

The Annual Fitchburg Senior Center Friends

Pancake Breakfast



• Sausage • Eggs • Pancakes

Adults \$10.00
Kids (under 12) \$5.00


Sun. April 23rd 8:00-Noon
 At The Fitchburg Senior Center
 5510 E. Lacy Road



“Learning to Grow into Our Second Act”

Learning to Grow into Our Second Act is a six-week series that examines the lives and methods of people who have engineered a meaningful and satisfying life. Discussions will focus on happiness, end of life issues, spirituality, physical/mental declines and using tools to develop a personal road map to ensure a successful “Second Act” for you.

The sessions will be weekly on **Tuesdays from May 23–June 27**. Time is **1:00–3:00 p.m.** There is not a fee for the class. Class readings/curriculum will be emailed prior to class. The Senior Center can provide printed copies for \$5 if desired or participants can print on their own.

Sign up **deadline** is **May 16**. Space is limited. 

Spring Fling Disco Party

Join the dance party on **Wednesday, April 12 at 12:30 p.m.** in the large Oak Hall Room on the upper level of the Senior Center. Let loose, dance like no one’s watching, and have a great time! Bring a friend; dancing with a friend can make the experience more enjoyable. Treats and beverages included.



AARP Tax Help Volunteers

On behalf of the FSC Staff, I would like to express our heartfelt appreciation and gratitude for your hard work and dedication in helping our tax participants file taxes for 2022. Your commitment to providing free tax assistance to seniors and low-income individuals is truly remarkable and has made a significant impact in our community.

Thank You!

We would like to extend a special thanks to Therese Strome for her outstanding efforts in preparing and organizing the tax help program before and after tax season. Your work is greatly appreciated. David Hill, Assistant Director.

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Mission Statement

The mission of the Fitchburg Senior Center is to advance healthy aging from vibrant to vulnerable populations through diverse social, recreational, and volunteer opportunities and supportive services.

Vision Statement

The vision of the Fitchburg Senior Center is to become the recognized leader in building connections and opportunities to reimagine aging and empower individuals to be their best selves.

Directory

Phone: 608-270-4290

Website: www.fitchburgwi.gov/seniorcenter

Senior Center Staff

Director, Jill McHone (she, her) 608-270-4291,
jill.mchone@fitchburgwi.gov

Assistant Director, David Hill (he, him) 608-270-4292,
david.hill@fitchburgwi.gov

Office Manager, Suzie Jones (she, her) 608-270-4290,
suzie.jones@fitchburgwi.gov

Nutrition Site/Volunteer Manager, Mandi Miller (she, her)
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Social Worker, Amy Jordan (she, her) 608-270-4295,
amy.jordan@fitchburgwi.gov

Social Worker, Sarah Folkers (she, her) 608-270-4294,
sarah.folkers@fitchburgwi.gov

Case Manager, Katie Bogucki (she, her) 608-270-4282,
katie.bogucki@fitchburgwi.gov

For more information on all programs offered through the Senior Center, please visit our City page at www.fitchburgwi.gov/seniorcenter and click on this button:

City Disclaimer Policy

The City of Fitchburg makes no claims or representations, and no warranties are implied, regarding any products or services promoted, sold or offered by any group, organization or business.

How To Register For Programs



For all programs requesting registration, regardless of which platform it comes in, you will need to register either online at www.fitchburgwi.gov/seniorcenter and click “Program Registration” at the top, OR call 608-270-4290 and we will register you through the same online site. The circle with this indicates that you need to register:

Programs Registration Page

Click Here To Explore

Program Scholarships

The Fitchburg Senior Center Friends is providing funds for scholarships so seniors, age 50 and older, can enjoy activities and programs at the Fitchburg Senior Center.

Completion of the application is due to the Senior Center within 7-10 working days prior to the event or class start date. Awards are given to Fitchburg resident seniors and seniors who are active at the Fitchburg Senior Center. Application and award information is confidential.

Maximum annual income is less than \$23,540 (one person) or \$31,860 (two people) or call 608-270-4290 for additional information.

Program Cancellation Policy

Class payments must be received five days prior to the start of class. No refunds will be issued after the first session has started, with the exception of a severe medical emergency. If your cancellation puts the class attendance under the minimum, a refund will not be granted.

Functional Fitness! (M-W-F) R

Join instructors Melissa & Felicia for a great chair-based exercise class. The series runs from **April 3–28**. 11:15–11:45 a.m. Cost: \$20

Aerobics W/ Felicia & Melissa (M-W-F) R

In-person & Zoom, **April 3–28** for a great cardio and light strength-building routine! 8:30 in-person / 8:30 Zoom / 9:45 in-person. Cost: \$30

Yoga W/ Kurt Summer Series R

In-person & Zoom, June 5–August 28. 11 weeks. \$88. Level Two/Intermediate: 9:15–10:30 a.m. Level One/Beginner: 10:45 a.m.–12:00 p.m. (Min. six) Skip 7/3&8/21

Tai Chi R

Here is a wonderful opportunity to work on your balance and strength. Leader Khiang Seow will gently guide you through safe and sound movements. No registration needed. Every **Thursday at 9:00 a.m.** \$2 donation requested.



