations  
May 22nd • 5:00-7:00 pm at Kegonsa**

# Stress-Relief Guided Meditation



**Anne Adametz**

Holistic Medicine Practitioner  
and Mentor

Are you feeling mentally exhausted and in need of serenity? Anne Adametz, Holistic Medicine Practitioner and Mentor, will explain how meditation works, answer your questions, and lead you in an easy, guided style anyone can do. Anne brings fresh, real-life compassion and ease to this life-changing practice.

Free audio download included when you attend the class.

**Thursday, June 21st at 6:00 p.m.**

**Stoughton Hospital**

**900 Ridge Street, Stoughton**

**Bryant Health Education Center (lower level)**

To register for this free event, please go to [stoughtonhospital.com](http://stoughtonhospital.com) and click on “Classes & Events.”

Questions? Contact Anne at [anne@anneadametz.com](mailto:anne@anneadametz.com)

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[stoughtonhospital.com](http://stoughtonhospital.com)





# Family Movie Afternoon

**Friday, June 8, 2-3:50 pm**  
**Stoughton Public Library**

Enjoy a free movie and free refreshments provided by the Stoughton Optimist Club! We'll show the new movie based on the classic book "A Wrinkle in Time" by Madeleine L'Engle.

Popcorn and juice will be served.

No registration required. All ages. Rated PG.



If you need accommodations to attend this program, please call 873-6281 two weeks in advance.

***Educate, Enrich, Empower, Engage***



**STOUGHTON PUBLIC LIBRARY**  
A member of the South Central Library System

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# STAT Program

*STAT (Stoughton Hospital Teen Activities Team) is a volunteer program designed for students ages 14 to 18 to engage them in healthcare while working with our patients in a supervised, supportive environment.*

**Next Session: June 25 to August 24, 2018 (eight weeks)**

**Commitment: Two hours per week**

**Application Deadline: June 11, 2018**

As a STAT Program Volunteer, a student gains real life experience in a health care setting. The Volunteers are supervised by a recreational therapist and participate in activities to engage patients. Those activities may include visiting with patients, crafts, and games such as Wii, dice, bingo, and cards. Volunteers may also be asked to assist staff with serving snacks and meals.

Volunteers commit to volunteering for two hours a week for eight weeks. The recommended hours are 9:30-11:30 and 1:30-3:30 Monday through Friday.

Ten Volunteers are chosen through an interview process looking for individuals that are interested and enthusiastic about making a difference in the lives of our patients. It is an opportunity for students to become empowered with leadership and communication skills while being exposed to the hospital environment and community. Participation in the STAT Program may also help fulfill education requirements, build a resume for college, and learn new skills while helping others.

The STAT Program is offered four times a year in eight week sessions.

To apply for or learn more information, please contact Stoughton Hospital Human Resources at 873-2213 or 873-2296 or go to our website and click on the volunteer button.



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[stoughtonhospital.com](http://stoughtonhospital.com)



# STAR WARS DAY: 501<sup>ST</sup> LEGION WISCONSIN GARRISON

**Saturday, June 23, 1-4 pm**



May the Force be with you at the library! Enjoy Star Wars crafts, games, and activities for all ages from 1-4pm. The 501<sup>st</sup> Legion Wisconsin Garrison will be here in costume from 2-3pm. Prepare to meet some villainous Star Wars characters and take photos.

No registration required. All ages.

If you need accommodations to attend these programs, please call 873-6281 two weeks in advance.

[www.stoughtonpubliclibrary.org](http://www.stoughtonpubliclibrary.org)

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# Local SPANISH, Global Experience



Learning a 2nd language helps your student  
become a better thinker, better learner  
and better citizen of the world!

**Early Bird Discount for Spanish Next Year --**

**TAKE OFF \$25 if Registering by 6/15/18**

## Give Your Child a Skill For Life... SPANISH!

Don't miss out on this year's all new and exciting 16-week Spanish adventure!

**Vamos por el pueblo y Vamos a la ciudad - (Let's go to the town and Let's go to the city!)**

Join our class *amigos* Dani and Beto as they share the culture and daily life of a small town in Mexico and the bustling city of Madrid, Spain. Students will learn practical conversation skills as well as vocabulary related to the home, community, health, sports, and pastimes-- all in Spanish! This stimulating class environment energizes and motivates students to stand out from the crowd.

