



Older Americans Month + 90's Party

The 2025 theme, *Flip the Script on Aging*, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging. We cordially invite you to join us on **Wednesday, May 14**, to celebrate Older Americans Month and Fitchburg's seniors who are **90 years or older**. The event will begin with a photo session at **11:30 a.m.** followed by a scrumptious **lunch at 12:00 p.m.** Pulled Pork Sandwich, Mixed Vegetables and Baked Beans. While dining you will be entertained by our very own talented Fitchburg Singers. To register for the event, please call **608-270-4290 the day before by 9:00 a.m.** We look forward to paying tribute to the remarkable achievements of our senior community members.



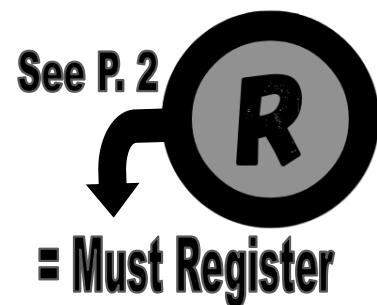
Hand Surgeon Dr. Brian Christie To Discuss Common Wrist And Hand Injuries



Fellowship-trained hand and upper extremity surgeon Dr. Brian Christie will present "So your hand hurts," discussing common wrist and hand injuries affecting daily life.

Dr. Christie specializes in treating conditions like trauma, arthritis, nerve injury, and tendon/ligament disorders, with expertise in complex and revision surgery. His patient care emphasizes shared decision-making, evidence-based practices, and minimally invasive techniques.

The presentation will cover typical causes and both surgical and non-surgical treatments for these common hand and wrist issues. This is an opportunity to learn from a specialist in the field. **Wednesday, May 21 at 11:00 a.m. No registration required.**



Get Carving With Us!



Mark your calendars! An open house carving session will be held on **Friday, May 30**, during our usual hours of **11:00 a.m.—2:00 p.m.** This session is a fantastic opportunity for both seasoned carvers and those curious to try their hand at this rewarding craft. There will be several experienced carvers present who can show you the basics! We will have several **starter carving kits available for purchase at \$25 each**. These kits are perfect for beginners and provide everything you need to get started. Feel free to try out a kit and purchase it if you find yourself enjoying the art of carving!

We will also have **small blocks of wood available for everyone to experiment with**, so you can get a feel for the tools and techniques without any commitment. We have a limit of 20 openings. Please register prior to the day of the event and join us for some fun!

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CLOSED The 26th

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
May 2–30. (closed 5/26) 11:15–11:45 a.m. \$20

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



In-person & Zoom, May 2–30. (closed 5/26) 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, June 2–August 25 (skip Aug. 4). 12 weeks. \$96. Intermediate level: 9:15–10:30 a.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.



Q&A with the City Assessor

Do you have questions about property tax assessments and revaluations? Our City Assessor Chris Leitz will be joining us for an informative presentation and Q&A session in May. Chris has been the Fitchburg City Assessor since January 2023. Prior to joining the Fitchburg team, Chris spent seven years working in the Janesville Assessor's Office. He'll be discussing the 2024 citywide revaluation, the ongoing 2025 revaluation, plans for the department going forward, and answer any questions you might have!
Monday, May 12. 11:00 a.m. and again at 5:30 p.m.

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. Go to: www.fscprograms.com under the exercise tab.

Ballroom Basics For Balance—New Session Coming In July



Ballroom Basics for Balance is a fun way for you to regain your balance and have fun while doing it!!

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, May 1–29 (**five classes!**) from 11:00 a.m.—12:00 p.m. in the spacious Oak Hall Room on the upper level. Cost: \$35 / \$8 drop-in. We require a minimum of twelve dancers to make this a go. Spread the word to your friends!

Walk W/ A Doc



Take a step towards better health! Walk with a Doc begins May 3 at 9:00 a.m. and continues the first Saturday of every month. **Location: McKee Farms Park.** This walking program is fun and safe. Join local physician, Dr. Wendy Molaska of Dedicated Family Care of Fitchburg. Bring your questions and maybe learn a thing or two! Explore more at: www.walkwithadoc.org

LGBTQ+ Elder Support Group—Verona Senior Center

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

Contact The Verona Senior Center at 608-845-7471



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".



