



Kiwaniis®

Kiwaniis Club of Madison West – Kiwanogram

Guests: Babatunde Padonou and
Chris Shubak, guests of Case Dorresteijn

Program: "From Playground to
Wellness Room" - **Nicole Faust**, Attic Angel
Wellness Director



Nicole Faust

The message from our speaker, Nicole Faust, was that it is never too late to exercise. People of all ages move for fun, to explore, and to play.

Childhood exercise is developmental, building both physical and mental/emotional strength.

Nicole asked us all to remember something we enjoyed doing on the playgrounds in our youth. Most of those games are still being played by today's youth. Many have also been adapted for older adults, particularly those in senior living facilities.

Adults use exercise to build a stronger sense of community, create better communication across generations, and to promote wellness.

November 21, 2025

Presiding:	Dwight Gribble
Greeter:	George Skupniewicz
Checkpoint:	Joseph Tevaarwerk
Opening Word:	Dwight Gribble
Setup:	Tom McCrill

Older adults can use exercise to reduce loneliness, increase purpose, improve mobility, increase cognitive stimulation, and support memory.

Nicole claimed that exercise is the cheapest prescription around. You can do it at no additional cost in your everyday life. The benefits pay off in increased longevity and improved quality of life.

Editor's note: As tired as I was after our recent Pancake Day, I think I need to heed Nicole's advice!

Date	Event
Dec 3	Bluegrass Jam Social Harmony Grill, 1:00 pm
Dec 5	MWK Board of Directors Covenant, 10:00 am
Dec 7	Christmas Pageant Capitol Rotunda, 4:15 pm
Dec 19	Foundation Trustees Covenant, 1:00 pm

Up Coming Programs

Date	Program	Greeter	Check In	Opening Word
Dec 5	MWK Foundation Update - Bruce Hoehne, Foundation President	Stauffacher	Schuler	Skjervem
Dec 12	Logan's Heart and Smiles: Accessibility & Safety Home Modifications for Children with Disabilities - Joe Herr, Founder, & Program Director	TBD	Tevaarwerk	TBD
Dec 19	Kiwaniis Youth Protection Policy & MWK Club Meeting Program - Dwight Gribble	TBD	TBD	TBD

Meeting Time and Location

Every Friday, 11:45 am
Covenant Presbyterian Church
326 Segoe Road, Madison, WI 53705
Web site: www.madisonwestkiwanis.info
Email: lebaker@chorus.net
Facebook: facebook.com/madisonwestkiwanis



NO MEETING Friday, November 28
HAPPY THANKSGIVING!

George Skupniewicz is organizing a social event on December 3rd from 1-3 p.m. at the Harmony Bar and Grill on Atwood Ave. There will be a bluegrass jam session happening.

Our **2025 Capitol Christmas Pageant** is scheduled Dec. 5-7. The pageant takes place on Sunday, December 7. Setup takes place on Friday, December 5. Take down occurs after the Pageant on Sunday.

John Busby is providing the leadership for the Pageant. Here is a link this year's flyer: [2025 Christmas Pageant Flyer](#)



Dwight Gribble reports the **Midvale School Lunch Buddies** program on November 18th was attended by **Dwight and Emma Gribble** and potential member **Ken DeSantes**. The next date for a Lunch Buddies session is December 9th. Volunteers are needed.

Jim Danner reports the **Second Harvest** volunteering will resume on January 29.

George Skupniewicz presented a brief review of using the member portal to create events and to respond concerning attendance (RSVP). You can also sign yourself up for vacant weekly volunteer slots in the portal (Greeter, Check-in, and Opening Word).

Club Officers (2025-26)

President:	Dwight Gribble
President-Elect:	Cody Kramschuster
Secretary:	Leroy Baker
Assistant Sec:	Thomas DuVal
Treasurer:	Randy Grobe
Past President:	Ken Saville
Board of Directors:	
John Busby	Harley Skjervem
Jim Danner	Joseph Tevaarwerk
Ed Reisch	

George Shook reports the Habitat ReStore workday yesterday was attended by **Rich Donkle, Case Dorresteyn, Tom McCrill, George Shook, George Skupniewicz, and Joseph Tevaarwerk**. We have increased our volunteer slots from 6 to 8 starting with the December 18th date. Two slots are still open.

George Skupniewicz is organizing a brainstorming session to gather ideas on how we can increase our membership. This will be an electronic meeting utilizing Google Meet on Monday December 1st at 12:30 p.m.

Ken Saville provided this picture from a recent **West High School Key Club** meeting:



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