

Diabetes Education W/ A Twist



The pharmacist at Fitchburg Family Pharmacy wants to help you control and maintain your diabetes numbers. Matt Huppert is opening up class times to help you understand diabetes, create health goals and establish a relationship with your local pharmacy. We will be providing this four-week educational class at the Fitchburg Senior Center on Thursdays starting **July 6, 2023** from **10:30–11:30 a.m.** Please register to be enrolled for this class. This class is **FREE** of charge with your Medicare number or **\$120** without the Medicare number.



Fitness In The Park:



Rejuvenate Your Fitness Routine. August 1–31. See page 3 for full details.



Summer Rides In Memory Of Joe Imilkowski—July 5, 2023



Hosted by the City of Fitchburg Bike Committee. 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.

All participants are required to wear helmets for safety reasons, and the rides will start and end at the Fitchburg Senior Center. Even if you have registered and filled out the release form, this must be done for each monthly ride. The second ride is scheduled for **Wednesday, July 5** at **10:00 a.m.** Ride options of **6-8 miles** or **10-12 miles.**



Thanks to K&A for donating so many wonderful flowers for our PRIDE garden!!



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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,
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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 or click on this link.

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 July 3–31. 11:15–11:45 a.m. Cost: \$20

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

In-person & Zoom, July 3–31 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 Fall Session 1 R

In-person & Zoom, September 11–October 30. Eight weeks. \$64. Level Two/Intermediate: 9:15–10:30 a.m. Level One/Beginner: 10:45 a.m.–12:00 p.m. (Min. six)

Tai Chi



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 W/ Melissa! R

Mondays, August 14–October 9. (skip Sept. 4). Eight weeks. 1:00–2:00 p.m.

Fridays, August 11–October 6 (skip Aug. 18). 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.

Fitness In The Park: Rejuvenate Your Fitness Routine—August 1–31 R

Join Melissa for outdoor exercise classes at McKee Park Shelter every Tuesday and Thursday at 11:15 a.m. starting August 1, 2023. This invigorating class combines cardio, body weight strength exercises, and scenic paths for additional aerobic moves and balance routines.

Enjoy the beauty of nature as you improve your endurance, strength, and overall well-being. All fitness levels are welcome. A minimum of 12 participants to make the program a go.

Get eight full classes for just \$30, making fitness accessible to all. Don't miss this chance to revitalize your fitness routine, connect with nature, and meet fellow fitness enthusiasts. Lace up your sneakers and join us at McKee Park.

Ballroom Basics For Balance—Thursdays, September 7–November 9, 2023. R

Ballroom Basics for Balance is a fun way for you to regain your balance and have fun while doing it!! This 10-week series for only \$60 will be 1 hour 15 minutes on Thursdays at 6:00 p.m. No partner required

Payment is due within one week of registration. Payments can be dropped off at the Senior Center or sent in to the Fitchburg Senior Center, 5510 Lacy Road. 53711.

Come Play Ping Pong!



Ping pong, also known as table tennis, offers numerous benefits for older individuals. First, it promotes physical activity and helps maintain mobility, coordination, and reflexes. Regular play improves cardiovascular health and strengthens muscles, reducing the risk of age-related conditions like osteoporosis. Ping pong is a low-impact sport, making it ideal for seniors with joint issues. Additionally, it stimulates mental agility, concentration, and strategic thinking, enhancing cognitive function and memory. The social aspect of ping pong encourages interaction, boosts mood, and reduces feelings of isolation. Engaging in this fun and competitive sport also provides a sense of accomplishment and self-esteem. Whether played casually or competitively, ping pong is a fantastic way for older adults to stay active, sharp, and connected with others. **Mondays 1:00 p.m. / Fridays 9:00 a.m.**

Edward Jones[®]

Stephanie Blankenheim
Financial Advisor

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Suite 102
Fitchburg, WI 53711
608-271-5100

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MKT-5894M-A

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 on hold for the summer and will resume this fall. Keep an eye out for dates/times. Any questions, please call 608-270-4290.