Tuesday Indoor Pickleball R

You can register for the following Tuesday play each **Tuesday at 10:00 a.m.** A confirmation email will be sent out to those registered players prior to Tuesday play. Open play dates are listed on the registration page also.

Cardio Drumming “Almost Spring” Series R

Cardio Drumming W/ Melissa! **Mondays, May 22–July 17 (skip May 29). Eight-weeks. 1:00–2:00 p.m. Fridays, May 19–July 14. Eight-weeks. 1:00 - 2:00 p.m.** Take one or both! All equipment included. \$30 per session. Drop-ins available for both days for \$5.

Koru Mindfulness W/ Stuart R

Koru is designed to introduce you to the practice of mindfulness and get you well on your way to developing this important skill. During this class you will be introduced to the practice of mindfulness and learn several skills, including meditation for managing stress and enriching your life. Mindfulness is about developing the ability to be fully attentive to all the moments of your life, and reducing the amount of time you spend worrying about the future or fretting about the past.

Stuart Johnston (class leader) is recently retired after 25+ years as a mental health counselor at Luther College in Decorah, Iowa.

The four-week session will be held on **Tuesdays, May 9, 16, 23 & 30. 75–minute classes starting at 10:00 a.m.** Cost: \$50. It is critical that you are able to attend all four classes.


Line Dancing W/ Nancy! R

Join us for an invigorating line dancing experience with renowned instructor Nancy Vidlak at the Senior Center. With over two decades of dancing experience, Nancy brings a wealth of expertise and enthusiasm to the dance floor.

Our three-week line dancing series is a perfect opportunity to learn the ropes and show off your moves. The hour-long classes will take place on **April 13, 20, and 27 at 11:00 a.m.** in the spacious Oak Hall Room on the upper level. Cost: \$30.

How To Register—See Page 2 R

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The Sappho Group—a 50+ Lesbian Women’s Social Gathering



Description: This confidential group is open to 50+ lesbian women - out, in, single, partnered, married, and with all sorts of family definitions and beliefs. The meetings provide a chance to talk with new friends and old and to plan outings to gay and other group events. It will also include community building projects.

Meetings will be held the **third Wednesday of the month** from **1:30–3:00 p.m.** on the lower level of the Fitchburg Senior Center—Conference Room. No registration.

Veterans Social Group—Second Tuesday at 11:00 a.m.



With the recent annexation of some areas located in the former Town of Madison, the City and the Senior Center are excited to welcome and collaborate with the VFW Post 1318 located at 2740 Ski Lane Road.

Steven Eisenhower, Senior Vice Commander of the VFW, has offered to facilitate a social group for Veterans at the Senior Center the second **Tuesday of each month at 11:00 a.m.** The intent of the group is to build friendships, share stories and help Veterans navigate benefits if need be. (no registration)

Men’s Group—New Members Always Welcomed



The Men’s Group meets the second **Tuesday of each month at 2:00 p.m.** Meeting location will be at the Senior Center. If you have any questions, please call 608-270-4290. Men’s past minutes can be found on our website: www.fitchburgwi.gov/seniorcenter No registration required.

Fitchburg Active Women’s Group—New Members Always Welcomed



Group meets the second **Wednesday of each month at 2:15 p.m.** Informal **coffee klatch social at 1:15 p.m.** before the meeting. All meetings held at the Senior Center. Any questions, call 608-270-4290. Further info and **2023 speaker schedule** can be found on our website: www.fitchburgwi.gov/seniorcenter No registration required

Diversity & Inclusion Programs



The Fitchburg Senior Center is committed to improving its efforts to be more inclusive and will be increasing efforts to meet the needs of our growing and changing demographics. Our goal is to ensure we are an agency where all are truly welcome.

Some of our initiatives will include.

- Providing both multicultural and safe spaces
- Creating a positive welcoming space that reflects values of many
- Celebrating diversity through educational and cultural activities
- Offering opportunities for diversity through conversation

We hope you will join us on this journey and help us make a positive impact on each other, our communities, and our world.

Caregiver Support



Need support from those who have been through the emotional and physical strains of caregiving for a loved one? Are you needing advice, tips and tricks? Our Caregiver Support Group might be a good fit for you. Meets on the **2nd Thursday of each month at 10:00 a.m.** Email Suzie at suzie.jones@fitchburgwi.gov to get connected to our group leaders.

Munch Mobile Free Lunch Program



Munch is the River Food Pantry’s mobile meal program, which delivers free meals and resources through Madison and Fitchburg. Every week on Friday, now through May 26, 2023. Location and time: **The Pines Apartments 2302 High Ridge Trail: 1:30–1:50 p.m.** **The Fairways Apartments 2301 Traceway Dr.: 2:00–2:30 p.m.** No registration or ID required.

Estate Planning & More

Join Dan Krause of Krause Estate Planning & Elder Law Center on **Wednesday, May 17 at 1:00 p.m.** to learn more about estate planning and other important topics. With over 20 years of experience, Dan Krause is a seasoned attorney who can help guide you through the complexities of these planning issues. During the presentation, he will discuss the importance of having a plan in place, common mistakes to avoid, and strategies for protecting your assets. Dan will also cover Medicaid planning and Trusts. Don't miss this opportunity to gain valuable insights into estate planning. Register now to reserve your spot.

