



Fitchburg Senior Center Friends Annual

Pancake Breakfast

Adults \$10.00
Kids (under 12) \$5.00

- Eggs • Sausage • Pancakes

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

Adultos \$10.00
niños (menores de 12 años) \$5.00

- Huevos revueltos
- Panqueques
- Salchichas

Domingo 27 de Abril 8 - 12
en el Centro para personas mayores de Fitchburg
Calle Lacy # 5510



Wisconsin POW Camps

Bob Block, a member of the Oregon Area Historical Society, will give a presentation entitled "Wisconsin POW Camps" on **Wednesday, April 30 at 1:00 p.m.** Most people are unaware that Wisconsin had POW (Prisoners of War) camps during WWII and are surprised to learn that there were 39 of them having a total of approximately 20,000 POWs. This presentation will give an overview of US POW camps and Wisconsin POW camps. You will hear interesting stories of those who may have lived in a community that had a POW camp, those who worked side by side with POWs and those who were once prisoners in a POW camp. You will find this presentation to be informative, educational and entertaining.

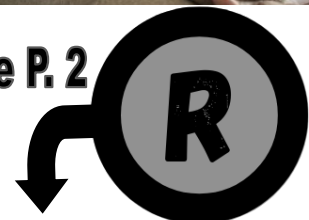


Weaving Your Legacy: Stories Enduring Through Generations

This workshop empowers you to transform memories, objects, and photos into a vibrant, living legacy. Learn to capture your family's journey by crafting compelling narratives that resonate across time. We'll explore techniques to identify core experiences, uncover details, and weave them into stories that connect generations. Discover how to use sensory details, reflections, and the presence of objects/photos to bring your history to life, fostering deeper understanding. Through guided exercises and narrative strategies, you'll learn to create enduring stories that ensure your family's tapestry is felt by those who follow. Join us to craft a legacy that speaks across time. **Wednesday, April 16 from 1:00—3:00 p.m.**



See P. 2



= Must Register

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Vote April 1: <https://www.fitchburgwi.gov/162/Voting-Election-Information>



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,
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 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



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 **April 4–30**. 11:15–11:45 a.m. \$20

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

In-person & Zoom, **April 4–30** 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!

Mondays—Eight weeks. 12:45– 1:30 p.m. May 5–June 30, 2025 (skip 5/26)

Fridays, Eight weeks. 12:45–1:30 p.m. May 2–June 20, 2025

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



Spring Rides For Joe—2025

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 first ride is scheduled for **Wednesday, May 7, at 10:00 a.m.**

Whether you are a seasoned biker or just starting, the summer bike rides in Fitchburg are an excellent way to stay active, explore the city's hidden gems, and connect with nature. So dust off your bike, grab your helmet, and get ready for a thrilling biking adventure this summer. You can choose between two ride options: either 6-8 miles or 10-12 miles. However, it's essential to register before the ride. Registration is open.

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 Vidlak at the Senior Center. With over two decades of dancing experience, Nancy brings a wealth of expertise and enthusiasm to the dance floor.

Thursdays, April 3–24 (skip 4/17) from 11:00 a.m.—12:00 p.m. in the spacious Oak Hall Room on the upper level. Cost: \$21 / \$ 8 drop-in. We require a minimum of twelve dancers to make this a go. Spread the word to your friends!

2025 Recycling Day Event—Saturday, April 12 from 8:00–11:00 a.m.

Visit the City of Fitchburg website for details: www.fitchburgwi.gov

LGBTQ+ Elder Support Group—Verona Senior Center



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

Contact The Verona Senior Center at 608-845-7471

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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 **April 17**. 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 No registration required.



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

April 9: The Life Of Andrew Jackson Bovee And The Battle Of The Wilderness. Speaker: Rich Fronck—Amateur Genealogist. 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 No registration required.



**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.**



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

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Fitchburg Singers—Come Sing W/Us!

The Fitchburg Singers practice the first & third Wednesday at 1:00 p.m. The Singers typically sing a variety of pre-rock and roll oldies. For a better idea, visit: Fitchburg-singers.org and view past performances.

Lunch & Learn Series

Brought to you by Janice Hughes,
Commission on Aging Well

April 2
It's All
About
Frank!

It's All About Frank
Lloyd Wright

April 16
Benefits
For You!

