



Prime Time News

June 2022

Fitchburg Senior Center
Volume XVII Issue 6

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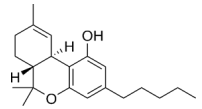
Hot Topics In Medicine with UW School of Medicine and Public Health Students

Join UWSMPH students Johnson and Todd for an evidence-based discussion on subjects in the medical field with new and interesting findings!

The Use of Cannabinoids in the Current Medical Landscape

(June 3 from 1:00-2:00 p.m.)

What is cannabis and what does the evidence show about its effectiveness in the current medical literature? This talk will focus on the history of medical marijuana and its effect on the human body along with a discussion of what the current literature says about its efficacy for a variety of uses. Come ready with plenty of questions as we explore the current landscape of what medical marijuana has to offer!



The Harmony Between Music and Memory

(June 10 from 1:00-2:00 p.m.)



Music plays an important role in all our lives. Have you ever listened to a piece of music that evoked a sense of nostalgia or a memory you thought you had forgotten? Listening to music activates and facilitates an elaborate communication network between various parts of the brain. Join us to further explore how music affects the brain and its potential for therapeutic intervention in the medical field.

Register: www.fitchburgwi.gov/seniorcenter and click on the "Programs Registration" tab at the top.

Juneteenth—Freedom Day



When: Friday June 17, 2022 / Time: 12:00—1:00 p.m.

Where: Fitchburg Senior Center / Cost: \$10 per plate /

Reservations must be made by June 10—Call 608-270-4290



Two piece fried chicken, baked mac & cheese, collard greens, corn bread, red velvet cake and red soda.

Tidy Up! – June 21 at 1:00 p.m.



Join Trista Dunlap, a certified professional organizer in Marie Kondo's KonMari Method, for a lesson on how to turn your home from a place of clutter and stress to one of joy and ease. We will discuss the basics of the KonMari Method, which include tidying by category rather than room, and choosing the items that stay in the home based on feelings of joy and intention rather than guilt or fear. By the end of the process, the goal is to live in a home surrounded by items that only bring you happiness, and releasing items that have outlived their purpose with gratitude. After learning about KonMari, you may find that the lessons learned can also find their way into other areas of your life. Register: www.fitchburgwi.gov/seniorcenter and click on the “Programs Registration” tab at the top.



Ireland - A Colorful Tour of the Emerald Isle

In this presentation, Joe Fahey will share his experiences traveling in Ireland, the Emerald Isle. This fun and informative pictorial presentation will discuss some of the key points of Irish culture, both past and present. Of course, no Irish discourse would be complete without visiting a few pubs.

Join us for this great adventure from Joe on Thursday, June 23 at 1:00 p.m.

Register: www.fitchburgwi.gov/seniorcenter and click on the “Programs Registration” tab at the top.

Protect Yourself from Medicare Fraud



Did you know that Medicare loses billions, yes BILLIONS of dollars each year due to fraud, errors and abuse? Think it can't happen to you? Think it doesn't happen in Wisconsin? Unfortunately, think again: it could, and it does. Join us to learn more about how you can protect, detect and report Medicare fraud, errors and abuse with the help of Wisconsin's Senior Medicare Patrol. We will also talk about volunteer opportunities that are currently available to help spread the message to Wisconsin Medicare beneficiaries.

Please join us on Monday, June 27 at 1:00 p.m. to learn more about how you can protect yourself against Medicare-related fraud and scams. **(Drop-in)**

Meet Marty Greer, DVM, JD—June 16 at 1:00 p.m.

A Practicing Veterinarian of 40 Years and Owner of Three Veterinary Clinics

Program: **How to Raise, Happier, Healthier Pets**—Important Tips for Staying on Top of Your Pet's Wellness.

Dr. Marty Greer is a wellspring of knowledge when it comes to keeping dogs and cats happy and healthy.

In addition to being a veterinarian, she is also a lawyer, industry leader, dog breeder (AKC Breeder of Merit), mother and grandmother.

Recently, for pet owners, she wrote *Your Pandemic Puppy—Finding and Raising a Well-Adjusted Dog During COVID-19*.

Register: www.fitchburgwi.gov/seniorcenter and click on the “Programs Registration” tab at the top.