A Funeral's Carbon Footprint

Cremation vs. burial: which one leaves a larger ecological footprint? Learn from Nickie Gard and Melissa Theisen about the environmental impact of a funeral home's services and what Gunderson and other funeral homes are doing to combat the rise of these ecological concerns. **Wednesday, April 5 at 10:00 a.m.**

Improving Telehealth Access For Seniors!

In Fitchburg, a large population of older adults faces challenges accessing healthcare, particularly with the use of telehealth services. To address this, a 45-minute presentation on telehealth services education will be offered, covering topics such as how to use telehealth for medical appointments, access, and alternative options. The presentation will be tailored to the specific needs and challenges of the target audience, using simple language and visuals. Hands-on training sessions will also be offered. Ongoing support will be provided via a helpline or online forum. Join RN, BSN student Lody Souvannarath on **Friday, April 21 at 10:30 a.m.** for this informative program.

RSVP Ride Request Now Online

Are you a tech-savvy individual who occasionally needs a ride to a medical appointment? Are you a son or daughter who could benefit from filling out ride requests for your parent? Visit our City of Fitchburg page and find the ride request button at the top of the page. Please note, the online platform is for returning riders only. If you are a first-time rider, you **MUST** call 608-270-4290. Give it a try! You can always call to make an appointment, so don't worry if the internet is a struggle for you!

www.fitchburgwi.gov/seniorcenter

Your Own Journey

Every person has their own journey in understanding what it means to support LGBTQ+ people, whether you're LGBTQ+ or not. As our world moves towards more acceptance of diverse identities, there may be questions about how to support the LGBTQ+ community and/or a friend or family member.

To assist in this journey the Senior Center is hosting a discussion on the second Friday of each month. It will be held **Friday, April 14 at 10:00 a.m.** All are welcome including members of the LGBTQ+ community, Gay Allies, and family members to discuss topics of shared interest, ask questions and become more educated on this topic. No registration required.

Reduce Falls in Older Adults—Virtual

The Stepping On program in Fitchburg, offered by the Fitchburg Senior Center and Safe Communities of Madison-Dane County, aims to reduce falls among older adults. Wisconsin has the highest rate of fall-related deaths for people aged 60 and above. The program provides strategies for avoiding falls, such as balance and strength exercises, home safety checks, medication review, and more. Guest experts such as physical therapists, pharmacists, low vision experts, and community safety officers provide falls prevention information and strategies. The workshop is designed for people aged 60 or older who have fallen or have a fear of falling. Participants can expect to leave with more strength, better balance, and increased confidence and independence. The cost is \$35, and the program runs for seven weeks, two-hour sessions from **April 13 to June 1, 2023**. Start time: **11:00 a.m.** **This is an online virtual series.**

Fitchburg Historical Society

Speaker: Traci E. Schnell, Architectural Historian.
"Historical Places, Valuing our past and moving into our future". Sunday, April 23 at 1:30 p.m. Fitch Library.

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Discover your oasis at the newest senior apartment community in Fitchburg!

History Of The Hollywood Musical—April Series

This series will look at the evolution of the American movie musical. Each week, we will watch and learn about an important film in the musical genre with an introduction to each film that will include important historical points, fun facts and short biographies of the stars. Join us for a trip through Hollywood musical history starting with **Kid Millions: Fridays, starting April 7 at 1:00 p.m.** No registration required.



April 7: Kid Millions (Roman Scandals was scrapped because it has a blackface number)

April 14: NO FILM

April 21: Top Hat

April 28: Born to Dance

Mahjong Lessons W/ Nan

A few lucky spots remain for Nan's second round of Mahjong lessons! Two sessions, **April 24 & May 1** from **10:00 a.m. to 12:00 p.m.** No cost.

Informal Memoir Writing Group

Interested in recording your memories for yourself or your family? You are invited to join the informal memoir writing group that meets every **Friday** from **11:00 a.m. to 12:30 p.m.** in the Syene Room. We are a non-critical group offering encouragement and support to keep one another writing. No registration required.

Fitchburg Ukulele Network

We are a strumming group that has been meeting for several years. We welcome new strummers. You bring your ukulele, and we provide the music projected to a screen. It helps if you know a few basic chords, but you are also welcome to just listen or sing along with us. We meet every week on **Tuesday at 1:00 p.m.** in the Fitchburg Room upstairs at the Senior Center. Contact Ric at rbaint-er1@gmail.com for further information. No registration required.



Fitchburg Singers—Come Sing W/Us!

The Fitchburg Singers practice the **1st & 3rd Wednesday** at **1:00 p.m.** Call **608-270-4290** for more details!

