



From Holocaust To Civil Rights

Three sisters present the story of their 2015 pilgrimage to Germany and France to learn about their grandmother's tragic and shocking murder during the Holocaust. On this trip they met Dr. Hans-Joachim Lang, author of the book *Die Namen der Nummern* (The Names of the Numbers), which is about 86 Holocaust victims, including their grandmother. The Simon sisters discuss how this history influenced their father, the Rev. Dr. Carl R. Simon, in his lifetime commitment to work for civil and human rights. They describe his trip to Alabama in 1965 to join the Rev. Dr. Martin Luther King Jr.'s Selma March. They will also talk about their recent 2023 trip to the University of Strasbourg to participate in a Symposium concerning the university's complicity in these murders. Join us in welcoming the Simon sisters! No registration required.



Thursday, October 24 at 1:00 p.m. in the City Hall Council Chambers.

Avoiding Falls—It Can Happen To Anyone!

The Stepping On program in Fitchburg, offered by the Fitchburg Senior Center and Safe Communities of Madison-Dane County, aims to reduce falls among older adults. Wisconsin has the highest rate of fall-related deaths for people aged 60 and above. The program provides strategies for avoiding falls, such as balance and strength exercises, home safety checks, medication reviews, and more. Guest experts such as physical therapists, pharmacists, low vision experts, and community safety officers provide falls prevention information and strategies. The workshop is designed for people aged 60 or older who have fallen or have a fear of falling. Participants can expect to leave with more strength, better balance, and increased confidence and independence.

Tuesdays, October 8 - November 19 from 9:00—11:00 a.m. Seven weeks/in-person.



Save the Date! Your Voice, Your Choice: Who Will Speak For You If You Can't?

If you had a health crisis, who would speak for you? Would they know the type of care you want? Have you completed a Power of Attorney for Health Care to ensure people know your preferences? Come meet with UW Health's Advance Care Planning Team to receive **free personalized assistance** creating or reviewing a Power of Attorney for Health Care. Attendees are welcome to bring their loved ones to the appointment as well. Make sure the people who matter to you know what matters most.

Please note that we do not assist with any financial related documents.

October 1 & 8 from 9:30 a.m.—2:30 p.m. Please call to register for a 30-minute timeslot: 608-270-4290. You can also register online.



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Mission Statement

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

Vision Statement

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

Directory

Phone: 608-270-4290

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

Website: www.fitchburgwi.gov/seniorcenter

Senior Center Staff

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

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

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

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

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

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

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

Nutrition Site Assistant, Kris Tower (she, her)
608-270-4297, kris.tower@fitchburgwi.gov

Advertising Disclaimer Policy

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

How To Register For Programs

For all programs requesting registration, regardless of which platform it comes in, you will need to register either online at www.fitchburgwi.gov/seniorcenter and click “Program Registration” at the top, OR call 608-270-4290 and we will register you through the same online site. The circle with this indicates that you need to register:

Programs Registration Page

Click Here To Explore



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) R

Join instructors Melissa & Felicia for a great chair-based exercise class. The series runs from October 2–30. 11:15–11:45 a.m. Cost: \$20

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

In-person & Zoom, Oct. 2–30 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. Cost: \$30

Yoga W/ Kurt (Mondays) R

In-person & Zoom, Nov. 4–Dec 16, 2024. Seven weeks. \$56. Level Two/Intermediate: 9:15–10:30 a.m. Level One/Beginner: 10:45 a.m.-12:00 p.m.

Tai Chi R

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.

Cardio Drumming W/ Melissa! R

Mondays, October 7–November 25. Eight weeks. 12:45–1:30 p.m.

Fridays, October 4–November 22. Eight weeks. 12:45–1:30 p.m.

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

Fall Election Information

October 16, 2024 - Deadline to register by mail - your voter registration form AND your proof of residence must be postmarked to your municipal clerk no later than 10/16.

October 22 through November 1, 2024 - In-Person Absentee - Voters have two weeks up until the Friday before Election day to vote In-Person Absentee in their municipal clerk's office. The Senior Center is offering morning transportation to vote early. Call 608-270-4290 if you would like transportation.



