

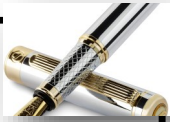


# Prime Time News

## January 2023

Fitchburg Senior Center  
Volume XVIII Issue 1

### Note From The Director



It's time to say good-bye to 2022, and welcome to 2023! For many people, the new year is a re-set. It is a time to carry good memories into the next year, but also a time to reflect on habits or attitudes you may want to change. As my staff well know, I LOVE to set goals; for me, for them, and for the Center! I get excited about new beginnings and love the challenge of "moving the bar" just a bit higher. But some goals can be unattainable if you do not have a relaxed mind, a peaceful soul and a healthy body.

So my wish for all of you is that you enter this new year full of hope, excitement, kindness for yourselves and others, and with a long list of goals!

## Look Ahead



- ◆ The Journey P.2
- ◆ Line Dancing P.2
- ◆ Veterans Support P.2
- ◆ Little John's P.2
- ◆ Exercise Classes P.3
- ◆ Memoir Writing P.4
- ◆ Story Time P.4
- ◆ Travels W/ Joe P.6
- ◆ Euchre Lessons P.6
- ◆ Groups & More P.7

### 2023 Fitchburg Tax Info

AARP Tax Aide volunteers will again offer free tax preparation for elderly and low- to moderate-income people. This year, returns will be prepared with two short appointments on the same day: 1) Brief interview, and leave your documents with the tax preparers after you (and spouse) sign consent form; 2) Pick up your documents and sign for your completed tax return two to four hours later.

#### Come prepared

Intake forms and instructions must be picked up at Fitchburg Senior Center and filled out completely BEFORE your appointment. At your appointment, bring: signed and completed intake forms; photo ID for taxpayer(s); Social Security card or Social Security statement with social security number on it for everyone listed on your return; 2021 federal and state tax returns; verification of income including, but not limited to, SA-1099, 1099-R, 1099-INT, 1099-DIV, 1099-B,W-2; blank check if you want direct deposit. If filing for Homestead, you must bring 2022 original rent certificate without any mistakes, and/or 2022 property tax bill.

**Tax Aide volunteers** are only permitted to help with simple tax returns. Examples of returns that they CANNOT prepare: Divorce finalized in 2022; married filing separately; hobby income; most self-employment income; farm income; rental income; and other less common situations.

Questions about your eligibility?? Call the Senior Center and ask for a tax preparer to call you. 608-270-4290

**Closed Jan. 2 & 16**

**Weather Policy P.5**



## Understanding The Journey

Every person has their own journey in understanding what it means to support LGBTQ+ people, whether you're LGBTQ+ or not. And as our world moves towards more acceptance of diverse identities, there may be questions about how to support this the LGBTQ+ community and/or a friend or family member.

To assist in this journey the Senior Center is hosting a roundtable discussion on **Tuesday, February 7, at 10:00 a.m.** All are welcome including members of the LGBTQ+community, Gay Allies, and parents of gays to discuss topics of shared interest, ask questions and become more educated on this topic.



## Line Dancing W/ Nancy!

The Senior Center is excited to have line dancing instructor Nancy Vidlak join us. Nancy has been dancing for over 20 years and brings a wealth of expertise. We are offering a three-week (one hour) series. **February 9, 16 & 23 at 11:00 a.m.** in the upper level Oak Hall Room. Cost \$30. To register, visit: [www.fscprograms.com](http://www.fscprograms.com) and click on exercise opportunities.



## Welcome VFW Post 1318!

With the recent annexation of some areas located in the former Town of Madison, the City and the Senior Center are excited to welcome and collaborate with the VFW Post 1318 located at 2740 Ski Lane Road.

Steven Eisenhower, Senior Vice Commander of the VFW, has offered to facilitate a social group for Veterans at the Senior Center starting this month. The intent of the group is to build friendships, share stories and help Veterans navigate benefits if need be.