Case Manager Corner W/ Amy



Staffing shortages are a public health crisis. Home care trends are showing that long-term care is shifting from institutional care to home-based services thanks to the advancements of telehealth and smart devices. However, while home care industry trends primarily revolve around digital healthcare technologies, tools can't replace the human touch. Quick facts: 21% of Americans will be over 65 by 2030. 83 million Americans are living in an area with shortages of medical staff. WHO (World Health Organization) predicts by 2030 there will be a 15 million deficit in health care workers. While all of this may seem bleak there is help from FEMA and short-term solutions such as recruitment and retention, engagement and job satisfaction as well as scheduling. National Nurses month begins May 1.

Culture & Awareness Corner W/ Suzie



I cannot believe it is April already! Did you know in April...

We celebrate all the jokesters. April Fool's Day!

- ◆ National Arab American Heritage Month. Celebrating the heritage, culture, and contributions of Arab Americans.
- ◆ Autism Acceptance month, formerly known as autism awareness month. Promoting acceptance & inclusion towards individuals impacted by autism.
- ◆ Easter (April 9) & Passover (April 5 - 13).

In Fitchburg, it is our goal to be mindful of EVERYONE! These are just a few special celebrations observed. If you have something dear to heart you'd like me to share, shoot me an email for future recognition.

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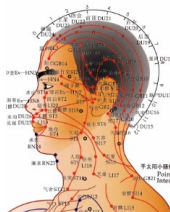
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Three-Part iPhone Series W/ Rita T



Are you carrying around an iPhone and wish you knew more about its capabilities but just don't know where to start? Let me help you, beginning with the basics and moving on to learn some fun and useful things. Wow your grandkids by using Animojis in your texts! Rita Thomas will be offering three, one-hour classes, designed for new through intermediate users. **Class size is limited to 15.** The classes cover only Apple iPhone 10 and newer. Phones must be set up with your email address and updated to **iOS 16** so that we all have the same operating system. If you need information on how to update to **iOS 16**, see those contact details along with class dates and course outline on the registration page. **April 11–25** from **10:30–11:30 a.m.** \$10.

Who Can Benefit From Acupuncture?



We are excited to introduce Joe Zirneskie, M.D., Integrative Medicine Specialist on **Tuesday, April 18 at 10:30 a.m.** Dr. Joe will also be joining us onsite for Acupuncture services to our Fitchburg Seniors! Dr. Joe is a graduate of UW Medical School and has spent nearly three decades as an emergency room physician. Dr. Joe went on to study Integrative Medicine at the University of Arizona and acupuncture at Harvard University and in Japan. What is acupuncture? How safe is it? Should anyone avoid acupuncture? These are just a few of the questions that will be answered. Come with your questions! **No registration required.**

National Healthcare Decision Day



Are you prepared for a medical crisis? Have you discussed your plans with your loved ones? If you're feeling unsure about how to start "the talk," know that you're not alone. National Healthcare Decisions Day is approaching on April 16, providing an excellent opportunity to learn more about advance care planning and begin making necessary preparations. Take advantage of this opportunity and sign up for a free 1:1 session with Board Certified Patient Advocate, Dawn Grelle. She will be available on **April 11 and 13** to discuss any concerns you may have regarding advance care planning.



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All About Olive Oil



Join us for an exciting event on **Tuesday, April 25 at 1:00 p.m.** when Lori Hackman, owner of Olive and Herb in Sun Prairie, will be speaking at the Fitchburg Senior Center. This is a wonderful opportunity to learn from one of the few experts on extra virgin olive oil in the Dane County area and gain valuable insights into healthy eating and great recipes. Whether you're a seasoned home cook or just getting started in the kitchen, Lori's talk is sure to be informative and engaging. Samples included! **No registration required**

Volunteer Opportunities:




Looking for:

- Foot Care Clinic Volunteer- As needed, set your own schedule.
- Bingo Callers- **Thursdays** from 12:45–1:15 p.m.
- Nail Care Volunteer- Clip, shape and paint fingernails. **Thursdays** from 10:00 a.m.–1:00 p.m.

Please fill out a volunteer application found here: <http://www.fitchburgwi.gov/670/Volunteer>

Or, email Mandi Miller at Mandi.Miller@fitchburgwi.gov with questions or to show interest in any of the above.

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Summer Rides For Joe

Fitchburg, a charming city in southern Wisconsin, has established itself as a haven for bikers thanks to its numerous bike-friendly routes and trails. Among them, the Capital City State Trail, the Badger State Trail, and the Military Ridge State Trail are some of the most popular and recognized ones.

If you are a biking enthusiast or simply looking for a fun and healthy way to explore the outdoors, then joining the summer bike rides hosted by the City of Fitchburg Bike Committee is a must. These rides offer an excellent opportunity to pedal along the award-winning trails and soak in the natural beauty of Fitchburg. You'll also get to meet new people, share your love for biking, and make lasting memories.

In memory of **Joe Imilkowski**, a long-time Fitchburg resident and a passionate biker, the summer rides promise to be both fun and meaningful. All participants are required to wear helmets for safety reasons, and the rides will start and end at the Fitchburg Senior Center. The first ride is scheduled for **Wednesday, May 3, at 10:00 a.m.**

Whether you are a seasoned biker or just starting, the summer bike rides in Fitchburg are an excellent way to stay active, explore the city's hidden gems, and connect with nature. So, dust off your bike, grab your helmet, and get ready for a thrilling biking adventure this summer. You can choose between two ride options: either 6-8 miles or 10-12 miles. However, it's essential to register before the ride.

