

RESOURCE	REGION	PHONE
COUNTY INFORMATION		
LOCAL AGENCIES		
Aging & Disability Resource Center (ADRC)	Monroe	608-328-9499
Chambers of Commerce		
Albany Chamber of Commerce	Albany	608-862-3299
Argyle Chamber of Commerce	Argyle	608-543-3233
Blanchardville Chamber of Commerce	Blanchardville	608-523-2274
Brodhead Chamber of Commerce	Brodhead	608-897-8411
Brooklyn Area Chamber of Commerce	Brooklyn	608-455-1627
Evansville Chamber of Commerce	Evansville	608-882-5131
Monroe Chamber of Commerce	Monroe	608-325-7640
New Glarus Chamber of Commerce	New Glarus	608-527-2095
Green County Human Services	Monroe	608-328-9393
Veterans Affairs Office	Monroe	608-328-9415
Adult and Aging Services		608-328-9364
AREA HOSPITALS		
The Monroe Clinic Hospital	Monroe	608-324-1000
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		
Center Avenue Antique Mall	Brodhead	608-897-2696
Olde Church Antique Mall	Brodhead	608-897-3154
Monroe Antique Mall	Monroe	608-328-8000
SCHOOLS		
Albany School District	Albany	608-862-3225
Argyle Elementary School	Argyle	608-543-3325
Argyle Middle School	Argyle	608-543-3325
Argyle High School	Argyle	608-543-3314
Belleville School District	Belleville	608-424-3315
Blanchardville/Pecatonica Elementary School	Blanchardville	608-967-2372
Blanchardville/Pecatonica Middle/High School	Blanchardville	608-523-4285
Brodhead School District	Brodhead	608-897-2141
Evansville Community School District	Evansville	608-882-5224
Juda School District	Juda	608-934-5251
Monroe School District	Monroe	608-328-7171
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
Verona Area School District	Verona	608-845-4300
LOCATIONS WITH TREADMILLS		
<i>See examples below</i>		
PARKS & TRAILS		
State Parks Information		608-266-2181
County Parks Information		888-222-9111
Argyle Legion Community Park	Argyle	608-543-3113
Yellowstone Valley Canoe Rental	Argyle	608-543-3220 / 608-214-7229
Yellowstone Lake State Park	Blanchardville	608-523-4427
McKellar Park	Blanchardville	608-523-1888
Browntown Cadiz Springs State Recreation Area	Browntown	608-966-3777
New Glarus Woods State Park	New Glarus	608-527-2335
Sugar River State Recreation Trail		608-527-2334

SENIOR CENTERS		
Belleville Senior Center	Belleville	608-424-6007
Belleville Senior Citizens Center	Belleville	608-424-6007
Blanchardville/Argyle Senior Center	Blanchardville/Argyle	608-214-3407
Brodhead Senior Center	Brodhead	608-897-4796
Mt. Horeb Senior Center	Mt. Horeb	608-437-6902
Oregon Senior Center	Oregon	608-835-5801
Verona Senior Center	Verona	608-845-7471
YMCA / YWCA		
YMCA of Green County	Monroe	608-325-2003
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 AND PRIVATE POOLS		
McKellar Park Outdoor Swimming Pool	Blanchardville	608-523-1888
Brodhead Municipal Swimming Pool	Brodhead	608-897-8091
City of Monroe Public Pool	Monroe	608-329-2475
Monticello Public Swimming Pool	Monticello	608-938-4353
New Glarus Public Pool	New Glarus	608-527-5095
HOTEL & MOTEL POOLS		
AmericInn Motel	Monroe	608-328-3444
Super 8	Monroe	608-325-1500
Chalet Landhaus	New Glarus	608-527-5234
EXERCISE VIDEOS / DVDS		
LIBRARIES		
Argyle Public Library	Argyle	608-543-3113
Belleville Public Library	Belleville	608-424-1812
Blanchardville Public Library	Blanchardville	608-523-2055
Memorial Public Library	Brodhead	608-897-4070
Eager Free Public Library	Evansville	608-882-2260
Mineral Point Public Library	Mineral Point	608-987-2447
Monroe Public Library	Monroe	608-328-7010
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
Verona Public Library	Verona	608-845-7180
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
There are many locally-owned stores near you too!		phone book / internet
TRANSPORTATION		
COMMUNITY		
Evansville Senior Shuttle	Evansville	608-882-0407
Adult and Aging Services	Monroe	608-328-9364
Monroe Senior Center - Cab Cards	Monroe	608-325-3173
TAXI CABS		
Monroe Cab Company	Monroe	608-325-6993
VAN SERVICES		
Freeman Transports	Freeman	800-595-2558
Anglin Transport Services	Monroe	608-325-7007
Care Van Service	Mt. Horeb	608-437-8989

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