Exercise, Groups & How To Register

To register for most programs below, visit www.fitchburgwi.gov/seniorcenter and click on the “Programs Registration” tab at the top! There you will find all of our programs with registrations. Have questions? Call 608-270-4290. Note: Men’s, Women’s and Uke Groups are not pre-registration.



Functional Fitness! (M-W-F)

Join instructors Melissa & Felicia for a great chair-based exercise class. The series runs from June 1–29, 11:15–11:45 a.m. Cost: \$20.



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

In-person & Zoom, June 1–29 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

In-person & Zoom, June 6–August 29 skip July 4 & August 22. 11 weeks. \$88
 Level Two/Intermediate: 9:15–10:30 a.m. Level One/Beginner: 10:45 a.m.–12:00 p.m.



Tuesday Indoor Pickleball

You can register for the following Tuesday play each Tuesday at 10:00 a.m. See the top of this page on registration directions. A confirmation email will be sent out to those registered players prior to Tuesday play.



Men’s Group—No Meeting In June

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 (Drop-in)



New Members Always Welcomed



Group meets the fourth Tuesday 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 information can be found on our website: www.fitchburgwi.gov/seniorcenter



Fitchburg Ukulele Network—FUN / Summer Schedule

If you have a ukulele and know basic chords, you’re welcome to join us. We usually meet in person at the Senior Center but sometimes meet on Zoom. Contact Francie at ginocch@gmail.com for the summer schedule and how to get involved.

Ballroom Basics For Balance—Thursdays starting June 16 at 6:00 p.m.

Ballroom Basics for Balance is a fun way for you to regain your balance and have fun while doing it!!

This ten-week series for only \$60 will be 1 hour 15 minutes on Thursdays.

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.

To register visit our website and click on program registration at the top of the home page:

www.fitchburgwi.gov/621/Senior-Center



Book Sale June 16-18

The Friends of the Fitchburg Library (FOFL) will hold a used book sale at the Fitchburg Public Library on Thursday, June 16, 4:00–6:00 p.m. for FOFL members only, with complimentary wine and cheese provided (new members are welcome to join at this time); 6:00–8:00 p.m. open to the general public.

Friday, June 17: 12:00–5:00 p.m.

Saturday, June 18: 10:00 a.m.–4:00 p.m., with bag sale 2:00–4:00 p.m.

Proceeds support the Fitchburg Public Library.

<https://friendsoffitchburglibrary.com/>

Salad Option Tuesday's

Call a day in advance by 9:00 a.m. : 270-4290!

Join us for lunch on a Tuesday & ask for the SALAD option!

June Salads!



Every Tuesday!

Tuna Salad 6/7/22

Mixed greens topped with tuna salad, tomato, and cucumber.

Meal items to be served with this: peaches & crisp

Cottage Cheese Platter: 6/14/22

Cottage cheese w/ cucumber, tomato wedges, strawberries & pineapple

Meal items to be served with this: bun & cake

7 Layer Salad 6/21/22

Shredded lettuce topped with peas, celery, onion, mayo, shredded cheese, bacon and eggs. Served with crackers.

Meal items to be served with this: strawberry applesauce, Oreo cookie, crackers

Caprese Salad 6/28/22

Mixed greens and spinach topped with basil marinated tomatoes, fresh mozzarella cheese and croutons.

