



**New!! Coming to the Senior Center in October!**

We are so excited to promote our new **Lunch & Learn** program. This free series will provide you with an opportunity to expand your knowledge on a variety of topics and be a benefit to your overall wellbeing.

**October 4 – Is This A Scam?**

**Maria Lopez-Marquez, Financial Education Specialist -Summit Credit Union.** *Learn how to spot and avoid being financially scammed.*

**October 18 – Come & Meet Your New Mayor!**

**Mayor Julia Arata Fratta**

*Hear about her history with Fitchburg, her vision, successes, challenges and more.*

**Mark Your Calendars & Save the dates!!**

- November 1 Nutrition & Healthy Eating – HyVee Dietician
- November 15 Brain Health
- December 6 Medication Management
- December 13 Holiday Safety

**When:** 12:00 p.m. on Wednesdays

**Where:** Senior Center Dining Room

**How:** Bring your own lunch, or reserve a meal (call the Senior Center by 9:00 a.m. the day prior) or just attend. **TRANSPORTATION AVAILABLE!** Call and let us know if you need a ride. 608-270-4290.



**Women Supporting Women as We Age**



is a group started eight years ago. A group of women listen to and support each other through the joys and challenges that come with aging. We meet two times per month on Tuesdays from 2:00-3:30 p.m. at the Senior Center. Regular attendance is expected, and group size is limited to ensure time for sharing. We welcome new members. Call **Carol Tyler** at 920-915-0786 if you are interested.

**Enlightening, Inspirational Program—What You Might Not Know About Bullying**



Learning to believe in yourself can be a lifetime struggle. Join award-winning Author, Chaplain and Speaker on Thursday, October 26 at 10:30 a.m. to learn more about such an important topic. Bev Davis, author of four books, holds a Master of Divinity degree from McCormick Theological Seminary in Chicago. Bev is also a Certified Dementia Practitioner. No registration needed.

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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

**Hours:** 8:00–4:00 p.m. Monday–Friday

**Website:** [www.fitchburgwi.gov/seniorcenter](http://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](http://www.fitchburgwi.gov/seniorcenter) or click on this link.

### Advertising 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](http://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)** 

Join instructors Melissa & Felicia for a great chair-based exercise class. The series runs from **Oct. 2–30. 11:15–11:45 a.m.** Cost: \$20

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

In-person & Zoom, **Oct. 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 Fall Session 2 (Mondays)** 

In-person & Zoom, **November 6–December 18.** Seven weeks. \$56. 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** 

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!** 

**Mondays, October 23–December 11. Eight weeks. 1:00–2:00 p.m.**  
**Fridays, October 20–December 15 (skip Nov. 24). 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! NEW—\$6 Drop-In!** 

Join Melissa for outdoor exercise classes at McKee Park Shelter every Tuesday and Thursday at **11:15 a.m.** starting **Tuesday, October 3, 2023.** This invigorating class combines cardio, body weight strength exercises, and scenic paths for additional aerobic moves and balance routines. All fitness levels are welcome. A minimum of 12 participants needed. Nine classes: \$30 / \$6 drop-in.

**Line Dancing W/ Nancy** 

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

Our four-week line dancing series is a perfect opportunity to learn the ropes and show off your moves. The hour-long classes will take place on **Thursdays, October 5, 12, 19 and 26 at 11:00 a.m.** in the spacious Oak Hall Room on the upper level. Cost: \$30 / \$8 drop-in.

**Five Animals Qigong Demo Class!**

Join leader Naihua Xue for a fun experience in the art of Five Animals Qigong. Naihua would like to share her knowledge of movement. Drop-in. **Oct. 16 at 12:30 p.m.**

**CPR Refresher Course Is Back!** 

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, October 19, 2023, at 1:00 p.m.,** on the upper level of the Senior Center. Register now to secure your spot, as space is limited. Act swiftly to enhance your life-saving skills!