MIEA Intro To Mindfulness R

MIEA stands for Mindfulness Institute for Emerging Adults. This program 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.

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, October 8–29. 75-minute classes starting at 9:30 a.m.**

Cost: \$50. It is critical that you are able to attend all four classes. No payment until we contact you. Thanks

Line Dancing W/ Nancy Vidlack R

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, October 3–31 (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!

Indoor Walking Gymnasium at the Boys & Girls Club. One time registration and details online.

LAST RIDE! R

RIDES FOR JOE—LET'S MAKE THE LAST RIDE OF THE SEASON THE BEST! JOIN US ON WEDNESDAY, OCTOBER 2, 2024 AT 10:00 A.M.



¡ZUMBA!

MIÉRCOLES 16 DE OCTUBRE - 20 DE NOVIEMBRE
15:00 - 16:00
CENTRO PARA PERSONAS MAYORES DE FITCHBURG

PARA REGISTRARSE, LLAME A ALIRIO, 608-512-000 EXTENSIÓN 1007

GRATIS

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PRESENTADO POR FITCHBURG SENIOR CENTER Y NEW BRIDGE MADISON

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.

October 9: Bring Your Skin Back To Life. Melissa Hoeftling from Kneaded Relief. Group meets the second Wednesday of each month at 2:00 p.m. Informal coffee klatch social at 1:15 p.m. before the meeting. All meetings held at the Senior Center. Any questions, call 608-270-4290. Program info and 2024 speaker schedule can be found on our website: www.fitchburgwi.gov/seniorcenter No registration required.




BIENVENIDOS ADULTOS MAYORES LATINOS AL CENTRO PARA PERSONAS MAYORES DE FITCHBURG

LUNES 10:30 A.M.

¡ÚNASE A NOSOTROS PARA SOCIALIZAR, ACTIVIDADES Y MÁS!

****LLAME AL 608-270-4290 ANTES DE LAS 9 A. M. DEL VIERNES ANTERIOR PARA HACER RESERVACIONES PARA EL ALMUERZO O PROGRAMAR UN VIAJE.**

Edward Jones®



Stephanie Blankenheim

Financial Advisor

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

> edwardjones.com

MKT-5894M-A

Caregiver Support

Need support from those who have been through the emotional and physical strains of caregiving for a loved one? Are you needing advice, tips and tricks? Our Caregiver Support Group might be a good fit for you. Meets on the second **Thursday of each month** at 10:00 a.m. "To ensure we meet the needs of attendees, we request that your loved one not accompany you to the group".



Change how you see senior living.

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

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

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




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

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, October 15.** Minds in Motion is brought to you by the ADRC of Dane County, Wisconsin Alzheimer's Disease Research Center and the Fitchburg Senior Center. **No registration required.**

Manicures by Vaunce & Lytonia

Just like a salon but no cost and lots of laughs!



2nd & 4th Tuesdays 10:30am-1:30pm

608-270-4290

Call to schedule an appointment.
Transportation available.

Cremation Options: Understanding The Differences



Cremations have become increasingly popular in recent years, with around 75% of people requesting them in funeral plans. If you are thinking about cremation, don't miss out on this discussion with Melissa from Gunderson Funeral Home! **Nov. 6 at 1:00 p.m.** No registration required.

Lunch & Learn Series

Brought to you by Janice Hughes,
Commission on Aging Well



**Oct 2
Fire Safety
&
Prevention**

**Mark Mlekush
Fitchburg
Division Chief**

**Oct 16
Energy
Assistance**

**Laura & Char
MG&E Energy
"Assistance
Program**

**Nov 6
Charitable
Pharmacy**

**Becky Mann &
Yolonda
Tolson-Eveans
Saint Vincent
De Paul**

**Nov 20
Diwali
Festival of
Lights**

**Sunita Murthy
AHA Shiva
Vishnu Temple**

📅 1st & 3rd Wednesdays

🕒 12:00 PM - 1:00 PM

📍 Fitchburg Senior Center
Dining Room



To register, reserve a meal
or request a ride, call (608)
270-4290 by 9AM the day
before.



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SNAP A PHOTO
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WEBSITE



Ghost Gnome Making W/ Lisa!

