



**THE CHATTERBOX**

**PARKSIDE  
VILLAGE**



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

## Happy Mother's Day to all you ladies!!

Mom's, grandma's, great-grandma's, step-mom's, Aunt's, niece, best friend, cousin, sister, daughter, foster parent, anyone who nurture's and loves unconditionally and makes a difference in other's lives. **We celebrate all of you!!**

What better way to celebrate our ladies than with our famous **Pancake Breakfast!!**

**Flipping begins May 14th at 9 am!!**

**Signup by May 9th**

**Please pay at time of signup!**



"It has been said that there is no fool like an old fool, except a young fool. But the young fool has first to grow up to be an old fool to realize what a damn fool he was when he was a young fool."--Harold Macmillan

"The secret of staying young is to live honestly, eat slowly, and lie about your age."--Lucille Ball

## Chimes Concert

**May 10th 1pm**

**Arlene turns 102!!**

**Channel 27 will be here!**

**Enjoy the music and have a piece of cake!**

*The journey of a thousand miles, begins with one step*

## MAY Birthdays:

- 6) Lyal Herwig
- 9) David Mathison
- 10) Arlene Severson
- 12) Jackie Boyd
- 19) Donna Wiessinger
- 23) Merna Volenec
- 26) Jerry Wiessinger
- 30) Larry Sobyak



## **Pancake Breakfast !**

**Saturday, May 14th at 9 am**

Best pancakes in town (made with love) and accompanied with butter, syrup, hot breakfast, sausages, apple sauce, milk, juice and coffee.

Price is \$5.00 each. In honor of Mother's day ALL Parkside Ladies eat free and also get a flower to take home.

Sign up by May 9th!



## **Come Try Chair Yoga!**

See how much better your body can feel! Chair Yoga is accessible to anyone of any age or ability. Chair Yoga is gentle and safe movement. As we age we lose what we don't use! Chair Yoga begins with quiet stillness, focusing on breathing to increase respiratory function. Gentle movement while seated increases range of motion and flexibility in all joints of the body and reduces arthritis pain. Standing postures strengthen muscles and bone, improve balance and decrease fear by gaining body awareness. In addition to the physical benefits, Chair Yoga also calms the mind, reduces stress, enhances compassion for ourselves and others, therefore enhancing our quality of life! Kim Sprecher is a registered yoga teacher who is committed to helping Seniors improve their quality of life! Come try Chair Yoga with Kim every Monday and Wednesday morning at 9am.

**Tuesday Night Bingo is back!!**

**7:00 pm \$1.00 per card : 5/3, 5/17, 5/31**

**Happy Hour is May 6th!**

**BYOB and Appetizer to share!**

**Memorial Day, May 30th**





**Come Join us !! May 24th at 3:00 pm in the Community Room!**

**Enjoy the SEASIDE SERENADE LAUAU..**

**Refreshments!**

## **JOHN DUGGLEBY:**

**WRITER. MUSICIAN. CHICKEN DANCER.**



John Duggleby, an award-winning author of a dozen books and hundreds of magazine articles, made his professional performing debut at age five at the Sunset Supper Club in Muscatine, Iowa, singing, "You Must Have Been a Beautiful Baby" after the piano man bribed him with a nickel. After a hootenanny fling in a "baby Kingston Trio," he grew up as a percussionist playing everything from orchestra tympani to garage band rock and roll. As an adult he learned guitar as a more benign living room alternative.

Over the years John has labored in several underappreciated folk, 60s rock, Cajun, bluegrass and world music ensembles, but his main gig these days is playing over 100 one-man and duo shows a year for listeners of all ages, at venues ranging from coffeehouses, to senior centers, to libraries, to festivals. His songbook ranges from Stephen Foster and George M. Cohan to Beatles and Bruce Springsteen-- as well as his own material-- accompanied on guitar and who knows what else. John also leads drum circles and kitchen bands for groups including seniors and disabled people.

John's first 2014 album *Better Late Than Never* and new 2019 double album *Castaway* can be heard at <https://soundcloud.com/duggleby>. His songs have been finalists in the Great American and Great River Folk Festival Songwriting Contest, and Madison Area Music Awards (MAMAS); as well as runner-up in the international [www.SongoftheYear.com](http://www.SongoftheYear.com) competition.

John was named 2020 and 2021 Madison Area Music Association's Children's Performer of the Year, and has received 2<sup>nd</sup> place for Singer/Songwriters in the Isthmus "Madison's Favorites" reader's poll. His most recent literary work is a children's book on Louis Armstrong's childhood.



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