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 program info and **2023 speaker schedule** can be found on our website: www.fitchburgwi.gov/seniorcenter No registration required

Parkinson's Support



The Courtyard at Fitchburg is partnering up with the American Parkinson Disease Association to provide a safe and supportive environment for care partners to share their experiences, learn from each other, and develop coping mechanisms. The group will offer resources and education to help care partners manage the challenges of caring for a loved one. If this support group is of interest to you, please reach out to Karen Jeffers at kjeffers@encorescares.com or 608-886-6711.

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.

For information regarding LGBTQ+ resources and services please see below.

LGBTQ 50+ Alliance—Is offered through Out Reach LGBTQ+ Community Center and exists to develop and promote events and activities for LGBTQ+ elders, their friends, families and allies, and provide advocacy and reduce social isolation.

lgbtq50plusalliance.org

608-255-8582

SAGE—Is a national advocacy and service organization for LGBTQ+ older adults. They help to build welcoming communities and keep issues in the national conversation.

sageusa.org

877-360-5428

PFLAG—Is an organization of LGBTQ+ people, parents, families and allies who work together to create an equitable and inclusive society for all.

pflag-madison.org

608-848-2333

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.

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Strong Bodies

UW-Extension offers a FREE eight-week exercise program in Dane County for older adults. The program is designed to improve muscle strength, balance, and flexibility, with a focus on health education. The program is based on research conducted by scientists at Tufts University and includes strength and balance training. Two sessions per week are held on non-consecutive days, and participants are encouraged to pre-register and attend all sessions. The program is free but requires a minimum of five participants to start. Don't miss this chance to improve your health and wellbeing! **Tuesdays & Thursdays, September 5–October 26 at 9:30 a.m.**



Bistro Nights

David Benjamin, an accomplished author with 16 books and 27 book awards, explores the power of locale in his latest work, "Bistro Nights." He argues that conveying familiarity and universality is essential, even if the setting is not exotic. Benjamin emphasizes that authors often draw from their personal experiences, like Henning Mankell's Sweden or Stuart M. Kaminsky's Hollywood. Paris, being a popular fictional locale, captivates Benjamin due to its rich history and cultural significance.



In "Bistro Nights," Benjamin delves into the bistro culture of Paris, drawing inspiration from his extensive knowledge of the city. He emphasizes the importance of thorough research, incorporating motifs and historical threads beyond surface-level experiences. Additionally, Benjamin provides advice on experiencing Parisian cuisine, including finding quality bistros and embracing local customs.

With his insights and passion for Paris, Benjamin offers readers a deeper understanding of his latest book and a guide to savoring the culinary delights of the City of Lights. Not to be missed! **Tuesday, August 22 at 1:00 p.m. No registration required.**

Sounds & Tastes of Summer

All are invited to our ice cream social on **Tuesday, July 18 at 12:15 p.m.** While we serve up delicious ice cream sundaes, our very own ukelele group, FUN (Fitchburg Ukelele Network), will entertain us all with some summer tunes! Reservations are necessary if you would like to join us for lunch. Call 608-270-4290.



Closed July 4

How To Register—See Page 2



FREE In-person Welcome to Medicare Seminar

What you need to know about enrolling in Medicare!

If you are turning age 64 this year, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options! Do you understand what Medicare is and isn't; how to avoid penalties for late enrollment in Medicare; and how to get the most out of your health and prescription benefit plans? Some decisions and actions about Medicare can take place three to six months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit. Want easy-to-understand answers to all of these complex questions? Sign up to attend the following **Free Welcome to Medicare Seminar**. By attending a seminar, you'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs.



Saturday, July 15, 2023, 9-11:30 am

Location: DeForest Area Community & Senior Center. 505 N Main St, DeForest, WI

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History Of The Hollywood Musical—July Series (NEW DAY)

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 **Yankee Doodle Dandy: Wednesdays, starting July 5 at 1:00 p.m.** No registration required.

July 5: Yankee Doodle Dandy

July 12: Ziegfeld Girl

July 19: Sun Valley Serenade

July 26: Holiday Inn



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.