**Register online at : [www.FuturaAdventures.com](http://www.FuturaAdventures.com)**

Open to Kindergarten – 5<sup>th</sup> Grade and appropriate for students with or without previous Spanish experience.

*\*Deadline to register: October 4<sup>th</sup> - Price will increase \$10 after deadline. \**

### **Sandhill Elementary**

**Day/Time:** Thursdays, 3:10pm – 4:10pm

**Dates:** 16 weeks starting October 11<sup>th</sup> in the 2018/19 school year

**Tuition:** \$225\* / 16 weeks

**TAKE OFF \$25 IF  
REGISTERING BY  
6/15/2018**

***NEW! Parent Portal:*** Newsletters and Optional Homework available online for immediate access (included with tuition).

**Grant Assistance and Payment Plans Available** - To request an application please contact [sandvo@futuraadventures.com](mailto:sandvo@futuraadventures.com) (at least one week before the first class)

**Payment / Cancellation Policy:** Tuition is non-refundable. To cancel a class, 30 days written notice must be given to [sandvo@futuraadventures.com](mailto:sandvo@futuraadventures.com).

A \$50 cancellation fee will be assessed for all cancellations.

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# Make an **American** **Dream**

## Come True!

**Volunteer Host Families** can be married or single adults, with or without children, who can provide meals and a loving home for one or two exchange students. Students arrive in August, so please call **TODAY** for more info!



Please Call our National Office

**1-800-US YOUTH**

See our NEW Student Profiles online!

**[www.aspectfoundation.org](http://www.aspectfoundation.org)**

Your Local Coordinator is:

Darlene Holte

Phone:

608-205-7572, [daholte@hotmail.com](mailto:daholte@hotmail.com)





# Nutrition and Brain Health

Megan Cornell, Stoughton Hospital Registered Dietitian, will be discussing nutrition and brain health. Learn about different diets that may help lower the risk of developing Alzheimer's Disease and dementia.

**Thursday, June 21st at 2 p.m.**

**Stoughton Hospital**

**900 Ridge Street, Stoughton**

**Bryant Health Education Center (lower level)**

**This presentation is open to all members of the community.**

**Sponsored by the Stoughton Dementia Friendly Coalition**



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[stoughtonhospital.com](http://stoughtonhospital.com)





# Stop Suffering from GERD

*There's Help for Your Acid Reflux*



**Aaron Schwaab, M.D.**  
General Surgeon  
Stoughton Hospital  
General Surgery Clinic

Antacids and other medication may reduce GERD symptoms, however studies suggest long-term use of GERD medication might be risky. Dr. Aaron Schwaab now offers the minimally invasive LINX procedure which is an effective solution for reflux and may end your long-term dependence on medication.



The LINX device is approximately the size of a quarter.

**Thursday, May 31st at 5:30 p.m.**  
**Stoughton Hospital**  
**900 Ridge Street, Stoughton**  
**Bryant Health Education Center**  
**(lower level)**

To register for this free event, please go to [stoughtonhospital.com](http://stoughtonhospital.com) and click on "Classes & Events." Questions? Please contact Sonja at 873-2356.

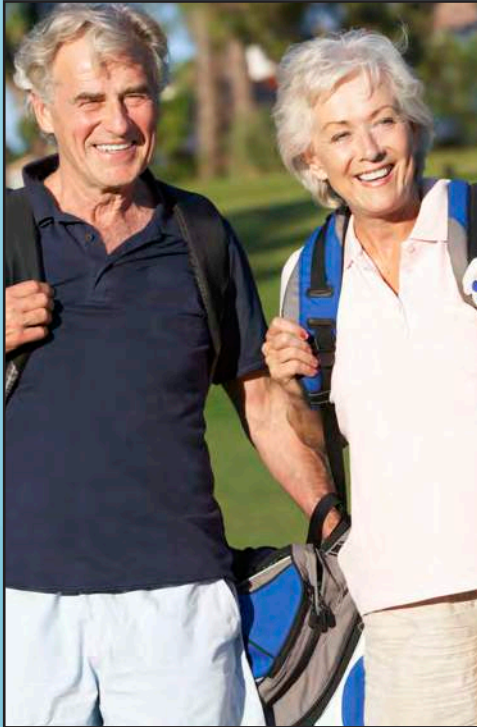


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[stoughtonhospital.com](http://stoughtonhospital.com)



# End the Pain with *Customized* Knee Replacements



## **Customized Knee Replacements**

The ConforMIS technology converts a CT scan of the patient's knee into a 3D model that is used to create a customized individually made implant for that patient only.

