

RESOURCE	REGION	PHONE
<b>COUNTY INFORMATION</b>		
<b>LOCAL AGENCIES</b>		
Area Agency on Aging of Dane County	Madison	608-261-9930
Aging & Disability Resource Center (ADRC)	Portage	608-742-9233
Chambers of Commerce		
Beaver Dam Chamber of Commerce	Beaver Dam	920-887-8879
Cambria-Friesland Area Chamber of Commerce	Cambria	920-348-6090
Columbus Area Chamber of Commerce	Columbus	608-623-3699
Lodi Chamber of Commerce	Lodi	608-592-4412
Madison Chamber of Commerce	Madison	608-255-1008
Portage Area Chamber of Commerce	Portage	608-742-6242
Lake WI Area Chamber of Commerce	Poynette	608-635-8070
Poynette Chamber of Commerce	Poynette	608-635-2425
Randolph Chamber of Commerce	Randolph	920-326-2200
Rio Chamber of Commerce	Rio	920-992-5454
Baraboo Civic Center	Baraboo	608-355-2760
Baraboo Area Senior Citizen Organization, Inc	Baraboo	608-356-8464
Department of Health & Human Services	Madison	608-242-6200
Madison School Community Recreation	Madison	608-204-3000
Department of Health & Human Services	Portage	608-742-9227
Veterans Affairs Office	Portage	608-742-9618
United Way of Sauk-Prairie	Sauk City	608-643-4168
WI Dells Visitor Bureau	Wisconsin Dells	800-223-3557
Living Well With Chronic Conditions		608-228-8081
Parks and Recreation Dept.		608-742-2178
Visitor's Bureau		608-742-6161
<b>AREA HOSPITALS</b>		
Moundview Memorial Hospital	Adams	608-339-7076
Dean Health System	Beaver Dam	920-356-9288
UW Hospitals and Clinics Authority	Madison	608-263-8991
Meriter Hospital, Inc.	Madison	608-267-6210
St. Mary's Hospital Medical Center	Madison	608-258-6733
Divine Savior Hospital	Portage	608-742-4131
<b>OUTDOOR BIKING INFORMATION</b>		
Biking maps by county		<a href="http://www.dot.wisconsin.gov/travel/bike-foot/countymaps.htm">www.dot.wisconsin.gov/travel/bike-foot/countymaps.htm</a>
Wisconsin biking information		<a href="http://www.dot.wisconsin.gov/travel/bike-foot/bike-index.htm">www.dot.wisconsin.gov/travel/bike-foot/bike-index.htm</a>
Wisconsin state bike laws		<a href="http://www.wibikelaw.com">www.wibikelaw.com</a>
<b>WALK/RUN</b>		
<b>SHOPPING CENTERS &amp; MALLS</b>		
West Towne Shopping Mall Center	Madison	608-833-6330
East Towne Shopping Mall Center	Madison	608-244-1387
Hilldale Shopping Center	Madison	608-238-6640
Antiques Mall of Portage	Portage	608-742-2400
Tanger Outlet Center	Wisconsin Dells	608-253-5380
<b>SCHOOLS</b>		
Arlington Elementary School	Arlington	608-635-4347
University of WI - Baraboo/Sauk County	Baraboo	608-355-5200
Beaver Dam School District	Beaver Dam	920-885-7309
Cambria-Friesland School District	Cambria	920-348-5548
Columbus School District	Columbus	920-623-5950
DeForest Area School District	DeForest	608-842-6500
Fall River School District	Fall River	920-484-3333
Fox Lake Elementary School	Fox Lake	920-928-3136
St. John's Lutheran School	Fox Lake	920-928-3296
Lodi School District	Lodi	608-592-3851
Madison Metropolitan School District	Madison	608-663-1879
Middleton-Cross Plains Area School District	Middleton/Cross Plains	608-829-9000
Monona Grove Schools	Monona Grove	608-221-7660
Morrisonville Elementary School	Morrisonville	608-846-6542