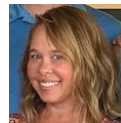
Fitchburg Ukulele Network

The Fitchburg Ukulele Network, FUN, has changed to the summer schedule which continues on **Tuesday, July 11**. We will gather from **1:00-2:30 p.m.** **Additional dates:** 7/25, 8/8, and 8/22. Please bring your devices (tablet or phone), music stands, and ukuleles. We take turns suggesting songs from various FUN and MAUI song lists and instead of projecting the songs, we'll put chairs in a big circle and play, kanikapila-style (impromptu jam), in the Fitchburg Room. On **Tuesday, September 12**, we resume our weekly Tuesday strums. Contact Ric at rbainter1@gmail.com with any questions.



Case Manager Corner W/ Amy—

Advance care planning with the *Five Wishes Document* is the first living will that talks about your personal, emotional and spiritual needs as well as medical values. The document allows for you to say exactly how you wish to be treated if you become seriously ill. It was written with the help of the American Bar and is easy to use. All you have to do is check a box, circle a direction, or write a few sentences. *Five Wishes* is for anyone 18 years or older. It is recognized in 42 of the 50 states, and Wisconsin does honor this document. Just like the standard State of Wisconsin document, it does require two witness statements and an option for a notarial signature. If you would like your loved ones to know **EXACTLY** what you want and are having a hard time coming up with the right words, this document will give them very clear direction as to your wishes. If you would like a copy of this document, contact me at 608-270-4295.



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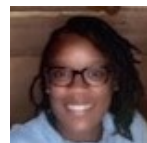
Culture & Awareness Corner W/ Suzie—

Welcome to National Grilling Month (July)!

Did you know...

- (1) Canada Day- National holiday celebrating the country's independence from Great Britain in 1867.
- (4) Independence Day- Federal holiday in the US commemorating the Declaration of Independence .
- (6) My favorite-National Fried Chicken Day.
- (14) Bastille Day-commemorates the date of the storming of the Bastille in 1789, during the earliest stages of the French Revolution

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 and would like me to share, just shoot me an email at Suzie.jones@fitchburgwi.gov. Stay tuned for more next month.



Discover a Vibrant Lifestyle at The HIGHLINE Senior Apartments

This highly anticipated program at the Fitchburg Senior Center is just around the corner. On **Thursday, July 20** at **10:00 a.m.**, come and explore all the offerings that await you at The HIGHLINE Senior Apartments.

Nestled in the heart of Fitchburg, The HIGHLINE offers a luxurious and affordable lifestyle tailored to meet the needs of modern seniors. Whether you're seeking a cozy one-bedroom or a spacious two-bedroom home, these apartments boast top-notch amenities, including all appliances, a full-size in-home washer/dryer, parking, an elevator, a library, and community room with outdoor screened porch.

But that's not all! The HIGHLINE is dedicated to fostering an active and engaging community. Join us to learn about the planned activities in our community and fitness centers...from social gatherings to wellness classes, there's something for everyone. No registration required.

CPR Refresher Course Now Available!

The Senior Center and Fitchrona EMS are joining forces to provide a valuable opportunity to learn or refresh CPR basics. While not a certification course, this refresher aims to equip you with familiarity in case of an emergency. The program is free of charge and will take place on **Thursday, August 17, 2023, at 1:00 p.m.**, in the lower level of the Senior Center. Register now to secure your spot, as space is limited. Act swiftly to enhance your life-saving skills!

Think Of Our Medical Loan Closet Before Buying New!

Did you know that the Fitchburg Senior Center offers a remarkable service to the community through its medical loan closet? This invaluable resource provides individuals in temporary need of medical equipment, such as walkers, wheelchairs, canes, and commodes, with the opportunity to borrow these items at no cost for up to 30 days. It's a compassionate initiative aimed at supporting individuals during their post-treatment phase. Whether you're recovering from an injury, surgery, or any other medical condition, the loan closet at Fitchburg Senior Center is ready to assist you. Contact us today at 608-270-4290.