First gathering will be on **Tuesday, January 10 from 11:00 a.m.—12:00 p.m.** Advanced registration welcome but not required.



## LITTLE JOHN'S

**Starting in January 2023, Little John's** will become the new Dane County Senior Nutrition Program caterer! We are very excited to be working with Little John's to continue to provide you with nutritious and delicious lunches. Together we will continue to serve over 500 home delivered and congregate meals per day. Take a look at the new menu! We hope you enjoy trying out some of the new lunch offerings. If you have any questions or concerns related to this change, please contact your local dining site. Nutrition related concerns can be directed to Area Agency on Aging of Dane County Nutrition Director Shannon Gabriel at 608-261-5678.

Senior Dining

# LITTLE JOHN'S



Fellowship. Food Fun

## Exercise, Groups & How To Register

To register for most programs below, visit [www.fitchburgwi.gov/seniorcenter](http://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 **January 4–30, 11:15–11:45 a.m.** Cost: \$20



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

In-person & Zoom, **January 4–30** for a great cardio and light strength-building routine!  
8:30 in-person / 8:30 Zoom / 9:45 in-person. Cost: \$30



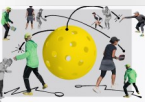
### Yoga W/ Kurt Winter Session Two

In-person & Zoom, **January 9 – March 20. Skip Jan. 16.** 10 weeks. \$80.  
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 Kiang 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 for registration directions. A confirmation email will be sent out to those registered players prior to Tuesday play.



### Cardio Drumming Winter Series

Cardio Drumming W/ Melissa! **Mondays, January 9–March 6** (skip Jan. 16). Eight weeks. 1:00 - 2:00 p.m. **Fridays, January 13–March 3.** 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. Visit [www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter) and click on the “Programs Registration” tab at the top!



## Meet & Greet W/ Brendan!

Brendan from the Limerick Apartments & Townhomes will be with us at **9:30 a.m. on January 5** to answer any questions you might have about this wonderful new complex in Fitchburg!



## 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.

## Fitchburg Ukulele Network—FUN

If you have a ukulele and know basic chords, you are welcome to join us. We usually meet in person at the Senior Center but sometimes meet on Zoom. Contact Jill at [jillkranz@gmail.com](mailto:jillkranz@gmail.com) for the schedule and how to get involved.



# 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!

### January Salads!



Every Tuesday!

#### Asian Noodle Salad: 01/03/23

Noodles with cabbage, carrots, snap peas, green onions & tofu

Dressing: Sesame vinaigrette

Meal items included: Pears, dessert & broccoli slaw

#### Harvest Salad: 01/10/23

Mixed greens with beets, garbanzo beans, apples, & onions

Dressing: Apple cider vinaigrette

Meal items included: bread, pineapple, & dessert

#### Taco Salad 01/17/23

Lettuce, seasoned ground beef, cheese, black olives, & tortilla chips

Dressing: Salsa and sour cream

Meal items included: Whole wheat bread, pears, dessert

#### Chef's Salad 01/24/23

Lettuce, ham, turkey, cheese, black olives, eggs, croutons

Dressing: Ranch

Meal items included: bread, pineapple & dessert

#### Chicken Cesar Salad 01/31/23

Romaine, chicken, parmesan cheese & croutons

Dressing: Caesar

Meal items included: Whole wheat roll, pears, & dessert

\*Limited to dine in only.



## Adult Story Time W/ Minda From The Fitchburg Library

Join Outreach Librarian Minda Maurer as she presents the picture book *Frederick* by Leo Lionni. The presentation will be on a large pull-down screen so everyone can be involved. Along with the program, Minda will guide participants in a fun craft.