Lisa Sandford (City of Fitchburg employee) is back and offering a Halloween Ghost Gnome making class. Even better, the cost is covered (FREE). We have two sessions to choose from: 11:00 a.m. or 1:00 p.m. You must register online to reserve a limited spot. You can also call in and staff will register you if spots remain. **Thursday, October 10. 11:00 a.m. or 1:00 p.m.**



Thank you to the Saroj Bansal Memorial Fund for funding this class!



Informal Memoir Writing Group

Informal Writing

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—Hello October 2024!

- October is a month of celebrating diverse heritages, including:
- Polish American Heritage Month
- German Heritage Month
- Latin American Heritage Month
- Hindu Heritage Month
- Italian American Heritage Month
- Filipino American Month!
- October is also National Breast Cancer Awareness Month
- Domestic Violence & Bullying Awareness Month
- Baby loss Awareness Month
- ADHD Awareness Month



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.

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THE HIGHLINE
SENIOR APARTMENTS

*Some restrictions apply.

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The Fitchburg Senior Center Friends were pleased to provide **\$602.77** in August to support Senior Center participants, programs and activities.

Travel

Our thanks go out to all the travelers who enjoyed the second tour of Montana & Glacier National Park, The Danube River Cruise, or The Yellowstone, Grand Tetons & Mt. Rushmore tour which all ended in September. Your support of the Friends' Travel Program makes it possible for the Friends to continue to support the mission and programming of the Fitchburg Senior Center.

Check out the colorful brochures in the Senior Center Travel Wall Display across from Suzie's desk to make your travel plans for 2025. Tours to Turkey, a Mediterranean Coastal Journey, French Canada, Alaska and Michigan are being offered. Suggestions for 2026 destinations are welcomed. Simply drop your ideas in the suggestion box on the Travel Wall or send an email to: travel@fscfriends.org

Celebrations

We know the folks who attended the National Senior Center Month celebration on Sept. 19 had a fun time. The performance by the Red Hot Horn Dawgs was sponsored by the Friends. Food and beverages were served by the Friends as well.

The Friends' Board thanks Jack Pinkert for serving on the Board for six years, and Shirley Plumb for one year. Robert Rottman, who passed away in early May, joined the Board in 2018 after having served many years before. He too would have finished a six-year term in September 2024. He has been missed. The Friends begin a new fiscal year as of its next meeting in early October.

Coffee, Bananas & More From Latin America

We are all familiar with the crops that are grown in our area. What about the foods that come from a different part of the world? Joe Fahey will take you behind the scenes in Latin America to learn about growing and harvesting crops such as coffee, bananas, sugar, cocoa and, yes, more!

Wednesday, October 23 at 1:00 p.m. No registration required.

Managing Lower Back Pain



Dr. Jason Sansone, MD is a Board Certified and Fellowship Trained Orthopedic Surgeon specializing in Orthopedic Traumatology and Spine Surgery. His approach to patient care is centered around honesty, presenting options that will provide the best outcomes, and making sure the patient is heard during the process.

Low back pain (LBP) is the most common health problem among older adults that results in pain and disability. Please join Dr. Sansone for a discussion on the most common causes of low back pain, how it is diagnosed, strategies and surgical options available to manage your low back symptoms.

Wed., October 30 at 11:00 a.m. No registration required.

Medicare Part D Open Enrollment Gives Opportunity to Save Money

**OPEN
ENROLLMENT**

Open enrollment for 2025 Medicare Part D plans runs from October 15 - December 7, 2024. Now is the time to review your plan to determine if it will still be the most cost-effective in 2025. Because insurance companies can change their premiums, deductibles and co-pays, switching to a different plan may result in extra money in your pocket! Another way to save money on prescription drugs is the Extra Help program. Extra Help reduces your drug costs by decreasing premiums, deductibles and co-pays for medications based on your income and assets. Appointments are available to review your plan and/or see if you qualify for Extra Help. To make an appointment, call the Fitchburg Senior Center at 608-270-4290 and ask to speak with a Social Worker.

