



Prime Time News

September 2022

Fitchburg Senior Center
Volume XVII Issue 9

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New Sessions Starting!

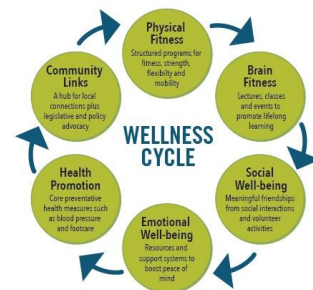
- Cardio Drumming P.2
- Ballroom Basics P.2
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CLOSED SEPT. 5

Reimagine Aging! September is National Senior Center Month

This month we are proud to celebrate the many ways senior centers strengthen communities and provide opportunities to reimagine aging!

To help us celebrate we invite you to join us for live music, food, demos and drinks (soda/beer) on Tuesday, September 27 from 5:00-8:00 p.m. Food and drink sales begin at 5:00 p.m. with the Red Hot Horn Dawgs playing from 6:00-8:00 p.m. Weather permitting the festivities will be held outdoors near our main entrance.



Are You Awesome? Volunteer With The Fitchburg Senior Center!

Programming at the Fitchburg Senior Center survives because of great volunteers like YOU!

Check out all the volunteer positions available! Visit our website and click on Volunteer Opportunities near the top: www.fitchburgwi.gov/seniorcenter to find you fit!

Brain & Body Fitness: Empowering Communities Through Brain Health Education and Support

Built from a passion for empowering community members to learn more about and promote their brain health, the Gilmore-Bykovskyi Research Team and Madison School & Community Recreation (MSCR) have been partnering since 2019 to offer the Brain & Body Fitness program. Through the program, older adults gain access to education and hands-on tools for strengthening both physical and mental well-being.

The Fitchburg Senior Center will be offering a two-part series in collaboration with the Brain and Body Fitness Program. People 50+ interested in learning ways to promote brain health and wellness are encouraged to enroll! **September 13 & 20 at 10:30 a.m.**

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

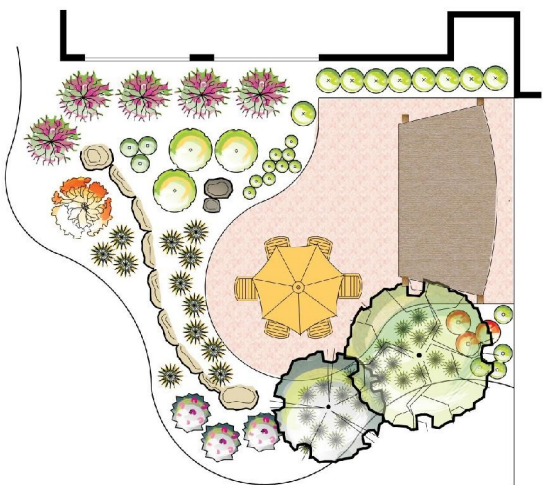


HELP US

BUILD — A NEW — PATIO

Over the past few years, our center has seen an increase in demand for more outdoor programming and activities. As a result, we are looking to build a patio near our main entrance, and we need your help.

To build the patio this fall, we need the community's support in raising at least \$50,000 by Sept. 30, 2022. Here are our sponsorship levels for individual and corporate giving.



QUESTIONS?

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

SPONSORSHIP TIERS

INDIVIDUAL

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

CORPORATE

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

HOW TO CONTRIBUTE

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

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

Fitchburg Senior Center

5510 Lacy Road

Fitchburg, WI 53711

Please put "Patio" in the memo line.





Smart Cycling - Fitchburg

BICYCLING SKILLS VARY FROM SIMPLE TO COMPLEX, AND MASTERING THE SKILLS IN OUR COURSES BUILDS CONFIDENCE AND CONTROL. AS YOUR SKILLS INCREASE, YOU'LL HAVE GREATER ABILITY TO TACKLE LONGER DISTANCES AND MORE COMPLEX TRAFFIC SCENARIOS.

On Friday, September 9 at 9:30 a.m., you will have the opportunity to learn from two instructors from the League of American Bicyclists.

Register

Topics include:

Register

starting* stopping* steering* shifting* signaling* scanning

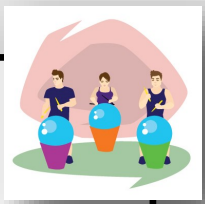
Register today for this wonderful educational opportunity.

Bring your bike and helmet for fit testing.

Cost: \$10. Includes the Smart Cycling Quick Guide, an ABC Quick Check bookmark and city and county maps. Visit **www.fitchburgwi.gov/seniorcenter** and click registration.