Veterans Resource 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 **May 15. Open to anyone who wore the uniform.** 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.

May 14: Realistic Wild Fowl Sculpture.

Speaker: Greg Curless—Artist. 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.



Parkinson's Disease (PD) Research Registry Presentation

NEW

Did you know that Parkinson's Disease is the fastest-growing and second most common neurological disease in the world? An estimated 1.2 million people in the U.S. will be diagnosed with PD by the year 2030 (<https://www.parkinson.org/about-us/news/incidence-2022>).

Currently, fourteen states have PD Research Registries to collect incidence and prevalence rates for the disease, study patterns of disease over time, and improve the understanding of links between PD and environmental risk factors.

Stephanie Johnson is collaborating with local legislators, UW Madison faculty, and the Michael J. Fox Foundation to establish Wisconsin's first Parkinson's Disease (PD) Research Registry.

Join Stephanie for a casual conversation on **Wednesday, June 25 at 12:30 p.m.** at the Fitchburg Senior Center where you'll learn:

- ◆ What the PD Research Registry is
- ◆ Why the PD Research Registry is important
- ◆ How you can support the PD Research Registry project

No registration required

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

Are you looking to put your life experience & leadership skills to work to support older people in Dane County?

Look no further.

The Area Agency on Aging seeks thoughtful, civic-minded individuals, age 60+ to serve on its board.

How to Apply

Visit bit.ly/AAAdaneboard & click "Learn More" under start application

Time Commitment

- 3-year term
- Up to 8 meetings/year
- Serve on a subcommittee, up to 8 meetings/year

- Strengthen relationships in the aging community
- Advocate for good public policy
- Develop & implement the Area Plan for Aging
- Ensure older adults are thriving in just, safe, & caring communities

For assistance, contact Cindy Matulle:
Matulle.cindy@danecounty.gov
(608) 261-9930

Dane County Department of Human Services



NEW

R

Building Resilience

A new self-directed group will meet monthly on the **second Wednesday** of each month from **9:30 to 10:30 a.m.** starting **May 14**. Resilience is the ability to respond or adjust to life's challenges. The purpose of the group is to discuss and share ideas, strategies and resources to reduce the stress of life changes. Registration is required.

Lunch & Learn It's More Than Just a Meal



**May 7
Audible
Difference**

Hear what Audiologist Dr. Veronica Heide has to say!

**May 21
Just
Dane**

Providing opportunities where everyone has a chance to succeed.
Linda Ketcham - Executive Director

**June
Look
Ahead**

4th - ADRC - Connecting People With Resources.

18th - Jung's Garden Center Tips & Tricks.

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



Ready, STEADI Fall

UW Madison Medical Students invite you to join us for an interactive, informative session on fall prevention. Learn how to assess fall risks, help a friend (or yourself) up from a fall, and the basics of fall first aid. Create your own "Emergency Information" sheet to display on your refrigerator for EMS and try out exercises for strength and balance to stay on your feet and maintain independence. Q&A session to follow. Dress to get down on the ground and get back up as you're able! **Wednesday, June 11 at 10:30 a.m.** No registration required.

STEADI Stopping Elderly Accidents, Deaths & Injuries



School of Medicine and Public Health
UNIVERSITY OF WISCONSIN-MADISON

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! **Fridays at 11:15 a.m.**



Craft Unique Coasters with Decoupage!



Discover the art of decorating with paper napkins. In this class, you'll transform 4-inch wooden discs with vibrant tissue, add a cork backing, and seal them to create a set of four moisture and heat-resistant coasters. All materials are included. Register in advance. Cost: \$22.

Class size: **four—eight people**. **Monday, May 19. 9:30—11:30 a.m.** Get registered early! [Scholarships available](#). ★

Tired of Guessing On The Phone? There's a Solution!



Ever struggle to understand phone conversations? Do calls sometimes sound muffled or incomplete? You're not alone!

