



**Celebrate St. Patrick’s Day With Traditional Irish Music!**

Get ready for a lively afternoon of toe-tapping tunes as Chris and Emily Beebe bring their passion for folk music to the stage! Hailing from rural Cooksville, this dynamic duo—known as *Wrong Genre*—is a fixture at Irish sessions, bluegrass jams, and folk gatherings across Southern Wisconsin. Joined by talented musicians Sarah Weh (fiddle, concertina) and Laura Millevolte (mandolin), they’ll fill the air with the spirited sounds of traditional Irish music. Join us on **Monday, March 17, at 12:30 p.m.** To register for lunch, call 608-270-4290 by 9:00 a.m. on **Friday, March 14.**



**Wills, Trusts & Enhanced Planning—  
Preserve Family Harmony & Protect Your Legacy**



Join Mark S. Farnan, President of Retirement Income Planning, as he discusses how a taxable estate is determined by subtracting allowable costs, losses, deductions, and exclusions from the decedent’s owned property. Estate tax planning techniques attempt to reduce tax liability by either reducing the amount of property in the taxable estate or minimizing the valuation of the property in the taxable estate. Join us at the Senior Center on **Wednesday, March 12 at 10:30 a.m.**

Mark specializes in long-term investments, retirement income, and estate planning. With over 30 years of experience, he has helped individuals, couples, and business owners achieve financial security. He previously held management roles at Thrivent Financial, New York Life, and MetLife before founding his firm in 2012. Mark is also active in professional organizations and has served on multiple nonprofit boards.



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Fitchburg Senior Center Friends Annual  
**Pancake Breakfast**  
 •Eggs • Sausage • Pancakes  
 Adults \$10.00  
 Kids (under 12) \$5.00  
**Sunday April 27 8 - 12**  
 At The Fitchburg Senior Center  
 5510 E. Lacy Road

Amigos del centro para personas mayores de Fitchburg  
**Desayuno Anual de Panqueques**  
 • Huevos revueltos  
 • Panqueques  
 • Salchichas  
 adultos \$10.00  
 niños (menores de 12 años) \$5.00  
**Domingo 27 de Abril 8 - 12**  
 en el Centro para personas mayores de Fitchburg  
 Calle Lacy # 5510

**AARP TAX Help** Please see our city website homepage for full criteria. You can find that web link on page two. This program offers simple tax returns. Hard-copy guidelines available at the Senior Center. Call 608-270-4290 to make your appointment.

### 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 a.m. – 4:00 p.m. Monday–Thursday  
8:00 a.m.–2:00 p.m. 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,  
mandi.miller@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

**Nutrition Site Assistant,** Kris Tower (she, her)  
608-270-4297, kris.tower@fitchburgwi.gov

### Advertising Disclaimer Policy

The City of Fitchburg makes no claims or representations, and no warranties are implied regarding any programs, 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

**R**

### 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.

### Photo Disclaimer

I understand that the Fitchburg Senior Center may take photographs, videos or audio recordings during special events and/or daily programs offered at the Senior Center and reserves the right to use such photographs, videos or audio recordings without written permission for any lawful purposes including publicity, illustration, advertising and Web content. If you do not want to have your image/voice used, please alert a Senior Center staff.

**Functional Fitness! (M-W-F)**



Join instructors Melissa & Felicia for a great chair-based exercise class. The series runs from **March 3–31**. 11:15–11:45 a.m. \$20

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



In-person & Zoom, **March 3–31** for a great cardio and light strength-building routine! 8:30 a.m. in-person / 8:30 a.m. Zoom / 9:45 a.m. in-person. \$30

**Yoga W/ Kurt (Mondays)**



In-person & Zoom, **March 31–May. 19, 2025**. Eight weeks. \$64. Level Two/Intermediate: 9:15–10:30 a.m. Level One/Beginner: 10:45 a.m.-12:00 p.m.