Lighthouse End-Of-Life Planning Program



Although we cannot foresee what lies ahead, we have the power to create a plan that supports our loved ones in advance. Our Lighthouse End-of-Life Planning Program can light the way for your loved ones to support your healthcare wishes when you are unable to speak for yourself and handle your affairs when you are gone. This program offers a range of complimentary tools, valuable information and training to assist you in preparing for the future. It is essential for anyone aged 18 or older to establish a plan to ensure peace of mind. By utilizing these resources, you empower your healthcare providers and loved ones to make well-informed decisions based on your wishes. Take control of your future and illuminate the path for those you love. **Thursday, July 27 at 1:00 p.m.** No registration required.

Community Crochet Day Sponsored by the Madison Public Art Project



You're invited to Madison Public Art Project's (MPAP) upcoming Community Crochet Day on Friday, July 28 from 5:00 - 7:00 p.m. at the McKee Park Shelter in Fitchburg. This is a wonderful way to connect with neighbors and become part of a public art process!

The Wildflowers of Wisconsin will be a large fiber mural by artist Rebecca Burbach. In creating this exciting mural, they are inviting the community to crochet the individual floral elements that will make up the larger composition. The workshops are designed to be fun and informal. No art experience necessary. Yarn supplies and a crochet hook will be provided. Children are welcome but must be accompanied by an adult.

For more info and registration, please click on the link below.

<https://www.eventbrite.com/e/community-crochet-day-tickets-646079540297>



Featured Staff

**THE CITY OF
Fitchburg
SENIOR CENTER**

608-270-4295 to learn more!
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**Amy Jordan
SOCIAL WORKER**

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The Fitchburg Senior Center Friends were pleased to provide \$570.58 in May to support Senior Center participants and activities.

Thank you to all who designated the Fitchburg Senior Center Friends for donations when shopping on AmazonSmile. While Amazon has ended the program, we are grateful for your support, which resulted in a total donation of \$210.97 since February 2022.

 Are you looking for something new to do while supporting your FSC? If you are at least 55 years of age, come put your talents, skills, and great ideas to good use, all while having fun and meeting people. Join us on the FSCF Board! We're seeking a few new members to help support and promote the mission and programs of the FSC. As one new board member recently said, "I didn't want a job, but wanted to use my skill set to give back and help others." If you have questions about what board members do, contact FSC Director Jill McHone at 608-270-4291 or jill.mchone@fitchburgwi.gov, or see Suzie at the front desk for an information folder. Worried about time commitment? Don't be. Call, email, or pick up a flyer to start exploring this wonderful opportunity.

 It was great to see future travelers at our travel show on June 20. If you couldn't attend and are interested in our 2023 remaining trips and what's coming up in 2024, stop by the senior center to pick up information or visit our FSCFriends Facebook page. You can also call Jack at 608-235-5267 or Lucy at 608-658-4091. Here's a snapshot of the fun adventures planned:

| Trip Dates | Destination |
|--------------------------------|---|
| July 6 - 14, 2023 | Mt. Rainier & Olympic National Parks |
| September 8 - 18, 2023 | Jewels of the Rhine River Cruise |
| September 30 - October 6, 2023 | New England Rails & Sails |
| March 10 - 17, 2024 | Winter in the Desert Oasis - Palm Springs, Death Valley, Zion National Park |
| May 10 - 16, 2024 | Holland, MI Tulip Festival |
| July 14 - 21, 2024 | Montana & Glacier National Park |
| August 29 - September 8, 2024 | Danube Explorer River Cruise |
| September 18 - 27, 2024 | Yellowstone, the Grand Tetons & Mt. Rushmore |

And speaking of snapshots, we have new travel photos posted in our showcase, just outside the Swan Creek Room. Get a peak at all the fun folks are having!



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DONOR DASH 5K | POLICE VS FIRE 5K
KID'S FUN RUN | CRITERIUM

Concerts & Fireworks too!



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!

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/Meals & 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!

