



Prime Time News

August 2022

Fitchburg Senior Center
Volume XVII Issue 8

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Mandi's Blood Drive!!
See Insert



School of Medicine
and Public Health
UNIVERSITY OF WISCONSIN-MADISON

UW Med Students Programming

Healthy Eating, Healthy Living

Diet is one of the best things to help one age gracefully. Simple adjustments can go a long way to building a healthier eating pattern. Using tips and recipes from the United States Department of Agriculture (USDA) and National Institute on Aging (NIA) we will show you how to prepare healthy (and tasty!) meals, where to find good recipes and how to adequately cook for one or two people. Thursday, August 25 at 10:00 a.m.

Preventing Older Adult Falls

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

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

See below on how to register today!

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

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

Spanish Bingo

Tuesday, August 30 at 11:00 a.m.

To register for lunch or transportation,
please call 608-270-4290.



Programs Registration Page

Click Here To Explore

Senior Center E-Newsletter

Don't Miss Any Programs! Sign-Up Here





Limerick Townhouses & Condos

Join us at the Senior Center on **Tuesday, August 16 from 9:30 - 11:30** to learn more about these wonderful accommodations coming soon to Fitchburg! Community Manager Brendan Eichsteadt will be on hand to explain the plans and answer questions. A great opportunity to get in the know! Treats included!!



Card Make & Take W/ Mary!

Come and craft your own card. All materials provided with assistance from our wonderful volunteer Mary Ihlendfeldt. Please call to register so we know the size of the group. August 26 from 12:15 - 2:30 p.m. Call 608-270-4290.



Chess Group

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

Fitchburg Ukulele Network—FUN / Summer Schedule



If you have a ukulele and know basic chords, you're welcome to join us. We usually meet in person at the Senior Center but sometimes meet on Zoom. Contact Jill at jillkranz@gmail.com for the summer schedule and how to get involved.



Brain & Body Fitness: Empowering Communities Through Brain Health Education and Support—Coming in September!

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

While the program has grown and served as an important vehicle for outreach during its lifetime, Dr. Gilmore-Bykovskyi and new Brain & Body Fitness program coordinator Lilli Kay hope to facilitate the expansion of the program throughout the Madison community and surrounding areas, working in tandem with local community partners.

We are excited to say the Fitchburg Senior has been chosen as a new location!

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

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



Exercise, Groups & How To Register

To register for most programs below, visit www.fitchburgwi.gov/seniorcenter and click on the “Programs Registration” tab at the top! There you will find all of our programs with registrations. Have questions? Call 608-270-4290. Note: Men’s, Women’s and Uke Groups are not pre-registration.



Functional Fitness! (M-W-F)

Join instructors Melissa & Felicia for a great chair-based exercise class. The series runs from August 1–31, 11:15–11:45 a.m. Cost: \$20.



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

In-person & Zoom, August 1–31 for a great cardio and light strength building routine!
8:30 in-person / 8:30 Zoom / 9:45 in-person. Cost: \$30

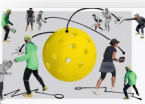


Yoga W/ Kurt Fall Session One

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

Tai Chi

Here is a wonderful opportunity to work on your balance and strength. Leader Khiang Seow will gently guide you through safe and sound movements. Every Thursday at 9:00 a.m. \$2 drop-in donation. See above for registration.



Tuesday Indoor Pickleball

You can register for the following Tuesday play each Tuesday at 10:00 a.m. See the top of this page on registration directions. A confirmation email will be sent out to those registered players prior to Tuesday play.



Men’s Group—New Members Always Welcomed

The Men’s Group meets the second Tuesday of each month at 2:00 p.m. Meeting location will be at the Senior Center. If you have any questions, please call 608-270-4290. Men’s past minutes can be found on our website: www.fitchburgwi.gov/seniorcenter (Drop-in)



New Members Always Welcomed



Group meets the fourth Tuesday of each month at 2:15 p.m. Informal coffee klatch social at 1:15 p.m. before the meeting. All meetings held at the Senior Center. Any questions, call 608-270-4290. Further information can be found on our website: www.fitchburgwi.gov/seniorcenter

Key Dates for Voting in the August Partisan Primary Election

- ◆ In-person voter registration deadline: Friday, August 5, 2022
- ◆ Registering at the polls on primary day is also allowed
- ◆ Deadline to request an absentee ballot: Thursday, August 4, 2022
- ◆ Primary Election Day: Tuesday, August 9, 2022; Polls are open 7:00 a.m. until 8:00 p.m.; Absentee ballots accepted at the polls as well. If mailed, they must be received no later than August 9.
- ◆ Questions such as: Am I registered to vote at my current address? Where do I vote? What is on the ballot? Will I get an absentee ballot sent to me? Check online at www.myvote.wi.gov or call the City Clerk's office: 608-270-4200
- ◆ You must reside at your current residence for a minimum of 30 days in order to register at that address
- ◆ This is a partisan primary, which means you may only vote for one party's candidates. You may not cross party lines
- ◆ Is there another election in 2022? YES. That date is November 8



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!