**Tai Chi**

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.**

**Cardio Drumming W/ Melissa! New Dates Coming First Week Of April!**



**Mondays–Eight weeks. 12:45– 1:30 p.m.**  
**Fridays, Eight weeks. 12:45–1:30 p.m.**

Take one or both! All equipment included. \$30 per session. Drop-ins (when) available for \$5 per class.

**Indoor Walking**



Stay active and healthy with Indoor Walking at the Boys & Girls Club gymnasium! Enjoy a safe, climate-controlled environment perfect for keeping fit regardless of the weather outside. It's easy to get started—just complete a one-time registration online, where you'll also find all the details you need. Whether you're looking to maintain fitness, start a new routine, or enjoy some light exercise, Indoor Walking is a great option. Don't wait—sign up and join today!

**1 Rep Maximum Living: Resistance Training In The Older Adult**



As we age, maintaining muscle strength, power, and speed becomes essential for overall health, mobility, and independence. Resistance training is a key component in preventing age-related muscle loss (sarcopenia) and enhancing daily functional abilities. This presentation explores how older adults can safely incorporate resistance exercises to improve power, reaction time, and strength. We will discuss optimal training techniques, the importance of progressive overload, and how to modify workouts for different fitness levels. Come learn from the team at **FPT Therapies: Monday, March 10 at 10:30 a.m.**

**Ballroom Basics For Balance—Thursdays, April 17 through June 12 ( 9 weeks)**



Ballroom Basics for Balance is a fun way for you to regain your balance and have fun while doing it!! This **nine–week series** for only \$54 will be 1 hour 15 minutes on **Thursdays at 6:00 p.m.** No partner required. Payment is due within one week of registration. Payments can be dropped off at the Senior Center or sent in to the Fitchburg Senior Center, 5510 Lacy Road. 53711.

**Line Dancing W/ Nancy Vidlack**



Join us for an invigorating line dancing experience with renowned instructor Nancy Vidlack at the Senior Center. With over two decades of dancing experience, Nancy brings a wealth of expertise and enthusiasm to the dance floor. **Thursdays, March 6–27 (four classes)** from 11:00 a.m.—12:00 p.m. in the spacious Oak Hall Room on the upper level. Cost: \$28 / \$ 8 drop-in. We require a minimum of twelve dancers to make this a go. Spread the word to your friends!

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**15% off any print services!**

## LGBTQ+ Elder Support Group—Verona Senior Center

1st & 3rd Tuesdays 10:00 a.m.

Contact The Verona Senior Center at 608-845-7471



## Helping Yourself Heal When Your Spouse Dies



Few events in life are as painful as the death of your spouse. Everyone experiences grief differently, and healing takes time. Sharing your journey with others who understand can provide comfort and support. You are invited to attend, listen, and share coping strategies, personal experiences, and ways to navigate life after loss. Discussions may include managing emotions, finding new routines, and honoring your spouse's memory. Connecting with others who have faced similar challenges can offer strength and reassurance during this difficult time. **Thursday, Mar. 20 at 10:30 a.m.**

## Veterans Support Group

Please join Veteran (and group leader) Ray Miller and other veterans on the **third Thursday** of the month at **10:30 a.m.** Next meeting will be held on **March 20**. **Guest speaker from Vets Helping Vets**. If you need transportation, please give us a call at **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.

**March 12: Exercise & Balance Training As We Age.** Speaker: Mary Wichern; Respiratory Care Practitioner. 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**. Program info and speaker schedule can be found on our website: [www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter) No registration required.



**BIENVENIDOS ADULTOS MAYORES LATINOS AL CENTRO PARA PERSONAS MAYORES DE FITCHBURG**

**LUNES 10:30 A.M.**

**IÚNASE A NOSOTROS PARA SOCIALIZAR, ACTIVIDADES Y MÁS!**

**\*\*LLAME AL 608-270-4290 ANTES DE LAS 9 A. M. DEL VIERNES ANTERIOR PARA HACER RESERVACIONES PARA EL ALMUERZO O PROGRAMAR UN VIAJE.**

## Caregiver Support Group

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 second **Thursday** of each month at **10:00 a.m.** "To ensure we meet the needs of attendees, we request that your loved one not accompany you to the group".