Introducing **CaptionCall**, a revolutionary captioning service that displays real-time text of what the other person is saying – right on your phone screen. Imagine: clear communication, no more missed words, and the confidence to connect effortlessly.

The best part? For individuals with hearing loss who rely on captions to use the phone effectively, **CaptionCall comes at NO COST!**

Stop straining to hear and start experiencing phone calls with clarity. Discover how CaptionCall can change the way you connect. **Wednesday, May 28 at 10:00 a.m.**

No registration required.

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 + Summer Hours (Please Read)

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.** The summer schedule will take effect in June.

Please note the following dates: **June 10 & 24, July 8 & 22, August 5 & 19 and September 9.** After September 9, the group will be back to every Tuesday! Fitchburg Room upstairs at the Senior Center. Contact Ric at rbainter1@gmail.com if you have any questions.

Culture & Awareness Corner W/ Suzie—May 2025



did you know May is...

Asian & Pacific Islander American Heritage Month, Jewish American Heritage Month, Haitian Heritage Month, Mental Health Awareness Month, ALS Awareness Month, and National Asthma & Allergy Awareness Month!

⇒ **May 5: Cinco de Mayo**

⇒ **May 11: Mother's Day**

⇒ **May 13: World Cocktail Day**

⇒ **May 19: National Transgender Pride Day**

⇒ **May 26: Memorial Day**

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

These are just a few special celebrations observed. If you have something dear to heart and would like me to share, just shoot me an email at Suzie.jones@fitchburgwi.gov

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.



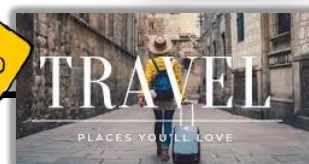
The Fitchburg Senior Center Friends were pleased to provide **\$541.79** to support Senior Center participants, programs, and activities during **March, 2025**.

 A big **THANK YOU** goes out to everyone who supported our annual pancake breakfast fundraiser. We could never hold this event without tremendous community support – from volunteers helping to get ready for the breakfast by putting up signs, preparing the food, and setting up dining areas; to community business sponsors donating funds and food; to local media publicizing the event; to volunteers staffing the event and helping with clean up afterwards; and, of course, to those stopping in for breakfast that day. It is always heartwarming to see the incredible Fitchburg community support for the best Senior Center in the area! Thank you never seems like enough to express the Friends' gratitude for this unwavering support. **WE APPRECIATE ALL OF YOU!**

Scan this to see the Friends website for information about all things Friends →



Senior Travel



April showers bring May flowers. One of our featured tours for June is to lovely **MACKINAC ISLAND**, June 13 - 21. Mackinac is known for its lilacs in June. The entire Island is in bloom and the fragrance as you step into town is absolutely delicious! On your way to and from the Island, you will visit Chicago's Millennium Park, the Frederik Meijer Gardens, Frankenmuth, the Henry Ford Museum and Greenfield Village. This tour is a wonderful adventure and there is still room for you.

If you are looking for the more "wild side" of life, you would enjoy our second June Adventure, **ALASKA DISCOVERY LAND & CRUISE**, June 18 - 29. This tour has it all: Fairbanks, Denali National Park with a dinner theater too, The Tundra Wilderness Tour, a Luxury Domed Rail, Anchorage, Hubbard Glacier and Bay, Skagway, Juneau, Ketchikan and the Inside Passage. "Ketch" this one while you can! How often do you get a cruise AND land travel?

In September, we have the tour to **FRENCH CANADA** and in October, we venture to **TURKEY** for the many treasured sites there.

For all of these tours, check out our Travel Wall across from the Receptionist's Desk at the Fitchburg Senior Center. And don't forget our **2026 Travel Show** on **April 23** at **1:00 p.m.** in the Senior Center's Fitchburg Room. We welcome your travel ideas and wishes." 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>



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: [Fitchburgsingers.org](https://fitchburgsingers.org) and view past performances. Call 608-270-4290 for more details!

The UPS Store



Print and Business Services

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Fitchburg, WI 53711

(608)288-0957 store2831@theupsstore.com

15% off any print services!