**Koru Mindfulness W/ Stuart** 

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

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

The four-week session will be held on **Tuesdays, October 3–24. 75–minute classes starting at 10:00 a.m.** Cost: \$50. It is critical that you are able to attend all four classes.

## 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 are on the second Friday of each month. First date: October 13 at 9:00 a.m. 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](http://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 2:00 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](http://www.fitchburgwi.gov/seniorcenter) No registration required

## Parkinson's Support



The Courtyard at Fitchburg is partnering 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@encorecares.com](mailto:kjeffers@encorecares.com) or 608-886-6711.

## Caregiver Partner Support Group

For those with a loved one diagnosed with Parkinson's Disease. This group will offer resources and education to help partners manage the challenges. Contact Karen Jeffers—see above.

## 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.

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## 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](mailto:suzie.jones@fitchburgwi.gov) to get connected to our group leaders.

## Memory Café—Oregon Senior Ctr.



The second Wednesday of the month at the Oregon Senior Center from 1:30–2:15 p.m. This is a place where individuals with memory loss and their care partners get together in a relaxing setting to share common interests and socialize. While participants enjoy an engaging activity, caregivers have the opportunity to meet and get support. If you would like to attend, please call 608-835-5801.

## Friends of the Fitchburg Library Book Sale!

Thursday, October 19: 4:00–7:00 p.m.

Friday, October 20: 11:00 a.m.—5:00 p.m.

Saturday, October 21: 10:00 a.m.— 2:00 p.m.

Proceeds support the Fitchburg Public Library

**A New Kind Of Life Plan Community** **R**

The Cesta is an entirely new kind of Life Plan community coming to the Fitchburg area. Currently under development, plans for The Cesta include luxury apartment homes, a restaurant, housekeeping services, outdoor courtyards, a fitness room and much more. Most importantly, you'll have priority access to onsite high-quality health care services should you need them. All this just off the bike path in the heart of the multigenerational Terravessa neighborhood!

Learn more about our community as we progress through the planning phase, and decide if The Cesta may be a good fit for you in the future. Join us to learn more about our pricing, proposed timeline, campus amenities, and how you can stay informed as our community develops!

**Wednesday, October 18 at 10:30 a.m.**  
**Lower Level Syene Room**

Event is complimentary and food and beverages will be provided. We hope you make the time to join us! Please RSVP by October 16.

**The Swan Creek Sewing Circle**

Mark your calendars for the Fitchburg Historical Society's fall program, **Sunday, October 15, at 1:30 p.m.** at the Fitchburg library, which will feature a 108-year-old women's group with its origin in Fitchburg and Oregon. The group is still active today, with members now representing four generations. The current president is the grand daughter of the woman who hosted the first meeting in December, 1915.



**Joe Fahey Travels Presents - Singapore Exploring The Lion Of Asia**



Singapore, once a British colony, has evolved into a dynamic and independent city-state, representing a remarkable blend of history, culture, and modernity. Joe Fahey delves into its captivating journey.

Founded as a trading post in 1819 by Sir Stamford Raffles, Singapore's colonial history laid the foundation for its prominence as a trading hub within the British Empire. However, its path to independence, achieved in 1965, was marked by challenges, including World War II and a short-lived merger with Malaysia.

Today, Singapore stands as a global financial powerhouse. Its diverse population, including Chinese, Malay, Indian, and Eurasian communities, contributes to a vibrant cultural tapestry. Modern Singapore is a testament to its economic prowess, featuring skyscrapers, a thriving business environment, and a commitment to sustainability.

Don't miss this great journey presented by the wonderful storyteller and traveler Joe Fahey on Thursday, **November 16 at 1:00 p.m.** No registration needed.

