

**February 2026**

# *MATURE SINGLES PLUS*

*Friendship, Fun, Social Events*

*mspwi.info*

# JINGLE

## **NEWS & UPDATES**

### **February 2026 Birthdays**

February 4	Diane Zarse
February 5	Karen Farvour
February 7	Mary Limon
February 16	Richard Ekhoﬀ
February 26	Nancy Drolshagen

### **Membership**

We would like to wish a Very Happy New Year to all of our members! In this quickly changing world we need, more than ever, the friendships, fun, and social events that our club offers.

Mature Singles Plus has been doing that for 41 years and we are so pleased that it continues to do so! Although costs are rapidly rising everywhere we are happy to report that our annual **dues for 2026 will remain the same! And...we will continue to offer US Veterans a 50% reduction in dues.** Currently, we have **63** members.

We are thankful for the many volunteers who continue planning activities as well as for those volunteers who have stepped up and brought fresh ideas for new venues and activities. However, we still need additional volunteers to host our club events. It's easy to do! We can help you through the simple process and can suggest venues if needed. But perhaps you have a favorite place or two that you wish our club would visit. Hosting is your chance to schedule an event at a place and time of your choosing! We are always looking for new activities and venues! Please consider volunteering! Share your ideas with us. You can use the comment section on your renewal form, which is included with this Jingle, or contact any officers of the club to do so.


Thank you for your thoughtful consideration.

Susan Szymczak-Membership Chairperson

414-525-1375 or [members4msp@gmail.com](mailto:members4msp@gmail.com) (Please feel free to leave a message.)

We are also attaching and/or enclosing the membership renewal form.

# February 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Drink and Dine <b>Bar Louie</b> 5-7 (Jackie Jacobs)	4	5	6 Luncheon <b>The Forum</b> 11:30 (Mary Thomas)	7
8	9 Board Meeting <b>Double D's</b> 11:30 (Neil)	10 Drink and Dine <b>El Beso</b> 5-7 (Barb)	11	12	13 Luncheon <b>Mana Tap</b> 12:00 (Beth)	14 
15	16	17	18 Pizza Night <b>Armeli's</b> 5:00 (Ken)	19	20 Drink and Dine <b>Bullwinkle's</b> 5-7 (Tammy)	21
22	23	24 Luncheon <b>Zister's</b> 11:30 (Ruth)	25	26	27 Drink and Dine <b>Red Mill Inn</b> 5-7 (Neil)	28

## February 2026, Activities Detail

Date	Day	Activity	Host	Details
3	Tue	Drink and Dine 5-7	Jackie Jacobs, 414-687-6592 RSVP by Monday noon	<b>Bar Louie</b> 95 N Moorland Rd E7, Brookfield 53005 <a href="http://www.barlouie.com">www.barlouie.com</a>
6	Fri	Luncheon 11:30	Mary Thomas, 414-704-7230 RSVP by Thursday noon	<b>The Forum</b> , 4711 S. 108 <sup>th</sup> St., Greenfield <a href="https://theforummke.com/">https://theforummke.com/</a>
9	Mon	Board Meeting 11:30	Neil Wojtal, 262-309-2594 RSVP by Sunday, Noon	<b>Double D's Sports Pub &amp; Eatery</b> , 5171 S. 108 <sup>th</sup> St., Hales Corners <a href="http://doubledspubandeatery.com">doubledspubandeatery.com</a>
10	Tue	Drink and Dine 5-7	Barb Johnson 414-543-6245 RSVP by Monday noon	<b>El Beso</b> , 5030 S. 74 <sup>th</sup> St., Greenfield, Located in Greenfield Fashion Center <b>Live Mariachi Band!</b> <a href="https://www.elbesomke.com/">https://www.elbesomke.com/</a>
13	Fri	Luncheon 12:00	Beth Voelker, 414-218-2902 RSVP Thursday noon	<b>Mana Tap</b> . 10600 W. Bluemound Rd., Wauwatosa <a href="https://www.facebook.com/people/Mana-Tap/61571019115527/">https://www.facebook.com/people/Mana-Tap/61571019115527/</a>
18	Wed	Pizza Night 5:00	Ken Heckel 414-258-1840 RSVP by Tuesday noon	<b>Armeli's Restaurant &amp; Pizzeria</b> , 16201 W. National Ave, New Berlin <a href="http://armelisrestaurant.com">armelisrestaurant.com</a>
20	Fri	Drink and Dine 5-7	Tammy Wroblewski 414-581-2987 by Thursday noon	<b>Bullwinkles</b> , 18900 W. Bluemound Rd, Suite 100, Brookfield <a href="http://www.bullwinklesbrookfield.com">www.bullwinklesbrookfield.com</a>
24	Tue	Luncheon 11:30	Ruth Peterson, 414-530-6399 RSVP by Monday Noon	<b>Zisters</b> , 13425 Watertown Plank Rd., Elm Grove <a href="http://www.zisterselmgrove.com">www.zisterselmgrove.com</a>
27	Fri	Drink and Dine 5-7	Neil Wojtal, 262-309-2594 RSVP by Thursday, Noon	<b>The Red Mill Inn &amp; Pizza</b> , 1005 S. Elm Grove Rd, Brookfield <a href="https://theredmillpizza.com/">https://theredmillpizza.com/</a>

### Courtesy Reminder

We realize it is sometimes necessary to change your plans, but **you are expected notify the host if you are unable to attend an event that you have already called to RSVP. and always bring cash to pay for your meal in case separate checks are not offered.**

### Get a Gift Card

In our ongoing effort to expand membership in 2026, we will maintain our policy of providing a gift card as an incentive to members who successfully refer new individuals to join our club.