Join Drs. John S. Rogerson & Ashish M. Rawal, Stoughton Hospital Orthopedic Surgeons, to learn how the ConforMIS knee implants may be the solution to end your knee pain.

**Tuesday, June 5th**

**5:30 to 6:30 p.m.**

**Madison Marriott West**

**1313 John Q Hammons Drive**

**Middleton, WI**

To register for this free event, please go to [stoughtonhospital.com](http://stoughtonhospital.com) and click on "Classes & Events."

Questions? Please contact the OrthoTeam Clinic at (608) 231-3410.

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**OrthoTeam Clinic**

John S. Rogerson, M.D.  
Ashish M. Rawal, M.D.

[orthoteam.com](http://orthoteam.com)





# Event Highlights

## **Events at the Stoughton Opera House:**

For a full schedule and tickets, call 877-4400 or go to [www.stoughtonoperahouse.com](http://www.stoughtonoperahouse.com)

## **Check out the calendars at:**

### **Stoughton Public Library**

[www.stoughtonpubliclibrary.com](http://www.stoughtonpubliclibrary.com)

### **Stoughton Area Senior Center**

[www.ci.stoughton.wi.us/senior](http://www.ci.stoughton.wi.us/senior)

### **Stoughton Hospital**

<http://stoughtonhospital.com/Events>

**Music Appreciation Series:** 3-4pm. For people who love to hear music and learn more about it. All are welcome to attend.

**May 7:** UW Wingra Wind Quintet, Opera House, More info: Senior Center at 873-8585

## **Sons of Norway-Mandt Lodge:**

**May 9-** Lodge meeting at 7pm- Blind Man on the Prairie with Richard Moen

**Syttende Mai 18-20- Downtown Bake Sale,** Corner of Main and Water Streets by Slinde's Interiors- Norwegian and American baked sale items, packages of lefse and donuts. Open on Friday 4-9pm, Saturday 10am-6pm, Sunday 11am-4pm. Lodge Bake Sale at 317 South Page Street (south side of lodge). Open Friday 1pm-6pm; Saturday 10am-5pm, and Sunday 11am-3pm (or after parade). Norwegian and American baked goods, packages of lefse and donuts, rømmegrøt, coffee and cold beverages.

**Syttende Mai Luncheons** inside at 317 South Page Street. Serving on Saturday, 10am-4pm and Sunday, 11am-2:00pm. Ala carte luncheon buffet with Norwegian and American items and baked goods, lefse, rømmegrøt, søt suppe, riskrem, and beverages. Bulk sales will be available after the parade on Sunday outside of lodge! **Bingo-** Saturday, May 19 at 6pm. Contact Darlene Arneson at 873-7209 [arnesonfamily5@gmail.com](mailto:arnesonfamily5@gmail.com) 317 S. Page St.

## **Every Friday – Stoughton Farmer's Market:**

7am-1pm, between the Buy/Sell Shop and Dollar General. The oldest continuously running market in Dane County, started in 1964. More info: David at 873-9443.

## **May 4 – Shriner Fish Boil:**

5-7pm, Stoughton Conservation Club. Desserts available from Daughters of the Nile. \$12 per person. More info: George at 445-8925

## **May 3 & May 22 – Youth Soccer Open House:**

5-7pm both dates, at Kegonsa Elementary School. [www.stoughtonsoccer.com](http://www.stoughtonsoccer.com)

## **Events in Stoughton May 2018**

For more info on these and other events, Check out the Calendar at [www.stoughtonwi.com](http://www.stoughtonwi.com)

## **May 5, 12<sup>th</sup> & 19<sup>th</sup> – Free Workouts:**

9-10am, Hosted by Anytime Fitness. Playful exercise events at the SWAC parking lot lead by fitness staff. Free for everyone at all fitness levels, not just gym members. Participants should wear comfortable clothing & tennis shoes and bring a water bottle.