**Papercraft Class With Christine— "Bird In Autumn"** **R**



Participants will decorate and take home two small tin boxes (the size of an Altoids Mint tin). We'll cover the top with an Audubon bird print. The interior will be lined with either felt or patterned paper (felt is nice if the box is for jewelry). We'll cover the sides with black and gold washi tape. Rich warm autumn colors will be used throughout. These boxes make lovely gifts, but when you see how nicely they turn out, you probably will want to keep them for yourself! More pictures and details on the registration website.

**Tuesday, October 24 from 1:00-3:00 p.m.**

\$7 class fee for materials, payable at the class. Class size is limited to the first eight registered participants.

**How To Register—See Page 2**



**Change how you see senior living.**

Madison's newest Life Plan Community is coming to the heart of Terravessa, a multigenerational neighborhood in Fitchburg.

Currently in the planning phase, The Cesta will offer active adults luxury Entrance Fee Apartment Homes, fine dining, and unmatched amenities.

We'd love to meet you & share more!

Connect with Nikki at 608.216.3326

or scan the QR code



## History Of The Hollywood Musical— October Series (Fridays)

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 **Girl Crazy, on Friday, October 6 at 1:00 p.m.** No registration required.



October 6: Girl Crazy

October 13: Cover Girl

October 20: Anchors Aweigh

October 27: Meet Me In St. Louis



## Informal Memoir Writing Group

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



## Fitchburg Ukulele Network

We are a drop-in strumming group that has been meeting for several years. We welcome new strummers. You bring your ukulele, and we provide the music projected to a screen. It helps if you know a few basic chords, but you are also welcome to just listen or sing along with us. We meet every week on **Tuesday** at **1:00 p.m.** in the Fitchburg Room upstairs at the Senior Center. Contact Ric at [rbainter1@gmail.com](mailto:rbainter1@gmail.com) for further information. No registration is needed.



## Case Manager Corner W/ Amy—

By request— Medical Alert Devices. Lifeline or Life Alert are both brand-name companies that offer telephonic help when you have fallen or are having an emergency at home. If I had a nickel for every time someone told me “I don’t need one, I have a cell phone” I would be rich. There are pros and cons to each. Cell phones suit almost every budget, and everyone knows how to dial 911. Some of the cons are that not everyone is comfortable using a cell phone, and often times the phone isn’t on our person during an emergency or fall event. Medical alert devices can be used by even those who have memory impairment with a push of a button. Some might be shy or embarrassed of wearing one. According to the CDC, as of 2019 Wisconsin has the highest rate of deadly falls among the elderly. Deaths from falls in Wisconsin outnumber deaths from breast and prostate cancer combined. 1,365 residents 65 yrs and older died from falls in 2016. All medical alert devices are now offering a GPS option which provides help outside of your home for those that want the extra security. They can range from \$35 to \$55 per month. If you are wanting more information on companies, contact us and we can help. Don’t be a statistic! Keep your independence by investing in your health NOW.



## Culture & Awareness Corner W/ Suzie—

**Happy Spooktober...Did you know in October it is.....**

AIDS Awareness, Breast Cancer Awareness, ADHD Awareness, and Depression Awareness Month

Italian -American Heritage, German-American Heritage, Filipino-American Heritage Month

National LGBTQ+ History, National Bullying Prevention, National Domestic Violence, and National 3 P’s: Pizza, Pretzels, and Pickled Peppers Month

(31) Happy Halloween!!

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](mailto:Suzie.jones@fitchburgwi.gov). Stay tuned for more next month.



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Lions Club Strawberry Fest June 15th	Lions Club Kids Fest July 20th	Open Doors for Refugees Pig Roast August 17th	EAGLE School Fall Fest September 21st
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# FITCHBURG SENIOR CENTER FRIENDS & MAYFLOWER CRUISE & TRAVEL

## 2024 TRIPS INCLUDE:

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*Winter in a Desert  
Oasis*

**MARCH 10 - 17, 2024**
- 

*Holland, MI Tulip  
Festival*

**MAY 10 - 16, 2024**
- 

*Montana & Glacier  
National Park*

**JULY 13 - 20, 2024**
- 

*Danube River  
Explorer*

**AUGUST 29 -  
SEPTEMBER 8, 2024**
- 

*Yellowstone, Grand  
Tetons & Mt.  
Rushmore*

**SEPTEMBER 18 - 27, 2024**

Stop by the Senior Center for more information or call Jack at 608-235-5267

## Think Of Our Medical Loan Closet

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 **three months**, however, **wheelchairs are 30 days max**. 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.