**February 16 at 11:00 a.m.**

**THE LIMERICK**  
Contact Us: (608) 235-0046



**Discover your oasis at the newest senior apartment community in Fitchburg!**



## Winter Weather Policy

In the event of inclement weather, the Senior Center will automatically cancel both home-delivered and congregate meals when the Oregon Schools are closed. The cancellation of all other programs will be at the discretion of the class instructor and/or the Senior Center Director. If you have any questions about class cancellations during the winter months, please call our main line at 608-270-4290. In the event staff are unable to answer the phone, all cancellations will be recorded on the Senior Center voicemail message.



## Russia—Life Along The Volga

Joe Fahey will take you on a winding trip from historic St Petersburg to Moscow through cities along the Volga River, including a ride on the Trans-Siberian Railway. He will share the cultural norms and a view of Mother Russia that few from the west get to experience.

Joe has been blessed with a long and rewarding career with a global organization. There he held a variety of executive positions, including leading international marketing and new product development. His work has taken him to places around the world that are historic, exotic, beautiful and occasionally off-beat. You don't want to miss this one! No registration required.

Tuesday, February 7 at 10:30 a.m.



## COME TRAVEL WITH US IN 2023—Call Jack at 608-235-5267

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 (flier at Senior Center)

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, Broadway Show (flier at Senior Center)

Mount Rainier and Olympic National Parks, June 22: in the beautiful Pacific Northwest, Pacific NW, Victoria B.C., Blake Island Cruise, Puget Sound (flier at Senior Center)

Jewels of the Rhine River Cruise, Sept 8: a true gem for our international tour, Amsterdam, Cologne, Koblenz, Strasbourg, Freiburg, Lucerne (flier at Senior Center)

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 (flier at Senior Center)





REACH Book Club will meet on Thursday, January 12, 2023 at 1:30 p.m. at the Fitchburg Senior Center. We will discuss the book, *Nothing to See Here* by Kevin Wilson. Lillian and Madison were unlikely roommates and yet inseparable friends at their elite boarding school. But then Lillian had to leave the school unexpectedly in the wake of a scandal and they've barely spoken since. Until now, when Lillian gets a letter from Madison pleading for her help.

February 9, 2023 *Things We Cannot Say* by Kelly Rimmer

March 9, 2023 *The Last House on Needless Street* by Catriona Ward

April 13, 2023 *Lincoln's Last Trial* by Dan Abrams

May 11, 2023 *The Book Woman's Daughter* by Kim Michelle Richardson

June 8, 2023 Select books for next year

For a full listing of books for 2023, please 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.

The *I Love a Mystery Book Club* will meet on January 26, 2023 at 1:30 p.m. for a discussion of *The Skull Mantra* by Eliot Pattison. "The corpse is missing its head and is dressed in American clothes. Found by a Tibetan prison work gang on a windy cliff, the grisly remains clearly belong to someone too important for Chinese authorities to bury and forget. So the case is handed to veteran police inspector Shan Tao Yun."



### Free "Welcome To Medicare" Seminars

If you are turning age 64 this year, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options. Visit our programming website under educational opportunities at [www.fscpgroups.com](http://www.fscpgroups.com) for full details



### Learn To Play Euchre

The Middleton Senior Center will be offering sessions Friday, February 17 & 24 from 10:30 a.m. –12:00 p.m. at the Middleton Senior Center. If you are interested, reservations can be made starting January 23. Call 608-831-2373

### 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](mailto:FitchburgSeniorCenter@fitchburgwi.gov)



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

Contact Jodi Johnston for details.  
Call 608 438 7437  
[info@cremationsocietyofmadison.com](mailto:info@cremationsocietyofmadison.com)  
CREMATION SOCIETY OF  
**MADISON**



## The Sappho Group—a 50+ Lesbian Women's Social Gathering

**Side note:** Sappho comes from the Greek island of Lesbos from which the term lesbian comes from. She was one of the earliest known female writers and mostly wrote of her love for other women. The phrase "Love is love" comes from one of her poems. She is a well-known figure in Lesbian history.

**Description:** This confidential group is open to 50+ lesbian women - out, in, single, partnered, married, and with all sorts of family definitions and beliefs. The meetings provide a chance to talk with new friends and old and to plan outings to gay and other group events. It will also include community building projects.