BCycles Have Arrived In Fitchburg!

Join the Fitchburg BCycle, Fitchburg Chamber + Visitor Business Bureau, City of Fitchburg, and Bike Fitchburg for the official Ribbon Cutting ceremony. BCycle is an innovative bike-sharing program that has stations scattered throughout the City of Fitchburg, providing an excellent opportunity to explore the area on two wheels. The program's electric-assist bicycles make it easy for riders of any skill level to navigate hills and long distances with ease. Convenient BCycle stations are available at Terravessa, The Limerick, Fitchburg Chamber at Agora, Oak Bank, McKee Farms Park, and Wyndham Hotel at Hatchery Hill. Join us for a leisurely ride around Agora, complimentary ice cream from Chocolate Shoppe, and a few remarks.



Who: Fitchburg BCycle

Where: 5500 E. Cheryl Pkwy, Fitchburg, WI 53711

When: Wednesday, May 10th | 4:00–5:00 p.m.



Starting on May 4, and continuing every Thursday from 3:00–6:00 p.m.,



the **Fitchburg Farmers**

Market showcases an array of Wisconsin-grown produce, fruits, flowers, cheese, meats, baked goods, preserves, and gluten-free items, with an average of 25 vendors from Southern Wisconsin. Don't miss out on the market's special events, which take place on the third Thursday of every month!

Save the Date

Tuesday, May 9, 2023, 1:00 – 3:00 p.m.

Aging Advocacy Day

Wisconsin Aging Advocacy Network

You are Invited!

Join aging advocates from across the state to share your story and prepare to make issues impacting older adults and family caregivers a top priority for state legislators in 2023 and beyond.

Register at:

<https://gwaar.wufoo.com/forms/z11p6eil0dbk2o8/>

More details coming soon!

<https://gwaar.org/aging-advocacy-day-2023>

Contact: Janet Zander, 1414 MacArthur Rd., Madison, WI 53714, janet.zander@gwaar.org, (608) 228-7253



#WisAgingAdvocacy2023

The Fitchburg Senior Center Friends were pleased to provide \$4,619.86 in February to support Senior Center participants and activities.



Save the Date – April 23, 8:00 a.m. – Noon

Fitchburg Senior Center

Pancakes, Scrambled Eggs, Sausages, Applesauce, Juice, Coffee
\$10 Adults / \$5 Children under 12



Wondering how you can help with the Pancake Breakfast? Call 608-270-4290 to help with placing yard signs, or staffing a shift at the breakfast. If you'd like to make a monetary donation to fund the breakfast, please drop off a check made out to Fitchburg Senior Center Friends, noting on the check this is for the Pancake Breakfast. Put it in the drop box at the Senior Center or mail it. Thank you for volunteering and donating.

Fitchburg Senior Center Friends have a new webpage. Find out all you wanted to know about the Friends' history and accomplishments. You can even donate to support our efforts. Go to: <https://www.fscfriends.org>.

Medication Reviews & Future Programs

Fitchburg Family Pharmacy Drop-In Medication Reviews

Do you have questions about:

- ◆ Medication side effects?
- ◆ Generic alternatives?
- ◆ Possible negative medication interactions?



If you can relate to any of the above or have other concerns/questions, stop by our NEW drop-in visit with a pharmacist from Fitchburg Family Pharmacy on **Thursday, April 20** from 10:00–11:00 a.m.

Boost Your Brain & Memory

Seven-week class that takes a unique holistic approach to improving brain health in older adults, and is evidence based! Participants will learn new habits to maintain cognitive health while also practicing new skills for better memory performance. Coming in **August 2023**



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Meals \$1 round-trip. Provided to and from the Senior Center by Transit Solutions. Call the Senior Center at 608-270-4290 to schedule a ride. Please indicate if wheelchair lift is needed.

Shopping \$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on **Tuesdays** and **Thursdays**. Call 608-270-4290 to sign up. Check calendar for destinations. Please indicate need for wheelchair lift upon sign-up.

Medical Rides Provided by RSVP volunteer drivers. We do require notice of **at least five business days** for a ride request. Proof of COVID vaccination required. Call the Senior Center at 608-270-4290 or register yourself online.


Food Pantry \$1 round-trip. Provided by Transit Solutions **every Monday** to the St. Vincent Food Pantry on Fish Hatchery Road. Call the Senior Center at 608-270-4290 to schedule a ride.


Social Services & Personal Care Needs

Social **Work Services**

Home visits / Three-Month Loan Closet / Meals on Wheels / Home Health / Insurance / Medicare Part D / Medicaid

Call Amy Jordan, Sarah Folkers or Katie Bogucki at 608-270-4290 today!

Footcare  The cost of this clinic is \$25. Please call 608-270-4290 to schedule an appointment. Or online clickable link go [HERE](#) to register yourself. Now offering four clinics each month. **Tuesdays & Fridays!**

Blood Pressure  Come get your blood pressure taken by our volunteer, Rich. Every **Friday from 11:15 a.m.—12:00 p.m.** Rich will always be located in the dining room.

