



Life Is Better When You Laugh

This workshop is a fun and dynamic discussion about what a valuable role humor plays in our lives and how it builds a better daily living experience. It is a wellness tool to bring about happiness and balance. The workshop is facilitated by Alice F. Pauser. She was part of the initial team that worked on the development and implementation of the Wisconsin Department of Health Services Certified Mental Health Peer Specialist Initiative, which was established in 2009. Alice has been a published humor writer, columnist and public speaker for over three decades. She is a StorySLAM Champion for "The Moth" in Madison and Milwaukee, and performs standup comedy with various comedy troupes, including Lady Laughs Comedy, and has appeared at the iO Improv Theater in Chicago and ComedySportz in Milwaukee. The workshop covers the types of humor that surround us and how they affect us in a positive way. Join in the fun, share some humorous musings and receive some great materials. **FREE.** No registration required. Come and enjoy! **Thursday, July 18 at 1:00 p.m.**



New City Hall Hours—including The Senior Center

Starting in July, the Senior Center will be following the new hours put forth by the City. This is a pilot program. **Monday through Thursday—8:00 a.m.—4:00 p.m. Friday—8:00 a.m. to 2:00 p.m.**



Who Can Benefit From Acupuncture?

Joe Zirneskie, M.D., Integrative Medicine Specialist will be with us on **Tuesday, July 16 at 10:30 a.m.** Dr. Joe has been with the Senior Center for Acupuncture services for over a year now! Dr. Joe is a graduate of UW Medical School and has spent nearly three decades as an emergency room physician. Dr. Joe went on to study Integrative Medicine at the University of Arizona and acupuncture at Harvard University and in Japan. What is acupuncture? How safe is it? Should anyone avoid acupuncture? These are just a few of the questions that will be answered. Come with your questions! **No registration required.**



Managing Hip & Knee Arthritis

Dr. Wolff (Healthcare Outcomes Performance Company) will be presenting on managing hip and knee arthritis on **Wednesday, July 17 at 1:00 p.m.** Additionally Dr. Wolff will expand on non-surgical methods including weight management, exercise, medications like NSAIDs and analgesics, physical therapy and alternative treatments such as acupuncture.



Advancements in surgery include minimally invasive hip replacements, robotic-assisted surgeries, and anterior hip replacements. For knees, partial knee replacements and computer-assisted techniques offer better precision and quicker recovery. Post-surgery, patients can expect improved mobility and activity levels, though recovery times vary.

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Mission Statement

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

Vision Statement

The vision of the Fitchburg Senior Center is to become the recognized leader in building connections and opportunities to reimagine aging and empower individuals to be their best selves.

Directory

Phone: 608-270-4290

Hours: 8:00 a.m. – 4:00 p.m. Monday–Thursday
8:00 a.m.–2:00 p.m. Friday

Website: www.fitchburgwi.gov/seniorcenter

Senior Center Staff

Director, Jill McHone (she, her) 608-270-4291,
jill.mchone@fitchburgwi.gov

Assistant Director, David Hill (he, him) 608-270-4292,
david.hill@fitchburgwi.gov

Office Manager, Suzie Jones (she, her) 608-270-4290,
suzie.jones@fitchburgwi.gov

Nutrition Site/Volunteer Manager, Mandi Miller (she, her)
608-270-4293,
mandimiller@fitchburgwi.gov

Social Worker, Amy Jordan (she, her) 608-270-4295,
amy.jordan@fitchburgwi.gov

Social Worker, Sarah Folkers (she, her) 608-270-4294,
sarah.folkers@fitchburgwi.gov

Case Manager, Katie Bogucki (she, her) 608-270-4282,
katie.bogucki@fitchburgwi.gov

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 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 July 1–31. 11:15–11:45 a.m. Cost: \$20

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



In-person & Zoom, July 1–31 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. Cost: \$30

Yoga W/ Kurt (Mondays)



In-person & Zoom, Sept. 9–Oct 21, 2024. 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



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!



July through September drumming is FULL. Try the drop-in option. October dates to be posted next month.

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

Outdoor Walking



Join our Outdoor Walking Group and take a step towards a healthier lifestyle! We offer two distance options to suit your fitness level. This group-led program is perfect for those seeking motivation and accountability through the support of others. We meet every **Tuesday and Thursday at 9:30 a.m.** at the Senior Center. The first two walks will provide all the details you need. Embrace the fresh air, make new friends, and walk your way to better health. Don't miss out—join us! . For weather cancellation notices, please register online to stay up to date. Updates come via email.

Pilates W/ Gayle!