Positive Benefits Of
Occupational & Physical
Therapy - UW Therapist

Look
Ahead

May Brings Hearing
Awareness & Just Dane -
Everyone Has A Chance To
Succeed



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



Mind Over Matter Workshop

If you have issues with bladder or bowel control, you are not alone. More than half of women aged 50 or older experience urine or bowel leakage sometimes! The Mind Over Matter: Healthy Bowels, Healthy Bladder workshop is designed to give women the tools they need to take control of their symptoms. Scientific studies show that attending this workshop reduces or even cures symptoms for many women! Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!

Mind Over Matter: Healthy Bowels, Healthy Bladder is a three-session workshop for senior women that includes information, group activities, and simple exercises to do at home. Join us for Mind Over Matter at the Fitchburg Senior Center from 1:00–3:00 p.m. on May 6, 20 & June 3, 2025. **You MUST register by April 28** by calling 608-270-4290 or visiting our program website under education: www.fscprograms.com. There is a suggested donation of \$15 for class materials.



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 at 1:00 p.m.**

NEW!

Celebrating Earth Day



Earth Day's origins trace back to 1970, when Madison's very own Senator Gaylord Nelson recognized the need for widespread environmental awareness. In response to growing concerns over pollution, deforestation, and the consequences of industrial growth, Senator Nelson envisioned a day of national environmental education. What started as a small-scale movement soon grew into a worldwide event, with over 190 countries participating today.

We are proud to be honoring this day with a special program on **Tuesday, April 22** beginning at **11:00 a.m.** We will share a couple of brief videos of Governor Nelson and his daughter, Tia Nelson, talking about the importance of this day. In addition, we will have a display of some of Governor Nelson's memorabilia. A big thank you to his granddaughter, Kiva Nelson, for sharing the items with us for the day.

And to serve as a reminder of how we are all responsible for being good stewards of our planet, attendees will have the opportunity to plant a flower to take home. All supplies provided.

Registration is required. Please go online or call 608-270-4290 by **Thursday, April 17**. If you would like to stay for lunch after the program just indicate that when you register.

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 if you have any questions.

Culture & Awareness Corner W/ Suzie–April 2025



did you know April is...

Autism Awareness Month, Celebrate Diversity Month, Parkinson's Awareness Month, Counseling Awareness Month and Sexual Assault Awareness Month.

April 1: April Fools' Day to all you jokesters!

April 4, 1968: Assassination of Dr. Martin Luther King Jr.

April 12: Passover

April 18: Good Friday

April 20: Easter

April 21-27: National Volunteer & Administrative Professionals Week

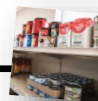
In Fitchburg, it is our goal to be mindful of EVERYONE!

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

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 \$1,206.33 to support Senior Center participants, programs, and activities during February, 2025.

 It's almost here – our annual Pancake Breakfast! Everyone is welcome to join us at the Senior Center on Sunday, April 27, from 8 a.m. – noon. A truly tasty breakfast of pancakes, eggs, sausage, juice, and coffee is still just \$10.00 for adults and \$5.00 for children under 12. So, stop by to meet old friends, make new friends, and enjoy a great meal – all while supporting the Fitchburg Senior Center Friends and the Senior Center.

Much fun and joy, and many volunteers, go into making our Pancake breakfast a success. If you'd like to get in on the action, there may still be a few slots open if you'd like to volunteer to help out on the day of the breakfast. Please contact Mandi Miller at mandi.miller@fitchburgwi.gov or 608-270-4290 to volunteer for a 2-hour shift. Thank you!

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



Senior Travel

"Spring has sprung" and we have two special dates for you this month. The first is Easter and secondly, we are happy to announce our Spring Travel Show for 2026 on Wednesday, April 23 at 1:00 p.m. in the Fitchburg Room at the Fitchburg Senior Center. Our 2025 trips remain as follows:

- ◆ **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**



We bid bon voyage to our Mediterranean and Danube River travelers last month.

For those attending our 2026 preview of trips on April 23, you will see highlights of Hawaiian Cruising in Paradise in February; Discovering Croatia and Slovenia in April; Seine River Cruise in June; Mount Rainier & Olympic National Park in July; and Colorful Canyons & Beautiful Balloons in September. Brochures will be available at the Show and shortly on the Travel Wall across from the Receptionist's desk. Don't forget all the advantages of traveling through the Fitchburg Senior Center, beginning with a Pre-Travel gathering before you travel.

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>



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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, April 15**. 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!

Here comes April! Our gatherings will be on **Tuesdays** the 8th and 22nd in the art room from **12:15 to 2:00 p.m.** On the 8th there will be supplies for Easter cards: paper with designs of bunnies, chicks and Easter eggs to make your recipients smile. At every session there are people making birthday cards with our variety of materials. April can be a crazy month weather-wise, but creating cards will put sunshine in your heart!