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## Share Your Skillset With Others

If you have a skillset that you're passionate about and would like to share with others, David Hill welcomes you to reach out to him via email at [david.hill@fitchburgwi.gov](mailto:david.hill@fitchburgwi.gov).

**SKILLSET**



## Rides In Memory Of Joe Imilkowski— October 4, 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 final ride of the season is scheduled for **Wednesday, October 4 at 10:00 a.m.** Ride route will take bikers towards the westside of Madison and back! 20+ miles. This is a no drop ride. Volunteer riders at the front and back. Please show up at 9:45 to fill out paperwork.

## Dementia Care Techniques & Virtual Dementia Tour R

Are you a caregiver who would like to learn more about dementia care techniques to help better communicate with the person you are caring for? Dementia Care Techniques for Caregivers is a program that will cover topics including dementia education, the Teepa Snow Positive Approach to Care, challenging behaviors and crisis planning. There will also be an opportunity to experience the Virtual Dementia Tour, which is an immersive experience mimicking what it is like to have dementia. This program is brought to you by the Aging & Disability Resource Center of Dane County, Dane County Adult Protective Services and Positive Solutions LLC. The program will be held on **November 6, 2023** from **1:00-3:30 p.m.** The program is free but space is limited. **At the Senior Center.**

*Featured Staff*



**THE CITY OF  
Fitchburg  
SENIOR CENTER**

608-270-4290 to learn more!  
5510 Lacy Road, Fitchburg

Amy Jordan  
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## Fitchburg Senior Center Friends (FSCF)

The Fitchburg Senior Center Friends were pleased to provide \$1,119.72 in August to support Senior Center participants and activities.



### Thank You and Welcome

Thank you to those who attended the patio ribbon cutting on **September 11** and those who joined us for the National Senior Center celebration festivities on **September 15**. Stop by sometime to enjoy some fall sunshine on the new patio.

Thank you to departing Friends Board members Bill Horns and Bob Rottman for their years of service on the Board.

Thank you to the current board members who have renewed their terms: Carolyn Hook; Earl Fischer; Marcia Griskavich; and Carol Rodriguez.

We are pleased to welcome new board members: Penny Koerner; Marchelle Mertens; Shirley Plumb; and Rita Thomas.



Thank you to those who cruised on the Jewels of the Rhine. If you're still thinking about getting away, there are openings on our 2024 trips (**SEE PAGE 7**). 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.

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## Fitchburg Singers—Come Sing W/Us!



The Fitchburg Singers practice the **1st & 3rd Wednesday** at **1:00 p.m.** The Singers typically sing a variety of pre rock and roll oldies. For a better idea, visit: [Fitchburgsingers.org](http://Fitchburgsingers.org) and view past performances.

## RSVP Ride Request Now

### Online

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



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\*Some restrictions apply.



**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.

### **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

### **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.





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*Celebrating 100 Years of Caring for Your Family*

## 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	

### Make-a-Card Club News!

We look forward to crafting twice this month, on **October 13** and **27**, as we continue autumn greetings. Idea: make a personalized card, as some participants have done, by bringing a photo! Due to Thanksgiving, we may be paper crafting only once in November, but double the joy with a bonus card for every card you make! Starting time is **12:15** and ending is **2:00 p.m.** (new time).