### New Venues Added this Month

Mana Tap, a gaming bar. Should be interesting.

### Coming in March

Wioletta's Polish Kitchen, authentic Polish cuisine.

### Picnic and Annual Meeting



We are excited to tell you about our picnic and Annual Meeting on Saturday, June 13, 2026 at Noon. It will be at Pro Health Care Park located at 2950 S. Sunny Slope Rd., in New Berlin, same as last year. It is located about 2 blocks north of National Ave. and Sunny Slope. Watch the Jingle for more information in the coming months.

**Mature Singles Plus  
Board of Directors  
Minutes**

December 8, 2025

12:05 PM at Double D's Restaurant

Roll: Neil, Barb, Jim, Tammy, Susan, Beth

Minutes: The November minutes were approved by Tammy and Sue.

Treasurer Report: Account Balances: \$6,907.65; Income: \$82.50; Expenses: \$30.00. We will conduct an audit after Tammy has a full year of transactions since Norb's son destroyed all records after his death. We normally don't make cash deposits. If a member gives cash, i.e. membership, then Susan will write out a check.

Christmas Party: We have 34 attendees signed up. Jim will take care of getting center pieces, Poinsettia's from Pick and Save, for \$5.00 each. Board members will be at Alioto's at 11:30 to help set up. George Green, the musician, has been contacted and confirmed. Neil will give a speech. We are still scheduled for Saturday, December 13, 2025.

Membership: As of December 8, 2025 our members total 63.

Calendar: 10 dates have been made. We are looking to book "Cats" in Racine on March 11<sup>th</sup>

Newsletter: There will be no change of format. The software license cost \$180.00 per year. We will continue to publish the Jingle in WORD. We will publish the obituary of Marilyn Larson in the next issue.

Adjournment at 1:05 PM.

Jim Wroblewski, Secretary



Christmas Party at Alioto's Restaurant, December 13, 2025

Photos courtesy of Beth Voelker

1<sup>st</sup> Photo: Jacki, Mary Ann, Judy, Richard

2<sup>nd</sup> Photo: Lynda, Don, Neil

3<sup>rd</sup> Photo: John, Ron, Susan

4<sup>th</sup> Photo: Kathy, Mike, Karen, Jacki

## **Mature Singles Plus—2026 Membership Renewal**

(Please **print** clearly) **Name:** \_\_\_\_\_

**Birthday** (Optional-complete only if you wish your birthday published in the *Jingle*) \_\_\_\_\_ (Month & Day only)

**Address:** \_\_\_\_\_ Apt. \_\_\_\_\_

**City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone Number(s):** \_\_\_\_\_

**E-mail address** \_\_\_\_\_

### **Monthly Jingle Delivery Options:** (Please check one.)

- \_\_\_\_\_ I will receive the monthly ***Jingle*** **via my e-mail** listed above and will pay the annual dues of **\$20.00.** (\_\_\_ US Veteran rate: \$10)
- \_\_\_\_\_ I will receive the monthly ***Jingle*** **via post office mail delivery** at my address listed above and will pay the annual dues of **\$55.00.** (\_\_\_ US Veteran rate: \$27.50)
- \_\_\_\_\_ I would like to receive the monthly ***Jingle*** **via BOTH post office delivery** at my address listed above & **my e-mail** listed above. I will pay the annual dues of **\$55.00.** (\_\_\_ US Veteran rate: \$27.50)

**Privacy Preference:** (Please check one: \_\_\_ Yes \_\_\_ No )

My contact information may be included on the *General Membership List* that is available to all members.

**Comments, Suggestions, Ideas, etc.** (These will be shared with the officers of the club)

**Disclaimer:** Members hereby accept any and all risks of injury or property damage to the Member, the Member's family members or guests sustained while involved in any event or activity incident to membership in Mature Singles Plus. The Member agrees to release and hold Mature Singles Plus and its respective directors, officers, committees, and members harmless from any and all liability arising out of or connected to a member's participation in any Mature Singles Plus activity or event in accordance with the provisions of Article 3, Purposes of the By-Laws. (By-Laws and Rules can be found on our website.)