Pilates is a series of strengthening exercises that use body weight for resistance. Gayle has been teaching Pilates to seniors for the past ten years, concentrating on their level of fitness and what works for them. Gayle includes several stretches throughout the class to avoid injury and decrease soreness. It has become Gayle's favorite form of exercise and she is hoping to encourage her students to enjoy it as well. **Tuesdays & Thursdays from 9:00–9:45 a.m.** Eight weeks: July 16–August 15. Cost: \$60

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, July 11–August 1 at 11:00 a.m.— 12:00 p.m. in the spacious Oak Hall Room on the upper level. Cost: \$30 / \$ 8 drop-in. The summer months are difficult to fill indoor sessions. We require a minimum of twelve dancers to make this a go. Spread the word to your friends!

Summer Rides For Joe—The Best Group Ride Around!



In memory of **Joe Imilkowski**, a long-time Fitchburg resident and passionate biker, the summer rides promise to be both fun and meaningful. All participants are required to wear helmets for safety reasons, and the rides will start and end at the Fitchburg Senior Center. The third ride is scheduled for **Wednesday, July 3 at 10:00 a.m.**

You can choose between two ride options: either **6-8 miles** or **10-12 miles**. It is essential to register before the ride.

This year we have a fast-track registration system. Fill out the form, sign waiver day of ride and off you go! Visit our programming page and look for Summer Rides For Joe. Please arrive **15 minutes prior** to the start time of **10:00 a.m.**

Ballroom Basics For Balance



Thursdays, September 19–November 21, 2024. See programming website for full details.

Agrace 101: Caring Every Step Of The Way—In Spanish



Agrace's five main services offer an extra layer of support to meet the needs of people who are aging, seriously ill, dying or grieving. You can tap into this continuum of care for support over time—as your life and health care needs change. But which services are right for you and when would they be most helpful?

Learn more about the philosophy and practices of Agrace's services, and how they differ. We'll discuss how people may benefit from having multiple Agrace services at the same time. This program will be presented on **Monday, July 22 at 11:00 a.m.** Please join us for this very informative and important topic on aging with the highest quality of life. Brought to you in Spanish and English.

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 No registration required.

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



July 10: Identity Theft: Am I Protecting Myself From Fraud? 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 **2024 speaker schedule** can be found on our website: www.fitchburgwi.gov/seniorcenter No registration required.

Parkinson's Support



The Courtyard at Fitchburg is partnering with the American Parkinson Disease Association to provide a safe and supportive environment for care partners to share their experiences, learn from each other, and develop coping mechanisms. The group will offer resources and education to help care partners manage the challenges of caring for a loved one. If this support group is of interest to you, please reach out to Karen Jeffers at kjeffers@encorescares.com or 608-886-6711. **Fourth Wednesday at 1:00 p.m.**

BIENVENIDOS ADULTOS MAYORES LATINOS AL CENTRO PARA PERSONAS MAYORES DE FITCHBURG

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

¡ÚNASE 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.**

Edward Jones®



Stephanie Blankenheim

Financial Advisor

2990 Cahill Main
Suite 102
Fitchburg, WI 53711
608-271-5100

> edwardjones.com

MKT-5894M-A

Caregiver Support



Need support from those who have been through the emotional and physical strains of caregiving for a loved one? Are you needing advice, tips and tricks? Our Caregiver Support Group might be a good fit for you. Meets on the **second Thursday of each month at 10:00 a.m.**

THE Courtyard at FITCHBURG
ASSISTED LIVING & MEMORY CARE

Visit Fitchburg's
NEWEST
Senior Living Community

Call Karen at (608) 886-6711 | thecourtyardatfitchburg.com

7 Deadly Mistakes in Funeral Planning 

Don't leave the burden behind for your family. There are hundreds of decisions that will have to be made in a very short amount of time. Don't make the seven deadly mistakes in funeral planning. Melissa Theisen from Gundersen Funeral Home will walk you through the basics of advanced planning to provide your family with peace of mind so you are prepared. **Wednesday, August 7 at 1:00 p.m.**



Farmer's Market Vouchers

\$45 in vouchers

To Be Eligible:

Age 60 +
Live in Dane County
Income below \$27,861 for 1- person household
\$37,814 for 2-person household

To apply call the Area Agency on Aging
Shannon Gabriel, Dietician 608-261-5678

Transportation Available to Fitchburg Farmer's Market
3pm-4:30pm
July 11 & 25

Call the Fitchburg Senior Center - 608-270-4290 to schedule a ride.

SUMMER LUNCH & LEARN!

JULY 17 - NUTRITION JEOPARDY
HYVEE DIETICIAN

JULY 31 - BEHIND THE CAMERAS
FITCBURG'S FACTV

AUGUST 7 & 21 MEET YOUR FITCBURG ALDERS!!!

