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INDEPENDENT LIVING



Emotional Mastery with Jennifer Bartolotta

Join Jennifer Bartolotta for her transformative Emotional Wellness Series! In this 4-part series, you'll tackle emotional endurance, intelligence, management and maturity. Attend in person for a post-session meet & greet and the chance to win prizes, or join virtually at no cost!

Session 2: Emotional Intelligence

Date/Time: May 20, 10am - 12:30pm

Price: \$10 per session or virtually no charge

Physical Activity: Low.

RSVP: By May 13.

More Details: In this session, we'll focus on comprehending both your own emotions and those of others.

Session 3: Emotional Management

Date/Time: August 19, 10am - 12:30pm

Price: \$10 per session or virtually no charge

Physical Activity: Low.

RSVP: By August 12.

More Details: In this session, we'll focus on quickly deploying tools to reset and manage your emotions.

This four-part series will conclude with Session 4 on November 18, focusing on emotional maturity.



Olbrich Botanical Gardens Guided Tour

Enjoy a one-hour guided tour of Olbrich Botanical Gardens with expert volunteer guides. Discover its history, insider tidbits and stories from their experience. A picnic area is available at Olbrich Park along scenic Lake Monona.

Date: Thursday, June 12

Time: 12-1pm

Location: 3330 Atwood Avenue, Madison, WI 53704

Price: \$12 per person. Optional Indoor Conservatory entry is an additional \$6, payable on-site.

Physical Activity: Medium/High.

RSVP: By June 3

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Lake Geneva Mailboat Tour

Experience one of America's most unique traditions! Join daring mail jumpers on an exciting cruise as they deliver mail to 75 lakeside residents—without the boat stopping. Watch the action up close while our captain and crew share stories of Lake Geneva's historic lakeshore estates.

Date: Tuesday, July 15

Time: 10-12:30pm

Location: Riviera Docks,
812 Wrigley Drive, Lake Geneva, WI 53147

Price: \$45 per person, full cash and snack bar available for additional cost.

Physical Activity: Low.

RSVP: By July 7.



Raptors in Conservation

Discover the challenges raptor ecologists face, from environmental contamination to habitat loss and climate change—factors that greatly impact apex predators. Learn how you can help conserve raptors in your daily life and get an up-close look at live birds, including a bald eagle.

Date: Wednesday, August 27

Time: 10-11am

Location: Schlitz Audubon Nature Center,
1111 East Brown Deer Road, Bayside, WI 53217

Price: \$12 per person.

Physical Activity: Low.

RSVP: By August 18.

More Details: Attendees are welcome to visit the art gallery, exhibits and gift shop after the program.