Cardio Drumming

Cardio Drumming W/ Melissa! Mondays, September 26 - November 21 (skip Nov. 7). Eight Weeks. 1:00 - 2:00 p.m. Fridays, September 23 - November 11. Eight Weeks. 1:00 - 2:00 p.m. Take one or both! All equipment included. \$30 per session. To register visit our website and click on program registration at the top of the home page: www.fitchburgwi.gov/621/Senior-Center



Ballroom Basics For Balance—Thursdays, October 6—December 15 (skip November 24). Start times: 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



NEW

Yoga for a Cause!

Help Us Build A Patio

Join us for "Donation Yoga for a Cause" on Tuesdays and Thursdays from September 6 through 22 at 10:00 a.m. *The all-levels outdoor yoga class, led by Linda Gorchels and held near the main entrance of the Senior Center, will raise money for the Center's proposed patio.*

Suggested donation is \$5 per class although no donation (yes, free!) or larger donations will be accepted. (**Drop-in**)



Chess Group

Did you know that we have a group playing every Thursday at 12:30 p.m.? If not and you enjoy playing Chess, you are more than welcome to come and play! Want to come early for the noon lunch? You can do that, too! Call the day before by 9:00 a.m. to put your meal reservation in.

Fitchburg Ukulele Network—FUN

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 Jill at jillkranz@gmail.com for the schedule and how to get involved.





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 September 2–30, 11:15–11:45 a.m. Cost: \$20.



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

In-person & Zoom, September 2–30 for a great cardio and light strength-building routine!
8:30 in-person / 8:30 Zoom / 9:45 in-person. Cost: \$30



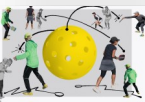
Yoga W/ Kurt Fall Session One

In-person & Zoom, September 12–October 24. Seven weeks. \$56
 Level Two/Intermediate: 9:15–10:30 a.m. Level One/Beginner: 10:45 a.m.–12:00 p.m.



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. Every Thursday at 9:00 a.m. \$2 drop-in donation. See above for registration.



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—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 (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

There are three very important ways to be connected to what we offer at the Fitchburg Senior Center.

1. Go to our City site: www.fitchburgwi.gov/seniorcenter
2. Click on the green Senior Center E-Newsletter button to register
3. Click on the blue Programs Registration Page button and explore more programs than just what you see here. Also, register for FREE to be a member.



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!

September 2022



Chicken Cranberry Bacon Bleu 9/06/22

Mixed greens with diced chicken, bacon crumble, dried cranberries, bleu cheese crumbles & croutons.

Dressing: Balsamic Vinaigrette

Meal items with this: fruit, rice krispy treat & pasta salad

Harvest Salad 9/13/22

Mixed greens topped with beets, garbanzo beans, cucumber, onion, feta cheese and croutons.

Dressing: Balsamic Vinaigrette

Meal items with this: oj & Muffin

Hummus Platter: 9/20/22

Pita wedges, Hummus, roasted vegetables with green garnish

Meal items with this: Applesauce & cookie

Pulled Pork Santa Fe Salad 9/27/22

Mixed greens topped with seasoned shredded pork, black bean salsa & tortilla strips

Dressing: Ranch

Meal items with this: Fruit cocktail, PB cup & crackers

*Limited to dine in only.



Preventing Older Adult Falls

Falls are the leading cause of injury in older adults (65+) making them a significant concern in this age group. Although common, falls do not have to be an inevitable part of aging. Learn simple ways to keep on your feet and reduce the likelihood of falls to maintain your Independence.

Thursday, September 1 at 10:00 a.m.



HyVee Reminder

Just a reminder that the Hy-Vee Meal Program has ended as of September 1, 2022.

FITCHBURG SENIOR CENTER FRIENDS SEPTEMBER 2022

The Brat Lunch fundraiser was very successful making a little over \$1000 after expenses! Thanks to all who supported it. Special thanks to these additional companies for their cash donations:

Oak Bank
Stephanie Blankenheim—EDWARD JONES
Comfort Keepers

Payments this month were made for special needs \$690.99 and three scholarships for \$60.

COME TRAVEL WITH US IN 2022 - 2023

Join your friends and neighbors in this great lineup of travel choices.