### 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](mailto: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 Bilingual Bingo

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



### Bring Your Needles And Thread!!

Make new "Pals" at the FSC while completing your cross stitch projects. Lots of help offered along with many opinions. All are welcome to chat and stitch. Bring your lunch or purchase the day before thru the FSC. Looking forward to sharing time together. First Thursday of every month starting **November 2**. Meeting from **9:00 a.m. to 3:30 p.m.**



### 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, October 13, 2023 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *Nomadland* by **Jessica Bruder**. For a list of upcoming books, visit: [www.fitchburgwi.gov/seniorcenter](http://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, October 26, 2023 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *Biter Medicine* by **Sara Paretsky**.

### 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.**



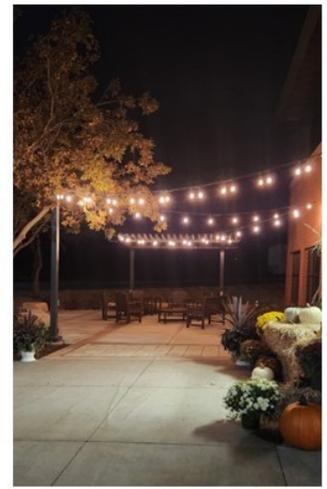
## Friends

Vicki & Drew Fondrk  
 Michael & Carol Sands  
 Mary Powers  
 Joan Colburn  
 Marie Weber  
 Ann Buedel  
 Judith Broad  
 Maren Horne  
 Carol Chellew  
 Kathy Talaat  
 Linda Baumann  
 Julia Arata-Fratta  
 Gary & Bette Whited  
 Mary Cochems  
 Arlene Ace  
 Jim & Pam Yoder  
 Mary Thole  
 Duke & Jackie Damson  
 Mark & Debbie Hamilton  
 Ron Salinas  
 Ruth Becker  
 Carol Rodriguez  
 Mary Berthold  
 Robert & Barbara Rottman  
 Craig & Kathy Wehrle  
 Shirley Wright  
 Bernice Bariola  
 Victor Emanuel & Paula Romeo  
 Matt Solomon  
 Leigh Arora  
 Georgia Ascher  
 Joy Zhou  
 Jean Roche  
 Ardrith McKeown  
 Gabriella Gerhardt  
 Aaron Richardson  
 Geri Davenport  
 Rich Eggleston & Anita Clark  
 Daniel & Judith Breunig  
 Laura Portz  
 Sue & Scotty Sheets  
 Rachel Baker  
 Brian & Janet Klock  
 Joanne McKinley  
 David & Nancy Hoffman  
 Brenda Stewart  
 Mary Steel  
 Marilyn Haynes  
 Tom & Dianne Schmidt  
 Judy Nackers  
 Steve Harrington  
 Peter & Judith Hirsch  
 Robert & Lucy Lasseter  
 Judy Prestigiacomio  
 Bonnie Schmidt  
 Margaret Amend  
 Lloyd & Joanne Strauss

Eldon & Ginny McLaury  
 Dick & Mary Steinmann  
 Leslie Hall  
 Steve Jones  
 Mark & Susan Klein  
 Joe & Adrienne Imilkowski  
 Booker & Pauline Gardner  
 Tom & Karen Johnson  
 Patricia Casad  
 Eloisa Chavas  
 Sonjia Short & Mike Croft  
 Susan Chamberlain  
 Larry & Donna Noyce  
 Rebecca Lee  
 Mary Ruppert  
 Roger & Jean Cohee  
 Butch & Joanne Jensen  
 Sam Gibson  
 Kathy Sylvester  
 Sharon Koenig  
 Jean Hasz  
 Ewing & Patti Row  
 Bob Power  
 Shawn Pfaff  
 Kathy Wehrle  
 Lise Skofronick  
 Kathy Farnsworth  
 Deb Badowski  
 Donna & Scott Lewein

