



JUNETEENTH
IT'S TIME TO CELEBRATE
FREEDOM DAY
FRIDAY JUNE 16, 2023
11:30-2:30
Fitchburg Senior Center
Fast N Fresh Food Cart
Music & Dancing
OPEN TO PUBLIC
JOIN US
 5510 Lacy Road
 Fitchburg, WI 53711
 Featuring Local Artist Lilada Gee



Winging It!

Author Bev Davis, whose award-winning book “Winging It! – A Monarch Love Story” tells the tale of how a grandmother and granddaughter saved hundreds of Monarch butterflies in Chicago, will be featured at the Fitchburg Senior Center on **June 29 at 1:00 p.m.** Davis' book offers a close-up look at the circle of life of Monarch butterflies and the heroes, both children and adults, who help save them. Davis shares a powerful message in her thoughtfully written narrative that encourages readers of all ages to play an easy but crucial role in helping the butterflies survive. The book showcases the challenges faced by Monarch butterflies, such as the diminishing supply of milkweed which is essential to their survival. Davis hopes to inspire families to protect caterpillars in jars until the butterfly blossoming period is over, just as her real-life friends did. **No registration required.**



June Brings New Craft Class



On **Friday, June 9**, from **1:00–2:30 p.m.**, Christine Laing, long-time crafter, will lead a class on how to transform an empty Altoids tin into a unique, colorful, and attractive box for holding small items. Using the theme of vintage roses, the tins will be altered using paint, washy tape, and scrapbook paper. There is a **\$5 materials fee** which can be paid at the time of class; class size is limited to twelve. To pre-register, call **608-270-4290** by **Friday, June 2**.



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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)
608-270-4293,
mandimiller@fitchburgwi.gov

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 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 **June 2–30**. 11:15–11:45 a.m. Cost: \$20

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

In-person & Zoom, **June 2–30** 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



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.

Free Summer Outdoor Yoga R

Whether you're a beginner or an experienced yogi, outdoor yoga is a fantastic way to enjoy nature while focusing on your inner and outer self. And the challenge of practicing on uneven surfaces helps improve your balance and stability. Let's get moving!

The patio construction rules out the possibility of outdoor yoga at the Center this summer. We changed the location to McKee Farms Park, on the lawn near the Kids' Crossing playground.

The four-week series runs 9:00-10:00 a.m. each Tuesday from June 6 through June 27.

All are welcome for this free series.

Linda Gorchels, your guide, holds RYS 200 yoga and yin yoga certifications from Yoga Alliance. She taught two outdoor yoga series for the Fitchburg Community/Senior Center last summer.

Where: McKee Farms Park

When: Tuesdays, June 6–27

Time: 9:00-10:00 a.m.

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.**

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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.

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 program 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.

The City of Fitchburg will be recognizing Pride Month with a proclamation and raising of the Pride Flag on June 6 at 12:00 p.m. in front of City Hall. All are invited to attend.

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.

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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Healthy Living For Your Brain & Body: R Tips From Latest Research

In the pursuit of healthy aging, it is essential to focus not only on physical well-being but also on the vitality of our brain. Recent research has shed light on various factors that can promote a healthy mind and body. Diet plays a crucial role, emphasizing the importance of consuming a balanced and nutritious meal rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. Regular exercise has also been proven to have significant benefits, improving cardiovascular health and reducing the risk of cognitive decline. Engaging in cognitive activities, such as puzzles, reading, or learning a new skill, stimulates brain function and helps maintain mental sharpness. Additionally, social engagement plays a pivotal role in overall well-being, fostering connections and combating feelings of isolation.

Incorporating these recommendations into a comprehensive plan for healthy living can enhance both brain and body health. By adopting a healthy diet, staying physically active, challenging the mind, and fostering social connections, we can pave the way for a vibrant and fulfilling life as we age.

Join Heide Neeley from the Alzheimer’s Association on **Wednesday, July 12 at 10:30 a.m.**

What Is An Ombudsman?



The Wisconsin Board on Aging and Long-Term Care is dedicated to advocating for long-term care consumers, promoting their rights, and raising awareness about healthcare systems and long-term care. They offer valuable resources on their website for individuals, families, and professionals. The board also takes action on complaints regarding abuse and neglect, ensuring accountability and striving for improved care.

Amy Zabransky, volunteer coordinator at the Aging and Long-Term Care Agency, will be present on **Thursday, June 15 at 10:30 a.m.** This is a great opportunity to engage with Amy and learn more about the programs and volunteer opportunities available in the field of aging and long-term care. No registration needed.

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 **Wednesdays, June 14, 21, 28 & July 5. 75-minute classes starting at 10:00 a.m. Cost: \$50.** It is critical that you are able to attend all four classes. **This Koru Mindfulness class will be inter-generational. We will be inviting 16 years and older community members to join the Fitchburg Senior Center community members allowing generations to come together and learn from one another.**

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COMMUNITY SENIOR APARTMENT

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Closed Monday, June 19 in honor of Juneteenth

History Of The Hollywood Musical—June 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 **Snow White: Wednesdays, starting June 7 at 1:00 p.m.** No registration required.

