

RESOURCE	REGION	PHONE
COUNTY INFORMATION		
LOCAL AGENCIES		
Council on Aging	Janesville	608-757-5472
Aging & Disability Resource Center (ADRC)	Jefferson	920-674-8734 / 800-740-2372
Area Agency on Aging of Dane County	Madison	608-261-9930
Chambers of Commerce		
Columbus Area Chamber of Commerce	Columbus	608-623-3699
Edgerton Area Chamber of Commerce	Edgerton	608-884-4408
Evansville Chamber of Commerce	Evansville	608-882-5131
Fort Atkinson Area Chamber of Commerce	Fort Atkinson	920-563-3210
Jefferson Chamber of Commerce	Jefferson	920-674-4511
Johnson Creek Area Chamber of Commerce	Johnson Creek	920-699-4949
Lodi Chamber of Commerce	Lodi	608-592-4412
Madison Chamber of Commerce	Madison	608-255-1008
Milton Area Chamber of Commerce	Milton	608-868-6222
New Glarus Chamber of Commerce	New Glarus	608-527-2095
Lake WI Area Chamber of Commerce	Poynette	608-635-8070
Poynette Chamber of Commerce	Poynette	608-635-2425
Rio Chamber of Commerce	Rio	920-992-5454
Sauk Prairie Area Chamber of Commerce	Sauk City	608-643-4168
Watertown Chamber of Commerce	Watertown	920-261-6320
Department of Health & Human Services	Janesville	608-757-5271
Veterans Affairs Office	Janesville	608-757-5552
Department of Health & Human Services	Jefferson	920-674-3105
Veterans Affairs Office	Jefferson	920-674-7240
Department of Health & Human Services	Madison	608-242-6200
Veterans Service Office	Madison	608-266-4158
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	Sauk City	608-643-4168
Living Well With Chronic Conditions		608-224-6307
Parks and Recreation Dept.		608-242-4576
Visitor's Bureau		608-255-2537
AREA HOSPITALS		
Memorial Community Hospital	Edgerton	608-884-3441
Fort Healthcare	Fort Atkinson	920-568-5018
Dean Specialty Clinic	Fort Atkinson	920-568-1986
AREA HOSPITALS		
UW Health Clinic	Fort Atkinson	920-563-5544
Mercy Health System	Janesville	608-756-6810
Fort Healthcare Jefferson	Jefferson	920-674-6000
Fort Healthcare Lake Mills Clinic	Lake Mills	920-648-8170
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
Sauk Prairie Memorial Hospital	Sauk Prairie	608-643-7572
Stoughton Hospital	Stoughton	608-873-2275
OUTDOOR BIKING INFORMATION		
Biking maps by county		www.dot.wisconsin.gov/travel/bike-foot/countymaps.htm
Wisconsin biking information		www.dot.wisconsin.gov/travel/bike-foot/bike-index.htm
Wisconsin state bike laws		www.wibikelaw.com
WALK/RUN		
SHOPPING CENTERS & MALLS		
Johnson Creek Outlet Mall	Johnson Creek	920-699-4111
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
SCHOOLS		
Albany School District	Albany	608-862-3225
Arena Elementary School	Arena	608-546-2228