WALK/RUN	REGION	PHONE
Pardeeville Area School District	Pardeeville	608-429-3666
Portage Community School District	Portage	608-742-4879
Poynette School District	Poynette	608-635-4347
Randolph School District	Randolph	920-326-2427
Faith Christian School	Randolph	920-326-6090
Randolph High School	Randolph	920-326-2425
Rio Community School District	Rio	920-992-3141
Sun Prairie Area School District	Sun Prairie	608-834-6500
Waunakee Community School District	Waunakee	608-849-2100
<b>LOCATIONS WITH TREADMILLS</b>		
<i>See examples below</i>		
<b>PARKS &amp; TRAILS</b>		
State Parks Information		608-266-2181
County Parks		
Derge Park	Beaver Dam	920-887-0365
Astico Park	Columbus	920-623-5274
Warner Park	Madison	608-245-3690
Mackenzie Environmental Education Center	Poynette	608-635-8110
Ice Age Trail		800-227-0046
Devils Lake State Park		608-356-8301
Mirror Lake State Park		608-254-2333
<b>GYMS / EXERCISE BIKES</b>		
<b>COMMUNITY CENTERS</b>		
Fox Lake Community Center	Fox Lake	920-928-2280
Sports for Active Seniors (SAS)	Madison	608-221-3926
St. Mary's Adult Day Health Center	Madison	608-249-4450
Atwood Community Center	Madison	608-241-1574
Allied Community Center	Madison	608-278-1429
Bayview Foundation	Madison	608-256-7808
East Madison Community Center	Madison	608-249-0861
Kennedy Heights Community Center	Madison	608-244-0767
Neighborhood House Community Center	Madison	608-255-5337
Northport Apartments Community Center	Madison	608-249-9281
Vera Court Neighborhood Center	Madison	608-246-8372
Warner Park Community Recreation Center	Madison	608-245-3690
Wexford Ridge Neighborhood Center	Madison	608-833-4979
Wil Mar Neighborhood Center	Madison	608-257-4576
Goodman Rotary 50+ Fitness Program, MSCR	Madison	608-204-3023
MATC	Portage	608-745-3100
Watertown Senior and Community Center	Watertown	920-262-8099
Waunakee Community Center	Waunakee	608-850-5992
Waunakee Manor Adult Day Center	Waunakee	608-849-5016
<b>SENIOR CENTERS</b>		
Beaver Dam Senior Center	Beaver Dam	920-887-4639
Columbus Area Senior Center	Columbus	920-623-5918
DeForest Area Senior Center	DeForest	608-846-9469
DeForest Area Senior Center	DeForest	608-846-9469
Colonial Club Senior Center	Madison	608-837-4611
Madison Senior Center	Madison	608-266-6581
North/Eastside Senior Coalition	Madison	608-243-5252
Northwest Dane Senior Services	Madison	608-767-3757
West Madison Senior Center	Madison	608-238-0196
Middleton Senior Center	Middleton	608-831-2373
Monona Senior Center	Monona	608-222-3415
Waunakee Area Senior Center	Waunakee	608-849-8385
<b>YMCA / YWCA</b>		
YMCA of Dodge County	Beaver Dam	920-877-8811
YMCA of Lodi	Lodi	608-592-1076
YMCA of Madison (East Side)	Madison	608-221-1571
YMCA of Madison (West Side)	Madison	608-276-6606
YMCA of Middleton	Middleton	608-831-1885
YMCA of Sun Prairie	Sun Prairie	608-837-8221

All SPEP materials and videos can be found at [www.uwhealth.org/stroke](http://www.uwhealth.org/stroke)

<b>GYMS / EXERCISE BIKES</b>	<b>REGION</b>	<b>PHONE</b>
<b>PRIVATE GYMS</b>		
24/7 Fitness	mult locations	phone book / internet
Anytime Fitness	mult locations	phone book / internet
Bally Total Fitness	mult locations	phone book / internet
Curves	mult locations	phone book / internet
Gold's Gym	mult locations	phone book / internet
Snap Fitness	mult locations	phone book / internet
There are many locally-owned gyms near you too!	mult locations	phone book / internet
<b>POOLS</b>		
<b>COMMUNITY AND PRIVATE POOLS</b>		
Baraboo Indoor Pool	Baraboo	608-355-4665
Baraboo City Pool	Baraboo	608-355-2764
Swan Park Pool	Beaver Dam	920-885-9781
Cambria Swimming Pool	Cambria	920-348-6190
Columbus Area Aquatic Center	Columbus	920-623-6047
Cross Plains Village Swimming Pool	Cross Plains	608-798-3891
City of Fox Lake Swimming Pool	Fox Lake	920-928-6199
Irwin A. and Robert D. Goodman Pool	Madison	608-264-9292
Lapham Swim Program	Madison	608-204-3023
Meriter MainGate, Aquatic and Fitness Center	Madison	608-283-2000
Kindredhearts Pool and Health Club	Madison	608-837-2124
Monona Community Pool	Monona	608-222-4167
Indian Trails	Pardeeville	608-429-3244
Indoor Pool - Portage	Portage	608-742-2004
Sky High Camping Resort	Portage	608-742-2572
Silver Springs Campsite	Rio	920-922-3537
Little Bluff Campground	Rio	920-922-5157
Sauk Prairie Indoor Pool	Sauk City	608-643-5950
Wisconsin Dells Municipal Pool	Wisconsin Dells	608-254-2238
WI Dells Municipal Pool	Wisconsin Dells	608-254-2238
<b>HOTEL &amp; MOTEL POOLS</b>		
Best Western Campus Inn	Beaver Dam	920-887-7171
American Inn	Beaver Dam	800-634-3444
Super 8 Motel	Columbus	920-623-8800
Best Western Countryside Inn	Lodi	608-592-1450
Lodi Valley Suites	Lodi	608-592-7331
Comfort Inn Madison	Madison	608-244-6265
Super 8 Motel	Madison	608-249-5300
Courtyard by Marriott	Madison	608-661-8100
Ridge Motor Inn	Portage	608-742-5306
Comfort Suites	Portage	608-745-7417
Best Western Hotel	Portage	608-742-2200
Holiday Inn Express	Watertown	920-262-0557
Trails End Motel	Wisconsin Dells	608-254-2828
River Walk Hotel	Wisconsin Dells	608-255-1231
<b>EXERCISE VIDEOS / DVDS</b>		
<b>LIBRARIES</b>		
Beaver Dam Community Library	Beaver Dam	920-887-4600
Jane Morgan Memorial Library	Cambria	920-348-4030
Columbus Public Library	Columbus	920-623-5910
DeForest Area Public Library	DeForest	608-846-5482
Fox Lake Public Library	Fox Lake	920-928-3223
Lodi Women's Club Library	Lodi	608-592-4130
Dane County Library Service	Madison	608-266-4462
Madison Public Library	Madison	608-266-6300
Middleton Public Library	Middleton	608-831-5564
Monona Public Library	Monona	608-222-6127
Angie W. Cox Public Library	Pardeeville	608-429-2354
Portage Public Library	Portage	608-742-4959
Poynette Public Library	Poynette	608-635-7577
Hutchinson Memorial Library	Randolph	920-326-4640
Rio Public Library	Rio	920-992-3206
Sun Prairie Public Library	Sun Prairie	608-825-7323
Waunakee Public Library	Waunakee	608-849-4217
Kilbourn Public Library	Wisconsin Dells	608-254-2146
Wyocena Public Library	Wyocena	608-429-4899