# Thank You Donors!!

## Patio is now open for all to enjoy!



## Champions

Jim & Kathy Sosnouski  
 Patricia McCarthy  
 Susan Awve  
 Lee & Mary Ihlenfeldt  
 Roger & Linda Boettcher  
 Frank Evans  
 Denny & Carole Mohr  
 Charles & Rita Richardson  
 Khiang Seow  
 Family of Phil & Winnie Lacy  
 Charles & Linda Gorchels  
 Fritz Kruger  
 Bob & Donna Stewart  
 David & Sarah Fahey  
 Dennis Domack  
 James & Jean Schwanke  
 Sandy Weisberger  
 Jim Krogstad & Jill Pinzer-Krogstad  
 Walt & Berdi Kaegi  
 Bob Hillner  
 Sandy Turk  
 Carol Beecher  
 Jay Allen  
 Roger Damrow  
 Laura Langer  
 Mary Steel  
 Marcia Griskavich  
 Charlotte & Lowell Millisor  
 Sandhia McLeod  
 Fitchburg Senior Center Friends

## Supporters

Sharon Trimborn  
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 Tom & Joey Marshall  
 Gail Schauer  
 Fran Lacy  
 Randy Udell  
 Michelle Ogilvie

### PATIO PROJECT



*Benefactor*

**Kayser Automotive Group**  
**and the Patrick & Lee Baxter Family Foundation**



*Thank you*

### PATIO PROJECT

**PARK BANK**



*Thank you*

### PATIO PROJECT

**BROWN SALES**



*Thank you*

### PATIO PROJECT

**Fitchburg Family Pharmacy**



*Thank you*

### PATIO PROJECT

**summit CREDIT UNION**



*Thank you*

### PATIO PROJECT

**NORTH STAR Resource Group**  
 Changing Lives. Forever!



*Thank you*



Special thanks to **Revelation PR, Advertising & Social Media** for their in-kind support.