## Parkinson's Support

PD support group at the Courtyard of Fitchburg on the **4th Wednesday** at **1:00 p.m.** Safe and supportive environment. Call Karen Jeffers at **608-886-6711** for more info.

## Parkinson's Support Group

## Fitchburg Active Women's Group—New Members Always Welcomed.

**March 12: Exercise & Balance Training As We Age.** Speaker: Mary Wichern; Respiratory Care Practitioner. 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**. Program info and speaker schedule can be found on our website: [www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter) No registration required.



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MKT-5894M-A

### Pompeii & Herculaneum: A Tale of Two Cities?



Though both cities were destroyed by Mount Vesuvius in 79 AD, Pompeii and Herculaneum had distinct characteristics. Pompeii was a bustling commercial hub, while Herculaneum was a smaller, wealthier seaside town. Their preservation tells different stories—Pompeii’s ash-covered streets capture daily Roman life, while Herculaneum’s mud entombment preserved wooden structures and organic materials. This presentation explores their unique histories, archaeological discoveries, and what they reveal about ancient Roman society, culture, and daily life. Join Joe Fahey from Joe Fahey Travels as he shares first hand accounts and wonderful pictures on **Thursday, March 20 at 1:00 p.m.** No registration required.

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## Lunch & Learn Series

Brought to you by Janice Hughes,  
Commission on Aging Well



**Mar 5**  
Let's Talk  
Housing

**Loreen Gage. Fitchburg's  
Housing Initiatives &  
Program Specialist**

**Mar 19**  
The  
Community  
Impact

**United Way of Dane  
County**

**Looking  
Ahead!**

**April 2 - It's All About  
Frank Lloyd Wright  
April 16 - Positive  
Benefits OT & PT  
(Therapy)**

To register,  
reserve a meal  
or request a ride  
(Fitchburg  
residents only for  
transportation)  
call  
(608) 270-4290  
by 9:00 AM the  
day before.



1st & 3rd Wednesdays

12:00 PM - 1:00 PM

Fitchburg Senior Center Dining  
Room



### FREE In-person Welcome to Medicare Seminar

UNDERSTANDING

## Medicare

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! Do you understand what Medicare is and isn't... how to avoid penalties for late enrollment in Medicare... and how to get the most out of your health and prescription benefit plans? Some decisions and actions about Medicare can take place 3-6 months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit. Want easy-to-understand answers to all of these complex questions? Sign up to attend the following **Free Welcome to Medicare Seminar**. By attending a seminar, you'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs.

**Saturday, March 15, 2025, 9:00-11:30 a.m. Location: Fitchburg Senior Center, 5510 Lacy Rd, Fitchburg.**

Email [AAA@danecounty.gov](mailto:AAA@danecounty.gov) to register by 3/7/25.

**NEW!**

### Join Our Weekly Discussion Group!

Looking for a place to share your thoughts on current events, politics, and the latest news? Our weekly discussion group offers a lively, engaging, and often humorous space to exchange ideas and insights.

Every participant has the opportunity to bring up topics and contribute to the conversation, making it an inclusive and dynamic experience. Whether you're passionate about world affairs or just enjoy a good discussion, this group is for you.

Give it a try—what do you have to lose? Come be part of the conversation! **Wednesdays, starting March 19 at 1:00 p.m.**

**Tips For Spring: Staying Healthy With Dr. Zorba Paster**



Join Dr. Zorba Paster on **Monday, April 14, at 1:00 p.m.** for an informative session on staying healthy this spring. Learn essential wellness tips to keep you active and thriving. Pre-registration is required. Don't miss this opportunity to enhance your well-being with expert advice!



