



Women's History Month 2023

March has been designated to recognize, honor and celebrate the often overlooked contributions women have made to history, culture and our society. The Fitchburg Senior Center and New Bridge Madison's Diversity & Inclusion program are proud to present



HER-Story: Four Local Trailblazers Share Their Phenomenal Journeys

Please join us for this FREE event on **Thursday, March 30** at the Fitchburg Community/Senior Center from **1:00–3:30 p.m.** to be uplifted, inspired and empowered. Our panel guests include: **Gloria Reyes**—First Latino elected to the Madison School Board and former Madison Deputy Mayor; **Pia Kinney-James**—Madison's first black female police officer and lifelong Madisonian; **Frances Huntley Cooper**—First African American elected as a Wisconsin Mayor (Fitchburg); and **Margarita Avila**—Executive Director of the Latino Academy of Workforce Development and native from Durango, Mexico. The panel will be moderated by Deana Wright with Q&A to follow the program. Refreshments will be served. Registration is required by **Friday, March 24**. Please call **608-270-4290** or go to: <https://www.fitchburgwi.gov/621/Senior-Center> and select "Program Registration" to sign up online.



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2023 Fitchburg Tax Info — AARP

This year, returns will be prepared with two short appointments on the same day: 1) Brief interview, and leave your documents with the tax preparers after you (and spouse) sign consent form; 2) Pick up your documents and sign for your completed tax return two to four hours later.

ALL appointments are on Fridays through April 7. Call 608-270-4290 to request a timeslot.

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

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)
608-270-4243,
mandimiller@fitchburgwi.gov

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

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

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

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

City Disclaimer Policy

The City of Fitchburg makes no claims or representations, and no warranties are implied, regarding any products or services promoted, sold or offered by any group, organization or business.

How To Register For Programs



The Senior Center strives to make sure we are getting our programming out to as many people as possible. This means in person and/or Zoom.

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.

Functional Fitness! (M-W-F) R

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

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

In-person & Zoom, **March 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 Spring Series I R

In-person & Zoom, April 3–May 22 Eight-weeks. \$64. Level Two/Intermediate: 9:15–10:30 a.m. Level One/Beginner: 10:45 a.m.–12:00 p.m. (Min. six)

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. No registration needed. Every **Thursday at 9:00 a.m.** \$2 donation requested.



Tuesday Indoor Pickleball R

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

Cardio Drumming “Almost Spring” Series R

Cardio Drumming W/ Melissa! **Mondays, March 20–May 15 (skip April 3). Eight-weeks. 1:00–2:00 p.m. Fridays, March 17–May 5. Eight-weeks. 1:00 - 2:00 p.m.** Take one or both! All equipment included. \$30 per session. Drop-ins available for both days for \$5.

Koru Mindfulness W/ Stuart R

Koru is designed to introduce you to the practice of mindfulness and get you well on your way to developing this important skill. During this class you will be introduced to the practice of mindfulness and learn several skills; including meditation for managing stress and enriching your life. Mindfulness is about developing the ability to be fully attentive to all the moments of your life, and reducing the amount of time you spend worrying about the future or fretting about the past.

Stuart Johnston (class leader) is recently retired after 25+ years as a mental health counselor at Luther College in Decorah, Iowa.

The four-week session will be held on **Tuesdays, March 7, 14, 21 & 28. 75–minute classes starting at 10:00 a.m. Cost: \$50.** It is critical that you are able to attend all four classes.

Line Dancing W/ Nancy! R

The Senior Center is excited to have line dancing instructor Nancy Vidlak join us. Nancy has been dancing for over 20 years and brings a wealth of expertise. We are offering a five-week (one hour) series. **March 2–30 at 11:00 a.m.** in the upper level Oak Hall Room. Cost \$45. To register, visit: www.fitchburgwi.gov/seniorcenter and click on Programs or call 608-270-4290.

Indoor Walking

Offered in the hallway of the upper level community center and both stairwells going down through the Senior Center and back up and around. **M-W-F from 2:00–4:00 p.m.** Starting **Monday, March 6.** Drop-in.



How To Register—See Page 2 R

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Financial Advisor
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The Sappho Group—a 50+ Lesbian Women’s Social Gathering



Description: This confidential group is open to 50+ lesbian women - out, in, single, partnered, married, and with all sorts of family definitions and beliefs. The meetings provide a chance to talk with new friends and old and to plan outings to gay and other group events. It will also include community building projects.

