

RESOURCE	REGION	PHONE
COUNTY INFORMATION		
LOCAL AGENCIES		
Aging & Disability Resource Center (ADRC)	Juneau	920-386-3580 / 920-386-3832
Chambers of Commerce		
Beaver Dam Chamber of Commerce	Beaver Dam	920-887-8879
Cambria-Friesland Area Chamber of Commerce	Cambria	920-348-6090
Cambridge Chamber of Commerce	Cambridge	608-423-3780
Columbus Area Chamber of Commerce	Columbus	608-623-3699
Cottage Grove Chamber of Commerce	Cottage Grove	608-764-1501
Cross Plains Area Chamber of Commerce	Cross Plains	608-843-3166
DeForest Chamber of Commerce	DeForest	608-846-2922
Fitchburg Chamber of Commerce	Fitchburg	608-288-8284
Horicon Chamber of Commerce	Horicon	920-485-3200
Greater Madison Chamber of Commerce	Madison	608-256-0333
McFarland Chamber of Commerce	McFarland	608-838-4011
Middleton Chamber of Commerce	Middleton	608-827-5797
Monona Chamber of Commerce	Monona	608-222-8565
Oregon Chamber of Commerce	Oregon	608-835-3697
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
Stoughton Chamber of Commerce	Stoughton	608-873-7912
Sun Prairie Chamber of Commerce	Sun Prairie	608-837-8765
Verona Chamber of Commerce	Verona	608-845-5777
Department of Health & Human Services	Juneau	920-386-3750
Veterans Affairs Office	Juneau	920-386-3798
Parks and Recreation Dept.	Juneau	920-262-8080
AREA HOSPITALS		
Dean Health System	Beaver Dam	920-356-9288
Aurora Health Center	Lomira	920-269-2060
Fond Du Lac Regional Clinic	Mayville	920-387-7500
Meade Medical Clinic	Watertown	920-261-6500
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		
Beaver Dam Mall	Beaver Dam	920-887-3106
SCHOOLS		
Beaver Dam School District	Beaver Dam	920-885-7309
St. Paul's Lutheran School	Brownsville	920-583-4242
Cambria-Friesland School District	Cambria	920-348-5548
Columbus School District	Columbus	920-623-5950
Fox Lake Elementary School	Fox Lake	920-928-3136
St. John's Lutheran School	Fox Lake	920-928-3296
Horicon School District	Horicon	920-485-2898
Hustisford School District	Hustisford	920-349-3261
St. Matthew's Lutheran School	Iron Ridge	920-387-2210
Zum Kripplein Christi Lutheran School	Iron Ridge	920-387-4564
Dodgeland School District	Juneau	920-386-4404
Lomira School District	Lomira	920-269-4396
Herman #22 School District	Mayville	920-387-3902
Mayville School District	Mayville	920-387-7963
Neosho J3 School District	Neosho	920-625-3531
Pardeeville Area School District	Pardeeville	608-429-3666
Faith Christian School	Randolph	920-326-6090
Randolph High School	Randolph	920-326-2425
Randolph School District	Randolph	920-326-2427