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

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

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

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

Social Services/Meals & Personal Care Needs

Social **Work Services**



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

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



Parkinson's Support

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

Footcare



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

Blood **Pressure**



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

Dane County **Meal Program**



Monday through Friday onsite & home delivered. Requested donation is \$5.00 per meal for those over 60. Call 608-270-4290 for further details on the meal program qualifications and registration.

Massage Therapy



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

Massage & Reflexology

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

Cost:


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

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

Acupuncture W/ Dr. Joe Zirneskie

Dr. Joe will be available on Tuesdays at the Senior Center. Dr. Joe treats pain, injuries, arthritis, stroke, stress, asthma and more. Days/times will be discussed when you call him to make an appointment. 608-345-3567. Cost: \$70 for 60 min.





Gunderson

LIFE CELEBRATION CENTERS

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Drop-In Games & More - At The Senior Center!

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Bridge 10:00	Outdoor Walking 9:00	Cribbage 1:00	Outdoor Walking 9:00	Ping Pong 9:00
Ping Pong 1:00	Spades 11:00		Bingo 12:30	Dance Party!! Oct. 31. 12:30 p.m.
Cribbage 1:00	Bid Whist 11:00		Chess 12:30	
	Euchre 12:45		Sheepshead 1:00	

Make-a-Card Club News! If making autumn cards is on your radar, the Senior Center has materials for you! There are about 40 stamps with fall themes, along with colorful paper and card stock. Enjoy materials available for standard greetings as well. The next gatherings will be Tuesday, October 8 & 22, from 12:15 to 2:00 p.m. in the art room. Good news: we have a new assortment of bonus cards, and as before, you get a bonus card for every card you make!



Independent Art Studio

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



Wood Carvers—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.



Exploring Watercolor



Join Mary Wixson to learn about this beautiful painting method. These classes are designed for both beginners and continuing students.

- ◆ You will learn about materials, and a variety of Watercolor painting techniques.
- ◆ Each class will have demonstrations, individual instruction, and lots of time to paint.
- ◆ All materials will be provided, but you may bring your own.
- ◆ You can sign up for individual classes that fit your schedule.
- ◆ \$30.00 per class includes all supplies.
- ◆ **Wednesdays, Nov. 6, 13 & 20. 1:00—4:00 p.m. This is not a series, but individual learning classes.**

Busy Hands And Chatting With Friends



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

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

REACH Book Club will meet next on **Thursday, October 10, 2024 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *Safe from the Sea* by Peter Geye. For a list of upcoming books, visit: www.fitchburgwi.gov/seniorcenter and click on groups with websites.



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

The I Love a Mystery Book Club will meet on **Thursday, October 24, 2024 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *The Guest List* by Lucy Foley.