**Informal Memoir Writing Group**

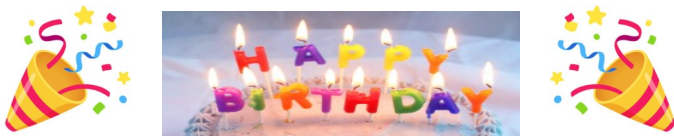


Interested in recording your memories for yourself or your family? You are invited to join the informal memoir writing group that meets every **Friday from 11:00 a.m. to 12:30 p.m.** in the McCoy Conference Room. We are a non-critical group offering encouragement and support to keep one another writing. 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. Every **Tuesday from 1:00–2:30 p.m.** Fitchburg Room upstairs at the Senior Center. Contact Ric at [rbainter1@gmail.com](mailto:rbainter1@gmail.com) if you have any questions.



**Margaret Polglase—  
100 Years Old!!!**



Margaret turns 100 on March 2. Join us the 4th Thursday of every month as we celebrate birthdays. See the bottom of [page 9](#) for more details.

**Culture & Awareness Corner W/ Suzie—  
March 2025 Get ready to Spring Forward!**



did you know March is...

Women's History Month, National Reading Month, Disability Awareness Month, Multiple Sclerosis Awareness Month, and Kidney Month. Irish American Heritage Month, National Deaf History Month, and National Brain Injury Awareness Month.

**March 1st: Ramadan**

**March 4th: Mardi Gras!**

**March 7th: Employee Appreciation Day**

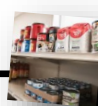
**March 9th: Daylight Saving (Spring your clocks forward)**

**March 14th: Holi**

**March 17th: St. Patrick's Day**

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.



**Food Pantry Donations**

The Senior Center accepts food donations year-round for local pantries. Needs increase over the holiday season so please consider giving. Donations can be dropped off **Monday–Friday 8:00–4:00 p.m.**



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The Fitchburg Senior Center Friends were pleased to provide \$1,392.82 to support Senior Center participants, programs, and activities during January, 2025.



**Save the Date:** You won't want to miss the Friends 2025 Pancake Breakfast scheduled for Sunday, April 27, from 8:00 a.m. to noon. Many volunteers are needed to make this event a success. It is a great way to meet others while serving the community. Contact Mandi Miller at [mandi.miller@fitchburgwi.gov](mailto:mandi.miller@fitchburgwi.gov) or 608-270-4290 to volunteer for a 2-hour shift.

**Thank you** to the anonymous person(s) who made a generous donation to the Friends through PayPal in January. You are terrific.

Scan this to get the Friends website for information about all things



## Senior Travel



**"Hello Travelers!** March "comes in like a lion and goes out like a lamb". If that's true, departure on March 22 on your Mediterranean trip should be wonderful, and the Special Deal Danube Cruise departing on March 31 should be equally as nice. If you missed the boat on those two, here are upcoming trips for you to think about during these harsh winter days:

- ◆ Mackinac Island and the Grand Hotel: June 13 - 21, 2025
- ◆ French Canada: September 5 - 12, 2025
- ◆ Alaska Land & Cruise: June 18 - 29, 2025 \*
- ◆ Treasures of Turkey: October 4 - 17, 2025



\* Due to a scheduling conflict, Collette has changed the dates for this trip. We now have two trips in June for you to choose from.

Did you know there are many benefits to planning these trips through the Fitchburg Senior Center? A Pre-Travel Meeting a couple weeks before allows you to meet fellow travelers, get your questions answered, and have travel features explained. Traveling through the Senior Center includes a comfortable coach to and returning from the airport from the Senior Center and travel representatives at the airport to make your departure easier. Once at your destination, you will be transported to your lodging along with your luggage. Great care has been taken by the Travel Committee in choosing these trips for you. However, if you choose another Mayflower trip, please mention the Fitchburg Senior Center when registering. Mentioning our name will help seniors in your community through the Center. For more details on the trips, brochures are available on our Travel Wall across from the receptionist desk. Please visit our website at <https://www.fscfriends.org>.