WALK/RUN	REGION	PHONE
Barneveld School District	Barneveld	608-924-4711
Belleville School District	Belleville	608-424-3315
Cambridge School District	Cambridge	608-423-4345
Columbus School District	Columbus	920-623-5950
Deerfield Community School District	Deerfield	608-764-5431
DeForest Area School District	DeForest	608-842-6500
Edgerton School District	Edgerton	608-884-9402
Evansville Community School District	Evansville	608-882-5224
Fort Atkinson School District	Fort Atkinson	920-563-7807
Jefferson School District	Jefferson	920-675-1000
Johnson Creek School District	Johnson Creek	920-699-2811
Lake Mills Area School District	Lake Mills	920-648-2215
Madison Metropolitan School District	Madison	608-663-1879
Marshall Public Schools	Marshall	608-655-3466
McFarland School District	McFarland	608-838-4500
Middleton-Cross Plains Area School District	Middleton/Cross Plains	608-829-9000
Milton School District	Milton	608-680-9200
Monona Grove Schools	Monona Grove	608-221-7660
Monticello School District	Monticello	608-938-4194
Mount Horeb Area School District	Mt. Horeb	608-437-2400
New Glarus School District	New Glarus	608-527-2810
Oregon School District	Oregon	608-835-4000
Poynette School District	Poynette	608-635-4347
Sauk Prairie School District	Sauk City	608-524-5132
Stoughton Area School District	Stoughton	608-877-5000
Sun Prairie Area School District	Sun Prairie	608-834-6500
Verona Area School District	Verona	608-845-4300
Watertown School District	Watertown	920-262-1460
Waunakee Community School District	Waunakee	608-849-2100
Wisconsin Heights School District	Wisconsin Heights	608-767-2595
LOCATIONS WITH TREADMILLS		
<i>See examples below</i>		
PARKS & TRAILS		
State Parks Information		608-266-2181
County Parks Information		608-242-4576
Astico Park	Columbus	920-623-5274
Warner Park	Madison	608-245-3690
New Glarus Woods State Park	New Glarus	608-527-2335
Mackenzie Environmental Education Center	Poynette	608-635-8110
Glacial River Trail		920-563-7781
Glacial Drumlin State Trail		920-648-8774
Sugar River State Recreation Trail		608-527-2334
GYMS / EXERCISE BIKES		
COMMUNITY CENTRES		
Cambridge Community Center	Cambridge	608-423-3712
Deerfield Community Center	Deerfield	608-764-5935
Tri-County Community Center	Edgerton	608-884-9601
Community Center	Evansville	608-882-0407
Johnson Creek Community Center	Johnson Creek	920-699-2296
Rock Lake Activity Center	Lake Mills	920-945-01-56
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
Mt. Horeb Community Center	Mt. Horeb	608-437-6902
Creative Care	Stoughton	608-873-2259
Verona Area Natatorium	Verona	608-845-4635

All SPEP materials and videos can be found at www.uwhealth.org/stroke

GYMS / EXERCISE BIKES	REGION	PHONE
Waunakee Manor Adult Day Center	Waunakee	608-849-5016
Waunakee Community Center	Waunakee	608-850-5992
SENIOR CENTERS		
Belleville Senior Citizens Center	Belleville	608-424-6007
Columbus Area Senior Center	Columbus	920-623-5918
DeForest Area Senior Center	DeForest	608-846-9469
Fitchburg Senior Center	Fitchburg	608-270-4290
Fort Atkinson Senior Center	Fort Atkinson	920-563-7773
Jefferson Senior Center	Jefferson	920-675-0102
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
McFarland Senior Outreach	McFarland	608-838-7117
Middleton Senior Center	Middleton	608-831-2373
The Gathering Place	Milton	608-868-3500
Monona Senior Center	Monona	608-222-3415
Mt. Horeb Senior Center	Mt. Horeb	608-437-6902
Oregon Area Senior Center	Oregon	608-835-5801
Stoughton Area Senior Center	Stoughton	608-873-8585
Verona Senior Center	Verona	608-845-7471
Watertown Senior & Community Center	Watertown	920-262-8099 / 920-261-7013
Waunakee Area Senior Center	Waunakee	608-849-8385
YMCA / YWCA		
YMCA of Lodi	Lodi	608-592-1076
YMCA of Madison East	Madison	608-221-1571
YMCA of Madison West	Madison	608-276-6606
YMCA of Middleton	Middleton	608-831-1885
YMCA of Milton	Milton	608-868-9622
YMCA of Sun Prairie	Sun Prairie	608-837-8221
PRIVATE GYMS		
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!		phone book / internet
POOLS		
COMMUNITY & PRIVATE POOLS		
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
Columbus Area Aquatic Center	Columbus	920-623-6047
Silver Springs Campsite	Rio	920-922-3537
Little Bluff Campground	Rio	920-922-5157
Fort Atkinson Family Aquatic Center	Fort Atkinson	920-563-7799
Watertown Aquatic Center	Watertown	920-262-8080
Jefferson City Pool	Jefferson	920-674-7732
New Glarus Public Pool	New Glarus	608-527-5095
Sauk Prairie Indoor Pool	Sauk City	608-643-5950
Monona Community Pool	Monona	608-222-4167
Cross Plains Village Swimming Pool	Cross Plains	608-798-3891
Edgerton City Pool	Edgerton	608-884-3232
HOTEL & MOTEL POOLS		
Super 8 Motel	Columbus	920-623-8800
Comfort Inn	Edgerton	608-884-2118
Holiday Inn Express	Fort Atkinson	920-563-3030
Roadway Inn	Jefferson	920-674-4404
Comfort Suites	Johnson Creek	920-699-2800
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