AUGUST Salads!

Chicken Confetti Salad 8/02/22

Shredded lettuce with diced chicken, tomato, and cucumber, corn bacon & croutons.

Dressing: Ranch

Meal items with this: fruit & Italian ice

Harvest Salad 8/09/22

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

Dressing: Balsamic Vinaigrette

Meal items with this: banana & sherbet

Cottage Cheese Platter: 8/16/22

Cottage cheese w/ cucumber, tomato wedges, strawberries & pineapple

Meal items with this: peaches & Oreo

7 Layer Salad 8/23/22

Shredded lettuce topped with peas, celery, onion, mayo, shredded cheese, bacon & eggs. Served with crackers.

Meal items to be served with this: Fruit & Yogurt

Pulled Pork Santa Fe Salad 8/30/22

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

Dressing: Ranch

Meal items with this: applesauce & Oreo

NEW

Every Tuesday!



*Limited to dine in only.

WE'RE SORRY

As of September 2022, we will **NO LONGER** be hosting the "My Meal My Way" at the Fitchburg Hy-Vee location!

After a year of hosting this program we've concluded that due to the lack of participants, participant donations, and reduced menu choices, this program is not sustainable for staff & volunteers to continue.

We hope you continue to enjoy the program for our last month, August, 2022.

Please join us at the Senior Center for meals Monday—Friday. Just call 270-4290 the day before by 9:00 to make a reservation!

NOTE: The West side Hy-Vee will still be hosting the program on Wednesdays!

FITCHBURG SENIOR CENTER FRIENDS AUGUST 2022

Thanks to all who made the BRAT LUNCH friend-raiser successful!

Special thanks for the following in-kind and cash donations

ODYSSEY VETERINARIAN CLINIC

ROLLING PIN BAKERY

KWIK TRIP

EDWARD JONES—FITCHBURG

METCALFE'S MARKET

Payments this month were made for special needs \$437.40, patient advocacy \$275, \$60/3 scholarships

COME TRAVEL WITH US IN 2022 - 2023

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

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

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

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

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

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

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

Pick up detailed flyers in lobby of the Senior Center.

Questions, call Jack at 608-235-5267



REACH Book Club will not meet in July or August. We will resume on Thursday, September 8, 2022 at 1:30 p.m. We will begin the year with a discussion of the book, *The Chosen and the Beautiful* by Nghi Vo. "Jordan Baker grows up in the most rarefied circles of 1920s American society—she has money, education, a killer golf handicap, and invitations to some of the most exclusive parties of the Jazz Age. She's also queer, Asian, adopted, and treated as an exotic attraction by her peers, while the most important doors remain closed to her."

October 13, 2022 *Nomadland* by Jessica Bruder

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

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

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

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

REACH Book Club meets the 2nd Thursday of each month, September thru June at the *Fitchburg Senior Center* at 1:30 p.m. We do not meet in July or August.

Fitchburg Singers

The Fitchburg Singers meet on the first and third Wednesdays at 1:00 p.m. Interested? Give us a call at 608-270-4290



The *I Love a Mystery Book Club* will meet on Thursday, August 25, 2022 at 1:30 p.m. at the Fitchburg Senior Center. (the 4th Thursday). We will discuss the book, *Tell No One* by Harlan Coben. "For Dr. David Beck, the loss was shattering. And every day for the past eight years, he has relived the horror of what happened. The gleaming lake. The pale moonlight. The piercing screams. The night his wife was taken. The last night he saw her alive."

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



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

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

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

See page 10 under Transportation Services for more information.

Edward Jones Coffee Club—Fitchburg Senior Center

Discussing current events, the economy and investing in a relaxed, informal setting is a great way to get to know one another.

All are welcome. Coffee & pastries will be provided.