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. **Lunch served at 11:45 a.m.**

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, May 20**. 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!

As the seasons change, so do our materials! Papers with floral designs and with flip-flops can decorate greetings along with embellishments like ribbon and flowers. Our meeting dates in May are the 6th and 20th, from 12:15-2:00 p.m. in the art room. A donation of \$1 is requested per card made. In addition, we have been asked to make cards that will be delivered to veterans in November. A variety of red, white and blue supplies will be provided for your patriotic and creative spirit, and of course, the \$1 is waived. Please join us!



Busy Hands & Chatting W/ Friends

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



Thursday mornings, 9:30 a.m.—12:00 p.m., a group of us get together to work on our individual projects. Join us with your own handiwork - embroidery, applique, knitting, etc. There is plenty of space if you want to bring your own sewing machine or if you need to lay out a quilt top. It is a great way to exchange ideas and make friends. No registration required. Just drop in!

Independent Art Studio

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



Wood Carvers—Starter Kits Available!

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



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. **May 14 & 28 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.



REACH Book Club will meet next on

Thursday, May 8, 2025 at 1:30 p.m. at the Fitchburg Senior Center for a discussion of the book, *The 100 Year Old Man Who Climbed Out the Window and Disappeared* by Jonas Jonnasson. 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, May 22, 2025 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *The Dry* by Jane Harper.



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.**

MAY 2025

* * = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																											
<div><div>APR 2025</div><table><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr><tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr><tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr><tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr><tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr><tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr></table></div> <div><div>MAY 2025</div><table><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr><tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr><tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr><tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr><tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr><tr><td>30</td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table></div>	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					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									<div>1</div> <div>9:00 AM FSC Friends 9:00 AM Tai Chi 9:30 AM Informal Quilting <u>9:30 AM Shop-Pick N Save</u> 12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheephead</div>	<div>2</div> <div>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** <u>11:15 AM Social Group</u></div>
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Suggested minimum donation: \$5.00

Meal reservations: call 270-4290 by 9:00 a.m. the day before
Lunch is served at 11:45 daily.

PB = Plant Based SF = Sugar Free WG = Whole Grain
MO = Meatless Option SO = Salad Option *Contains Pork

Meals provided by AtlantisValley Foods.

We cannot guarantee that food allergens will not be transferred through cross-contact.