Parkinson's Support

PD support group at the Courtyard of Fitchburg. Safe and supportive environment. Call Karen Jeffers at 608-886-6711 for more info.



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.

Meal Program

Monday through Friday onsite & home delivered. Meal minimum donation is \$4.50 for those over 60 as meals are not FREE. Call 608-270-4290 for further details on the meal program qualifications.

Acupuncture W/ Dr. Joe Zirneskie

Dr. Joe will be available on Tuesdays at the Senior Center. Dr. Joe treats pain, injuries, arthritis, stroke, stress, asthma and more. Days/times will be discussed when you call him to make an appointment. 608-345-3567. Cost: \$70 for 60 min.



Massage Therapy



June Newman
LMT,NCTMB. Mon./Thurs.
Afternoons. Call June at **608-770-4733**

Massage & Reflexology

Gregory Newman
LMT,NCTMB.
Mon. Mornings/Wed.
Afternoons. Call Greg at **608-770-4633**

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



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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!



Hello! We will meet on **Friday, July 14** and **Friday, July 28**. Time for both classes will be **12:15-2:30 p.m.** Enjoy using our variety of materials to make all-occasion cards, and remember that for every card you make, you get to choose a bonus card! Spread the joy!

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!

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!

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 next on **Thursday, September 14, 2023 at 1:30 p.m.** at the Fitchburg Senior Center. For a list of upcoming books, 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, July 27, 2023 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *A Cold Day in Paradise* by Steve Hamilton.


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.**

JULY

2023

| Monday 3 | Tuesday 4 | Wednesday 5 | Thursday 6 | Friday 7 |
|--|---|--|--|---|
| *Ham & Potato Casserole NAS – Chicken WW Dinner Roll Peas Peaches Jell-o MO – Soy Casserole NCS – SF jello | CLOSED  | Sloppy Joe On WW Bun Potato Salad Mixed Vegetable Banana Oatmeal cream pie MO – Chickpea Joe NCS – fruit cup | Meat Sauce Spaghetti Noodles Carrots 3 Beans Salad Cin. applesauce Fig newton bar MO – Marinara NCS – fruit cup | Chicken Stew Mixed greens Crackers Copper Penny salad Pears Chocolate Pudding MO – Soy Stew NCS – SF pudding |
| Monday 10 | Tuesday 11 | Wednesday 12 | Thursday 13 | Friday 14 |
| Cheeseburger: w/ bun Ketchup/mustard Calico Beans Potato Salad Fruit Cocktail Candy cookie MO – Black bean burger NCS – fruit cup | *Meatballs Marinara Over Penne 4 bean salad Peaches Bag of cookies MO – Veg-balls NCS – fruit cup | Fish Sandwich: w/ **Cheese Tartar Sauce Yams Peas Pears Nutty Buddy bar MO – Multigrain burger NCS – fruit cup | Tomato Bean Soup Crackers Mixed greens Dressing Pineapple Jell-o MO – Veg bean soup NCS – SF Jell-o | BBQ Chicken Breast Mashed Potatoes WW Bread Banana Applesauce MO – Soy BBQ |
| Monday 17 | Tuesday 18 | Wednesday 19 | Thursday 20 | Friday 21 |
| Lemon Dill Baked Fish Tartar Sauce Baked potato Sour Cream Coleslaw WW Bread Vanilla pudding MO – Cheese Sandwich NCS – SF pudding | Chicken Broc. Rice Casserole Carrot Coins Chickpea Salad Fruit cup Bag of cookies MO – Soy Broccoli rice NCS – fruit cup | Chicken Alfredo Penne Brussel Sprouts Kidney Bean Salad Mixed Fruit Rice Crispy treat MO – Soy Alfred NCS – fruit cup | Traditional Meatloaf Mashed potatoes Broccoli White Bread Applesauce MO – Hummus & Pita | Chili **Cheese w/ Baked potato Sour cream/butter Cornbread Pears Fig newton bar MO – Veg Chili NCS – fruit cup |
| Monday 24 | Tuesday 25 | Wednesday 26 | Thursday 27 | Friday 28 |
| Chicken a la King Brown Rice Capri blend Coleslaw Fruit Cocktail Bag of cookies MO – Soy a la King NCS – fruit cup | Meat Sauce Spaghetti Noodles Carrots Mixed Green Salad Peaches Cookie MO – Marinara sauce NCS – fruit cup | *Italian Sausage NAS – chicken breast Coney Bun Roasted potatoes Stewed Tomatoes Mandarin Oranges Reese's PB cup MO – Soy NCS – SF jello | BBQ Chicken Breast Peas Pickled Beets WW Dinner Roll Cin. Applesauce MO – BBQ chickpeas | *Meatballs in gravy NAS – no gravy Mashed potatoes Mixed greens WW Dinner roll Mixed Fruit cup Cookie MO – Veg- balls NCS – fruit cup |