3rd Wednesday of each month, 9:00-10:00 a.m. August 17

Hosted by Financial Advisors Brad Stepp & Stephanie Blankenheim

RSVP is required: 608-271-5100 or amy.holt@edwardjones.com



Edward Jones®



Stephanie Blankenheim

Financial Advisor

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

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Donate Blood On Behalf of **Mandi Miller**



In 2021 I had a major GI bleed that Doctors could not initially find, and I was losing blood fast. Ten blood donors made it possible for me to live. So many people had a hand in helping me live and I am so grateful for all of the support, especially the support from blood donors. I am hosting a blood drive near the anniversary date of my ten transfusions as a gesture of giving back to the Red Cross what was so vital to me. Blood drives have been a part of my life since I was little. My dad has been a faithful blood donor his entire life, donating well over 10 gallons of blood. He was donating blood when he was in the Army, and before the Red Cross even documented donations. My mom worked a blood drives for 15 years before she started coordinating them. She has coordinated three blood drives per year for over 35 years in Rice Lake, WI. Never in a million years did I imagine I would need this gift of blood, but I feel so thankful it was available when I needed it the most. I feel so fortunate to be alive today.

Blood Drive

Fitchburg Community

Fitchburg Community Center Oakhall
5510 Lacy Rd

Tuesday Aug 2

11:30 am – 3:30 pm

Give in Aug for \$10 e-gift card of choice and chance at gas for a year a
\$6K value! redcrossblood.org/fuel

For an appointment, please visit redcrossblood.org
Or call 1-800-RED CROSS (1-800-733-2767)



**FUN will be
performing at the
blood drive from
11:30-1:00!**



American Red Cross

redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767



Who are the Friends: A 15-member Board of Directors, all volunteers, who meet on the first Thursday of every month. Board members serve three-year terms, with the opportunity to serve two consecutive terms. Officers include President, Vice President, Secretary & Treasurer. The Board forms committees to share the work.

Why have a Friends Board: The Board exists to provide funding support for expenses that fall outside of the Senior Center city budget and to increase public visibility of the Senior Center. As an added benefit, Board members get to know other area seniors and the staff of the Fitchburg Senior Center, all while having some fun!

What is the history of the Friends: The Fitchburg Senior Center Friends organization was established as a non-profit in 1979, and incorporated in 1986. When the Fitchburg Senior Center became a city department in 1987, the role of the Friends became advisory to the Center's director. The name officially became the Fitchburg Senior Center Friends, Inc. in 2013. The name has changed over time, but the mission has not!

What the Friends Do: Through fundraising events, the Friends support and cooperate with the Senior Center in developing, maintaining and enhancing programs, services and facility needs. Funds raised provide scholarships for center activities, emergency meals and other special needs help, equipment and technology updates, entertainment, and other financial assistance. We welcome your continued support and participation in the fundraising efforts and programs of the Friends, benefiting all seniors in the Fitchburg area now and in the future.

How to Join the Board: Anyone interested in joining the Fitchburg Senior Center Friends Board should ask for an application, which will then be sent to you. When there is an opening on the Board, your application will be reviewed and after a short interview and opportunity to ask questions, you may be invited to join the Board. The Board's year begins in October. We utilize and appreciate the talent of all members.

How to Contact the Friends: Call the Senior Center at (608) 270-4290 to indicate you are interested in speaking with a Board member.

How You Can Help: As a 501(c)(3) nonprofit corporation, the Friends conduct fundraisers, and accept tax deductible donations. Donations may be sent to the address below.

Please make checks payable to: Fitchburg Senior Center Friends

Fitchburg Senior Center Friends
% Fitchburg Senior Center
5510 Lacy Rd.
Fitchburg, WI 53711