Meetings will be held the **third Wednesday of the month from 1:30 - 3:00 p.m.** on the lower level of the Fitchburg Senior Center—Conference Room.

"I declare that later on, even in an age unlike our own, someone will remember who we are" Sappho, c.6th Century, BCE.

## 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.

**Third Wednesday, 9:00-10:00 a.m. January 18, 2023**

Hosted by Financial Advisors Brad Stepp & Stephanie Blankenheim

RSVP is required: 608-271-5100 or [amy.holt@edwardjones.com](mailto:amy.holt@edwardjones.com)



## Edward Jones®



### Stephanie Blankenheim

Financial Advisor

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# JANUARY

# 2023

HAPPY  
*New Year*

 <p>THE CITY OF <b>Fitchburg</b> SENIOR CENTER <i>Good idea!</i></p> <p>Senior Dining</p> <p><b>LITTLE JOHN'S</b></p> <p>Fellowship, Food &amp; Fun</p>	<p><b>Tuesday 3</b></p> <p>Sweet &amp; Sour Pork Over Brown Rice* Zucchini Broccoli Slaw Pears <b>Salad: Asian Noodle</b> MO: Sweet &amp; Sour Tofu</p>	<p><b>Wednesday 4</b></p> <p>Sloppy Joe* on WW Bun w/ Cheese Roasted Potatoes Pasta Salad Banana  MO: Black Bean Burger</p>	<p><b>Thursday 5</b></p> <p>Chicken Parmesan Over WW Pasta Sautéed Greens Corn Applesauce WW Bread &amp; Butter  MO: Tofu Parmesan</p>	<p><b>Friday 6</b></p> <p>Turkey Tetrazzini Over Brown Rice Stewed Tomatoes Dried Apricots Cole Slaw  MO: Tofu Tetrazzini</p>
<p><b>Monday 9</b></p>	<p><b>Tuesday 10</b></p>	<p><b>Wednesday 11</b></p>	<p><b>Thursday 12</b></p>	<p><b>Friday 13</b></p>
<p>Rosemary Mustard Pork* Roasted Potatoes Creamed Spinach Peaches WW Bread &amp; Butter  MO: Rosemary Mustard Tofu</p>	<p>Salisbury Steak with Mushroom Gravy Mashed Potatoes Butternut Squash &amp; Sautéed Greens WW Bread &amp; Butter Pineapple <b>Salad: Harvest</b> MO: Black Bean Steak</p>	<p>WW Mac &amp; Cheese Baked Beans Mandarin Oranges WW Bread &amp; Butter Broccoli Slaw  MO: Mac &amp; Cheese</p>	<p>Beef Stroganoff Over WW Noodles Peas Carrots Dried Cranberries  MO: Tofu Stroganoff</p>	<p>Balsamic Glazed Chicken Zucchini Creamy Cuc Salad Banana WW Bread &amp; Butter  MO: Balsamic Glazed Tofu</p>