OCTOBER

2023

2	3	4	5	6
<p>Balsamic Glazed Chicken Whole Wheat Rotini Three Bean Salad California Vegetable Blend Pineapple Tidbits Chocolate Chip Cookie</p> <p>MO: Veggie Burger NCS: SF Cookie SO - Garden Vegetable</p>	<p>Hamburger on a WG Bun W/ Lettuce, Tomato, Onion Corn Roasted Potatoes Rice Krispy Bar</p> <p>MO: Veggie Burger NCS: Red Grapes SO - *Cobb</p>	<p>*Bolognese Sauce Over Spaghetti Italian Vegetable Blend Green Beans Mandarin Orange Apple Cinnamon Muffin</p> <p>MO Lentil Bolognese NCS: Cantaloupe SO - *Italian Salad</p>	<p>Creamy Chicken Wild Rice Soup WG Dinner Roll Side Salad w/ tomatoes &amp; cucumber w/Dressing Diced Peaches Chocolate Cake</p> <p>MO: Vegetable Soup NCS: SF Jello SO - Gyro Salad</p>	<p>Broiled Cod Scalloped Potatoes Coleslaw Prince Charles Vegetables Rye Bread Chocolate Pudding Cup</p> <p>MO: PB Italian Sausage NCS: Sugar Free Pudding</p>
<p>9</p> <p>Chicken Parmesan Whole Wheat Spaghetti Broccoli Corn Oreo Cheesecake</p> <p>MO: 3 Cheese Calzone NCS: Honey Dew Melon SO - *Chicken Bacon Salad</p>	<p>10</p> <p>Beef Pot Roast Long Grain Wild Rice Mixed Vegetables Vinegar Cucumber Salad Pineapple Chunks Cherry Strudel</p> <p>MO: PB Pot Roast NCS: Orange SO - Greek Salad</p>	<p>11</p> <p>*Creamy Potato Soup w/ Bacon WG Dinner Roll 3-Bean Salad Fruit Cocktail Brownie Cookie</p> <p>MO: Cheese Broc Soup NCS: SF Cookie SO - *Spinach Salad</p>	<p>12</p> <p>Breakfast Sandwich w/ Egg, Turkey Sausage, &amp; Cheese Paco Vegetables with Roasted Potato Asparagus Tips Juice Cinnamon Roll</p> <p>MO: PB Sausage NCS: Fruit Cup SO - Chicken Caesar</p>	<p>13</p> <p>Salmon Burger on a WG Bun Tartar Sauce Lemon Wedge Quinoa Salad Normandy Vegetables Orange Kringle</p> <p>MO: Black Bean Burger NCS: SF Cookie</p>
<p>16</p> <p>Baked Ham w/ Gravy Parisian Carrots WG Dinner Roll Cauliflower Honey Dew Melon Cherry Gel Cup</p> <p>MO: Smoked Tempeh NCS: Orange SO - Turkey Club</p>	<p>17</p> <p>Lemon Pepper Chicken Breast Over Long Grain Wild Rice Green Beans Root Vegetables Grapes Chocolate Chip Cookie</p> <p>MO: PB Herb Chicken NCS: SF Cookie SO - Garden Vegetable</p>	<p>18</p> <p>Chicken Broccoli Rice Prince Charles Vegetables Roasted Sweet Potatoes Diced Peaches Oreo Mousse</p> <p>MO: Chickpea Broccoli NCS: SF Pudding SO - Sunflower Crunch</p>	<p>19</p> <p>Sliced Brisket Baked Bean Mixed Vegetables WG Dinner Roll Pineapple Tidbits Butterscotch Pudding</p> <p>MO: Black Bean Patty NCS: SF Jello SO - *Chef</p>	<p>20</p> <p>Beef Stroganoff Egg Noodles WG Dinner Roll Far East Vegetables Applesauce</p> <p>Vanilla Cheesecake MO: PB Beef NCS: Orange</p>
<p>23</p> <p>Spaghetti &amp; Meatballs Crinkle Cut Carrots Steamed Broccoli Apple Tapioca Pudding</p> <p>MO: Veg Meatballs NCS: SF Pudding SO - Grilled Chicken Almond</p>	<p>24</p> <p>Meatloaf with Gravy Mashed Potatoes Green Beans Salad w/ tomatoes &amp; cucumber WG Bread Peanut Butter Pie</p> <p>MO: Impossible Loaf NCS: Planters Peanuts SO - *Bacon and Bleu</p>	<p>25</p> <p>Barbecue Pulled Chicken BBQ Sauce Baked Beans Cornbread Corn Fruit Salad Brownie</p> <p>MO: Barbecue Tofu NCS: Sugar Free Pudding SO - Garden Vegetable</p>	<p>26</p> <p>WG Pancakes Syrup Turkey Sausage Patties Vegetables w /Potato Juice Banana Blueberry Muffin</p> <p>MO: PB Sausage NCS: Orange SO- *Cobb Salad</p>	<p>27</p> <p>Vegetable Beef Barley Soup WG Dinner Roll Peas and Carrots Roasted Fuji Apples M&amp;M Cookie</p> <p>MO: Sweet Potato &amp; Kale Soup NCS: Sugar Free Chocolate</p>
<p>30</p> <p>Macaroni and Cheese Capri Vegetable Blend *Hoppin' John Beans Mixed Fruit Sugar Cookie</p> <p>MO: Veg Beans NCS: SF Cookie SO- Southwest Chicken</p>	<p>31</p> <p>Roasted Chicken Breast Roasted Potato Gravy Coleslaw Honeydew WG Dinner Roll Strawberry Cheesecake</p> <p>MO: Grilled Tofu NCS: Strawberries SO- *Italian Salad</p>	<p>Meals provided by AtlantisValley Foods. All menu items are prepared in a kitchen that is not allergen-free. We cannot guarantee that food allergens will not be transferred through cross contact.No substitutions allowed. <b>*Contains Pork</b></p> <p><b>PB= Plant Based SF= Sugar Free WG= Whole Grain MO=Meatless</b> <b>SO=Salad Option SALAD OPTION: Dine in only! Monday – Thursday!</b></p>		