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.



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.**



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. **April 9 & 23 from 1:00—4:00 p.m.** All materials will be provided, but you may bring your own. **\$30.00 (per class)** includes all supplies.



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!



REACH Book Club will meet next on

Thursday, April 10, 2025 at 1:30 p.m. at the Fitchburg Senior Center for a discussion of the book, *Still Life* by Sarah Winman. For a list of upcoming books, visit: www.fitchburgwi.gov/seniorcenter and click on groups with websites.



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 book club.

The I Love a Mystery Book Club will meet on **Thursday, April 24, 2025 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *The Fallen* by David Baldacci.



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.**

APRIL 2025

* * = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	8:30 AM Quilters <u>9:30 AM Shop-Walmart</u> 11:00 AM Bid Whist/Spades 12:45 PM Euchre 1:00 PM Ukulele Strum Foot Care** Pickleball Pre-Register <u>Voting Day</u>	8:30 AM/9:45 Aerobics** 10:00 AM Art Studio 11:15 AM Functional Fitness** 1:00 PM Cribbage 1:00 PM Singers <u>1:00 PM Social Group</u>	9:00 AM PSC 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 Sheephead	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**
7	8	9	10	11
8:30 AM/9:45 Aerobics** 9:00 AM Yarn 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-Target</u> 11:00 AM Bid Whist/Spades 12:45 PM Euchre 1:00 PM Ukulele Strum 2:00 PM Men's Group** Pickleball Pre-Register	8:30 AM/9:45 Aerobics** 10:00 AM Art Studio 11:15 AM Functional Fitness** 1:00 PM Cribbage <u>1:00 PM Social Group</u> 1:00 PM Watercolors** 2:00 PM Women's Group	9:00 AM Cross Stitch 9:00 AM Tai Chi 9:30 AM Informal Quilting <u>9:30 AM Shop-Pick N Save</u> 10:00 AM Caregiver Support 12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheephead 1:30 PM Book Club**	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** Footcare**
14	15	16	17	18
8:30 AM/9:45 Aerobics** 9:00 AM Yarn 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 1:00 PM Ukulele Strum 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 <u>1:00 PM Social Group</u>	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 Sheephead	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**
21	22	23	24	25
8:30 AM/9:45 Aerobics** 9:00 AM Yarn 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-HyVee/Aldi</u> 11:00 AM Bid Whist/Spades 12:45 PM Euchre 1:00 PM Ukulele Strum Pickleball Pre-Register	8:30 AM/9:45 Aerobics** 10:00 AM Art Studio 11:15 AM Functional Fitness** 1:00 PM Cribbage <u>1:00 PM Social Group</u> 1:00 PM Watercolors**	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 Sheephead 1:30 PM Mystery Book Club	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** Footcare**
28	29	30		
8:30 AM/9:45 Aerobics** 9:00 AM Yarn 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-HyVee</u> 11:00 AM Bid Whist/Spades 12:45 PM Euchre 1:00 PM Ukulele Strum Pickleball Pre-Register	8:30 AM/9:45 Aerobics** 10:00 AM Art Studio 11:15 AM Functional Fitness** 1:00 PM Cribbage <u>1:00 PM Social Group</u>		