<p><b>Monday 16</b></p>	<p><b>Tuesday 17</b></p>	<p><b>Wednesday 18</b></p>	<p><b>Thursday 19</b></p>	<p><b>Friday 20</b></p>
 <p>Life's most persistent and urgent question is, <b>what are you doing for others?</b></p>	<p>Meatloaf* Over Mashed Potatoes Carrots WW Bread &amp; Butter Pears Broccoli Slaw <b>Salad: Taco</b> MO: Beyond Meatloaf</p>	<p>Glazed Ham* Over Mashed Sweet Potatoes Peas WW Bread &amp; Butter Applesauce  MO: Glazed Tofu</p>	<p>Stuffed Pepper Stew with Brown Rice Yellow Squash Creamed Spinach Banana  MO: Stuffed Pepper</p>	<p>Citrus Chicken Over WW Pasta Corn Dried Apricots Green Salad w/ Dressing  MO: Citrus Tofu</p>
<p><b>Monday 23</b></p>	<p><b>Tuesday 24</b></p>	<p><b>Wednesday 25</b></p>	<p><b>Thursday 26</b></p>	<p><b>Friday 27</b></p>
<p>BBQ Pork* on WW Bun w/Cheese Broccoli Baked Beans Cole Slaw Applesauce  MO: Veggie Sloppy Joe</p>	<p>Turkey Breast w/Gravy Mashed Sweet Potatoes Peas WW Bread &amp; Butter Pineapples <b>Salad: Chef's</b> MO: Tofu with Gravy</p>	<p>Whitefish Florentine Over Brown Rice Carrots SW Pasta Salad Applesauce Mandarin Oranges  MO: Tofu Florentine</p>	<p>Roast Chicken Roasted Potatoes Butternut Squash WW Bread &amp; Butter Dried Cranberries  MO: Roast Tofu</p>	<p>Pork Ragu* Over Roasted Red Pepper Polenta Zucchini Creamy Cuc Salad Banana WW Bread &amp; Butter  MO: Garbanzo Ragu</p>
<p><b>Monday 30</b></p>	<p><b>Tuesday 31</b></p>	<p><b>SALAD OPTION TUESDAYS! (dine in only)</b></p> <p><b>For meal reservations, you must call 270-4290 by 9:00 a.m. the day before!</b></p> <p>Milk and Dessert are included with each meal. Dessert will be a confection or additional serving of fruit. NCS (No Concentrated Sweeteners) diets include a dessert made with a sugar substitute or a serving of fruit. <b>*Contains pork</b> 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.</p>		
<p>Spinach Pie Roasted Potatoes Yellow Squash Mixed Fruit WW Bread &amp; Butter  MO: Spinach Pie</p>	<p>Chicken Parmesan Sautéed Greens Zucchini Pears WW Roll &amp; Butter <b>Salad: Chicken Cesar</b> MO: Tofu Parmesan</p>			