12:00PM - SENIOR CENTER DINING ROOM

TO RESERVE LUNCH CALL 608-270-4290 THE DAY PRIOR BY 9AM.

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Novation Senior Commons

Novation is ideally located in Fitchburg, WI, minutes from Downtown Madison & the Bellline. Each resident has full access to a community lounge, fitness center & sunroom. 1 & 2 bedroom homes available!

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NovationSeniorCommons.com

MAINTENANCE-FREE 55+ AFFORDABLE LIVING

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SNAP A PHOTO TO VIEW OUR WEBSITE



Friday Fun Day!

Jump-start your weekend with Friday Fun Day! Join us on July 19 for board games and more. Enjoy hassle-free transportation and unlimited fun from 12:30–2:00 p.m. All games provided—let the good times roll!



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. Summer schedule: 7/9, 7/23, 8/6, 8/20 from 1:00–2:30 p.m. Fitchburg Room upstairs at the Senior Center. Contact Ric at rbainter@gmail.com

Culture & Awareness Corner W/ Suzie—July 2024!!



Did you know in July...

4th Independence Day: Federal holiday in the US commemorating the Declaration of Independence.

12th Malala Day: Malala Yousafzai is an education activist in Pakistan, the youngest Nobel Peace Prize laureate, and a true force & advocate for girl rights!

14th Bastille Day: National Holiday in France, celebrating the “Storming of the Bastille”, a major event of the French Revolution in 1789.

18th Mandela Day: Former South African President Nelson Mandela, contributed to the culture of peace & freedom, and was recognized for his values & his dedication to the service of humanity. “It is easy to break down & destroy. The heroes are those who make peace & build.”-Nelson Mandela

28th Buffalo Soldier Day: Commemorates the formation of the first regular army regiments comprising African American Soldiers in 1866.

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

Change how you see senior living.

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

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

We'd love to meet you & share more! Connect with Nikki at 608.216.3326 or scan the QR code



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*Some restrictions apply.

* ***Danube River Cruise August 29 - September 8, 2024 . Still room for you! Sign up NOW.***

Fitchburg Senior Center Friends Announce 2025 Trips

- ◆ **Collette Travel** *Mediterranean Coastal Journey to Spain, France & Italy March 22 - April 6, 2025*
- ◆ *Mackinac Island June 13 - June 21, 2025*
- ◆ *Alaska Discovery Land & Cruise July 2 - July 13, 2025*
- ◆ **Mayflower Travel** *Autumn In French Canada September 12 - September 19, 2025*
- ◆ *Treasures of Turkey October (dates to determined)*

Scan The Code



For more information, our website is <https://www.fscfriends.org> . Brochures are available at the Senior Center Travel Wall Display .



Fitchburg Senior Center Friends (FSCF)

The Fitchburg Senior Center Friends were pleased to provide \$741.98 in May to support Senior Center participants, programs, and activities.



It's grilling season! Come enjoy a Brat Lunch at the Fitchburg Senior Center - Friday, August 16, 11:00 a.m. - 1:00 p.m. Drive through or eat on the patio or inside. Just \$5.00 (cash only please) for a brat, chips, cookie, a bottle of water, and condiments.



A Travel Show will be held on July 11 at 1:00 p.m. in the Fitchburg Room. Information about our 2025 travel opportunities with Collette will be presented. Please note, the 1:00 time is a change from that mentioned in the June Prime Time News.

A few openings are available for this year's Danube River cruise and Yellowstone trips. If interested, contact the travel committee at travel@fscfriends.org.

Meals \$1 round-trip. Provided to and from the Senior Center by Transit Solutions. Call the Senior Center at 608-270-4290 to schedule a ride. Please indicate if wheelchair lift is needed.

Shopping \$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on **Tuesdays** and **Thursdays**. Call 608-270-4290 to sign up. Check calendar for destinations. Please indicate need for wheelchair lift upon sign-up.

Medical Rides Provided by RSVP volunteer drivers. We do require notice of **at least five business days** for a ride request. Proof of COVID vaccination required. Call the Senior Center at 608-270-4290 or register yourself online.

Food Pantry \$1 round-trip. Provided by Transit Solutions **every Monday** to the St. Vincent Food Pantry on Fish Hatchery Road. Call the Senior Center at 608-270-4290 to schedule a ride.

Social Services/Meals & Personal Care Needs

Social Work Services



Home visits / Three-Month Loan Closet / Meals on Wheels / Home Health / Insurance / Medicare Part D / Medicaid

Call Amy Jordan, Sarah Folkers or Katie Bogucki at 608-270-4290 today!