Acupuncture W/ Dr. Joe Coming In May!

Former emergency room physician Joe Zineskie will be joining our team in May! See page 7 for meet & greet details with Dr. Joe!

Massage Therapy

June Newman
LMT,NCTMB.
Mon./Thurs.
Afternoons

Massage & Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Cost:
\$35 for 30 min.
\$50 for 45 min.
\$60 for 60 min.
\$80 for 90 min.

Cancellations must be made 24 hrs in advance to avoid being charged.

Call 608-270-4290 to make an appointment.



Drop-In Games & More - New Players Always Welcomed

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Bridge 10:00	Bid Whist 10:30		Chess 12:30	Ping Pong 9:00
Ping Pong 1:00	Spades 10:30		Bingo 12:30	Bunko 1:00
	Euchre 12:45		Sheepshead 1:00	
	American Mahjong 1:00			

Make-a-Card Club News!

Our dates for April are Friday the 7 and 21.

Spring is in the air and can be reflected in your cards! Do you know that bonus cards are back? For every greeting you make, help yourself to one of the beautiful cards in the bonus box. Notably, a crafter made six cards and walked out with twelve! Joy in the making and joy in the sending, for sure. Our planned dates for May are Friday the 12 and 19. Club time is 12:15-2:30. Come join us!



Independent Art Studio with Mary

Ann Bring your own supplies, work in any medium and at your own pace under the guidance of an experienced and encouraging instructor. Mary Ann Inman has taught drawing and painting for more than 20 years. Participants are encouraged to take at least one beginning class. **Wednesdays from 10:00 a.m.—12:00 p.m.** Open to intermediate artists at no charge. Email Mary Ann with any questions: inman_ma@yahoo.com No registration necessary.



Bid Whist & Spades!

Bid Whist and Spades are popular trick-taking card games that have been enjoyed for generations. Both games require strategic thinking and teamwork, making them great for social gatherings. Join us at the Fitchburg Senior Center every Tuesday at 10:30 a.m. No registration required.



Thursday Bingo

We offer bingo every Thursday at 12:30 p.m. Quarter per card, two card limit. Play lasts one hour. \$6 final blackout!



Busy Hands And Chatting With Friends



Tuesday; 8:30—11:00 a.m., we meet as a quilting group. Our charity quilts are donated to RSVP. We sew quilt tops from donated fabric, then tie and bind to complete them. Quilting experience is not necessary. There are always ways to help and everyone is welcome. Our morning is ended sharing coffee, sweets and conversation in the dining room.

Thursday mornings, 9:30 a.m.—12:00 p.m., a group of us get together to work on our individual projects. Join us with your own handwork; embroidery, applique, knitting, etc. There is plenty of space if you want to bring your own sewing machine or if you need to lay out a quilt top. It is a great way to exchange ideas and make friends. No registration required. Just drop in!

REACH Book Club will meet on

Thursday, April 13, 2023 at 1:30 p.m. at the Fitchburg Senior Center. We will discuss the book, *Lincoln's Last Trail* by Dan Abrams. For a full listing of books for 2023, please visit www.fitchburgwi.gov/seniorcenter and click on groups to join.



REACH Book Club meets the **2nd Thursday** of each month, September thru June at the Fitchburg Senior Center at **1:30 p.m.** No registration needed for either.

The *I Love a Mystery Book Club* will meet on

Thursday, April 27, 2023 at 1:30 p.m. at the Fitchburg Senior Center for a discussion of the book, *The Last Thing He Told Me* by Laura Dave.

Food Pantry Donations

The Senior Center continues to take food donations for local pantries. Food items can be dropped off **Monday—Friday 8:00 a.m.—4:00 p.m.**



- A NEW - PATIO

Thank you to all who donated to our patio project thus far. With your support we raised \$60,000!

Because cost estimates came in higher than anticipated, we are re-opening our fundraising campaign with a goal of \$15,000 by May 31.

Please help us make this amazing outdoor space a reality by donating today!



SPONSORSHIP TIERS

INDIVIDUAL

- \$25-\$250 Be listed as "Friend" in upcoming newsletter and on website
- \$500 Be listed as "Supporter" in upcoming newsletter and on website, invitation to pre-grand opening event
- \$1,000+ Be listed as "Champion" in upcoming newsletter and on website, invitation for two to pre-grand opening event, name on patio brick

CORPORATE

- \$250-\$1,000 Be listed as "Ally" in upcoming newsletter and on website
- \$2,500-\$5,000 Be listed as "Advocate" in upcoming newsletter and logo on website, invitation for four to pre-grand opening event, name on patio brick
- \$10,000 Be listed as "Benefactor" in upcoming newsletter and logo on website, invitation for eight to pre-grand opening event, name on patio brick
- \$25,000 Be listed as "Legend" in upcoming newsletter and logo on website, invitation for 12 to pre-grand opening event, name on shade structure

HOW TO CONTRIBUTE

To use a credit card or online bank, please use the City of Fitchburg payment portal by scanning the QR code below. (Please note that all donations to government bodies are considered tax exempt, and your contribution will go directly to the project.)