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.**

OCTOBER 2024

* * = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <div>SEP 2024</div> <div> <div>M T W T F S S</div> <div>1</div> <div>2 3 4 5 6 7 8</div> <div>9 10 11 12 13 14 15</div> <div>16 17 18 19 20 21 22</div> <div>23 24 25 26 27 28 29</div> <div>30</div> </div> </div>	<div>1</div> <div>8:30 AM Quilters</div> <div><u>9:30 AM Shop-Walmart</u></div> <div>11:00 AM Bid Whist/Spades</div> <div>12:45 PM Euchre</div> <div>Foot Care**</div> <div>Pickleball Pre-Register</div>	<div>2</div> <div>8:30 AM & 9:45 AM Aerobics **</div> <div>10:00 AM Art Studio</div> <div>11:15 AM Functional Fitness**</div> <div>1:00 PM Cribbage</div> <div>1:00 PM Singers</div>	<div>3</div> <div>9:00 AM FSC Friends</div> <div>9:00 AM Tai Chi</div> <div>9:30 AM Informal Quilting</div> <div><u>9:30 AM Shop-Pick N Save</u></div> <div>12:30 PM Bilingual Bingo</div> <div>12:30 PM Chess Club</div> <div>1:00 PM Sheephead</div>	<div>4</div> <div>8:30 AM & 9:45 AM Aerobics **</div> <div>9:00 AM Ping Pong</div> <div>11:00 AM Informal Writing</div> <div>11:00 AM Wood Carving</div> <div>11:15 AM Functional Fitness**</div>
<div>7</div> <div>8:30 AM & 9:45 AM Aerobics **</div> <div>9:00 AM Yarn Group</div> <div>10:00 AM Bridge</div> <div><u>11:00 AM St. Vincent Pantry</u></div> <div>11:15 AM Functional Fitness**</div> <div>1:00 PM Cribbage</div> <div>1:00 PM Ping Pong</div>	<div>8</div> <div>8:30 AM Quilters</div> <div><u>9:30 AM Shop-Target</u></div> <div>11:00 AM Bid Whist/Spades</div> <div>12:45 PM Euchre</div> <div>2:00 PM Men's Group**</div> <div>Pickleball Pre-Register</div>	<div>9</div> <div>8:30 AM & 9:45 AM Aerobics **</div> <div>10:00 AM Art Studio</div> <div>11:15 AM Functional Fitness**</div> <div>1:00 PM Cribbage</div> <div>2:00 PM Women's Group</div>	<div>10</div> <div>9:00 AM Cross Stitch</div> <div>9:00 AM Tai Chi</div> <div>9:30 AM Informal Quilting</div> <div><u>9:30 AM Shop-Pick N Save</u></div> <div>10:00 AM Caregiver Support</div> <div>12:30 PM Bilingual Bingo</div> <div>12:30 PM Chess Club</div> <div>1:00 PM Sheephead</div> <div>1:30 PM Book Club**</div>	<div>11</div> <div>8:30 AM & 9:45 AM Aerobics **</div> <div>9:00 AM Ping Pong</div> <div>11:00 AM Informal Writing</div> <div>11:00 AM Wood Carving</div> <div>11:15 AM Functional Fitness**</div> <div>Footcare**</div>