Meetings will be held the **third Wednesday of the month** from **1:30–3:00 p.m.** on the lower level of the Fitchburg Senior Center—Conference Room. No registration.

Veterans Social Group—Second Tuesday at 11:00 a.m.



With the recent annexation of some areas located in the former Town of Madison, the City and the Senior Center are excited to welcome and collaborate with the VFW Post 1318 located at 2740 Ski Lane Road.

Steven Eisenhower, Senior Vice Commander of the VFW, has offered to facilitate a social group for Veterans at the Senior Center the second **Tuesday of each month at 11:00 a.m.** The intent of the group is to build friendships, share stories and help Veterans navigate benefits if need be. (no registration)

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



Group meets the second **Wednesday 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 info and **2023 speaker schedule** can be found on our website: www.fitchburgwi.gov/seniorcenter No registration required

Diversity & Inclusion Programs



The Fitchburg Senior Center is committed to improving its efforts to be more inclusive and will be increasing its efforts to meet the needs of our growing and changing demographics. Our goal is to ensure we are an agency where all are truly welcome.

Some of our initiatives will include.

- Providing both multicultural and safe spaces
- Creating a positive welcoming space that reflects values of many
- Celebrating diversity through educational and cultural activities
- Offering opportunities for diversity through conversation

We hope you will join us on this journey and help us make a positive impact on each other, our communities, and our world.

The Senior Center currently partners with NewBridge’s Diversity & Inclusion program to offer **Hispanic bingo** several times per year. Next Hispanic bingo will be held on **March 14 at 11:00 a.m.** To register for Hispanic bingo, please call the Fitchburg Senior Center at (608) 270-4290.

Caregiver Support



Need support from those who have been through the emotional and physical strains of caregiving for a loved one? Are you needing advice, tips and tricks? Our Caregiver Support Group might be a good fit for you. Meets on the **2nd Thursday of each month at 10:30 a.m.** Email Suzie at suzie.jones@fitchburgwi.gov to get connected to our group leaders.

Munch Mobile Free Lunch Program



Munch is the River Food Pantry’s mobile meal program, which delivers free meals and resources through Madison and Fitchburg. Every week on Friday, now through May 26, 2023. Location and time: **The Pines Apartments 2302 High Ridge Trail: 1:30–1:50 p.m.** **The Fairways Apartments 2301 Traceway Dr.: 2:00–2:30 p.m.** No registration or ID required.

Your Opinion Matters!

In an effort to better understand who our users are and identify strengths and weakness of our programs, the Senior Center will be conducting a survey over the course of this month. Participants will have the option of filling out a hard copy and returning it to the Senior Center or completing an electronic version that can be found on our website. ([link here](#)) Hard copies will be available at the front desk and will be distributed at each program offered in March. Completed hard copies can be returned in the locked drop box located at our receptionist desk.



All data collected will remain anonymous and we be strictly used to help our department better meet the needs and desires of our users. Visit: www.fitchburgwi.gov/seniorcenter

A Funeral's Carbon Footprint



Cremation vs. burial: which one leaves a larger ecological footprint? Learn from Nickie Gard and Melissa Theisen about the environmental impact of a funeral home's services and what Gunderson and other funeral homes are doing to combat the rise of these ecological concerns. **Wednesday, April 5 at 10:00 a.m.**

RSVP Ride Request Now Online



Are you a tech-savvy individual who occasionally needs a ride to a medical appointment? Are you a son or daughter who could benefit from filling out ride requests for your parent? If this sounds good, let's get you pointed in the right direction. Visit our City of Fitchburg page and find the ride request button at the top of the page. Please note, the online platform is for returning riders only. If you are a first-time rider, you **MUST** call **608-270-4290**. Give it a try! You can always call to make an appointment, so don't worry if the internet is a struggle for you! www.fitchburgwi.gov/seniorcenter

Your Own Journey



Every person has their own journey in understanding what it means to support LGBTQ+ people, whether you're LGBTQ+ or not. And as our world moves towards more acceptance of diverse identities, there may be questions about how to support the LGBTQ+ community and/or a friend or family member.

To assist in this journey the Senior Center is hosting a monthly discussion. It will be held **Thursday, March 9 at 10:00 a.m.** All are welcome including members of the LGBTQ+ community, Gay Allies, and family members to discuss topics of shared interest, ask questions and become more educated on this topic. No registration required.

Free "Welcome To Medicare"



Seminars

If you are turning age 64 this year, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options.