Or, you may send a check payable to Fitchburg Senior Center to:

*Fitchburg Senior Center
5510 Lacy Road
Fitchburg, WI 53711*

Please put "Patio" in the memo line.



QUESTIONS?

Please contact Fitchburg Senior Center Director Jill McHone at 608-270-4291 or Jill.mchone@fitchburgwi.gov

APRIL 2023

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Lemon Dill Baked Fish Tartar Sauce Baked potato Sour Cream Coleslaw WW Bread & Butter Vanilla pudding cup MO – Veg-balls NCS – SF Pudding Cup	Chicken Broccoli Rice Casserole Carrot Coins Chickpea Salad Fruit cup Tiger bites MO – Soy Rice NCS – SF Jell-o	Chili **Cheese Baked potato Sour cream/butter Cornbread Pears Fig newton bar MO – Veg Chili NCS – fruit cup or	Traditional Meatloaf Mashed potatoes Broccoli White Bread/Butter Applesauce MO– Hummus & Pita	Chicken Alfredo Penne Steamed Brussel Sprouts Kidney Bean Salad Mixed Fruit Rice Crispy treat MO – Soy Alfredo NCS – fruit
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Chicken a la King Brown Rice Capri blend Coleslaw Fruit Cocktail Scooby snacks MO – Soy a la king NCS – fruit cup	Meat Spaghetti Carrots Mixed Green Salad Dressing Peaches Oatmeal Raisin Cookie MO – Marinara sauce NCS – fruit cup	*Italian Sausage. Coney Bun Roasted potatoes Stewed Tomatoes Mandarin Oranges Brownie MO – Veggie Chicken NCS – SF Jell-o	Boneless BBQ Chicken breast Peas Pickled Beets WW Dinner Roll/butter Cinnamon applesauce MO – Soy BBQ	*Meatballs in gravy Mashed potatoes Mixed greens Dressing WW Dinner roll/butter Mixed Fruit cup Butterscotch Pudding MO– Veg-balls in gravy NCS – SF pudding
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Garlic Parmesan Boneless Chicken breast Stewed tomatoes Broccoli WW Bread/Butter Peaches Nutty Buddy bar MO– Soy Garlic Parmesan NCS – fruit cup	Chili WW Dinner Roll Butter Vinegar Corn Salad Applesauce Sugar Cookie MO – Veggie Chili NCS – SF pudding	Sausage Veg Egg Bake Fruit Cup Oven Roasted potatoes Orange Juice cup Blueberry muffin/butter MO – Veg Egg Bake	*BBQ Meatballs Mashed Potatoes Peas WW Bread/Butter Mandarin Oranges Chocolate Chip Cookie MO – Soy Alfredo NCS – fruit cup	Pot Roast in Gravy WW Dinner Roll/butter Garlic herb mashed potatoes Carrots Pineapple Oatmeal raisin cookie MO– Veg-balls in gravy NCS – fruit cup
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
*Ham & Potato Casserole WW Dinner Roll/Butter Peas Peaches Jell-o cup MO – Soy Casserole NCS – SF Jell-o	Chicken and Gravy Over White bread Carrots Broccoli Orange juice cup Chocolate chip cookie MO- Soy & gravy NCS – fruit	Sloppy Joe on WW Bun Potato Salad Mixed Vegetable Banana Oatmeal cream pie MO – Chickpea Joe NCS – fruit	Meat Sauce Spaghetti Noodles Carrots 3 Beans Salad Cinnamon applesauce Fig newton bar MO – Marinara Sauce NCS – fruit	Chicken Stew Mixed greens Dressing Crackers Copper Penny salad Pears Chocolate Pudding MO – Soy Stew NCS – SF pudding

For meal reservations, you must call 270-4290 by 9:00 a.m. the day before!

Senior Dining



Fellowship, Food & Fun

Meals provided by: Dane County Consolidated Food Service

All menu items are prepared in kitchens that are not allergen-free.

We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.

NAS Diets: NAS substitutes listed when necessary, it is not suggested for those on a NAS diet to consume cheese slices, cheese garnishes or condiment packets (Ketchup, mustard, BBQ sauce, etc.) *contains pork **NAS to omit