**Member's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Please complete the entire form and send it along with your check (*payable to **Mature Singles Plus***) by March 1, 2026 to:

**Susan Szymczak**

**9120 W. Highland Park Ave #352**

**Franklin, WI 53132** (Please be sure to include the **Apt-#352**)

Mature Singles Plus  
4735 S. Hunter Lane  
New Berlin, WI 53151-7475



«FIRST» «LAST»

«ADDRESS»

«CITY», «ST» «ZIP»

#### The Key Difference Between Social Isolation & Loneliness

Studies show that social isolation and loneliness is becoming a bit of an epidemic among older adults, and it can have a severe impact on one's overall health. But there is actually an important distinction between **social isolation** and **loneliness**. Consider that while some people like to be at the life of the party at all times, others are perfectly happy to spend time in solitude—perhaps reading, working on a hobby, or meditating quietly with their thoughts. They are *alone*, but they don't feel *lonely*.

Thus, while loneliness can be closely *related* to social isolation in many people's minds, there is a distinction. Social isolation is about lacking interactions with other people, and there is no doubt that as social creatures, all humans do need this type of connection. This requirement can be met, however, by talking with others, either in person or virtually, online or on the phone. It can be appeased by simply interacting with people in the world around us. Loneliness, however, is more about feeling a sad sense of solitude in the world. It brings to mind the phrase, "alone in a crowded room." Loneliness is often triggered by some type of a loss. Loss of mobility, health, or hearing perhaps. Maybe the loss of a lifelong career, or the loss of a spouse, friends, and family. In a vicious domino effect, this sense of loss can result in depression and cause the senior to pursue even *fewer* opportunities for social interactions, thus increasing their isolation and loneliness as they feel their purpose in life is dwindling.

#### The health risks of loneliness

A **2012 study** out of the University of California's department of geriatrics found 43 percent of the study's 1,604 senior (age 60 and older) participants reported feeling lonely at least some of the time.

Of the people in the study who felt lonely, they were almost 25 percent more likely to experience a decline in activities of daily living (ADLs), and they were roughly 40 percent more likely to develop difficulties with upper extremity tasks, experience decline in mobility, and have difficulty in climbing stairs. Overall, loneliness was associated with a nearly 23 percent increase in risk of death.

Other research studies have found that loneliness among seniors is correlated to additional negative health consequences such as increased risk of coronary heart disease, higher rates of stroke, and an increase in rates of dementia.

But it's also important to know that the health implications of senior loneliness can extend to those around the person, impacting the stress levels of caregivers and loved ones as well. These people often can feel they must shoulder the intense burden of trying to fill this loneliness gap for the senior, and it can feel overwhelming, especially on top of the already heavy-load of caregiving.

#### Strategies for addressing loneliness

But there are options to mitigate against senior loneliness. We as a society must actively look for ways for seniors to remain active and engaged in the world around them, such as improved public transportation or ride-sharing options and more diligent screening procedures to uncover and address feelings of loneliness sooner. Participation in volunteer opportunities and intergenerational programs designed to bring together seniors and younger people also can ensure seniors stay involved and continue to form new relationships, thus helping to stave off feelings of loneliness.

The opportunity to socialize with peers is one of the many benefits of residing in a senior living community, such as CCRC. Not only do these communities offer a large group of potential friends who are in a similar place in life, they also offer numerous scheduled events and activities to residents—everything from happy hours, to cooking and fitness classes, to affinity groups that encourage a common hobby or interest.

In fact, one of the most common refrains expressed among residents at continuing care retirement communities is the importance of the sense of community and social connections developed among residents.

Loneliness among seniors isn't inevitable. In fact, it is both preventable *and* curable. We must simply look for opportunities to help seniors continue to nurture existing relationships and form meaningful new ones.

**The above article was written by Brad Breeding of myLifeSite and is legally licensed for use**

#### Deadline

The deadline for articles and events to be listed is the 2<sup>nd</sup> Monday of each month. This is the same date as the board meeting. You may bring your articles or event listing (approved by Barb Johnson) to the board meeting. The Jingle is in production and mailed on or before the third Monday of the month.

#### Change of Address?

If you have moved, call or email Sue Szymczak at 414-525-1375. Her email is: [members4msp@gmail.com](mailto:members4msp@gmail.com). If you did not receive your copy of the Jingle by the last week of the month, call Jim Wroblewski at 414-581-4305 or email him at [jimwrobl@gmail.com](mailto:jimwrobl@gmail.com).



Board of Directors			Jingle Editors and contributors		
President	Neil Wojtal	262-309-2594	Jim Wroblewski & Susan Szymczak		414-581-4305
Vice President	Barb Johnson	414-543-6245	Susan Szymczak		414-525-1375
Secretary	Jim Wroblewski	414-581-4305	Barb Johnson		414-543-6245
Treasurer	Tammy Wroblewski	414-581-2987	Beth Voelker		414-218-2902
Past President	Beth Voelker	414-218-2902	Jim Wroblewski		414-581-4305
			Sip & Snack	Revolving Volunteers	
			Pizza Night	Ken Heckel	414-258-1840
			Sunshine	Beth Voelker	414-218-2902
			Christmas Party	Beth Voelker	414-218-2902
Out & About	Barb Johnson	414-543-6245	Picnic	Jim Wroblewski	414-581-4305
Fish Fries			Web Administrator	Neil Wojtal	262-309-2594
Revolving Volunteers					