This seminar will be offered **Saturday, March 18** from **9:00–11:30 a.m.** at the Fitchburg Senior Center. You must register with the Area Agency on Aging for this seminar. Email: aaa@countyofdane.com or call **608-261-9930**.

Access To Independence



Staff from Access to Independence will be at the Fitchburg Senior Center for a share and learn. We will discuss what we do, who we serve, and how we may be able to help you! The main focus of our program will be assistive devices, and how they can help maintain or expand your independence through the aging process. We will also be demonstrating some of our consumer's favorite assistive devices.

Thursday, March 23 at 10:30 a.m.

Spring Election - April 4, 2023



In-person Absentee Voting at Clerk's Office

March 21–24 and 27–31

What's on the ballot?

Statewide

Wis. Supreme Court, Court of Appeals, Circuit Court

Fitchburg

Mayor, Alders, Municipal Judge

THE LIMERICK

Contact Us: (608) 235-0046



Discover your oasis at the newest senior apartment community in Fitchburg!

History Of The Hollywood Musical

R



This series will look at the evolution of the American movie musical. Each week, we will watch and learn about an important film in the musical genre with an introduction to each film that will include important historical points, fun facts and short biographies of the stars. Join us for a trip through Hollywood musical history beginning with: *The Jazz Singer* (1927) - The first "talking" film features Al Jolson as a Jewish performer torn between his faith and his love of popular music. Historically important because of the film's technical aspects but fun to see and hear Jolson singing such popular tunes as "Dirty Hands, Dirty Face," "Toot Toot Tootsie" and "My Mammy." **Friday, March 3 at 1:00 p.m.**

Tech Toys W/ Minda!



Play like a kid at the Senior Center! Come and try out some of the latest technology toys with Fitchburg Public Librarian, Minda Maurer. **March 16 at 11:00 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 Syene 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 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. We meet every week on **Tuesday** at **1:00 p.m.** in the Fitchburg Room upstairs at the Senior Center. Contact Ric at rbainter1@gmail.com for further information. No registration

Fitchburg Singers—Come Sing W/Us!



The Fitchburg Singers practice the **1st & 3rd Wednesday** at **1:00 p.m.** Call 608-270-4290 for more details!

Thursday Bingo



We offer bingo every **Thursday** at **12:30 p.m.** Quarter per card, two card limit. Play lasts one hour. If you would like to enjoy a warm meal prior to playing, please call 608-270-4290 the day before by **9:00 a.m.** **Stop in!**

Case Manager Corner W/ Amy



One of the biggest concerns for seniors who want to age in place is the ability to keep tabs on health when living alone with have no supports to assist. Remote patient monitoring (RPM) is becoming more and more accessible. It's purpose-built technology that tracks biometric data and intervenes when necessary. Some examples of RPM are a patient on dialysis. Instead of traveling to an in-office appointment, RPM can be used to remotely track visits and monitor progress over time. Another would be a Continuous Glucose Monitor or CGM. Some current monitors provide 14 continuous days worth of data that are automatically transmitted to the clinic. This is important for trends and insulin needs. Doctors might also choose to use an RPM to monitor blood pressure, respiratory status and even weight. There are many benefits including convenience, providers getting health data in real time, personal control over health and cost savings. The cons that have been identified are accessibility or connectivity issues, and data reliability can be affected with improper use. Ask your medical provider today if you might qualify for RPM.

Culture Corner W/ Suzie



Did you know? The month of March is:

International Women's Day

-Not only celebrating the achievements of women but also the progress made towards women's rights and equality.

Holi:

-An ancient Hindu tradition and one of the most popular festivals in Hinduism. Celebrating spring, love, and new life.

St. Patrick's Day (17th)

-Luck of the Irish & all things green are celebrated!

Ramadan

-Islam's sacred month of fasting, introspection and prayer.

In Fitchburg, it is our goal to be mindful of EVERYONE! These are just a few special celebrations observed. Stay tuned for more next month.

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Jewelry Matters!