<div>14</div> <div>8:30 AM & 9:45 AM Aerobics **</div> <div>9:00 AM Yarn Group</div> <div>10:00 AM Bridge</div> <div><u>11:00 AM St. Vincent Pantry</u></div> <div>11:15 AM Functional Fitness**</div> <div>1:00 PM Cribbage</div> <div>1:00 PM Ping Pong</div>	<div>15</div> <div>8:30 AM Quilters</div> <div><u>9:30 AM Shop-Walmart</u></div> <div>11:00 AM Bid Whist/Spades</div> <div>12:45 PM Euchre</div> <div>Foot Care**</div> <div>Pickleball Pre-Register</div>	<div>16</div> <div>8:30 AM & 9:45 AM Aerobics **</div> <div>10:00 AM Art Studio</div> <div>11:15 AM Functional Fitness**</div> <div>1:00 PM Cribbage</div> <div>1:00 PM Singers</div>	<div>17</div> <div>9:00 AM Tai Chi</div> <div>9:30 AM Informal Quilting</div> <div><u>9:30 AM Shop-Pick N Save</u></div> <div>12:30 PM Bilingual Bingo</div> <div>12:30 PM Chess Club</div> <div>1:00 PM Sheephead</div>	<div>18</div> <div>8:30 AM & 9:45 AM Aerobics **</div> <div>9:00 AM Ping Pong</div> <div>11:00 AM Informal Writing</div> <div>11:00 AM Wood Carving</div> <div>11:15 AM Functional Fitness**</div>
<div>21</div> <div>8:30 AM & 9:45 AM Aerobics **</div> <div>9:00 AM Yarn Group</div> <div>10:00 AM Bridge</div> <div><u>11:00 AM St. Vincent Pantry</u></div> <div>11:15 AM Functional Fitness**</div> <div>1:00 PM Cribbage</div> <div>1:00 PM Ping Pong</div>	<div>22</div> <div>8:30 AM Quilters</div> <div><u>9:30 AM Shop-HyVee/Aldi</u></div> <div>11:00 AM Bid Whist/Spades</div> <div>12:45 PM Euchre</div> <div>Pickleball Pre-Register</div>	<div>23</div> <div>8:30 AM & 9:45 AM Aerobics **</div> <div>10:00 AM Art Studio</div> <div>11:15 AM Functional Fitness**</div> <div>1:00 PM Cribbage</div>	<div>24</div> <div>9:00 AM Tai Chi</div> <div>9:30 AM Informal Quilting</div> <div><u>9:30 AM Shop-Pick N Save</u></div> <div>12:30 PM Bilingual Bingo</div> <div>12:30 PM Chess Club</div> <div>1:00 PM Sheephead</div> <div>1:30 PM Mystery Book Club</div>	<div>25</div> <div>8:30 AM & 9:45 AM Aerobics **</div> <div>9:00 AM Ping Pong</div> <div>11:00 AM Informal Writing</div> <div>11:00 AM Wood Carving</div> <div>11:15 AM Functional Fitness**</div> <div>Footcare**</div>
<div>28</div> <div>8:30 AM & 9:45 AM Aerobics **</div> <div>9:00 AM Yarn Group</div> <div>10:00 AM Bridge</div> <div><u>11:00 AM St. Vincent Pantry</u></div> <div>11:15 AM Functional Fitness**</div> <div>1:00 PM Cribbage</div> <div>1:00 PM Ping Pong</div>	<div>29</div> <div>8:30 AM Quilters</div> <div><u>9:30 AM Shop-HyVee</u></div> <div>11:00 AM Bid Whist/Spades</div> <div>12:45 PM Euchre</div> <div>Pickleball Pre-Register</div>	<div>30</div> <div>8:30 AM & 9:45 AM Aerobics **</div> <div>10:00 AM Art Studio</div> <div>11:15 AM Functional Fitness**</div> <div>1:00 PM Cribbage</div>	<div>31</div> <div>9:00 AM Tai Chi</div> <div>9:30 AM Informal Quilting</div> <div><u>9:30 AM Shop-Pick N Save</u></div> <div>12:30 PM Bilingual Bingo</div> <div>12:30 PM Chess Club</div> <div>1:00 PM Sheephead</div>	<div> <div>NOV 2024</div> <div> <div>M T W T F S S</div> <div>1 2 3</div> <div>4 5 6 7 8 9 10</div> <div>11 12 13 14 15 16 17</div> <div>18 19 20 21 22 23 24</div> <div>25 26 27 28 29 30</div> </div> </div>