		1	2
		Chicken Salad Sandwich Coleslaw 3 Bean Medley Fresh Fruit Mix Birthday Cake MO: Mediterranean Sandwich NCS: Cantaloupe SO: Sunflower Crunch	*BBQ Rib Sandwich on a WG Bun California Vegetables Rosemary Potatoes Peaches Cherry Crunch Bar MO: PB Sausage NCS: Red Grapes
5	6	7	9
*Brat on a WG Bun Ketchup & Mustard Hot Sauerkraut *Baked Beans Potato Salad Nutty Buddy Bar MO: PB Sausage NCS: Peanuts SO: Chicken Almond	*Macaroni Club Pasta Salad Tomato & Cucumber Broccoli w/ Ranch Cantaloupe Super Donut MO: Vegetarian Pasta NCS: Banana SO: Caesar	Meatball Sub on a WG Bun Green Beans Crinkle Cut Carrots M&M Cookie MO: PB Meatball Sub NCS: SF Cookie SO: *Italian	Pulled BBQ Chicken Sandwich on a Bun Roasted Sweet Potato 5-Way Vegetables Orange Wedges Pudding MO: BBQ PB Chicken NCS: SF Pudding SO: *Spinach
12	13	14	16
Fajita Casserole Fiesta Corn Blend *Hoppin John Beans Cantaloupe Oatmeal Cookie MO: Beyond Meat NCS: SF Cookie SO: Southwest Chicken	*Ham & Cheddar WG Sandwich Lettuce/Tomato Mayo & Mustard Carrots w/ Ranch Tropical Fruit Mix Nutty Buddy Bar MO: Mediterranean Sandwich NCS: Planters Peanuts SO: *Chef	Chicken Pot Pie Roasted Garlic Mashed Potatoes Cranberry Sauce Chocolate Cookie MO: Vegetarian Pot Pie Filling NCS: SF Cookie SO: Garden	Grilled Turkey Burger on a WG Bun Lettuce/Tomato/Pickle Corn California Vegetables Rice Krispie MO: Black Bean Burger NCS: SF Wafer SO: Sunflower Crunch
19	20	21	23
*Italian Sandwich on WG with Dressing Coleslaw Broccoli Craisin Salad Honeydew Melon Red Velvet Cookie MO: Mediterranean Sami NCS: SF Cookie SO: *Spinach	Chicken Noodle Soup WG Din Roll Side Salad Fruit Medley Snickerdoodle MO: Minestrone NCS: SF Cookie SO: *Italian	2 Tacos w/Salsa Lettuce & Cheese *Hoppin John Beans Cantaloupe Oreo Cheesecake MO: Beyond Meat NCS: SF Wafer SO: Southwest	Breakfast Scramble Roasted Root Vegies Apple Juice Croissant Orange Wedges WG Blueberry Muffin MO: PB Sausage Patty NCS: Banana SO: Caesar
26	27	28	30
<p>CLOSED FOR MEMORIAL DAY</p>  <p>MEMORIAL DAY HONORING ALL WHO SERVED</p>	Meatloaf with Mashed Potatoes and Gravy Capri Vegetables Cranberry Sauce WG Bread Sliced Peaches Caramel Cookie MO: Impossible loaf NCS: SF Cookie SO: *Bacon Bleu	Chicken Sandwich on a WG Bun w/ Lettuce / Tomato Paco Veggies California Veggies Berry Crumble Bar MO: PB Chicken NCS: SF Wafer SO: Grilled Chicken Almond	*Teriyaki Meatballs over Brown Rice Broccoli Craisin Salad Stir-fry Vegetables Honeydew Melon Nutty Buddy Bar MO: Beyond Meatballs NCS: SF Wafer SO: *Turkey Club

Fitchburg Senior Center

5510 East Lacy Road

Fitchburg, WI 53711

608-270-4290

www.fitchburgwi.gov/seniorcenter



Senior Farmers' Market Nutrition

Program June 1– October 31, 2025

Starting in June, the Area Agency on Aging (AAA) of Dane County will distribute farmers' market vouchers to older adults for use in purchasing \$25* of Wisconsin grown fruit, vegetables, or herbs at farmers' markets and roadside farm stands.

The vouchers are distributed on a first come/first serve basis to those **age 60+ or Native Americans age 55+**, who live in Dane County, and have gross incomes under \$28,953 per year (or \$2,413/month) for a one-person household and \$39,128 per year (or \$3,261/month) for a two-person household. One set of vouchers is available per person.

Individuals that received vouchers last year will automatically receive an application by mail this year. If you wish to apply to the program, or need to update your mailing address, contact AAA Dietitian Shannon Gabriel at 608-261-5678 or [Gabri-el.Shannon@danecounty.gov](mailto:el.Shannon@danecounty.gov). Applications will be mailed out in early May. Once we receive and approve your application, vouchers will be mailed starting on Monday, June 2nd.

*Please note: funding is subject to change without prior communication.

"This program is funded by the United States Department of Agriculture. USDA is an equal opportunity provider and employer."



WASC

Wisconsin Association of Senior Centers

Accredited by the Wisconsin Association of Senior Centers

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



Discover a New Adventure: Learn to Play Bridge!

Ready for a fun and challenging new hobby? Join us for an introductory class on Bridge, the exciting card game that's both stimulating and rewarding to master. Whether you're a beginner or looking to sharpen your skills, this class is the perfect starting point.

Led by **Glenna Shannahan**, a master teacher with years of experience, you'll learn the fundamentals of Bridge in a welcoming environment. This six-week course will be held on **Thursdays, June 5–July 10** from **9:00 to 11:00 a.m.** at the **Bridge Club of Madison**, located at 2818 Todd Dr.

Cost: \$75

To register, contact Glenna at gkshannahan@gmail.com.

Don't miss this opportunity to embark on a new adventure and challenge yourself with one of the most popular card games in the world!