## Help Improve ICU Care: Join a Research Study



**Wisconsin AHEC**  
Area Health Education Centers



**WISCONSIN**  
UNIVERSITY OF WISCONSIN-MADISON

Share your views on supporting ICU patients and families! Researchers seek older adults (65+) with medical conditions, or caregivers (18+) experienced in medical decision-making. Participate in a 90-minute in-person focus group on **March 18, 2025, at 10:30 AM** at Fitchburg Senior Center (5510 Lacy Road, Fitchburg, WI). Earn a \$75 gift card.

**Sign up:** Call (608) 263-1741 or email [ICUresearch@medicine.wisc.edu](mailto:ICUresearch@medicine.wisc.edu).

**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!

**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, Barb. Every **Monday** from **11:15 a.m.–12:00 p.m.** Barb will always be located in the dining room.

**Dane County Meal Program** Monday–Friday onsite & home delivered. Requested donation is \$5.00 per meal for those over 60. Call 608-270-4290 for further details on the meal program qualifications and registration.

## Wellness

**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.

### Massage Therapy Services

**June Newman, LMT, NCTMB**—Available: Mondays and Thursdays (Afternoons). Contact: 608-770-4733

**Gregory Newman, LMT**—Available: Mondays (Mornings) & Wednesdays (Afternoons). Contact: 608-770-4633

**Rates:** \$35 for 30 minutes / \$50 for 45 minutes / \$60 for 60 minutes / \$70 for 75 minutes

## Minds In Motion: Sessions For The Brain, Body & Soul



This program is for people with thinking and memory changes, mild cognitive impairment, and/or early diagnosis of dementia symptoms. Come join us for light exercise & movement, brain stimulating activities and connecting with others. The program will be offered the **third Tuesday of the month from 10:00–11:00 a.m.** We look forward to seeing you on **Tuesday, March 18**. You must register for this program. If you have any questions, please fill out the space provided on the registration page. Minds in Motion is brought to you by the ADRC of Dane County, Wisconsin Alzheimer's Disease Research Center and the Fitchburg Senior Center.



**Drop-In Games & More - At The Senior Center!**

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Bridge 10:00	Spades 11:00	Cribbage 1:00	Bingo 12:30	Ping Pong 9:00
Ping Pong 1:00	Bid Whist 11:00	Social Group 1:00	Chess 12:30	
Cribbage 1:00	Euchre 12:45		Sheepshead 1:00	

**Make-a-Card Club News!**

Our gatherings in March will be on Tuesday the 11<sup>th</sup> and 25<sup>th</sup> from 12:15–2:00 p.m. in the art room. Materials will be available on the 11<sup>th</sup> to make a St. Patrick’s Day card for your favorite leprechaun! On both dates, you can get started on Easter greetings. Are there upcoming occasions? We have paper, stamps, punches, and ribbon, among other materials, for your creativity! We ask for a donation of \$1 per card that you make, and for each of those cards, feel free to take a bonus card. March on over and have FUN!



**Busy Hands & Chatting W/ 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 handiwork - 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!

**Independent Art Studio**

Bring your own supplies, work in any medium and at your own pace. Wednesdays from 10:00 a.m.—12:00 p.m. Open to intermediate artists at no charge.



**Wood Carvers—Starter Kits Available!**

Friday from 11:00–2:00 p.m. Come on over and meet the growing group! Any questions, call 608-270-4290.



REACH Book Club will meet next on Thursday, March 13, 2025 at 1:30 p.m. at the Fitchburg Senior Center for a discussion of the book, *Night-Circus* by Ellen Morgenstern. For a list of upcoming books, visit: [www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter) and click on groups with websites.



**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. Second Thursday of the month. 9:00 a.m.—3:30 p.m.



REACH Book Club meets the Second Thursday of each month, September thru June at the Fitchburg Senior Center at 1:30 p.m. No registration needed for either.

**Exploring Watercolor**

Join Mary Wixson to learn about this beautiful painting method. These classes are designed for both beginners and continuing students.



You will learn about materials and a variety of Watercolor painting techniques. Each class will have demonstrations, individual instruction, and lots of time to paint. (March 12 & 26) All materials will be provided, but you may bring your own. \$30.00 (per class) includes all supplies. Wednesdays from 1:00–4:00 p.m. Payment due the Friday before.

