

## Events at Terrace Heights offer a little something for everyone

There is never a dull moment at Terrace Heights Retirement Community in Mauston. This spring the community was invited to join tenants for some more great events.

In the beginning of April, Catherine Orton gave a presentation on estate planning. She shared some very valuable information with all in attendance on how to ensure your future.

Also in April, Melisa's Dancers visited and packed the house for another great night of entertainment. The dancers ranged from ages three through eight, and performed tap and ballet dances for the audience.

Ernie Droessler is a favorite at Terrace Heights, and he'll be back for another show Tuesday, May 20 at 2 pm. He will perform favorites from the 40s and 50s.

Also in May, Terrace Heights tenant Marian Schmalz will display some geodes, gem trees and other jewelry she has collected over the years. After her presentation, Marian will sell some of the items.

Another favorite, Nancy Reisdorf, will return June 17 at 2 pm to present "Birds: Family, food and fables."

All events are open to the public and are located in the dining room of Terrace Heights, across from the armory in Mauston.

Call 608-847-2377 to reserve your spot, or to set up a tour of the facility. Apartments are now available!



Attorney Catherine Orton provided a presentation on estate planning in April.



The three and four-year-old Rubies above performed a ballet routine to "Feelin' Groovy" and a tap dance routine to "Great Balls of Fire." The Rubies on the right danced their ballet number to "My Girl" and their tap number to "Ghost Busters."



The five and six-year-old Sapphires pictured above left danced a ballet number to "Go the Distance" and a tap number to "Pretty Woman."

The Sapphires pictured above right performed a ballet routine to "Circle of Life" and their tap routine was to the song "Respect."



The oldest performers of the evening were the seven and eight-year-old Emeralds. They danced to "Here I am" for their ballet routine, and are pictured to the right rocking out to "Taking Care of Business" for their tap performance.



## IBS support group to meet again July 10

Do you suffer with abdominal pain, bloating, constipation or diarrhea?

Do you wish you could talk to someone who understands your situation but feel you are alone?

You are not alone! Millions of Americans suffer with Irritable Bowel Syndrome (IBS) and Mile Bluff Medical Center in Mauston

can help. The IBS support group will be meeting in Hess Memorial Hospital Thursday, July 10 at 7 p.m. The goal of the group is to offer those living with IBS a chance to come together in a relaxed environment to learn new ways to cope from both a medical specialist, and others who are dealing with similar health issues. Refreshments will also be served.

Please know that IBS is nothing to be ashamed of. If you are interested in the IBS support group, please contact the UW Specialty clinic located in the basement of Mile Bluff Clinic in Mauston at 608-847-7355. Registration for the support group is preferred, but walk-ins are welcome.