Dressing: Balsamic Vinaigrette

Meal items to be served with this: fruit cocktail, lemon Italian ice

**Limited to dine in only.*



Senior Dining



Fellowship, Food & Fun

Hy-Vee®

When: Every Wednesday

Time: 10:30 am - 1:00 pm

Where: All Hy-Vee Locations

2920 Fitchrona Road, Fitchburg

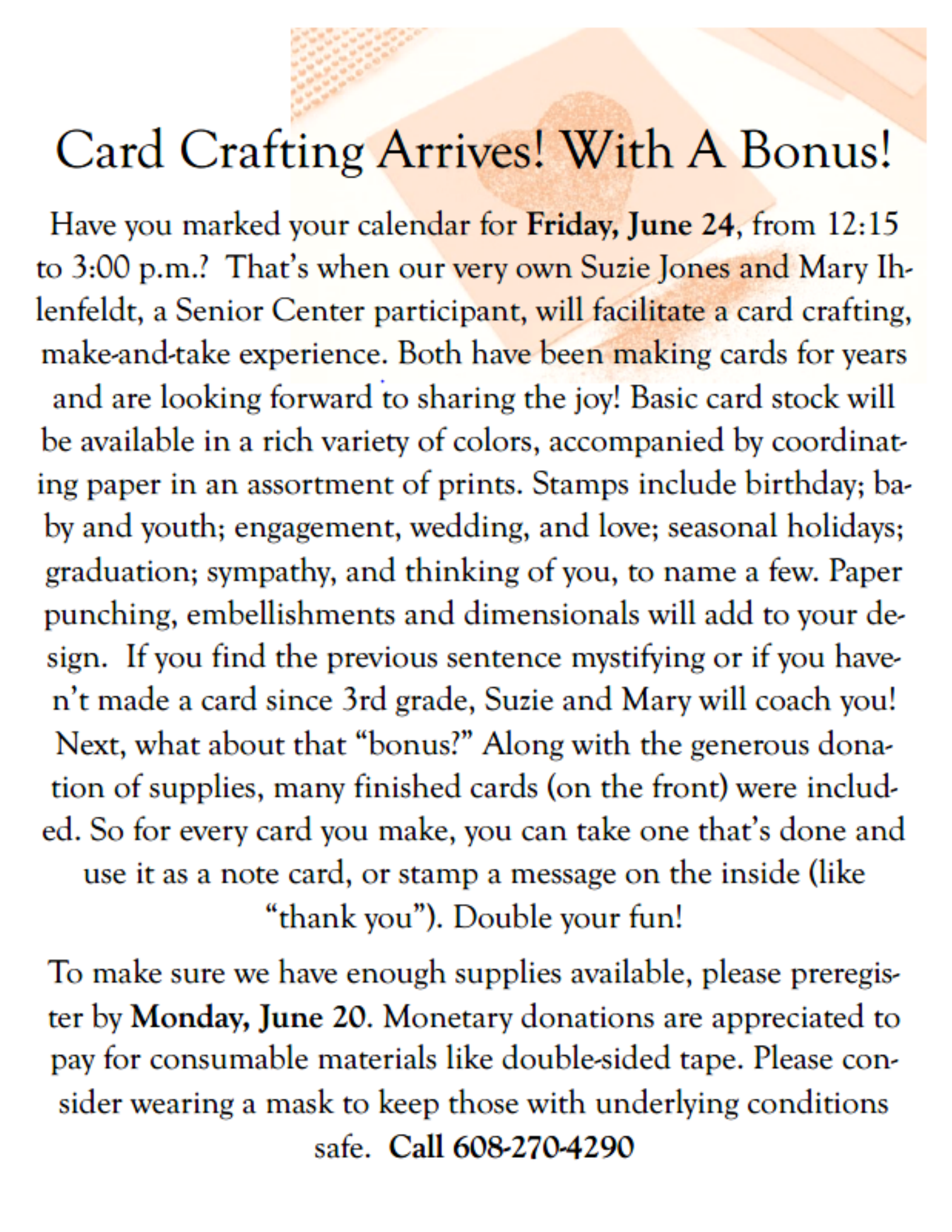
3801 East Washington Avenue

675 South Whitney Way

Transportation to the **Fitchburg** location is **ONLY** offered the 2nd & 4th Wednesday of each month, please call **270-4290** by **9:00 a.m.** the day before.

Welcome:

- All seniors 60 + are welcome regardless of your ability to donate.
- Meal donations are confidential: \$4.00/meal is recommended.
- Seniors order one meal from the My Meal, My Way Hy-Vee menu. Limit 1 meal per day.
- Meal cost supported by Dane County Senior Nutrition program, inclusive of tip.
- If someone under age 60 is joining you, they will order from the standard Hy-Vee menu and will pay Hy-Vee separately.



Card Crafting Arrives! With A Bonus!