Join the conversation and gain tips for selecting new pieces, caring for and repurposing your jewelry. Meet Art Fish, owner of Prairie Jewelers, a long-established jewelry store of over 100 years. His talk includes a discussion about Blue Gems, December Birthstones, Blue Topaz, Tanzanite and Turquoise. **Tuesday, March 21 at 10:30 a.m.**

Three-Part iPhone Series W/ Rita T



Are you carrying around an iPhone and wish you knew more about its capabilities but just don't know where to start? Let me help you, beginning with the basics and moving on to learn some fun and useful things. Wow your grandkids by using Animojis in your texts! Rita Thomas will be offering three, one-hour classes, designed for new through intermediate users. **Class size is limited to 15** and you may sign up for one or all. The classes cover only Apple iPhone 10 and newer. Phones must be set up with your email address and updated to **iOS 16** so that we all have the same operating system. If you need information on how to update to **iOS 16**, see those contact details along with class dates and course outline on the registration page. Cost: \$10

You Are Not Alone—Cremation Society



More families than ever are choosing simple cremation services, and we're here to help.

Our mission is simple: provide straightforward, affordable and dignified cremation services to families who value respect and care. The Cremation Society has been serving families since 1937, and we're proud to be a family-owned and operated Wisconsin licensed funeral establishment.

Join local advanced planning specialist Jodi Johnston on **Wednesday, March 22 from 10:00–11:00 a.m.**

Retirement: Making Your Money Last



How do you picture your retirement? We'll discuss strategies designed to help you work toward fulfilling your retirement expectations. We'll also explore how to address concerns such as inflation, health care expenses and market volatility as well as ways to prepare in advance for things that may not go as expected. Join Stephanie Blankenheim, Financial Advisor for Edward Jones on **Wednesday, March 29 at 12:00 p.m.** Food and beverages included.

Downsize With Ease



Is your home starting to feel like too much for you? Are you struggling to find the physical energy needed to maintain it? Are you tired of climbing stairs? Do you feel like you've accumulated two lifetimes' worth of stuff and are unsure what to do with it all? If this describes you, it may be time to consider downsizing. Join Jess Lex, local Real Estate agent, for a seminar all about the downsizing process. Jess will break down the pieces of a move like this and give you tools to get the process started. Join Jess Lex of Keller Williams on **Wednesday, March 15 at 1:00 p.m.**

Anatomy Of A Mystery



Looking for a good mystery? Madison author David Benjamin knows the elements that make a memorable who-done-it: Magruffin, Moriarity, and Marlowe. Using examples from the work of other writers, as well as from his own mysteries, Benjamin will offer insights into this popular genre. Benjamin splits his time between Paris and Madison – many of his stories are set in Wisconsin, including Jailbait, his newest book. Join us to find out more about the 'Three Ms' and perhaps share your favorite mystery titles. **Friday, March 17 at 1:00 p.m.**



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THANK YOU!

Special **THANK YOU** to Oak Bank for getting our story out! Now, more Fitchburg Businesses have stepped up to help feed Fitchburg older adults who are enrolled in the Senior Nutrition Program!

PLEASE SUPPORT THEM AS THEY SUPPORTED US!

Special **THANK YOU** to all of these amazing Fitchburg Businesses who agreed to step up and help when we lost our caterer for the Meals On Wheels Program!

PLEASE SUPPORT THEM AS THEY SUPPORTED US!

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IT Specialists

Oasis

Cafe

PET SUPPLIES PLUS
Minus the hassle.

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THE GREAT DANE

PUB & BREWING CO.

Oak Bank


Capitol
PETROLEUM

KWIK TRIP

THIRSTY  **GOAT**

 **HOW YOU CAN HELP...** **the Dane County Meal Program**


THE CITY OF Fitchburg
SENIOR CENTER
Good idea!

If you would like to "Buy A Senior A Meal" we accept checks made out to The Fitchburg Senior Center & cash.

Drop off between 8:00-4:00 M-F to:

Mandi M. Miller—Volunteer Program Manager/ Nutrition Site Manager
Mandi.miller@fitchburgwi.gov

SUPPORT LOCAL BUSINESS

Meal Program Update:

We are somewhat back to "normal" with Consolidated Foods temporarily filling in as our caterer. We are so happy to have all of the food on the menu show up on time once again! With all of the snow days as of late, we are very thankful for the generous support that local Fitchburg businesses have given us in the form of donations of shelf stable meals. Last month we were able to make over 100 emergency meals and give them out to all of our home delivered and congregate clients! A special thank you to Oak Bank for getting our story out to their clients like Pet Supplies Plus, Adesys and Capitol Petroleum.



The Fitchburg Senior Center Friends were pleased to provide \$150.00 for scholarships and special needs in January. Amazon shoppers - In February, Amazon ended the AmazonSmile program. We thank you and Amazon for your past support.