The *I Love a Mystery Book Club* will meet on Thursday, March 27, 2025 at 1:30 p.m. at the Fitchburg Senior Center for a discussion of the book, *Final Jeopardy #1 Alexandra Cooper Series* by Linda Fairstein.

**Birthday Celebrations** Every person regardless of their age deserves to feel special for their birthday. We want to celebrate all birthdays of each month with you. Join us for cake or maybe lunch! Call one day in advance before 9:00 a.m. to reserve a lunch or just come by at noon for birthday cake. The fourth Thursday of each month.



# MARCH 2025

\* \* = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																				
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8:30 AM /9:45 Aerobics** 9:00 AM Yam Group 10:00 AM Bridge <u>11:00 AM St. Vincent Pantry</u> 11:15 AM Functional Fitness** 1:00 PM Cribbage 1:00 PM Ping Pong	8:30 AM Quilters <u>9:30 AM Shop-Walmart</u> 11:00 AM Bid Whist/Spades 12:45 PM Euchre <b>1:00 PM Ukulele Strum</b> Foot Care** Pickleball Pre-Register	8:30 AM /9:45 Aerobics** 10:00 AM Art Studio 11:15 AM Functional Fitness** 1:00 PM Cribbage 1:00 PM Singers <b>1:00 PM Social Group</b>	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 Sheepshead	8:30 AM /9:45 Aerobics** 9:00 AM Ping Pong 11:00 AM Informal Writing 11:00 AM Wood Carving 11:15 AM Functional Fitness**																																																																																				
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3	4	5	6	7
Chili Mac Casserole Capri Vegetables Peas and Pearl Onions Cantaloupe Pudding  <b>MO: Beyond Chili</b> <b>NCS: SF Pudding</b> <b>SO: Chicken Almond</b>	*Creamy Potato & Bacon Soup WG Din Roll Side Salad Sliced Peaches Nutty Buddy Bar  <b>MO: Broccoli Soup</b> <b>NCS: SF Wafer</b> <b>SO: Caesar</b>	Vegetable Lasagna Italian Vegetables Broccoli Cantaloupe Garlic Breadstick Lemon White Chocolate Cookie  <b>NCS: SF Cookie</b> <b>SO: *Italian</b>	Cheeseburger w/ Lettuce, Tomato, Onion *Baked Beans Paco Blend Veggies Chocolate Cake  <b>MO: Black Bean Burger</b> <b>NCS: Red Grapes</b> <b>SO: *Chef</b>	Crab Cake Tartar Sauce Rice Pilaf w/Vegies California Vegetables Fresh Fruit Mix Tapioca Pudding  <b>MO: Tofu</b> <b>NCS: SF Pudding</b>
10	11	12	13	14
Sausage & Egg Scramble* Roasted Potato Apple Juice Tropical Fruit Apple Muffin  <b>MO: Veg Egg Bake</b> <b>NCS: Honeydew</b> <b>SO: Greek</b>	Grilled Chicken on a WG Bun w/Mayo, Lettuce, Tomato & Onion Capri Vegetables Paco Blend Veggies Raisin Cookie  <b>MO: PB Chicken Breast</b> <b>NCS: SF Cookie</b> <b>SO: *Turkey Club</b>	Meatloaf Mashed Potatoes & Gravy Corn Fresh Fruit Mix WG Bread Cheesecake  <b>MO: Impossible Loaf</b> <b>NCS: Cantaloupe</b> <b>SO: *Spinach</b>	*Barbecue Pulled Pork on a WG Bun Barbecue Sauce California Veggies *Hoppin John Beans Diced Pears Apple Crunch Bar  <b>MO: PB BBQ Sausage</b> <b>NCS: SF Pudding</b> <b>SO: *Cobb</b>	Minestrone WG Dinner Roll Broccoli Craisin Salad Fresh Fruit Mix Salted Caramel Cookie  <b>NCS: SF COOKIE</b>
17	18	19	20	21