| Monday 31 |
|--|
| Garlic Parmesan Chicken breast Stewed tomatoes Broccoli WW Bread Peaches Nutty Buddy bar MO – Soy Garlic NCS – fruit cup |

***Meals at the Senior Center are NOT FREE. The suggested donation is \$4.50. Must be 60 years & older to make a donation towards your meal. All donations are appreciated.**

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
 Senior Dining those on a NAS diet to consume cheese slices, cheese garnishes or condiment packets
 (Ketchup, mustard, BBQ sauce, etc.) *contains pork **NAS to omit



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



JULY 2023

* * = PRE-REGISTER PROGRAMS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 3 8:30AM Aerobics ** 9:00AM Yarn Group 9:45AM Aerobics ** 10:00AM Bridge 11:15 AM F-Fitness ** <u>11:30AM St. Vincent Pantry</u> 1:00 PM Ping Pong | 4 CLOSED | 5 8:30 AM Aerobics ** 9:45 AM Aerobics ** 10:00 AM Art Studio 11:15 AM F-Fitness ** | 6 9:00AM FSCFriends 9:00AM Tai Chi ** 9:30AM Informal Quilting <u>9:30 AM Shop-Pick N Save</u> 12:30 PM Bingo 12:30 PM Chess Club 1:00 PM Sheepshead | 7 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 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 | 11 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 | 12 8:30 AM Aerobics ** 9:45 AM Aerobics ** 10:00 AM Art Studio 11:15 AM F-Fitness ** 2:15 PM Women's Group | 13 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 Sheepshead 1:30 PM Book Club** | 14 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 Footcare** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17 8:30 AM Aerobics ** 9:00AM 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 | 18 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 | 19 8:30 AM Aerobics ** 9:45 AM Aerobics ** 10:00 AM Art Studio 11:15 AM F-Fitness ** | 20 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 Sheepshead | 21 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 24 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 | 25 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 | 26 8:30 AM Aerobics ** 9:45 AM Aerobics ** 10:00 AM Art Studio 11:15 AM F-Fitness ** | 27 9:00AM Tai Chi ** 9:30AM Informal Quilting <u>9:30 AM Shop-Pick N Save</u> 12:30 PM Bingo 12:30 PM Chess Club 1:00 PM Sheepshead 1:30 PM Mystery Book Club | 28 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 Footcare** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 31 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 | <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid red; padding: 5px;"> <p style="text-align: center; margin: 0;">JUN 2023</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> </thead> <tbody> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr> </tbody> </table> </div> <div style="border: 1px solid red; padding: 5px;"> <p style="text-align: center; margin: 0;">AUG 2023</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> </thead> <tbody> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </tbody> </table> </div> </div> | | 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 | | | 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 | | | | | | |
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| 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

Patio Update!

We are excited to announce groundbreaking on the patio will begin in July! The date is still being determined but we are certain we will have the opportunity to enjoy the new space yet this summer!

If you would like to leave a legacy for yourself or a loved one we still have 12X12 pavers for engraving that can be purchased as part of our fundraising efforts. Please contact Jill McHone, Director, for more information. 608-270-4291 or jill.mchone@fitchburgwi.gov



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