June 7: Snow White

June 14: Alexander's Ragtime Band

June 21: Sing you Sinners

June 28: Wizard of OZ



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, will be changing to a summer schedule starting on **Tuesday, June 6.** We will gather from **1:00-2:30 p.m.** on 6/6, 6/20, 7/11, 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.



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—Solo



Aging continued. Most solo agers say they plan to rely on friends for assistance, but what if your circle of friends has grown smaller? 1) Be intentional—a recent study said it takes fifty hours to make a casual friend, Ninety hours to make a “real” friend and about 200 hours to make a close friend. Studies have previously said that family creates these enduring bonds, however we are realizing that friends play an important part as we age. 2) Try volunteering, it's a perfect way to meet people who share common interests. Check out a local senior center, golf clubs, book clubs and the library. 3) Reach out- Let's also do this in reverse. If you have a friend or neighbor who lives alone, make contact, or bake a fun treat. These are just little ways to spark a conversation. Just like most things in life, it is better to be prepared before you need assistance. We can avoid the solo aging trap by considering WHERE you live as you age. Senior communities are a one-stop shop where you can have both your medical and emotional needs met. There is also ACCESSABILITY: are you living in a place that can help you age successfully? Plan early, avoid the crisis and age with positivity. Check out **Elder orphans** on Facebook for a discussion regarding solo aging.

Culture & Awareness Corner W/ Suzie



Hello Summer!

- ◆ National Caribbean American Heritage Month
- ◆ Juneteenth City flag raising at 4:30 p.m. City Hall on June 1.
- ◆ Celebration of LGBTQ Pride Month: for local events visit ourliveswisconsin.com
- ◆ Alzheimer's and Brain Awareness Month
- ◆ Happy Father's Day (18)
- ◆ Happy Juneteenth Day (19)

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.

Preventative Maintenance W/ Matthew Vogt



Join Matthew Vogt from Golden Home Management for an informative and empowering teaching event focused on aging in place for seniors. Learn about home adaptations and preventative maintenance that will enable you to maintain your independence and create a safe and comfortable living environment. Matthew's expertise will provide valuable insights and practical tips to help you make informed decisions about your home. Don't miss out on this opportunity to gain the knowledge and tools you need to age in place with confidence. Register now and take the first step towards a better future! **Thursday, June 22 at 1:00 p.m.**

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 by **June 15** to be enrolled for this class. This class is **FREE** of charge with your Medicare number or \$120 without the Medicare number.

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!

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.

How To Register—See Page 2



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Summer Rides In Memory Of Joe Imilkowski—June 7, 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. The second ride is scheduled for **Wednesday, June 7 at 10:00 a.m.** Ride options of **6-8 miles or 10-12 miles.**

Exploring the World of E-Bikes: Join Julian Mathie of Wheel & Sprocket

Are you fascinated by the potential of electric bikes? Curious to learn more about their benefits, features, and how they're transforming the world of cycling? Mark your calendars for June 8, 2023, from 6:30 to 7:30 pm, as an exciting learning session on e-bikes awaits you. Hosted by passionate experts, this interactive event will provide valuable insights into e-bike technology, their environmental advantages, and tips for choosing the perfect model. Discover the joy of effortless pedaling, improved commuting, and a greener future. Don't miss out on this opportunity to broaden your knowledge and embrace the e-bike revolution.



Who: Anyone interested in E-Bikes

Where: McKee Farms Park Shelter, Fitchburg, WI 53711

When: June 8, 2023 from 6:30–7:30 p.m.

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. A large space with chairs and weights is required, and participants are encouraged to bring their own weights. 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.**

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>



FITCHBUG SENIOR CENTER FRIENDS

COME TO THE TRAVEL SHOW!

1:00 p.m. Tuesday, June 20 in the second floor meeting room of the Fitchburg Library.

Details about upcoming 2024 MAYFLOWER TOURS AND CRUISES include:

HOLLAND TULIP FESTIVAL BUS TOUR Holland Michigan and Mackinac Island

Grand Hotel May 10-16, 2024

MONTANA AND GLACIER NATIONAL PARK July 14-21, 2024

DANUBE RIVER CRUISE to Czech Republic, Germany, Austria, Slovakia, and Hungary.

August 29-September 8, 2024

YELLOWSTONE, GRAND TETONS, MOUNT RUSHMORE September 18-27, 2024

We are pleased to announce that we served 588 diners for the FITCHBURG SENIOR CENTER FRIENDS PANCAKE BREAKFAST and that over \$5,000 was earned to use for the future benefit of the senior center and participants. Thank You to the staff of the senior center for helping with the breakfast and special thanks to Mandi for her organizing and recruiting of all the volunteers.

THRIVENT grant for \$50 donated to FSCF.

FSCF dispersed funds of \$32.20 for the monthly newspaper and \$20 for emergency transport for clients.



Featured Staff



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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!**

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.

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.