Cabbage Roll Carrots Roasted Potatoes Apple Sauce Marbled Rye Grasshopper Brownie  <b>MO: PB Cabbage Roll</b> <b>NCS: SF Wafer</b> <b>SO: Southwest Chicken</b>	*Italian Lasagna Italian Vegetables WG Bread Side Salad Sugar Cookie  <b>MO: Veg Lasagna</b> <b>NCS: SF Cookie</b> <b>SO: *Italian</b>	Spaghetti & Meatballs Italian Vegetables Orange Wedges Tapioca Pudding  <b>MO: PB Meatballs</b> <b>NCS: SF Pudding</b> <b>SO: *Bacon Bleu</b>	Chicken Noodle Soup Saltine Packet Honeydew Melon 3 Bean Medley Nutty Buddy Bar  <b>MO: Vegetable Soup</b> <b>NCS: Cantaloupe</b> <b>SO: Chicken Almond</b>	Baked Cod with Dill Cream Sauce WG Din Roll California Vegetables Roasted Potatoes Banana Nutty Buddy Bar  <b>MO: PB Meatballs</b> <b>NCS: SF Wafer</b>
24	25	26	27	28
*Brat on a WG Bun Ketchup & Mustard Hot Sauerkraut Veg. Baked Beans Potato Salad Chocolate Chip Cookie  <b>MO: PB Sausage</b> <b>NCS: SF Cookie</b> <b>SO: *Chef</b>	Blackened Chicken Alfredo w/ Penne Beets 5 Way Vegetables Fresh Cut Fruit Rice Krispie Treat  <b>MO: Vegetarian Alfredo</b> <b>NCS: Red Grapes</b> <b>SO: Garden Vegetable</b>	BBQ Pulled Chicken Roasted Potatoes Corn Mixed Fruit Cornbread Chocolate Cookie  <b>MO: Barbecue Tofu</b> <b>NCS: SF Cookie</b> <b>SO: Caesar</b>	*Oven Baked Ham Green Beans Scalloped Potatoes WG Din Roll Cantaloupe Pumpkin Cheesecake  <b>MO: Smoked Tempeh</b> <b>NCS: SF Jell-O</b> <b>SO: *Spinach</b>	Macaroni and Cheese California Vegetables Veg. Baked Beans Fresh Fruit Mix Nutty Buddy Bar  <b>NCS: SF Pudding</b>
31	<b>Suggested minimum donation: \$5.00</b>			
Salisbury Steak Mashed Potatoes Green Beans WG Din Roll Orange Wedges Oreo Cheesecake  <b>MO: Beyond Patty</b> <b>NCS: SF Wafer</b> <b>SO: Chicken Almond</b>	<b>Meal reservations: call 270-4290 by 9:00 a.m. the day before</b> <b>PB = Plant Based SF = Sugar Free WG = Whole Grain</b> <b>MO = Meatless Option SO = Salad Option *Contains Pork</b> <b>Note: When the meal program is canceled the menu for that day is then served the next day.</b> 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.			

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

## Winter Weather Policy



If the City of Fitchburg closes due to severe weather conditions, the Senior Center will be closed.

If Oregon Schools are closed due to severe weather conditions, home delivered and congregate meals will be automatically cancelled. All other program cancellations will be determined by the Senior Center Director.

For up to date cancellations and closures during the winter months, please call the Senior Center main line at 608-270-4290.

## Salad Option Monday-Thursday!



*You Have Options*

Now for home delivered & congregate participants!  
 Just let us know "I want the salad option!"



**\*Check the main menu to find out when the salad you want is on!**

**\*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

Senior Dining



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



## THE Waterford at Fitchburg

COMMUNITY  
 Find your joy here.

5440 Caddis Bend, Fitchburg, WI 608-270-9200 [waterfordatfitchburg.com](http://waterfordatfitchburg.com)

# Fitchburg Family Pharmacy

**Thad Schumacher, PharmD**  
[tschumacher@fitchburgfamilyrx.com](mailto: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