Parkinson's Support

PD support group at the Courtyard of Fitchburg. Safe and supportive environment. Call Karen Jeffers at 608-886-6711 for more info.

Footcare



The cost of this clinic is \$25. Please call 608-270-4290 to schedule an appointment. Or online clickable link go [HERE](#) to register yourself. Now offering four clinics each month. **Tuesdays & Fridays!**

Blood Pressure



Come get your blood pressure taken by our volunteer, 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 through Friday onsite & home delivered. Requested donation is \$4.50 per meal for those over 60. Call 608-270-4290 for further details on the meal program qualifications and registration.

Massage Therapy



June Newman LMT, NCTMB. Mon./Thurs. Afternoons. Call June at 608-770-4733

Massage & Reflexology

Gregory Newman LMT. Mon. Mornings/Wed. Afternoons. Call Greg at 608-770-4633

Cost:

\$35 for 30 min.
\$50 for 45 min.
\$60 for 60 min.
\$70 for 75 min.

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

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.





Gunderson

LIFE CELEBRATION CENTERS

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Drop-In Games & More - New Players Always Welcomed

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Bridge 10:00	Bid Whist 11:00	Cribbage 1:00	Chess 12:30	Ping Pong 9:00
Ping Pong 1:00	Spades 11:00		Bingo 12:30	Game Day!! July 19 at 1:00 p.m.
Cribbage 1:00	Euchre 12:45		Sheepshead 1:00	

Make-a-Card Club News!



Beat the heat, as we meet in the lovely, air-conditioned Senior Center. Find us in the art room (to the right of the kitchen) from 12:15 to 2:00 p.m. on **Tuesday, July 16** and **Tuesday, July 30**. Proposed dates for August are Tuesday, **August 13** and **Tuesday, August 27**. Remember that for every card you make, you get a bonus card, so you double the joy!

Independent Art Studio



Bring your own supplies, work in any medium and at your own pace under the guidance of an experienced and encouraging instructor. **Wednesdays** from 10:00 a.m.—12:00 p.m. Open to intermediate artists at no charge. Email Sally with any questions: sallyprobasco@gmail.com. No registration necessary.

Wood Carvers



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

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.
- ◆ All materials will be provided, but you may bring your own.
- ◆ You can sign up for individual classes that fit your schedule.
- ◆ \$30.00 per class includes all supplies.
- ◆ **Wednesdays, July 3, 10, 17 & 24, from 1:00—4:00 p.m.**
This is not a series, but individual learning classes.

Busy Hands And Chatting With Friends



Tuesday 8:30—11:00 a.m., we meet as a quilting group. Our charity quilts are donated to RSVP. We sew quilt tops from donated fabric, then tie and bind to complete them. Quilting experience is not necessary. There are always ways to help and everyone is welcome. Our morning is ended sharing coffee, sweets and conversation in the dining room.

Thursday mornings, 9:30 a.m.—12:00 p.m., a group of us get together to work on our individual projects. Join us with your own 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!

REACH Book Club will meet next on



Thursday, September 12, 2024 at 1:30 p.m. at the Fitchburg Senior Center for a discussion of the book, *The Curiosities* by Susan Gloss. For a list of upcoming books, visit: www.fitchburgwi.gov/seniorcenter and click on groups with websites.

REACH Book Club meets the **2nd Thursday** of each month, September thru June at the Fitchburg Senior Center at 1:30 p.m. No registration needed for either.

The I Love a Mystery Book Club will meet on **Thursday, July 25, 2024 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *One For The Money* by Janet Evanovich.

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.**

JULY 2024

* * = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																				
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9:00AM Yam Group 10:00AM Bridge <u>11:00AM St. Vincent Pantry</u> 11:15 AM F-Fitness ** 1:00 PM Cribbage 1:00 PM Ping Pong 8:30 & 9:30 a.m. Aerobics **	8:30 AM Quilters 9:30 AM Outdoor Walking <u>9:30 AM Shop-Walmart</u> 11:00 AM Bid Whist/Spades 12:45 PM Euchre Foot Care** Pickleball Pre-Register	10:00AM Art Studio 11:15 AM F-Fitness ** 1:00 PM Cribbage 1:00 PM Singers 8:30 & 9:30 a.m. Aerobics **	CLOSED	9:00 AM Ping Pong 9:45 AM Aerobics** 11:00 AM Informal Writing Group 11:00 AM Wood Carving 11:15 AM F-Fitness ** 8:30 & 9:30 a.m. Aerobics **																																																																																				
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JULY