All SPEP materials and videos can be found at [www.uwhealth.org/stroke](http://www.uwhealth.org/stroke)

EXERCISE VIDEOS / DVDS	REGION	PHONE
<b>VIDEO STORES</b>		
Blockbuster Video	mult locations	phone book / internet
Netflix	mult locations	phone book / internet
Best Buy	mult locations	phone book / internet
Hollywood Video	mult locations	phone book / internet
Movie Gallery	mult locations	phone book / internet
Family Video	mult locations	phone book / internet
There are many locally-owned stores near you too!	mult locations	phone book / internet
<b>TRANSPORTATION</b>		
<b>COMMUNITY</b>		
St. Vincent de Paul	Baraboo	608-356-4649
Veterans Service Office	Baraboo	608-637-8884
St. Vincent de Paul	Madison	608-257-0673
Red Cross	Madison	608-233-9300
Group Access Services, Transit Solutions	Madison	608-294-8747
Madison Metro Plus Paratransit System	Madison	608-266-4466
Metro Ride	Madison	608-242-2000
Independent Living	Madison	608-274-7900
Laidlaw Transit Services	Madison	608-223-0610
Meister Special Care	Madison	608-240-0353
Rideline/Older Adult Transportation Assistance Program	Madison	608-242-6486
Driver Escort Program, RSVP	Madison	608-238-7787
Rideshare, Etc.	Madison	608-266-7433
Community Wheels	Madison	608-276-0132
American Cancer Society	Madison	608-833-4555
Medical Transportation Services	Madison	608-242-4566
Women's Transit Authority	Madison	608-256-3710
ABC Connection	Portage	608-742-4038
Commission on Aging	Portage	608-742-9211 / 608-742-9213
St. Vincent de Paul	Sauk City	608-643-8905
Colonial Club Senior Center	Sun Prairie	608-837-4611
St. Vincent de Paul	WI Dells	608-254-4011
<b>TAXI CABS</b>		
Taxi	Baraboo	608-356-8300
Beaver Dam Shared Ride	Beaver Dam	920-885-4800
Taxi	Lake Delton/WI Dells	608-253-2129
Badger Cab	Madison	608-256-5566
Union Cab	Madison	608-242-2000
Shared-Ride Taxi	Marshall/Waterloo	608-655-1414
Portage Cab	Portage	608-742-4700
Taxi	Sauk City	608-644-9616
Shared-Ride Taxi	Sun Prairie	608-837-5550
Running Inc.	Viroqua	608-637-2599
Sureway Taxi	WI Dells	608-254-8463
<b>VAN SERVICES</b>		
Transit Solutions	Madison	608-294-8747
Capitol Express	Madison	608-661-7433
A-Lift Services	Madison	800-567-5438
Monona Lift, Laidlaw	Monona	608-222-3350
Midstate Medical Express	Portage	800-463-3826
Nichols Van Service		800-972-8080
<b>CHURCHES</b>		
St. Jerome's Catholic Church	Columbus	920-623-3989
First Presbyterian Church	Columbus	920-623-3350
Lake Wisconsin Free Evangelical Church	Lodi	608-592-3091
Lodi United Methodist Church	Lodi	608-592-3480
CompanionCare - Catholic Charities	Madison	608-833-4800
Middleton Outreach Ministry	Middleton	608-836-7338
Bethlehem Lutheran Church Elca	Portage	608-742-8502
Faith Baptist Church	Portage	608-745-1917
Poynette Presbyterian Church	Poynette	608-635-4123
St. Thomas Roman Catholic Church	Poynette	608-635-7548
Driver Escort Program, RSVP	Sun Prairie	608-238-7787
St. Cecilia's Catholic Church	Wisconsin Dells	608-254-8381

All SPEP materials and videos can be found at [www.uwhealth.org/stroke](http://www.uwhealth.org/stroke)