Our 2022 Tours include: National Parks of the Southwest, Sept. 25, 2022. Arches NP, Monument Valley, Grand Canyon NP North, Zion NP, Bryce NP, Lake Mead

Our 2023 Tours include: New Orleans Pre-Mardi Gras, Feb 14; to give us a lower cost mid-winter break, French Quarter, Bourbon Street, Cajun Cuisine, Avery Island

America's Heritage of the East, May 19; with its great venues of both historical and present day significance, Nat. Memorials, Mount Vernon, Arlington, Colonial Williamsburg, Shenandoah/ Harpers Ferry/Gettysburg NPs, BroadwayShow

Mount Rainier and Olympic National Parks, June 22; in the beautiful Pacific Northwest, Pacific NW, Victoria B.C., Blake Island Cruise, Puget Sound

Jewels of the Rhine River Cruise, Sept 8; a true gem for our international tour, Amsterdam, Cologne, Koblenz, Strasbourg, Freiburg, Lucerne

New England Rails & Sails Fall Foliage, Sept 30; a different experience for those of you who have so enjoyed our past New England Fall colors tours, Boston, Kennebunkport, Maine's Casco Bay Cruise, White Mtns, Whale Watching Cruise

Pick up detailed flyers in lobby of the Senior Center.
Questions, call Jack at 608-235-5267





REACH Book Club will resume on Thursday, September 8 at 1:30 p.m. We will begin the year with a discussion of the book, *The Chosen and the Beautiful* by Nghi Vo.

"Jordan Baker grows up in the most rarefied circles of 1920s American society—she has money, education, a killer golf handicap, and invitations to some of the most exclusive parties of the Jazz Age. She's also queer, Asian, adopted, and treated as an exotic attraction by her peers, while the most important doors remain closed to her."

October 13, 2022 *Nomadland* by Jessica Bruder

November 11, 2022 *All the Light We Cannot See* by Anthony Doerr

December 9, 2022 *Wuthering Heights* by Emily Bronte (Classic)

January 12, 2023 *Nothing to See Here* by Kevin Wilson

For a full listing of books for 2023, please visit www.fitchburgwi.gov/seniorcenter and click on groups to join.

FYI: If you put the books on hold and suspend them until close to the month of the discussion you should not have a problem getting any of these books from the library. Ask a librarian if you need help to do this.

REACH Book Club meets the 2nd Thursday of each month, September thru June at the Fitchburg Senior Center at 1:30 p.m.

The *I Love a Mystery Book Club* will meet on Thursday, September 22, 2022 at 1:30 p.m. at the Fitchburg Senior Center. (the 4th Thursday). We will discuss the book, *Catering to Nobody* by Diane Mott Davidson. The first book in the Goldy Bear Culinary Mystery Series introduces us to an extraordinary caterer who not only cooks but also solves murders.

Contact Jodi Johnston for details.

Call 608 438 7437

info@cremationsocietyofmadison.com



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MADISON

Senior Center Staff

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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)



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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Rides To Your Medical Appointments Are Only A Phone Call Away!

Do you have difficulty getting yourself to the doctor? Do you have kids in the area who can help out from time to time, but they have busy schedules? Consider using our RSVP of Dane County volunteer ride program. The Senior Center has a group of volunteers who take time out of their day to safely transport folks just like you to and from appointments.

See page 10 under Transportation Services for more information.

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. September 21

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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September 2022