Travel News

Thank you to those who attended the travel show on January 25. Please note that the date for the Mt. Rainier and Olympic National Parks trip has been changed to July 6. And, due to popular demand, an additional Rails and Sails trip has been added for September 23.

If you travel with Mayflower Cruises & Tours on your own, please consider booking through Kayla Grajeda, phone 1-800-728-0724, ext 201. Tell her you are with the Fitchburg Senior Center, and Mayflower makes a monetary contribution supporting the Fitchburg Senior Center Friends' activities.

Save the date and get your appetite ready! The Pancake Breakfast is coming back on April 23. Call 608-270-4290 to volunteer for placing yard signs or staffing a shift at the breakfast.



Join the Fitchburg Senior Center Friends Board! Make friends and help friends and neighbors! If you have questions about what board members do, contact FSC Director Jill McHone at 608-270-4291 or jill.mchone@fitchburgwi.gov.

Last Minute Newsletter Add-Ins & Future Programs

Fitchburg Family Pharmacy Drop-In Medication Reviews

Do you have questions about:

- ◆ Medication side effects?
- ◆ Generic alternatives?
- ◆ Possible negative medication interactions?



If you can relate to any of the above or have other concerns/questions, stop by our NEW drop-in visit with a pharmacist from Fitchburg Family Pharmacy on **Thursday, March 23 from 10:00–11:00 a.m.**

Learning To Grow Into Our Second Act
As we move through life, we grow and thrive in spite of challenges. Live your best second act! Coming in **May, 2023.**

Boost Your Brain & Memory
Seven-week class that takes a unique holistic approach to improving brain health in older adults, and is evidence based! Participants will learn new habits to maintain cognitive health while also practicing new skills for better memory performance. Coming in **August 2023**

Welcome to Village Caregiving of Madison
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Address: 345 W. Washing Ave. Madison

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All-inclusive 55 and over Senior Living Community

Call to schedule your lunch and tour today! (608) 819-1190

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.

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 & 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!**

Access To Independence

Assistive Technology Services
Demonstration & Loan Program
Selection & Purchase
Training & Funding Options
608-242-8484



Blood



Pressure

Come get your blood pressure taken by our volunteer, Rich. Every **Friday from 11:15 a.m.—12:00 p.m.** Rich will always be located in the dining room.

Massage Therapy

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

Massage & Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Cost:

\$35 for 30 min.
\$50 for 45 min.
\$60 for 60 min.
\$80 for 90 min.

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

Call 608-270-4290 to make an appointment.

Interested In Donating Medical Equipment? Here Is What We Take:

- ◆ Canes
- ◆ Raised Toilet seats.
- ◆ Shower chairs, both long and short
- ◆ Walkers w/seats only
- ◆ Bed rails
- ◆ Grab bars
- ◆ Toilet grab bars
- ◆ Wheelchairs—regular & light-weight

Please call 608-270-4290 if you have questions



A	B	C	D	E
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
Ping Pong 1:00	American Mahjong 1:00		Bingo 12:30	Bunko 1:00
			Sheepshead 1:00	

Make-a-Card Club News!

Hello! Continue your crafting on **March 10 and 24, from 12:15–2:30 p.m.** Special news for March: bonus cards will return! For every card you make, take one from our newly restocked bonus card container! No registration necessary.



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 No registration necessary.



Spring Gnome Making Class W/ Lisa!

Lisa is back with another round of gnome making! Come and create your own . Lisa started selling her gnomes in her Etsy shop in April 2021 and now her gnomes grace homes, public libraries, and offices in all 50 states and Norway! Join Lisa on **March 21, 2023 at 1:00 p.m.** to create your own simple spring bunny gnome!



Busy Hands And Chatting With Friends

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

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

Thursday, March 9, 2023 at 1:30 p.m. at the Fitchburg Senior Center. We will discuss the book, *The Last House on Needles Street* by **Catriona Ward**. For a full listing of books for 2023, please visit www.fitchburgwi.gov/seniorcenter and click on groups to join.



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

The I Love a Mystery Book Club will meet on **Thursday, March 23, 2023 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *A Slow Fire Burning* by **Paula Hawkins**.

Food Pantry Donations

The Senior Center continues to take food donations for local pantries. Food items can be dropped off **Monday–Friday 8:00 a.m.—4:00 p.m.**





THE
Waterford
at Fitchburg

COMMUNITY

Find your joy here.