May 2025

M	T	W	T	F	S	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

May 2025

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

	1	2	3	4
PB = Plant Based SF = Sugar Free WG = Whole Grain MO = Meatless Option SO = Salad Option *Contains Pork	Breakfast Tacos- Egg, Sausage & Pepper w/ Tortillas Roasted Potato Apple Juice Tropical Fruit WG Apple Muffin MO: Veg Sausage NCS: Honeydew SO: Greek	Stuffed Pepper Casserole WG Din Roll Corn Fiesta Blend Fresh Fruit Mix Lemon Cookie MO: Veg Stuffed Pepper NCS: SF Cookie SO: Chicken Almond	Chicken Dumpling Soup WG Din Roll Honeydew Melon Broccoli Craisin Salad Birthday Cake MO: Minestrone NCS: Cantaloupe SO: Caesar	Crab Cake w/ Tartar Sauce Rice Pilaf w/ Veg California Vegetables 3 Bean Medley Tapioca Pudding MO: Tofu NCS: SF Pudding
7	8	9	10	11
Lemon Chicken Wild Rice Broccoli Root Vegetables Fruit Medley Caramel Cookie MO: PB Chicken Breast NCS: SF Cookie SO: Sunflower Crunch	Turkey & Gravy WG Din Roll Mashed Potatoes Corn Cranberry Sauce Rice Krispie Treat MO: PB Chicken Breast NCS: Cantaloup SO: Garden Vegetable	Chicken Lasagna Italian Vegetables WG Bread Side Salad Nutty Buddy Bar MO: Veg Lasagna NCS: SF Wafer SO: *Italian	Teriyaki Chicken Brown Rice Stir Fry Vegetables 5 Way Veggie Blend Orange Wedges Oatmeal Cookie MO: Teriyaki Tofu NCS: SF Cookie SO: * Bacon Bleu	Macaroni & Cheese California Vegetables Veg. Baked Beans Fresh Fruit Mix Chocolate Pudding NCS: SF Pudding
14	15	16	17	18
Philly Cheesesteak Casserole WG Din Roll Paco Vegetables Sliced Peaches Chocolate Chip Cookie MO: PB Beef NCS: SF Cookie SO: *Chicken Bacon	Chicken w/ Gravy WG Din Roll California Veg. Blend Garlic Mashed Potato Cantaloupe Super Donut MO: PB Sausage NCS: SF Wafer SO: Caesar	*Roasted Pork Loin Crinkle Cut Carrots WG Din Roll Corn Cranberry Jelly Brownie MO: Tofu w/ Gravy NCS: SF Cookie SO: *Cobb	2 Beef Tacos w/ Salsa Lettuce & Cheese Spanish Rice W/ Veg Honeydew Melon Kringle MO: Beyond Taco Meat NCS: Mixed Fruit SO: Southwest Chicken	Minestrone WG Dinner Roll 3 Bean Medley Tomato & Cucumber Salad Cantaloupe Cherry Gel Cup NCS: SF Jell-O
21	22	23	24	25
Shepherd's Pie WG Bread Capri Vegetables Tropical Fruit Snickerdoodle MO: PB Ground Beef NCS: SF Cookie SO: *Italian	Beef & Lamb Gyro w/ Pita & Tzatziki Tomato/Onion/ Cucumber topping Roasted Potatoes Italian Veg Blend Chocolate Cake MO: Spiced Chickpeas NCS: Mixed Fruit SO: Chicken Almond	Garlic Chicken Breast Wild Rice Broccoli Roasted Root Blend Cantaloupe Dirt Cup MO: Garlic PB Chicken NCS: SF Pudding SO: Garden Vegetable	*Creamy Potato & Bacon Soup WG Din Roll Side Salad Sliced Peaches Nutty Buddy Bar MO: Broccoli Cheddar NCS: Fruit Medley SO: *Spinach	*Swedish Meatballs with Sauce WG Din Roll & Butter Mashed Potatoes Capri Vegetable Blend Bean Medley Salad M&M Cookie MO: PB Meatballs NCS: SF Cookie
28	29	30	Suggested minimum donation: \$5.00 Note: When the meal program is canceled the menu for that day is then served the next day. 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. Meals provided by AtlantisValley Foods. guarantee that food allergens will not be transferred through cross-contact. Meal reservations: call 270-4290 by 9:00 a.m. the day before	
Spaghetti w/ *Bolognese Sauce Italian Vegetables Peas & Onions Diced Pears Cherry Crunch Bar MO: PB Meatballs NCS: SF Wafer SO: *Bacon Bleu	Teriyaki Meatballs over Brown Rice Stir-Fry Vegetables Broccoli Craisin Salad Honeydew Melon Fortune Cookie MO: PB Meatballs NCS: SF Cookie SO: *Cobb	Chicken on WG Bun w/ Lettuce & Tomato Mayo/Mustard California Vegetables Roasted Root Blend Rice Krispie MO: PB Chicken NCS: Red Grapes SO: Caesar		

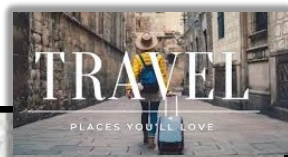
Fitchburg Senior Center
5510 East Lacy Road
Fitchburg, WI 53711
608-270-4290

www.fitchburgwi.gov/seniorcenter



WASC

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



2026 Travel Show

April 23, 2025 - 1:00 p.m.

Fitchburg Room,
Fitchburg Senior Center



SAVE THE DATE

AGING ADVOCACY DAY 2025

Tuesday, May 13, 2025 | Madison, WI

#WIAgingAdvocacyDay #WIAAD25

Salad Option Monday- Thursday!



You Have Options

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



*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



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