## **May 18-20 – Syttende Mai Norwegian Folk Festival:**

All Day, All Over. Get your Booster Button, coin and Festival brochure at the Chamber office, local businesses and at Button Booths throughout the Festival area. Craft Beer and Music Tent open from 5-10pm Friday and 11am-10pm Saturday. Stone Barone and the Madtones Live plays Friday night with The Old Tin Can String Band and Piano Fondue, Dueling Pianos Live Performance taking the stage on Saturday. \$5 Booster Button required for most events. More info: [www.stoughtonfestivals.com](http://www.stoughtonfestivals.com)



## **SHS Instrumental Music**

### **Events:**

**May 5,** 50<sup>th</sup> Annual Band Variety Show-7pm, SHS Performing Arts Center.

Tickets: \$10 Adults, \$5 Students, Free for kids under 5.

**May 25,** SHS Student Composers Concert-7pm, Stoughton Village Players Theater, Free & General Admission seating.

**May 28,** Jazz at the Village Players-5pm, Stoughton Village Players Theater, Free & General Admission seating.

More info: Dan Schmidt at 877-5745 or [Dan.Schmidt@Stoughton.K12.WI.US](mailto:Dan.Schmidt@Stoughton.K12.WI.US)

## **May 28 – Memorial Day Parade & Ceremony:**

10am, Mandt Park. Parade at 10am. Program follows at 11am at the Mandt Center. All veterans are invited to ride a float. Meet at Prairie St at 9:35am to get on a float. Shuttle transportation back from Mandt Center is available.

## **May 31 – Gazebo Musikk:**

6-7:30pm, Stoughton Rotary Park, downtown Stoughton. Stone Barone & the MadTones kick off the 2018 season. Funk, R&B & Soul.



# 2nd Annual Childrens Business Fair - **STOUGHTON** -

Saturday, November 10th, 10a—1p  
St Ann's Catholic Parish  
323 N Van Buren St, Stoughton, WI 53589

**The Stoughton Children's Business Fair is for youth ages 6-14 to develop, create and sell a product/service for a profit they get to keep! Registration is \$10 per booth and The 2017 Stoughton CBF's products ranged from Home Made Slime to Custom Bracelets!**



**REGISTER TODAY @ [CHILDRENSBUSINESSFAIR.ORG/STOUGHTON](http://CHILDRENSBUSINESSFAIR.ORG/STOUGHTON)**

**Stop by to learn about local youth organizations:**



**QUESTIONS:**

**MIKE DANIELS at 608-492-3444 or  
[MDaniels@FarmersAgent.com](mailto:MDaniels@FarmersAgent.com)**

**EILEEN STEVENS at 608-577-1983 or  
[FUNStoughton@Gmail.com](mailto:FUNStoughton@Gmail.com)**



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# Kids Classes

To register for kids classes please go to [stoughtonhospital.com](http://stoughtonhospital.com) and click on “Classes & Events.” If you have any questions, please contact the instructor Trish at (608) 334-4036.

## Caring for Kids - Babysitting

For children ages 11 and older. They will learn about first aid, safety, infant care, discipline, playing with children, common emergencies, responsibilities of a babysitter, and more. Please bring a sack lunch.

*Friday, August 10th from 9 a.m. to 1 p.m. \$50*  
*Stoughton Hospital Bryant Health Education Center*  
*900 Ridge St, Stoughton*

## Home on Your Own

For children ages 9 and older who may be home for a few hours without an adult. The focus is on making wise and safe choices on first aid, fire safety and emergency situations.

*Wednesday, August 15th from 9 to 11 a.m. \$30*  
*Stoughton Hospital Bryant Health Education Center*  
*900 Ridge St, Stoughton*



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# ACL Injury Prevention for the High School Athlete

*Participation in ACL injury prevention programs has demonstrated  
a reduction in the rate of ACL injury by 75-80% on average*



**Taylor Borgrud**  
Doctor of Physical Therapy  
Stoughton Hospital  
Rehab & Sports Medicine

Taylor Borgrud, Former Collegiate Athlete & Stoughton Hospital Physical Therapist, works with high school students to decrease their risk of injury. A pre and post test of functional strength and movement patterns will demonstrate the improvement in your athlete's conditioning!

For additional program details and to register, please go to [stoughtonhospital.com](http://stoughtonhospital.com) and click on "Classes & Events."

Space is limited, so register early! Cost: \$100

**June 26th through August 9th (6 weeks)**

(No classes the week of July 4th)

**Tuesdays and Thursdays 1 to 2 p.m.**

**Sports Enhancement Academy  
SWAC, 2300 US Highway 51-138**

Questions? Please contact the Stoughton Rehabilitation Clinic at  
(608) 873-2292.

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