			Thursday 1	Friday 2
			Egg Salad Sandwich Pickled Beets Cucumber slices Banana Sherbet NCS – SF ice cream	Meat Spaghetti Carrot Coins Mixed Green Salad Dressing Peach cup Cookie MO – Marinara NCS – SF pudding
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
 CLOSED	Tuna Salad on bed of lettuce Sicilian Pasta Salad Creamy Corn Salad Fruit Cup Rice Crispy treat MO – egg salad NCS – applesauce Chic Cran Bacon Bleu	Cheeseburger: w/ Lettuce/tomato Calico Beans Potato Salad Fruit Cocktail Oreo cookie Meal at Center! MO – Black Bean burger NCS – SF pudding	BBQ Chicken Baked Sweet Potato WW Bread Banana Nutty buddy bar MO – Veggie BBQ NCS – SF jell-o	*Pork Loin in Gravy Mashed Potatoes Peas WW Bread Mandarin Oranges Pudding MO – Vegballs NCS – SF pudding
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Chicken and Gravy Over White bread Carrot coins Green beans Pineapple cup Jell-o cup MO – Veggie in Gravy NCS – Sf jell-o cup	Sausage Veggie Egg Bake Fruit Cup Roasted potatoes Orange Juice Apple Muffin MO – Veggie Egg Harvest Salad!	Baked Mostaccioli WW Dinner Roll Broccoli Fruit cup Oatmeal Cream Pie Meal at Center! MO – Veg mostaccioli NCS – applesauce	*BBQ Pulled Pork on a WW Bun Roasted potatoes Carrots Peach cup Straw/banana yogurt MO – BBQ garden Burger NCS – SF pudding	Chicken Alfredo Penne Brussel Sprouts 3 Bean Salad Applesauce Sherbet MO – Veg Alfredo NCS – SF jell-o
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Garlic Parm. Chicken Stewed tomatoes Spinach Casserole WW Bread Pear cup Fudge cookie MO – Veggie garlic Soy NCS – fruit cup	Fish Sandwich w/ Cheese Tartar Sauce Yams Peas Berry applesauce Cookie MO – Multigrain Burger NCS – SF jell-o Hummus Platter!	Honey Chicken Broccoli Yams Macaroni Peach cup Ice Cream Meal at Center! MO – Soy Honey NCS – banana	Chicken Caesar Salad w/Parmesan Croutons & Caesar dressing Copper Penny salad Mixed fruit cup Pudding MO – Soy w/ ranch NCS – SF pudding	*BBQ Ribs Cheesy Potatoes Pickled Beets WW Dinner Roll Mandarin Oranges Sherbet MO – Veg BBQ meatballs NCS – SF ice cream
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Peach cup Italian ice MO – Chickpea Joe NCS – SF pudding	Chicken a la King Brown Rice Green Beans Vinegar Corn Salad Fruit Cocktail Peanut PB cup MO – Soy a la king NCS – SF jell-o Pulled Pork Santa Fe	Enchilada Casserole Broccoli Fiesta Corn Banana Oatmeal cream pie Meal at Center! MO – Bean Burrito NCS – SF pudding	*Italian Sausage w/pepper and onion Coney Bun Roasted potatoes Stewed Tomatoes Pineapple cup Fudge Brownie MO – Hummus wrap NCS – fruit cup	Chicken Broc. Rice Casserole Carrot Coins Chickpea Salad Tropical Fruit cup Ice cream MO – Soy Rice Casserole NCS – SF ice cream

To Note: Meals at the Senior Center EVERY Wednesday SALAD OPTION TUESDAYS! (dine in only)

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 or cheese garnishes or condiment packets (Ketchup, mustard, BBQ sauce, etc.)

*contains pork **NAS to omit

Senior Dining



Fellowship Food & Fun



SEPTEMBER 2022

* * = PRE-REGISTER PROGRAMS

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY																																																																																										
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<div>26</div> <div>8:30 AM Aerobics **</div> <div>9:00 AM Yarn Group</div> <div>9:45 AM Aerobics **</div> <div>10:00 AM Bridge</div> <div>11:15 AM F-Fitness **</div> <div><u>11:30 AM St. Vincent Pantry</u></div> <div>1:00 PM Ping Pong</div>		<div>27</div> <div>8:30 AM Quilters</div> <div><u>9:30 AM Shop-Target</u></div> <div>10:00 AM Hookers</div> <div>12:45 PM Euchre</div> <div>1:00 PM Mahjong</div> <div>2:15 PM Women's Group</div> <div><u>5:00 PM -8:00 PM Senior Center Month Celebration!</u></div> <div>Pickleball Pre-Register</div>		<div>28</div> <div>8:30 AM Aerobics **</div> <div><u>9:30 AM Shop-Walmart</u></div> <div>9:45 AM Aerobics **</div> <div>10:00 AM Art Studio</div> <div>11:15 AM F-Fitness **</div>		<div>29</div> <div>9:00 AM Tai Chi **</div> <div><u>9:30 AM Shop-Pick N Save</u></div> <div>12:30 PM Bingo</div> <div><u>12:30 PM Chess Club</u></div> <div>1:00 PM Sheepshead</div>		<div>30</div> <div>8:30 AM Aerobics **</div> <div>9:00 AM Ping Pong</div> <div>9:45 AM Aerobics**</div> <div>11:15 AM F-Fitness **</div> <div>1:00 PM Bunko</div>																																																																																										

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 to 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'mos emociona 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.

A	B	C	D	E
Drop-In Games & More - New Players Always Welcomed				
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Bridge 10:00	Euchre 12:45		Chess 12:30	Ping Pong 9:00
Ping Pong 1:00	American Mahjong 1:00		Bingo 12:30	Bunko 1:00
			Sheepshead 1:00	

Fun Factor!
10++

Make-and-Take Card Club News!

Continue your independent work from 12:15 to 2:30 p.m. on Sept. 9 and Sept. 23! Friendly help will be available! Call 608-270-4290 to pre-register.



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)



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 **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.



**TRAVELING
for TOOTSIES**
MOBILE PEDICURIST

Amy Foster, CMP
Owner, Master Pedicurist

608-576-8986
TravelingForTootsies@gmail.com



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