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

MARCH 2023

* * = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																				
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MARCH



2023

		Wednesday 1	Thursday 2	Friday 3
<p>For meal reservations, you must call 270-4290 by 9:00 a.m. the day before!</p>		<p>*BBQ Meatballs Mashed Potatoes Peas WW Bread/Butter Mandarin Oranges Cookie MO – Veg meatballs NCS – fruit cup</p>	<p>Traditional Meatloaf Mashed potatoes Broccoli White Bread/Butter Applesauce MO– Hummus & Pita</p>	<p>Chili Cheese Baked potato Sour cream/butter Cornbread Pears Fig newton bar MO – Veggie Chili NCS – fruit cup</p>
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
<p>Chicken a la King Brown Rice Capri blend Broccoli Salad Fruit Cocktail Scooby snacks MO – Soy A la NCS – fruit cup</p>	<p>Meat Sauce Spaghetti Noodles Carrots Mixed Green Salad Peaches Cookie MO – Marinara NCS – fruit cup</p>	<p>*Italian Sausage Coney Bun Roasted potatoes Stewed Tomatoes Mandarin Oranges Reece's PB cup MO – Soy NCS – SF jello</p>	<p>*BBQ Ribs Peas Pickled Beets WW Dinner Roll Applesauce MO– BBQ Chickpeas</p>	<p>*Meatballs in gravy Mashed potatoes Mixed greens WW Dinner roll/ Mixed Fruit cup Pudding MO – Vegie balls NCS – SF pudding</p>
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
<p>Parmesan Chicken Stewed tomatoes Spinach Casserole WW Bread/Butter Peaches Nutty Buddy bar MO– Soy Parmesan NCS – fruit cup</p>	<p>Chili WW Dinner Roll Butter Corn Applesauce Sugar Cookie MO – Veggie Chili NCS – SF pudding</p>	<p>Sausage Veg Egg Bake Fruit Cup Roasted potatoes Orange Juice cup Blueberry muffin MO – Veg Egg Bake NCS – fruit cup</p>	<p>Chicken Alfredo Penne Brussel Sprouts Kidney Bean Salad Mixed Fruit Rice Crispy treat MO – Soy Alfredo NCS – fruit cup</p>	<p>Pot Roast in Gravy WW Dinner Roll Mashed potatoes Carrots Pineapple Oatmeal raisin cookie MO – Veg balls NCS – fruit</p>
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
<p>*Ham and Potato Casserole WW Dinner Roll/Butter Peas Peaches Jell-o MO– Soy Casserole NCS – Sf jello</p>	<p>Chicken and Gravy Over White bread Carrots Broccoli Orange juice cup Cookie MO – Soy gravy NCS – fruit cup</p>	<p>Sloppy Joe on WW Bun Potato Salad Mixed Vegetable Banana Oatmeal cream pie MO – Chickpea Joe NCS – fruit</p>	<p>Meat Sauce Spaghetti Noodles Carrots 3 Beans Salad Applesauce Brownie MO – Marinara NCS – fruit</p>	<p>Chicken Stew Mixed greens Dressing. Crackers Copper Penny salad Pears Pudding cup MO – Soy Stew NCS – SF pudding</p>
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
<p>Cheeseburger Ketchup/mustard Calico Beans Potato Salad Fruit Cocktail Candy cookie MO –Black Bean Burger NCS – fruit cup</p>	<p>*Meatballs in Marinara Over Penne 4 bean salad Peaches Scooby snacks MO – Soy Balls NCS – fruit</p>	<p>Fish Sandwich w/ Cheese & Tartar Yams Peas Pears Nutty Buddy bar MO –Cheese Sandwich NCS – fruit cup</p>	<p>Tomato Bean Soup Crackers Mixed greens Dressing Pineapple Jell-o MO – Veggie soup NCS – SF jello</p>	<p>BBQ Chicken breast Mashed Potatoes WW Bread/butter Banana Applesauce MO – Soy BBQ</p>

Meals provided by: Dane County Consolidated Food Service

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.

NAS Diets: NAS substitutes listed when necessary, it is not suggested for those on a NAS diet to consume cheese slices, cheese garnishes or condiment packets (Ketchup, mustard, BBQ sauce, etc.) *contains pork **NAS to omit

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

The Annual Fitchburg Senior Center Friends

Pancake



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

Breakfast

• Sausage • Eggs • Pancakes

Sun. April 23rd 8:00-Noon

At The Fitchburg Senior Center
5510 E. Lacy Road

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