August 2022



Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
*Pork Loin in Gravy Mashed Potatoes Peas WW Bread Orange Cup Fudge cookie MO – Hummus wrap NCS – SF jell-o	Cheeseburger: w/ Lettuce/tomato Calico Beans Potato Salad Fruit cup Italian Ice MO – Bean Burger NCS – SF ice cream Chicken Confetti Salad	BBQ Chicken Baked Sweet Potato WW Bread Cinnamon Applesauce Rice Crispy treat MO – Soy BBQ NCS – Peach cup Meal at Center!	*Meatballs in Marinara Over Penne Broccoli Salad Banana Fudge Brownie MO – Veg Meatballs NCS – SF pudding	Tuna Salad on bed of lettuce Sicilian Pasta Salad Creamy Corn Salad Fruit Cup Fig newton bar MO – Egg Salad NCS – Pineapple
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Chicken and Gravy Over White bread Carrot coins Green beans Pineapple cup Jell-o cup MO – Soy in Gravy NCS – SF jell-o	Sausage Veg Egg Bake Fruit Cup Roasted potatoes Orange Juice Apple Muffin MO – Veg Egg bake Harvest Salad!	Baked Mostaccioli WW Dinner Roll Broccoli Peach cup Cookie MO – Soy mostaccioli NCS – SF pudding Hy-vee Option!	*BBQ Pulled Pork on a WW Bun Roasted potatoes Carrots Fruit cup Peanut butter cup MO – Garden Burger NCS – SF jell-o	Chicken Alfredo Penne Brussel Sprouts 3 Bean Salad Berry Applesauce Rainbow Sherbet MO – Soy Alfredo NCS – SF ice cream
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Garlic Parmesan Chicken Stewed tomatoes Spinach Casserole WW Bread Pineapple cup Oatmeal cream pie MO – Soy Parmesan NCS – SF jell-o	Fish Sandwich: On a WW Bun w/ Cheese & Tartar Yams Peas Peach cup Oreo cookie packet MO – Multigrain burger NCS – SF pudding Cottage Cheese Platter!	Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Banana Nutty Buddy Bar MO – Chickpea Joe NCS – Applesauce Meal at Center!	Honey Baked Chicken Broccoli Yams Macaroni Salad Pear cup Vanilla Ice Cream Cup MO – Soy Honey baked NCS – SF ice cream	Chicken Caesar Salad: w/ Parmesan, croutons & Caesar dressing Copper Penny salad Strawberry Applesauce Chocolate Pudding MO – Soy ranch NCS – SF pudding
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Chicken Broccoli Rice Casserole Carrot Coins Chickpea Salad Tropical Fruit cup Jell-o cup MO – Broccoli Rice NCS – SF jell-o	Chicken a la King Brown Rice Green Beans Vinegar Corn Salad Fruit cup Strawberry Yogurt MO – Soy a la king NCS – SF pudding 7 Layer Salad!	Enchilada Casserole Broccoli Fiesta Corn Peach cup Cookie MO - Bean & Cheese burrito NCS – Pineapple Hy-vee Option!	*Italian Sausage with pepper and onion On a Bun Roasted potatoes Stewed Tomatoes Orange Cherry Italian Ice MO – Veg meatballs NCS – SF ice cream	*BBQ Ribs Cheesy Potatoes Pickled Beets WW Dinner Roll Mandarin Orange Sherbet MO – BBQ meatballs NCS – SF ice cream
Monday 29	Tuesday 30	Wednesday 31	To Note: Hy-vee Option EVERY Wednesday from 11:00-1:00 Meal at Center on 1st & 3rd Wed. SALAD OPTION TUESDAYS! (dine in only) For meal reservations, you must call 270-4290 by 9:00 a.m. the day before! Meals provided by: Dane County Consolidated Food Service <i>All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. *contains pork **NAS to omit</i>	
Teriyaki Chicken Brown Rice Asian Vegetable blend Edamame Salad Pineapple cup Vanilla Pudding Cup MO – Soy Teriyaki NCS – SF pudding	Chicken Sandwich: On a Bun w/Lettuce/ tomato & Mayo Calico Beans Green Beans Applesauce Oreo cookie MO – Garden Burger NCS – banana Pulled Pork Santa Fe	Lemon Dill Fish Tartar Sauce Baked potato Sour Cream Coleslaw WW Bread Fudge cookie MO – Hummus wrap NCS – SF jell-o Hy-vee Option!		

AUGUST 2022

* * = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																				
1 8:30 AM Aerobics ** 9:00 AM Yarn Group 9:45 AM Aerobics ** 10:00 AM Bridge 11:15 AM F-Fitness ** <u>11:30 AM St. Vincent Pantry</u> 1:00 PM Ping Pong	2 8:30 AM Quilters <u>9:30 AM Shop-Target</u> 12:45 PM Euchre 1:00 PM Mahjong Foot Care** Pickleball Pre-Register	3 8:30 AM Aerobics ** <u>9:30 AM Shop-Walmart</u> 9:45 AM Aerobics ** 10:00 AM Art Studio 11:15 AM F-Fitness ** 1:00 PM Singers	4 9:00 AM FSC Friends 9:00 AM Tai Chi ** <u>9:30 AM Shop-Pick N Save</u> 12:30 PM Bingo <u>12:30 PM Chess Club</u> 1:00 PM Sheepshead	5 8:30 AM Aerobics ** 9:00 AM Ping Pong 9:45 AM Aerobics** 11:15 AM F-Fitness ** 1:00 PM Bunko																																																																																				
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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 \$20. Please call 608-270-4290 to schedule an appointment. Or online clickable link go [HERE](#) to register yourself. **Now offering four clinics each month. Tuesdays & Fridays!**

Caregiver Support

Need support from those who have been through the emotional and physical strains of caregiving for a loved one? Are you needing advice, tips and tricks? Our Caregiver Support Group might be a good fit for you. Email Suzie at suzie.jones@fitchburgwi.gov to get connected to our group leaders.