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POOLS	REGION	PHONE
Courtyard by Marriott	Madison	608-661-8100
Chalet Landhaus	New Glarus	608-527-5234
Cedarberry Inn	Sauk City	608-643-6625
Holiday Inn Express	Watertown	920-262-0557
EXERCISE VIDEOS / DVDS	REGION	PHONE
LIBRARIES		
Barneveld Public Library	Barneveld	608-924-3711
Belleville Public Library	Belleville	608-424-1812
Black Earth Public Library	Black Earth	608-767-2400
Jane Morgan Memorial Library	Cambria	920-348-4030
Cambridge Community Library	Cambridge	608-423-3900
Columbus Public Library	Columbus	920-623-5926
Rosemary Garfoot Public Library	Cross Plains	608-798-3881
Deerfield Public Library	Deerfield	608-764-8102
DeForest Area Public Library	DeForest	608-846-5482
Edgerton Public Library	Edgerton	608-884-4511
Eager Free Public Library	Evansville	608-882-2260
Dwight Foster Public Library	Fort Atkinson	920-563-7790
Jefferson Public Library	Jefferson	920-674-7733
Johnson Creek Public Library	Johnson Creek	920-699-3741
L.D. Fargo Public Library	Lake Mills	920-648-2166
Lodi Women's Club Library	Lodi	608-592-4130
Dane County Library Service	Madison	608-266-4462
Madison Public Library	Madison	608-266-6300
Marshall Community Library	Marshall	608-655-3123
Mazomanie Free Library	Mazomanie	608-795-2104
McFarland E. D. Locke Public Library	McFarland	608-838-9030
Middleton Public Library	Middleton	608-831-5564
Milton Public Library	Milton	608-868-7462
Mineral Point Public Library	Mineral Point	608-987-2447
Monona Public Library	Monona	608-222-6127
Monticello Public Library	Monticello	608-938-4011
Mt. Horeb Public Library	Mt. Horeb	608-437-5021
New Glarus Public Library	New Glarus	608-527-2003
New Glarus Public Library	New Glarus	608-527-2003
Oregon Public Library	Oregon	608-835-3656
Poynette Public Library	Poynette	608-635-7577
Sauk City Public Library	Sauk City	608-643-8346
Stoughton Public Library	Stoughton	608-873-6281
Sun Prairie Public Library	Sun Prairie	608-825-7323
Verona Public Library	Verona	608-845-7180
Watertown Public Library	Watertown	920-262-4090
Waunakee Public Library	Waunakee	608-849-4217
VIDEO STORES		
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!		
TRANSPORTATION	REGION	PHONE
COMMUNITY		
Clinton Sr. Center Van	Clinton	608-676-4600
Evansville Senior Shuttle	Evansville	608-882-0407
Red Cross	Madison	608-233-9300
St. Vincent de Paul	Madison	608-257-0673
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

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