October 2024

	1	2	3	4
<p>Call 270-4290 by 9:00 a.m. to reserve a meal for the following day.</p> <p>Suggested donation: \$5.00</p>  <p>AtlantisValley FOODS, LLC <small>a Mike Swanson company</small></p>	<p>Grilled Chicken Breast Mashed Potatoes & Gravy Prince Charles Vegies Dinner Roll Tropical Fruit Mix Red Velvet Cookie</p> <p>MO: PB Chicken NCS: SF Cookie SO: *Chicken Bacon</p>	<p>*Baked Ham in Gravy Paco Veg w/ Potatoes Dinner Roll Corn Honey Dew Melon Cherry Gel Cup</p> <p>MO: Smoked Tempeh NCS: SF Jell-O SO: Turkey Club*</p>	<p>Macaroni and Cheese California Vegetables *Baked Beans Fresh Mixed Fruit Chocolate Pudding</p> <p>MO: Veg Beans NCS: SF Pudding SO: *Cobb</p> <p>MO: Creamy Potato & Bacon Soup Dinner Roll Side Salad with Tomato & Cucumber Sliced Peaches Nutty Buddy Bar</p> <p>MO: Minestrone NCS: SF Wafer</p>	
7	8	9	10	11
<p>*Roasted Pork Loin Mashed Potatoes with Gravy Dinner Roll Corn Grapes Caramel Cookie</p> <p>MO: Tofu w/ Gravy NCS: SF Cookie SO: *Chef</p>	<p>Lemon Pepper Chicken Breast over Long Grain Wild Rice Broccoli Root Vegetables Fruit Medley Rice Krispie</p> <p>MO: PB Garlic Chicken NCS: Cantaloupe SO: Sunflower Crunch</p>	<p>French Toast Casserole Turkey Sausage Roasted Potatoes Orange Wedges Juice Cinnamon Muffin</p> <p>MO: PB Sausage NCS: Grapes SO: Garden Vegetable</p>	<p>Crab Cake Good Grains Rice Pilaf with Vegetables Peas & Pearl Onions Mixed Fresh Fruit Tapioca Pudding</p> <p>MO - PB Shrimp NCS: SF Pudding SO: Southwest Chicken</p>	<p>Chili Cornbread Cowboy Caviar Corn Tortilla Chips Orange Wedges Nutty Buddy Bar</p> <p>MO: Veggie Chili NCS: Sf Wafer</p>
14	15	16	17	18
<p>*Swedish Meatballs w/ Sauce Dinner Roll Mashed Potatoes California Veggies Bean Medley Salad Kringle</p> <p>MO: PB Meatballs NCS: SF Cookie SO: *Bacon Bleu</p>	<p>Stuffed Pepper Casserole Bread w/ Butter Sliced Beets Fresh Fruit Mix Lemon Cookie</p> <p>MO: Veg Stuffed Pepper Casserole NCS: SF Cookie SO: Chicken Almond</p>	<p>Minestrone Dinner Roll Cottage Cheese Fruit Cocktail Assorted Cheesecake</p> <p>NCS: SF Chocolate SO: *Cobb</p>	<p>Shepherd's Pie Bread with Butter Capri Vegetable Blend Tropical Fruit Vanilla Pudding</p> <p>MO: PB Beef NCS: SF Pudding SO: Caesar</p>	<p>Teriyaki Chicken Brown Rice Stir Fry Vegetables Far East Vegetables Mandarin Orange Raisin Cookie</p> <p>MO: Teriyaki Tofu NCS: SF Cookie</p>
21	22	23	24	25
<p>Salisbury Steak with Mashed Potatoes and Gravy Green Beans Bread & Butter Cantaloupe Cherry Apple Bar</p> <p>MO: Beyond Patty NCS: SF Wafer SO: *Chef</p>	<p>Beef and Lamb Gyro on Pita Bread with Tzatziki Sauce Tomato/Onion Roasted Potato Italian Veg Blend Brownie</p> <p>MO: Sliced Chickpeas NCS: Mixed Fruit SO: Garden Vegetable</p>	<p>Turkey Tetrazzini Carrots Green Beans Mandarin Oranges Nutty Buddy Bar</p> <p>MO: PB Garlic Chicken NCS: Cantaloupe SO: *Italian</p>	<p>Creamy Chicken Chili Dinner Roll Cowboy Caviar Corn Tortilla Chips Mixed Fresh Fruit Rice Krispie</p> <p>MO: Veggie Chili NCS: SF Wafer SO: Chicken Almond</p>	<p>Beef Stroganoff over Egg Noodles Bread with Butter Peas & Pearl Onions Tropical Fruit Gingersnap Cookie</p> <p>MO: PB Ground Beef NCS: SF Cookie</p>
28	29	30	31	<p>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.</p> <p>PB = Plant Based SF = Sugar Free WG = Whole Grain MO = Meatless Option SO = Salad Option</p> <p>*Contains Pork</p>
<p>Shredded Chicken in Gravy Dinner Roll California Veg Blend Garlic Mashed Potato Honeydew Melon Red Velvet Cake</p> <p>MO: PB Sausage NCS: Banana SO: Caesar</p>	<p>*Ham & Bean Soup Dinner Roll Tomato Cucumber Salad Cantaloupe Rice Krispie</p> <p>MO: Bean & Kale Soup NCS: SF Wafer SO: *Spinach</p>	<p>Philly Cheesesteak Casserole Sliced Bread Italian Vegetables Pineapple Tidbits Chocolate Cookie</p> <p>MO: PB Beef NCS: SF Cookie SO: Southwest Chicken</p>	<p>Hamburger on a Bun Corn Paco Blend with Potatoes Oreo Cheesecake</p> <p>MO: Black Bean Burger NCS: Red Grapes SO: *Cobb</p>	

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

www.fitchburgwi.gov/seniorcenter



WASC

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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



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Thad Schumacher, PharmD

tschumacher@fitchburgfamilyrx.com

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Fax: (608) 274-3780

After Hours: (608) 886-7117

Hours:

9am-6pm, Mon-Fri

9am-1pm, Sat