Massage Therapy

June Newman
LMT,NCTMB.
Mon./Thurs.
Afternoons

—
Massage & Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Cost:

\$30 for 30 min.
\$40 for 45 min.
\$50 for 60 min.
\$70 for 90 min.

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

Translation Services Available

We are excited that the Fitchburg Senior Center has a language line service to translate for hundreds of languages, including Spanish, Hmong, Sign Language, and much more! Call us today to ask for an interpreter. 608-270-4290.

Nosotros estA'mos emocionada do anunciar que el Fitchburg Senior Center tiene un servicio de línea de idiomas para traducir cientos de idiomas que incluyen español, hmong, lenguaje de señas y mucho más! Llámenos hoy y solicite un intérprete.



Drop-In Games & More - New Players Always Welcomed

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Bridge 10:00	Euchre 12:45		Chess 12:30	Ping Pong 9:00
	500 - 2nd/4th - 12:45		Bingo 12:30	Bunko 1:00
Ping Pong 1:00	American Mahjong 1:00		Sheepshead 1:00	



Cross Stitch—All Levels Welcomed

Cross stitch is back at the Senior Center on the third Thursday of each month from 9:00 a.m. to 2:00 p.m. Come enjoy great conversation and laughs!

Independent Art Studio with Mary Ann

Bring your own supplies, work in any medium and at your own pace under the guidance of an experienced and encouraging instructor. Mary Ann Inman has taught drawing and painting for more than 20 years. Participants are encouraged to take at least one beginning class. Wednesdays from 10:00 a.m. - 12:00 p.m. Open to intermediate artists at no charge. Email Mary Ann with any questions:

inman_ma@yahoo.com (Drop-in)



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at Fitchburg
COMMUNITY
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5440 Caddis Bend, Fitchburg, WI 608-270-9200 waterfordatfitchburg.com

Contact Jodi Johnston for details.

Call 608 438 7437

info@cremationsocietyofmadison.com



CREMATION SOCIETY OF
MADISON

Lesbian Women's Social Group

Many older lesbian women may feel isolated and without community support as they age. Their life experiences can be quite different which can present barriers to feelings of acceptance. The purpose of the Lesbian Women's Social Group is to provide support from like-minded women and promote a sense of community among group members.

The current plan is to hold a monthly walk at McKee Farms Park, 2930 Chapel Valley Road. This will serve as a group builder as well as an icebreaker for new members. After a loop around the park, the group will decide on at least one social event in the community they might be interested in attending together (such as a festival, restaurant, movie etc.) during the next month. Accommodations will be made for those who are unable to walk. Call the Senior Center at 608-270-4290 for any questions.

The group will continue to meet for walks on the 3rd Tuesday of each month at 10:30 a.m. For more information, please call the Senior Center at 608-270-4290.

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

www.fitchburgwi.gov/seniorcenter



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

For more information on all programs offered through the Senior Center, please visit our City page at www.fitchburgwi.gov/seniorcenter.

Program Cancellation Policy:

Class payments must be received **five** days prior to the start of class. No refunds will be issued after the **first session** has started, with the exception of a severe medical emergency. If your cancellation puts the class attendance **under** the minimum, a refund will not be granted.



**TRAVELING
for TOOTSIES**
MOBILE PEDICURIST

Amy Foster, CMP
Owner, Master Pedicurist

608-576-8986
TravelingForTootsies@gmail.com



In-home services for toenail
trims and pedicures

11005 Brigham Ave
Blue Mounds WI



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

Fitchburg Family Pharmacy

Thad Schumacher, PharmD
tschumacher@fitchburgfamilyrx.com

Location: Fish Hatchery Road and High Ridge Trail

Phone: (608) 274-3784

Fax: (608) 274-3780

After Hours: (608) 886-7117

Hours:
9am-6pm, Mon-Fri
9am-1pm, Sat