# OCTOBER 2023

\* \* = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																				
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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	8:30 AM Quilters <u>9:30 AM Shop-Walmart</u> 10:30 AM Bid Whist/Spades 12:45 PM Euchre Foot Care** Pickleball Pre-Register	8:30 AM Aerobics ** 9:45 AM Aerobics ** 10:00 AM Art Studio 11:15 AM F-Fitness ** 1:00 PM Singers	9:00 AM FSC Friends 9:00 AM Tai Chi ** 9:30 AM Informal Quilting <u>9:30 AM Shop-Pick N Save</u> 12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheephead	8:30 AM Aerobics ** 9:00 AM Ping Pong 9:45 AM Aerobics** 11:00 AM Informal Writing Group 11:15 AM F-Fitness ** 1:00 PM Bunko																																																																																				
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Fitchburg Senior Center  
 5510 East Lacy Road  
 Fitchburg, WI 53711  
 608-270-4290  
 8:00-4:00 p.m. M-F  
[www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter)



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

# Salad Option Monday- Thursday!



*You Have Options*

Starting October 1, 2023 you can choose the **SALAD OPTION Monday through Thursday!** Salad Option is limited to **DINE-IN** only. Just let us know "I want the salad option!"



- \*Turkey Club**  
Salad Mix, Tomato, Cheddar, Mozzarella, Bacon, Turkey
- \*Italian**  
Salad Mix, Tomato, Banana Pepper, Black Olives, Salami, Mozzarella
- \*Bacon & Bleu**  
Kale Rainbow Lettuce (rainbow kale, shaved Brussels sprouts, Napa cabbage, red cabbage, radicchio, carrots), Bleu Cheese Crumbles, Tomato, Bacon
- Garden Vegetable**  
Salad Mix, Broccoli, Carrot, Cauliflower, Radish, Tomato, Chickpeas
- \*Spinach Salad**  
Spinach, Mushrooms, Tomato, Hard Boiled Egg, Bacon
- Chicken Caesar**  
Romaine, Chicken, Parmesan, Hard Boiled Egg
- \*Chicken & Bacon Salad**  
Salad Mix, Chicken, Bacon, Cheddar, Mozzarella

- \*Chef**  
Salad Mix, Ham, Turkey, Hard Boiled Egg, Tomato, Cheddar
- \*Cobb**  
Salad Mix, Chicken, Tomato, Feta, Bacon, Hard Boiled Egg
- Greek**  
Salad Mix, Kalamata Olive, Tomato, Feta, Chickpeas
- Sunflower Crunch**  
Kale Rainbow Lettuce (rainbow kale, shaved Brussels sprouts, Napa cabbage, red cabbage, radicchio, carrots), Salad Mix, Edamame Beans, Almonds, Sunflower Seeds, Dried Cranberries
- Southwest Chicken**  
Salad Mix, Cajun Chicken, Black Bean Corn Salsa, Cheddar, Mozzarella
- Grilled Chicken Almond**  
Salad Mix, Chicken, Almonds, Cheddar, Mozzarella, Dried Cranberries
- Gyro Salad**  
Salad Mix, Beef & Lamb Gyro Meat, Tomato, Kalamata Olive, Feta, Banana Peppers, Tzatziki Sauce



All Salads come individually packaged with Fork, Crouton Packet, & Dressing Packet. Each entrée salad meal will include a whole grain dinner roll, butter pat, fruit, and dessert. Chickpeas can be substituted for meat in any salad to make it a Meatless Option  
 \*Contains Pork



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 Handyman, Remodeling  
 Home Maintenance**

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**(608) 806-7477**  
 Free Home Assessments

Matt@GoldenHomeManagement.com  
 www.GoldenHomeManagement.com  
 Certified Aging-In-Place Specialists

# 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