Massage Therapy



June Newman LMT,NCTMB. Mon./Thurs. Afternoons. Call June at [608-770-4733](tel:6087704733)

Massage & Reflexology

Gregory Newman LMT,NCTMB. Mon. Mornings/Wed. Afternoons. Call Greg at [608-770-4633](tel:6087704633)

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.

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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 first meeting will be **June 9**, from **1:00–2:30 p.m.**, when Christine Laing will lead us in making a decorated Altoids box. See the front page of this newsletter to read a description and to find out how to pre-register. **June 30** will be a regular, all occasion card-making opportunity from **12:15–2:30 p.m.**, to prepare for your special dates this summer and to earn a bonus card for every card that you make. Proposed dates for **July** are the **14** and **28**.



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, June 8, 2023 at 1:30 p.m. at the Fitchburg Senior Center. We will be choosing upcoming books. 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, June 22, 2023 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *Whistle in the Dark* by Leslie Kagen.

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.**



JUNE 2023

			Thursday 1	Friday 2
			Meat Sauce Spaghetti Noodles Carrots 3 Beans Salad Cinnamon applesauce Fig newton bar MO – Marinara NCS – fruit	Chicken Stew Mixed greens Dressing Crackers Copper Penny salad Pears Chocolate Pudding MO – Soy Stew NCS – SF pudding
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Cheeseburger: Ketchup/mustard Calico Beans Potato Salad Fruit Cocktail Candy cookie MO– Black bean burger NCS – fruit	*Meatballs in Marinara Over Penne 4 bean salad Peaches Bag of Cookies MO – Veg-balls NCS – fruit	Fish Sandwich: w/Cheese & Tartar Yams Peas Nutty Buddy bar MO – Grain burger NCS – fruit	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 – BBQ Soy
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Lemon Dill Baked Fish Tartar Sauce Baked potato Sour Cream Coleslaw WW Bread Vanilla pudding MO–Cheese Sammy NCS – SF pudding	Chicken Broccoli Rice Casserole Carrot Coins Chickpea Salad Fruit cup Bag of Cookies MO – Soy & Broccoli NCS – fruit	Chicken Alfredo Penne Pasta Brussel Sprouts Kidney Bean Salad Mixed Fruit Rice Crispy treat MO – Soy Alfred NCS – fruit	Traditional Meatloaf Mashed potatoes Broccoli White Bread Applesauce MO – Hummus & Pita	Chili w/ Cheese Baked potato Sour cream/butter Cornbread Pears Fig newton bar MO – Veggie Chili NCS – fruit
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
CLOSED 	Meat Spaghetti Carrots Mixed Green Salad Dressing Peaches Oatmeal Raisin Cookie MO – Marinara sauce NCS – fruit	*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 Applesauce MO – BBQ chickpeas	*Meatballs in gravy NAS – no gravy Mashed potatoes Mixed greens Dressing WW Dinner roll Mixed Fruit cup Chocolate Chip cookie MO – Veg-balls NCS – fruit
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Garlic Chicken breast Stewed tomatoes Broccoli WW Bread Peaches Nutty Buddy bar MO – Garlic Soy NCS – fruit	Chili WW Dinner Roll/Butter Corn Applesauce Sugar Cookie MO – Veg Chili NCS – SF pudding	Sausage Veg Egg Fruit Cup Roasted potatoes Orange Juice cup Blueberry muffin MO – Veg Egg Bake	*BBQ Meatballs Mashed Potatoes Peas WW Bread Mandarin Oranges Oatmeal cookie MO – Veg-balls NCS – fruit	Pot Roast in Gravy WW Dinner Roll Mashed potatoes Carrots Pineapple Butterscotch Pudding MO – Veg-balls NCS – SF pudding

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

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

Senior Dining



Fellowship, Food & Fun



JUNE 2023

* * = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																									
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; font-size: small;">MAY 2023</p> <table style="width: 100%; border-collapse: collapse; font-size: x-small;"> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table> </div> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; font-size: small;">JUL 2023</p> <table style="width: 100%; border-collapse: collapse; font-size: x-small;"> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> </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	31					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							<p style="text-align: right; font-size: 2em; margin-right: 10px;">1</p> <p>9:00 AM FSC Friends</p> <p>9:00 AM Tai Chi**</p> <p>9:30 AM Informal Quilting</p> <p><u>9:30 AM Shop-Pick N Save</u></p> <p>12:30 PM Bingo</p> <p>12:30 PM Chess Club</p> <p>1:00 PM Sheepshead</p>	<p style="text-align: right; font-size: 2em; margin-right: 10px;">2</p> <p>8:30 AM Aerobics **</p> <p>9:00 AM Ping Pong</p> <p>9:45 AM Aerobics**</p> <p>11:00 AM Informal Writing Group</p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Bunko</p>
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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 share that City Council **has approved** the patio bid which will allow the project to move forward! Stay tuned for an announcement on a ground breaking date!

Thank you to all who have donated the last two months. We raised over \$9000!!! Goal was \$15,000 so we will continue to accept donations.

You can send a check directly to the Senior Center or donate on-line by going to the Senior Center home page at <https://www.fitchburgwi.gov/621/Senior-Center>



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