2024

1	2	3	4	5
Chicken Salad Sandwich Coleslaw Baby Carrots with Ranch Fresh Fruit Mix Pudding MO: Mediterranean Veg NCS: SF Pudding SO: Sunflower Crunch	*Lasagna Steamed Broccoli Italian Vegetable Mix WG Bread w/ Butter Diced Pears Snickerdoodle MO: PB Meatballs NCS: SF Cookie SO: *Italian	Grilled Chicken Sandwich Paco Vegie Blend California Vegetables Cake MO: PB Chicken NCS: SF Wafer SO: Chicken Almond	Closed 	*BBQ Rib Sandwich on a WG Bun *Hoppin John Beans Roasted Potatoes Peaches Chocolate Cookie MO: PB Sausage NCS: SF Cookie
8	9	10	11	12
*Brat on a Bun Hot Sauerkraut *Baked Beans Potato Salad Peanut Butter Brownie MO: PB Sausage NCS: Peanuts SO: Chicken Almond	Blackened Chicken Alfredo Beets Broccoli Fresh Cut Fruit Rice Krispie Treat MO: Veg Alfredo NCS: SF Wafer SO: *Chicken Bacon	Meatball Sub Green Beans Diced Carrots M&M Cookie MO: PB Meatball Sub NCS: SF Cookie SO: *Italian	*Macaroni Club Pasta Salad Tomato Cuc Salad Baby Carrots Cantaloupe Super Donut MO: Veg Pasta Salad NCS: Banana SO: Garden	Baked Cod W/ Dill Cream Sauce WG Bread W/ Butter Paco Vegetable Blend Peas and Carrots Sliced Peaches Red Velvet Cookie MO: PB Shrimp NCS: Red Grapes
15	16	17	18	19
*Ham & Cheese Pinwheel 3 Bean Medley Tomato Cucumber Salad Orange Wedges Nutty Buddy Bar MO: Veg Pinwheel NCS: SF Wafer SO: *Cobb	Pulled BBQ Chicken Sandwich Italian Vegetable Blend Cauliflower Mandarin Oranges Sugar Cookie MO: BBQ PB Chicken NCS: SF Cookie SO: *Spinach	Breakfast Tacos Tri Cut Potatoes Asparagus Tips Banana Assorted Danish MO: Veg Sausage & Egg NCS: Honey Dew SO: *Turkey Club	Fajita Casserole Fiesta Corn Blend *Hoppin John Beans Cantaloupe Raisin Cookie MO: Beyond Taco NCS: SF Cookie SO: Southwest	Chicken Noodle Soup Side Salad Fruit Medley Yogurt MO: Minestrone NCS: Cantaloupe
22	23	24	25	26
Turkey & Provolone Sandwich Raw Broccoli Florets with Ranch Tropical Fruit Mix Nutty Buddy Bar MO: Mediterranean Veg NCS: SF Wafer SO: *Chef	Lemon Herb Chicken over Wild Rice Prince Charles Veg Carrots Fresh Cut Fruit Peanut Butter Pie MO: PB Chicken Breast NCS: Peanuts SO: Chicken Caesar	*Pulled Pork Sandwich Mixed Vegetable Blend *Baked Beans Sliced Peaches Caramel Cookie MO: BBQ Jackfruit NCS: SF Chocolate SO: *Cobb	Grilled Hamburger Fiesta Corn Blend Cheesy Garlic Herb Potatoes WG Apple Cinnamon Muffin MO: Black Bean Patty NCS: Apple Slices SO: Southwest	Chili Mac Casserole Capri Vegetable Blend Peas and Pearl Onions Cantaloupe White Chocolate Chunk Lemon Cookie MO: Beyond Chili NCS: SF Cookie
29	30	31	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. PB= Plant Based SF= Sugar Free WG= Whole Grain MO=Meatless SO=Salad Option *Contains Pork Call 270-4290 by 9:00 a.m. to reserve a meal for the following day.	
*Spaghetti & Meatballs Peas & Carrots Steamed Broccoli Mixed Fruit Medley Garlic Breadstick Cheesecake MO: Beyond Meatballs NCS: SF Pudding SO: Chicken Caesar	Tuna Sandwich 3 Bean Medley Raw Broccoli Florets with Ranch Cup Fresh Fruit Mix Chocolate Chip Cookie MO: Mediterranean Veg NCS: SF Cookie SO: *Spinach Salad	*Hot Dog on a Bun Corn *Baked Beans Fruit Medley Peach Crumb Bar MO: PB Sausage NCS: SF Wafer SO: Sunflower Crunch		

Fitchburg Senior Center
 5510 East Lacy Road
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www.fitchburgwi.gov/seniorcenter



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***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

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

***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



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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