Have you marked your calendar for **Friday, June 24**, from 12:15 to 3:00 p.m.? That's when our very own Suzie Jones and Mary Ihlenfeldt, a Senior Center participant, will facilitate a card crafting, make-and-take experience. Both have been making cards for years and are looking forward to sharing the joy! Basic card stock will be available in a rich variety of colors, accompanied by coordinating paper in an assortment of prints. Stamps include birthday; baby and youth; engagement, wedding, and love; seasonal holidays; graduation; sympathy, and thinking of you, to name a few. Paper punching, embellishments and dimensionals will add to your design. If you find the previous sentence mystifying or if you haven't made a card since 3rd grade, Suzie and Mary will coach you! Next, what about that "bonus?" Along with the generous donation of supplies, many finished cards (on the front) were included. So for every card you make, you can take one that's done and use it as a note card, or stamp a message on the inside (like "thank you"). Double your fun!

To make sure we have enough supplies available, please preregister by **Monday, June 20**. Monetary donations are appreciated to pay for consumable materials like double-sided tape. Please consider wearing a mask to keep those with underlying conditions safe. Call 608-270-4290



We will start our day at the **International Crane Foundation** which has now completed their \$10 million transformation. This is the only place on Earth where you can see all 15 of the world's crane species! Located in Baraboo amid the farmlands of southern Wisconsin, the International Crane Foundation's headquarters are just 10 minutes from the Wisconsin Dells and surrounding Baraboo Hills. Lunch is going to be fantastic at **Rivers Edge Pub & Grub**. You're sure to enjoy your meal in this rustic, cabin-style eatery. This afternoon you are in for an amazing **Farm to Table Tour** at the **New Life Lavender & Cherry Farm**. During the tour, you'll see firsthand how sustainable agriculture works, what they grow in the ground goes through a process to reach the kitchen table. Learn about lavender, enjoy breath-taking views of the Baraboo Bluffs, enjoy the 8 acre wildflower sanctuary for bees, walk through the Lavender Knot Garden and Secret Herbal Garden and learn about their sheep and fish. Then, sit back and enjoy a slice of their signature lavender cherry pie and Strawberry Lavender Lemonade.

Menu: Choice between:

2 piece Broasted Chicken Dinner (Breast & drumstick) with mashed Potatoes, Veggie and a breadstick

-Two piece Broasted Cod Dinner (Same sides as Chicken Dinner)

Soft beverages, and dessert (Cookies & brownies) are included.

Entrée selection is due at the time of booking.

The FSC Friends receive a
\$5 kickback per person!

Departure Details

8:00 a.m. depart JC Penny East Town Mall.

Estimated return 4:30 p.m.

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FITCHBURG SENIOR CENTER FRIENDS

June 2022

Welcome to our new Board Member Lucy Meier!

Thanks to all who traveled with Mayflower Tours on the Tulip Tour to Michigan

Payments of \$1655.51 were made for special and urgent client needs. Three scholarships for exercise classes sponsored by the Senior Center cost \$50. \$307.20 was spent on newspaper subscriptions and spring planting supplies.

TRAVEL WITH US IN 2022 - 2023 COME TO OUR TRAVEL SHOW WEDNESDAY, JUNE 8, 2022 at 1:00 p.m.

What's on your list?



Arches NP, Monument Valley, Grand Canyon NP North,
Zion NP, Bryce NP, Lake Mead?

(They're all on **National Parks of the Southwest** tour.)

French Quarter, Bourbon Street, Cajun Cuisine, Avery Island?

(They're all on **New Orleans Pre-Mardi Gras** tour.)

Nat. Memorials, Mount Vernon, Arlington, Colonial Williamsburg, Shenandoah/Harpers Ferry/
Gettysburg NPs, NYC Broadway Show?

(They're all on **America's Heritage of the East** tour.)

Pacific NW, Victoria B.C., Blake Island Cruise, Puget Sound?

(They're all on **Mount Rainier and Olympic National Parks** tour.)

Amsterdam, Cologne, Koblenz, Strasbourg, Freiburg, Lucerne?

(They're all on **Jewels of the Rhine River Cruise** tour.)

New England Fall Foliage by train & boat, Boston, Kennebunkport, Maine's Casco Bay Cruise, White
Mnt.'s, Whale Watching Cruise?

(They're all on **New England Rails and Sails** tour.)