# JANUARY 2023

\* \* = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																				
<p style="font-size: 24px; margin: 0;">2</p> <p style="margin: 5px 0;"><b><u>CLOSED</u></b></p>	<p style="font-size: 24px; margin: 0;">3</p> <p>8:30 AM Quilters</p> <p><b><u>9:30 AM Shop-Walmart</u></b></p> <p>12:45 PM Euchre</p> <p>1:00 PM Mahjong</p> <p>Foot Care**</p> <p>Pickleball Pre-Register</p>	<p style="font-size: 24px; margin: 0;">4</p> <p>8:30 AM Aerobics **</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</p>	<p style="font-size: 24px; margin: 0;">5</p> <p>9:00 AM FSC Friends</p> <p>9:00 AM Tai Chi **</p> <p><b><u>9:30 AM Shop-Pick N Save</u></b></p> <p>12:30 PM Bingo</p> <p><b><u>12:30 PM Chess Club</u></b></p> <p>1:00 PM Sheepshead</p>	<p style="font-size: 24px; margin: 0;">6</p> <p>8:30 AM Aerobics **</p> <p>9:00 AM Ping Pong</p> <p>9:45 AM Aerobics**</p> <p><b><u>11:00 AM Informal Writing Group</u></b></p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Bunko</p>																																																																																				
<p style="font-size: 24px; margin: 0;">9</p> <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><b><u>11:30 AM St. Vincent Pantry</u></b></p> <p>1:00 PM Ping Pong</p>	<p style="font-size: 24px; margin: 0;">10</p> <p>8:30 AM Quilters</p> <p><b><u>9:30 AM Shop-Target</u></b></p> <p>12:45 PM Euchre</p> <p>1:00 PM Mahjong</p> <p>2:00 PM Men's Group**</p> <p>Pickleball Pre-Register</p>	<p style="font-size: 24px; margin: 0;">11</p> <p>8:30 AM Aerobics **</p> <p>9:45 AM Aerobics **</p> <p>10:00 AM Art Studio</p> <p>11:15 AM F-Fitness **</p>	<p style="font-size: 24px; margin: 0;">12</p> <p>9:00 AM Tai Chi**</p> <p><b><u>9:30 AM Shop-Pick N Save</u></b></p> <p>10:00 AM Caregiver Support **</p> <p>12:30 PM Bingo</p> <p><b><u>12:30 PM Chess Club</u></b></p> <p>1:00 PM Sheepshead</p> <p>1:30 PM Book Club**</p>	<p style="font-size: 24px; margin: 0;">13</p> <p>8:30 AM Aerobics **</p> <p>9:00 AM Ping Pong</p> <p>9:45 AM Aerobics**</p> <p><b><u>11:00 AM Informal Writing Group</u></b></p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Bunko</p> <p>Footcare**</p>																																																																																				
<p style="font-size: 24px; margin: 0;">16</p> <p style="margin: 5px 0;"><b><u>CLOSED</u></b></p>	<p style="font-size: 24px; margin: 0;">17</p> <p>8:30 AM Quilters</p> <p><b><u>9:30 AM Shop-Walmart</u></b></p> <p>12:45 PM Euchre</p> <p>1:00 PM Mahjong</p> <p>Foot Care**</p> <p>Pickleball Pre-Register</p>	<p style="font-size: 24px; margin: 0;">18</p> <p>8:30 AM Aerobics **</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</p>	<p style="font-size: 24px; margin: 0;">19</p> <p>9:00 AM Cross Stitch</p> <p>9:00 AM Tai Chi **</p> <p><b><u>9:30 AM Shop-Pick N Save</u></b></p> <p>12:30 PM Bingo</p> <p><b><u>12:30 PM Chess Club</u></b></p> <p>1:00 PM Sheepshead</p>	<p style="font-size: 24px; margin: 0;">20</p> <p>8:30 AM Aerobics **</p> <p>9:00 AM Ping Pong</p> <p>9:45 AM Aerobics**</p> <p><b><u>11:00 AM Informal Writing Group</u></b></p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Bunko</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 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 \$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!**

### 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](mailto: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

Cost:  
\$35 for 30 min.  
\$50 for 45 min.  
\$60 for 60 min.  
\$80 for 90 min.

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



A	B	C	D	E
<b>Drop-In Games &amp; More - New Players Always Welcomed</b>				
<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
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	



### Quilting Just For Fun!

Informal drop-in group for quilters to meet and have fun at the same time! Bring your own project to work on. Every **Thursday at 9:30 a.m.**



### Make-a-Card Club

Make-N-Take

Happy 2023! Red envelopes that weren't used to send holiday cards can now be devoted to Valentines for special people of all ages! We have cute stamps especially for children, and as always, materials will be available for all-occasion cards. Join us on January 13 and 27 from 12:15-2:30 p.m. Proposed dates for February are February 3 and 24.



### 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](mailto:inman_ma@yahoo.com) (Drop-in)



### New Members Always Welcomed



Group meets the fourth Wednesday of each month at 2:15 p.m. Informal coffee klatch social at 1:15 p.m. before the meeting. All meetings held at the Senior Center. Any questions, call 608-270-4290. Further info and 2023 speaker schedule can be found on our website: [www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter)



### 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) (Drop-in)



FSCF was pleased to support seniors in November with \$60 for 3 scholarships and \$772 for veterans' meals at the Fitchburg Senior Center (FSC) on Veterans' Day in appreciation of their service. We recently received a \$25.69 donation from Amazon. Remember, if you shop on Amazon, please shop on AmazonSmile and designate us as the place you'd like Amazon to donate 0.5% of your purchase amount. Sign in to shop at [smile.amazon.com](https://smile.amazon.com).