APRIL 2023

* * = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
8:30 AM Aerobics ** 9:00 AM Yarn Group 9:45 AM Aerobics ** 10:00 AM Bridge 11:15 AM F-Fitness ** <u>11:30 AM St. Vincent Pantry</u> 1:00 PM Ping Pong <u>2:00 PM Indoor Walking</u>	8:30 AM Quilters <u>9:30 AM Shop-Walmart</u> 10:30 AM Bid Whist/Spades 12:45 PM Euchre 1:00 PM Mahjong Foot Care** Pickleball Pre-Register	8:30 AM Aerobics ** 9:45 AM Aerobics ** 10:00 AM Art Studio 11:15 AM F-Fitness ** 1:00 PM Singers <u>2:00 PM Indoor Walking</u>	9:00 AM FSC Friends 9:00 AM Tai Chi ** 9:30 AM Informal Quilting <u>9:30 AM Shop-Pick N Save</u> 12:30 PM Bingo 12:30 PM Chess Club 1:00 PM Sheephead	8:30 AM Aerobics ** 9:00 AM Ping Pong 9:45 AM Aerobics** 11:00 AM Informal Writing Group 11:15 AM F-Fitness ** 1:00 PM Bunko <u>2:00 PM Indoor Walking</u>
10	11	12	13	14
8:30 AM Aerobics ** 9:00 AM Yarn Group 9:45 AM Aerobics ** 10:00 AM Bridge 11:15 AM F-Fitness ** <u>11:30 AM St. Vincent Pantry</u> 1:00 PM Ping Pong <u>2:00 PM Indoor Walking</u>	8:30 AM Quilters <u>9:30 AM Shop-Target</u> 10:30 AM Bid Whist/Spades 12:45 PM Euchre 1:00 PM Mahjong 2:00 PM Men's Group** Pickleball Pre-Register	8:30 AM Aerobics ** 9:45 AM Aerobics ** 10:00 AM Art Studio 11:15 AM F-Fitness ** <u>2:00 PM Indoor Walking</u> 2:15 PM Women's Group	9:00 AM Tai Chi** 9:30 AM Informal Quilting <u>9:30 AM Shop-Pick N Save</u> 10:00 AM Caregiver Support** 12:30 PM Bingo 12:30 PM Chess Club 1:00 PM Sheephead 1:30 PM Book Club**	8:30 AM Aerobics ** 9:00 AM Ping Pong 9:45 AM Aerobics** 11:00 AM Informal Writing Group 11:15 AM F-Fitness ** 1:00 PM Bunko <u>2:00 PM Indoor Walking</u> Footcare**
17	18	19	20	21
8:30 AM Aerobics ** 9:00 AM Yarn Group 9:45 AM Aerobics ** 10:00 AM Bridge 11:15 AM F-Fitness ** <u>11:30 AM St. Vincent Pantry</u> 1:00 PM Ping Pong <u>2:00 PM Indoor Walking</u>	8:30 AM Quilters <u>9:30 AM Shop-Walmart</u> 10:30 AM Bid Whist/Spades 12:45 PM Euchre 1:00 PM Mahjong Foot Care** Pickleball Pre-Register	8:30 AM Aerobics ** 9:45 AM Aerobics ** 10:00 AM Art Studio 11:15 AM F-Fitness ** 1:00 PM Singers <u>2:00 PM Indoor Walking</u>	9:00 AM Cross Stitch 9:00 AM Tai Chi ** 9:30 AM Informal Quilting <u>9:30 AM Shop-Pick N Save</u> 12:30 PM Bingo 12:30 PM Chess Club 1:00 PM Sheephead	8:30 AM Aerobics ** 9:00 AM Ping Pong 9:45 AM Aerobics** 11:00 AM Informal Writing Group 11:15 AM F-Fitness ** 1:00 PM Bunko <u>2:00 PM Indoor Walking</u>
24	25	26	27	28
8:30 AM Aerobics ** 9:00 AM Yarn Group 9:45 AM Aerobics ** 10:00 AM Bridge 11:15 AM F-Fitness ** <u>11:30 AM St. Vincent Pantry</u> 1:00 PM Ping Pong <u>2:00 PM Indoor Walking</u>	8:30 AM Quilters <u>9:30 AM Shop-HyVee/Aldi</u> 10:30 AM Bid Whist/Spades 12:45 PM Euchre 1:00 PM Mahjong Pickleball Pre-Register	8:30 AM Aerobics ** 9:45 AM Aerobics ** 10:00 AM Art Studio 11:15 AM F-Fitness ** <u>2:00 PM Indoor Walking</u>	9:00 AM Tai Chi** 9:30 AM Informal Quilting <u>9:30 AM Shop-Pick N Save</u> 12:30 PM Bingo 12:30 PM Chess Club 1:00 PM Sheephead 1:30 PM Mystery Book Club	8:30 AM Aerobics ** 9:00 AM Ping Pong 9:45 AM Aerobics** 11:00 AM Informal Writing Group 11:15 AM F-Fitness ** 1:00 PM Bunko <u>2:00 PM Indoor Walking</u> Footcare**

Mar 2023						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

May 2023						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Fitchburg Senior Center
5510 East Lacy Road
Fitchburg, WI 53711
608-270-4290

www.fitchburgwi.gov/seniorcenter



WASC
Wisconsin Association of Senior Centers
Accredited by the Wisconsin Association of Senior Centers

The Annual Fitchburg Senior Center Friends

Pancake



Adults
\$10.00
Kids (under 12)
\$5.00

Breakfast

• Sausage • Eggs • Pancakes

Sun. April 23rd 8:00-Noon

At The Fitchburg Senior Center
5510 E. Lacy Road

Fitchburg Family Pharmacy

Thad Schumacher, PharmD

tschumacher@fitchburgfamilyrx.com

Location: Fish Hatchery Road and High Ridge Trail

Phone: (608) 274-3784

Fax: (608) 274-3780

After Hours: (608) 886-7117

Hours:

9am-6pm, Mon-Fri

9am-1pm, Sat