Flyers with full itineraries are available in the Senior Center Lobby.
Questions, call Jack at 608-235-5267



REACH Book Club

REACH Book Club will meet on **June 9, 2022, at 1:30 p.m. at the Senior Center** to choose books for next year. Have you recently read a book you felt you wanted to discuss with someone? Bring your suggestions to the June meeting. We will choose a slate of books from the recommendations for next year beginning in September. Check to ensure there are enough copies in the library (at least 12 copies) and that they are not on hold.

Reach Book Club does not meet in July or August.

Brat Fest

Wow

Sponsored By The Friends

Thursday, July 14 from
11:30 a.m.—1:00 p.m.

Cost: \$5 which includes: brat, chips, drink and cookie.



Senior Center Staff

Jill McHone, Director
David Hill, Assistant Director
Mandi Miller, Nutrition Site
Mgr/Volunteer Manager
Katie Bogucki, Case Manager
Amy Jordan, Social Worker
Sarah Folkers, Social Worker
Suzie Jones, Office Manager




For general questions, email us at:

FitchburgSeniorCenter@fitchburgwi.gov



Find Us On Facebook
[Fitchburg Senior Center](https://www.facebook.com/FitchburgSeniorCenter)



The *I Love a Mystery Book Club* meets on **June 23, 2022, at 1:30 p.m.** at the Senior Center to discuss the book, *The Black Echo* by Michael Connelly. It is the first book in the Harry Bosch series. For LAPD homicide cop Harry Bosch the body in the drainpipe at Mulholland Dam is more than another anonymous statistic. This one is personal. The dead man, Billy Meadows, was a fellow Vietnam "tunnel rat" who fought side by side with him in the war.

Fitchburg Singers

The Fitchburg Singers meet on the first and third Wednesdays at 1:00 p.m. Interested? Give us a call at 608-270-4290



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Our Aging Brains: Meeting The Changes & Challenges

Review what is normal for our brains as we age, and what to do if you are concerned about your cognition. Learn ways to maintain your brain health.

Thursday, June 16 at 10:30 a.m. Location: Fitchburg Senior Center.

This program will be led by Dementia Outreach Specialist Rose Kearney of the Alzheimer's and Dementia Alliance of Wisconsin.



This is a non-registration program, so just drop-in!

Edward Jones Coffee Club—Fitchburg Senior Center

Discussing current events, the economy and investing in a relaxed, informal setting is a great way to get to know one another.

All are welcome. Coffee & pastries will be provided.