## **In Memorium**

Fitchburg Senior Center Friends Board President Robert (Bob) Hillner passed away in early December. Bob served on the Friends' Board for almost 20 years. He began as Treasurer, and for the last 15 months, served as President. He will be remembered for his warmth, humor, and dedication to the Fitchburg Senior Center. He also made a difference! He was instrumental, some years back, in moving the Friends' nest egg from a savings account into a Vanguard Wellington investment account. Very smart! The earnings from that investment have funded much of the Friends' support for the Senior Center these many years.



Earlier in 2022, he encouraged the Board to hold the Brat Lunch Fundraiser, which led to newer members experiencing their first fundraiser, proving how generous the community is, even as we continued to experience the pandemic. When new members were recruited to serve on the Board, he was frequently part of the interview process. With several new members joining the Board last October, he proposed that 2023 be the year to re-introduce the Pancake Breakfast as an end-of-winter community gathering and fundraiser. Planning for this event has begun. Although he was unable to attend the Dec. 1st Board meeting, he prepared the agenda for the Vice President. He put his heart and soul into the Friends and the Fitchburg Senior Center. He will be greatly missed.

## **Travel News**

Thank you to those who attended the Christmas Stars trip to the Xavier Fine Arts Center in Appleton on December 10. This was the second year for the trip. It has proven to be a popular holiday spirit outing, selling out with 56 people attending and making merry!

Are you looking forward to traveling in 2023 but unsure yet where you want to go? No worries! Join our very exciting new domestic and foreign travel opportunities with Mayflower Tours. Plan on attending the travel show at the FSC to hear from a Mayflower representative about our planned trips and how you can join in the fun. Look for the soon to-be-announced travel show date posted at the FSC or on the Fitchburg Senior Center Friends Facebook page. Flyers regarding upcoming trips are also available at the FSC or for viewing on the Friends Facebook page (FSCFriends).



## Transit Solutions Bus Trips - Fitchburg



## Transit Solutions Bus Trips - Fitchburg

-Please contact the Fitchburg Senior Center to make a reservation – (608) 270-4290

-Shopping riders are allowed up to six grocery bags. Our drivers will assist you with unloading your groceries.

- No fare will be collected. Suggested Donation: \$1.00 for meals and \$3.00 for shopping (round-trip)

-Passengers must be age 60 and over who live in their own home/apartment or have a disability.

-Reservations must be made at least one day in advance.



### Monday

#### Lunch Rides:

**Pick-up: 9:30am**  
**Return: 12:30pm**

#### Food Pantry Trips:

**Location: St. Vinny's**  
**on Fish Hatchery Rd**

**Pick-up: 11:00am**  
**Currently drive-thru**  
**only.**

### Tuesday

#### In-town Shopping Rides:

**Pick-ups: 9:30am**  
**Return: 11:45am**

#### Stores:

**1<sup>st</sup>: Walmart**  
**2<sup>nd</sup>: Target**  
**3<sup>rd</sup>: Walmart**  
**4<sup>th</sup>: HyVee/Aldi**

#### Lunch Rides:

**Pick-up: 10:15am**  
**Return: 12:30pm**

### Wednesday

#### Lunch Rides:

**Pick-up: 9:30am**  
**Return: 12:30pm**

### Thursday

#### In-town Shopping Rides:

**Pick-ups: 9:30am**  
**Return: 11:45pm**

#### Stores:

**Pick 'N Save @ Fish**  
**Hatchery**

#### Lunch Rides:

**Pick-up: 10:15am**  
**Return: 12:30pm**

**Late Bingo Return:**  
**1:30pm**

### Friday

#### Lunch Rides:

**Pick-up: 9:30am**  
**Return: 12:30pm**



Fitchburg Senior Center  
5510 East Lacy Road  
Fitchburg, WI 53711  
608-270-4290

[www.fitchburgwi.gov/seniorcenter](http://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](http://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.



**Food Pantry**  
**Donations**

The Senior Center continues to take food donations for local pantries. Food items can be dropped off Monday–Friday 8 a.m.–4p.m.



*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