WALK/RUN	REGION	PHONE
Faith Christian School	Randolph	920-326-6090
Randolph High School	Randolph	920-326-2425
Rio Community School District	Rio	920-992-3141
Rubicon School District	Rubicon	262-673-2920
Theresa Elementary School	Theresa	920-488-2181
LOCATIONS WITH TREADMILLS		
<i>See examples below</i>		
PARKS & TRAILS		
State Parks Information		608-266-2181
County Parks Information		920-386-3700
Derge Park	Beaver Dam	920-887-0365
Astico Park	Columbus	920-623-5274
Mackenzie Environmental Education Center	Poynette	608-635-8110
Nitschke Mounds Park		920-386-3700
Harnischfeger Park		920-474-7178
Ledge Park		920-387-5450
GYMS / EXERCISE BIKES	REGION	PHONE
COMMUNITY CENTERS		
Fox Lake Community Center	Fox Lake	920-928-2280
Juneau Community Center	Juneau	920-386-2121
Mayville Community Center	Mayville	920-387-7911
Watertown Senior & Community Center	Watertown	920-262-8099 / 920-261-7013
Alto Community Center	Waupun	920-346-2680
SENIOR CENTERS		
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
Horicon Senior Center	Horicon	920-485-3533
Mayville Senior Center	Mayville	920-387-7911
Watertown Senior & Community Center	Watertown	920-262-8099 / 920-261-7013
YMCA / YWCA		
YMCA of Dodge County	Beaver Dam	920-877-8811
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	REGION	PHONE
COMMUNITY & PUBLIC POOLS		
Swan Park Pool	Beaver Dam	920-885-9781
Cambria Swimming Pool	Cambria	920-348-6190
Columbus Area Aquatic Center	Columbus	920-623-6047
City of Fox Lake Swimming Pool	Fox Lake	920-928-6199
Horicon Aquatic Center	Horicon	920-485-3522
Mayville Swimming Pool	Mayville	920-387-7913
Indian Trails	Pardeeville	608-429-3244
Silver Springs Campsite	Rio	920-922-3537
Little Bluff Campground	Rio	920-922-5157
Watertown Indoor Pool	Watertown	920-262-8080
Watertown Aquatic Center	Watertown	920-262-8085
Watertown Aquatic Center	Watertown	920-262-8080
HOTEL & MOTEL POOLS		
Best Western Campus Inn	Beaver Dam	920-887-7171
American Inn	Beaver Dam	800-634-3444
Super 8 Motel	Columbus	920-623-8800
Iron Ridge Inn	Iron Ridge	920-387-4090
Comfort Suites	Johnson Creek	920-699-2800
Holiday Inn Express	Watertown	920-262-0557

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

EXERCISE VIDEOS / DVDS	REGION	PHONE
LIBRARIES		
Beaver Dam Community Library	Beaver Dam	920-887-4600
Brownsville Public Library	Brownsville	920-583-4325
Jane Morgan Memorial Library	Cambria	920-348-4030
Columbus Public Library	Columbus	920-623-5910
Fox Lake Public Library	Fox Lake	920-928-3223
Horicon Public Library	Horicon	920-485-3535
Hustisford Community Library	Hustisford	920-349-3463
Iron Ridge Public Library	Iron Ridge	920-387-3637
Juneau Public Library	Juneau	920-386-4805
Lomira Public Library	Lomira	920-269-4115
Lowell Public Library	Lowell	920-927-5700
Mayville Public Library	Mayville	920-387-7910
Angie W. Cox Public Library	Pardeeville	608-429-2354
Reeseville Public Library	Reeseville	920-927-7390
Rio Public Library	Rio	920-992-3206
Theresa Public Library	Theresa	920-488-2342
Karl Junginger Memorial Library	Waterloo	920-478-3344
Watertown Public Library	Watertown	920-262-4090
Waupun Public Library	Waupun	920-324-7925
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		
COMMUNITY		
Colonial Club Senior Center	Sun Prairie	608-837-4611
TAXI CABS		
Beaver Dam Shared Ride	Beaver Dam	920-885-4800
S&R Taxi Services	Beaver Dam	920-885-4477
Taxi Red Rider	Hartford	262-673-8223
Brown Cab Services	Lake Mills	920-648-4420
Shared-Ride Taxi	Marshall/Waterloo	608-655-1414
Mayville Taxi	Mayville	920-387-9940
Silver Streak Taxi	Oconomowoc	262-567-6404
Ozaukee Shared Ride	Ozaukee	262-338-2908
City of Watertown Taxi	Watertown	920-261-7433
Waupun Taxi	Waupun	920-324-2426
CHURCHES		
Driver Escort Program, RSVP	Sun Prairie	608-238-7787
St. Jerome's Catholic Church	Columbus	920-623-3989
First Presbyterian Church	Columbus	920-623-3350
LIST EXAMPLES OF OTHER RESOURCES IN YOUR AREA:		

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