3rd Wednesday of each month, 9:00-10:00 a.m. June 15

Hosted by Financial Advisors Brad Stepp & Stephanie Blankenheim

RSVP is required: 608-271-5100 or amy.holt@edwardjones.com



Edward Jones®



Stephanie Blankenheim

Financial Advisor

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JUNE

2022

		Wednesday 1	Thursday 2	Friday 3
		Baked Mostaccioli WW Dinner Roll Broccoli Peaches Chocolate Chip Cookie MO – Soy Mostaccioli NCS – SF pudding Meal at Center!	*BBQ Pulled Pork on a WW Bun Roasted potatoes Carrots Pineapple Strawberry jell-o MO– Tomato/cheese sandwich NCS – SF jell-o	Chicken Alfredo Penne Brussel Sprouts 3 Bean Salad Mixed Fruit Rainbow Sherbet MO – Veggie Soy Alfredo NCS – SF Ice Cream
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Garlic Parm Chicken Stewed tomatoes Spinach Casserole WW Bread Applesauce Pound cake MO – Veg Soy garlic NCS – SF jell-o	Fish Sandwich: w/ Cheese & Tartar Yams Peas Pears & a Muffin MO – Black Bean Burger NCS – applesauce cup Tuna Salad Option!	Sloppy Joe On WW Bun Kidney Bean Salad Mixed Vegetable Banana & Ice Cream MO – Chickpea Joe NCS – SF Ice Cream Hy-vee Option!	Honey Baked Chicken Broccoli Yams Macaroni Salad Peaches Oatmeal Cream Pie MO – Soy Honey NCS – Pear cup	Chicken Caesar Salad: w/ shaved Parmesan WW croutons Copper Penny salad Applesauce & Pudding MO – Soy Ranch NCS – SF pudding
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
*BBQ Ribs Cheesy Potatoes Pickled Beets WW Dinner Roll Mandarin Oranges Sherbet MO – Hummus Wrap NCS – SF Ice Cream	Chicken a la King Brown Rice Green Beans Vinegar Corn Salad Fruit Cocktail Cherry Vanilla Yogurt MO – Soy a la King NCS – SF jell-o Cottage Cheese Platter!	Enchilada Casserole Broccoli Cauliflower Peaches Blueberry Muffin MO– Bean burrito NCS – SF pudding Meal at Center!	*Italian Sausage w/pepper & onion On a Bun Roasted potatoes Stewed Tomatoes Pears Cherry Italian Ice MO– Veg Meatballs NCS– SF Ice Cream	Chicken Broccoli Rice Casserole Carrot Coins Chickpea Salad Pineapple & Pound Cake MO– Soy broccoli casserole NCS – applesauce
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Teriyaki chicken Brown Rice Asian Vegetable blend Edamame Salad Mandarin Oranges Vanilla Pudding MO – Soy teriyaki NCS – SF pudding	Chicken Sandwich: w Lettu /tomato/ Mayo Calico Beans Green Beans Applesauce Oreo cookie MO – Veg Burger NCS – peach cup 7 Layer Salad!	Lemon Dill Fish Baked potato Sour Cream & Tartar Coleslaw WW Bread & Muffin MO– Hummus wrap NCS – SF jell-o Hy-vee Option!	Egg Salad On WW Bread Pickled Beets Cucumber slices Banana Orange Sherbet NCS – SF ice cream	Meat Spaghetti Carrot Coins Mixed Green Salad Fruit Cup & Pudding MO – Marinara soy NCS – SF pudding
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	To Note: Hy-vee Option EVERY Wednesday from 11:00-1:00 Meal at Center on 1st & 3rd Wed. SALAD OPTION TUESDAYS! (dine in only) For meal reservations, you must call 270-4290 by 9:00 a.m. the day before!
*Pork Loin in Gravy Mashed Potatoes Peas WW Bread Cinnamon Applesauce Cinnamon Muffin MO – Garden Wrap NCS – SF jell-o	Cheeseburger: w/ Lettuce/tomato Calico Beans Potato Salad Fruit Cocktail Italian Ice MO – Bean Burger NCS– SF Ice Cream Caprese Salad!	BBQ Chicken Baked Sweet Potato WW Bread Banana Orange Jell-o MO– Soy BBQ NCS – SF jell-o Hy-vee Option!	*Meatballs in Marinara Over Penne Broccoli Salad Banana Cookie MO – Soy Meatballs NCS– SF pudding	

Senior Dining



Relationship: Food & Life

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

JUNE 2022

* * = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																											
<div>1</div> <div>May 2022</div> <table><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td></td></tr><tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr><tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr><tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr><tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr><tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr></table>	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						<div>2</div> <div>Jul 2022</div> <table><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr><tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr><tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr><tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr></table>	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	<div>1</div> <p>8:30 AM Aerobics **</p> <p>9:30 AM <u>Shop-Walmart</u></p> <p>9:45 AM Aerobics **</p> <p>10:00 AM Art Studio</p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Singers</p>	<div>2</div> <p>9:00 AM FSC Friends</p> <p>9:00 AM Tai Chi **</p> <p>9:30 AM Shop-Pick N Save</p> <p>11:30 AM Chess Club</p> <p>12:30 PM Bingo</p> <p>1:00 PM Sheepshead</p>	<div>3</div> <p>8:30 AM Aerobics **</p> <p>9:00 AM Ping Pong</p> <p>9:45 AM Aerobics**</p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Bunko</p>
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<div>6</div> <p>8:30 AM Aerobics **</p> <p>9:00 AM Yarn Group</p> <p>9:45 AM Aerobics **</p> <p>10:00 AM Bridge</p> <p>11:15 AM F-Fitness **</p> <p>11:30 AM St. Vincent Pantry</p> <p>1:00 PM Ping Pong</p>	<div>7</div> <p>8:30 AM Quilters</p> <p>9:30 AM Shop-Target</p> <p>12:45 PM Euchre</p> <p>1:00 PM Mahjong</p> <p>Foot Care**</p> <p>Pickleball Pre-Register</p>	<div>8</div> <p>8:30 AM Aerobics **</p> <p>9:30 AM <u>Shop-Walmart</u></p> <p>9:45 AM Aerobics **</p> <p>10:00 AM Art Studio</p> <p>11:15 AM F-Fitness **</p>	<div>9</div> <p>9:00 AM Tai Chi **</p> <p>9:30 AM Shop-Pick N Save</p> <p>10:00 AM Caregiver Support **</p> <p>11:30 AM Chess Club</p> <p>12:30 PM Bingo</p> <p>1:00 PM Sheepshead</p> <p>1:30 PM Book Club**</p>	<div>10</div> <p>8:30 AM Aerobics **</p> <p>9:00 AM Ping Pong</p> <p>9:45 AM Aerobics**</p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Bunko</p> <p>Footcare**</p>																																																																																											
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Transportation Services

Meals—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. 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, Wednesdays & Thursdays **MUST indicate wheelchair upon sign-up.** Check calendar for trip destinations.

Medical Rides—Please note, we do require notice of at least five business days for a ride request in order find an available driver. Proof of COVID vaccination required. Any questions, call 608-270-4290

Shuttle Service— This service is used for **medical ride requests that require wheelchair transport.** Requested donation is \$10 round-trip. Call 608-270-4290 **3 business days in advance** to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

Health, Help & Renewal

Senior Center Help

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 \$20. 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!**

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. Email Suzie at suzie.jones@fitchburgwi.gov to get connected to our group leaders.



Massage Therapy

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

Massage & Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Translation Services Available

We are excited that the Fitchburg Senior Center has a language line service to translate for hundreds of languages, including Spanish, Hmong, Sign Language, and much more! Call us today to ask for an interpreter. 608-270-4290.

Nosotros estA'amos emocionada do anunciar que el Fitchburg Senior Center tiene un servicio de línea de idiomas para traducir cientos de idiomas que incluyen español, hmong, lenguaje de señas y mucho más! Llámenos hoy y solicite un intérprete.



Cost:

\$30 for 30 min.
\$40 for 45 min.
\$50 for 60 min.
\$70 for 90 min.

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

Drop-In Games & More - New Players Always Welcomed

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Bridge 10:00	Euchre 12:45		Chess 11:30	Ping Pong 9:00
Cribbage 10:00	500 - 2nd/4th - 12:45		Bingo 12:30	Bunko 1:00
Ping Pong 1:00	American Mahjong 1:00		Sheepshead 1:00	



Cross Stitch—All Levels Welcomed

Cross stitch is back at the Senior Center on the third Thursday of each month from 9:00 a.m. to 2:00 p.m. Come enjoy great conversation and laughs!

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 (Drop-in)



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at Fitchburg
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5440 Caddis Bend, Fitchburg, WI 608-270-9200 waterfordatfitchburg.com

Contact Jodi Johnston for details.

Call 608 438 7437

info@cremationsocietyofmadison.com



CREMATION SOCIETY OF
MADISON



Lesbian Women's Social Group

Many older lesbian women may feel isolated and without community support as they age. Their life experiences can be quite different which can present barriers to feelings of acceptance. The purpose of the Lesbian Women's Social Group is to provide support from like-minded women and promote a sense of community among group members.

The current plan is to hold a monthly walk at McKee Farms Park, 2930 Chapel Valley Road. This will serve as a group builder as well as an icebreaker for new members. After a loop around the park, the group will decide on at least one social event in the community they might be interested in attending together (such as a festival, restaurant, movie etc.) during the next month. Accommodations will be made for those who are unable to walk. Call the Senior Center at 608-270-4290 for any questions.

The group will continue to meet for walks on the 3rd Tuesday of each month at 10:30 a.m. For more information, please call the Senior Center at 608-270-4290.

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

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

Program Cancellation Policy:

Class payments must be received 5 days prior to the start of class. No refunds will be issued after the 1st 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.



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for TOOTSIES**
MOBILE PEDICURIST

Amy Foster, CMP
Owner, Master Pedicurist

608-576-8986
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In-home services for toenail
trims and pedicures

11005 Brigham Ave
Blue Mounds WI



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

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