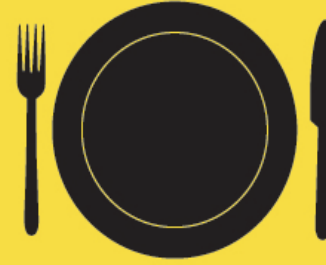


Fitchburg Senior Center Friends Annual

**Pancake**



**Breakfast**

• Sausage • Pancakes • Eggs

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

**Sunday April 21 8 - 12**

**At The Fitchburg Senior Center  
5510 E. Lacy Road**



**Gift Strategies And Qualifying for Medicaid**



Navigating the complexities of Medicaid eligibility while preserving assets requires thoughtful gift strategies. Prior to applying for Medicaid, understanding permissible gifts and their impact is crucial. Join attorney Dan Krause of Krause Estate Planning to learn how to develop plans that align with Medicaid regulations, ensuring a secure future while meeting eligibility criteria. **Wednesday, April 17 at 1:00 p.m.** on the upper level of the Senior Center. Registration appreciated, but not required.

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**FEATURED LUNCH PARTICIPANT!**

**SHERYL**



Lunch Served M-F at 12:00  
Call 608-270-4290 a day in advance!

**CRIBBAGE**

**MONDAYS & WEDNESDAYS AT 1:00**



### 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–Friday

**Website:** [www.fitchburgwi.gov/seniorcenter](http://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

Please visit our City page at

[www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter)

### Advertising 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

For all programs requesting registration, regardless of which platform it comes in, you will need to register either online at [www.fitchburgwi.gov/seniorcenter](http://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)**



Join instructors Melissa & Felicia for a great chair-based exercise class. The series runs from **Apr. 1–29. 11:15–11:45 a.m.** Cost: \$20

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



In-person & Zoom, **Apr. 1–29** 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 (Mondays)**



In-person & Zoom, **April 1–May 20, 2024.** 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**



You can register for the following Tuesday play each **Tuesday at 10:00 a.m.** Open play dates are listed on the registration page also. You can check your spot on the roster on the current registration form up to the day of play.

**Cardio Drumming W/ Melissa!**



**Mondays, May 13–July 8 (skip May 27) Eight weeks. 1:00–2:00 p.m.**  
**Fridays, May 17–July 5 Eight weeks. 1:00–2:00 p.m.**  
 Take one or both! All equipment included. \$30 per session. Drop-ins (when) available for \$5 per class.

**Line Dancing W/ Nancy**



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.

Our four-week line dancing series is a perfect opportunity to learn the ropes and show off your moves. The hour-long classes will take place on **Thursdays, April 4–May 2 (skip April 25) at 11:00 a.m.** in the spacious Oak Hall Room on the upper level. Cost: \$30 / \$ 8 drop-in.

**Ballroom Basics For Balance—  
Thursdays, April 25–June 27, 2024.**



Ballroom Basics for Balance is a fun way for you to regain your balance and have fun while doing it!! This **ten-week series** for only \$60 will be **1 hour 15 minutes on Thursdays at 6:00 p.m.** No partner required. Payment is due within one week of registration. Payments can be dropped off at the Senior Center or sent in to the Fitchburg Senior Center, 5510 Lacy Road. 53711.

**MIEA Intro To Mindfulness**



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. Mindfulness is about developing the ability to be fully attentive to all 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, May 7–28. 75–minute classes starting at 10:00 a.m.** **Cost: \$50.** It is critical that you are able to attend all four classes.

**Change how you see senior living.**  
 Madison's newest Life Plan Community is coming to the heart of Terravessa, 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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 Learn how to spot scams, identify red flags, and report suspicious activity.  
[www.ssa.gov/scam/](http://www.ssa.gov/scam/)



## 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 are on the **second Friday** of each month at 9:00 a.m. Any questions, please call 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](http://www.fitchburgwi.gov/seniorcenter) No registration required.

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



**April 10: Portrait of an 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. Further program info and **2024 speaker schedule** can be found on our website: [www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter) No registration required.

## Parkinson's Support



The Courtyard at Fitchburg is partnering with the American Parkinson Disease Association to provide a safe and supportive environment for care partners to share their experiences, learn from each other, and develop coping mechanisms. The group will offer resources and education to help care partners manage the challenges of caring for a loved one. If this support group is of interest to you, please reach out to Karen Jeffers at [kjeffers@encorescares.com](mailto:kjeffers@encorescares.com) or 608-886-6711. **Fourth Wednesday** at 1:00 p.m.

## 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](http://Fitchburgsingers.org) and view past performances.

**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  
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## 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 Thurs.** of each month at 10:00 a.m.

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at FITCHBURG  
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Call Karen at (608) 886-6711 | [thecourtyardatfitchburg.com](http://thecourtyardatfitchburg.com)



## Summer Rides For Joe—The Best Group Ride Around!



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 1, 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.

This year we have a fast track registration system. Fill out the form, sign waiver day of ride and off you go! Please show up **15 minutes prior** to the start time of **10:00 a.m.**

## Dr. Zorba Paster—On Your Health



In May we will delve into transformative insights on health and wellness, inspired by the wisdom of renowned health commentator Dr. Zorba Paster. In the upcoming session, we will explore seven actionable steps to change your life for the better, backed by the latest research updates in healthcare. Additionally, we'll uncover the do's and don'ts of healthy living, guiding you towards a lifestyle of vitality and longevity.

Dr. Zorba Paster has an NPR show on Wisconsin Public Radio 88.7 FM, Saturdays at 8:00 a.m. and 1:00 p.m. - you can also find it online at [zorbapaster.org](http://zorbapaster.org).

More details including date & time in the May newsletter!

### Fitchburg Senior Center Presents!

## LUNCH & LEARN SERIES

Expand your knowledge and benefit your wellbeing!

📅 Wednesdays

🕒 12:00PM

📍 Fitchburg Senior Center Dining Room

To register, reserve a meal, or sign up for a ride, call (608) 270-4290 the day prior by 9:00 a.m.

SPEAKER

Mar. 6

Falls Prevention

SSM Health  
Wendy Bianchetti

---

SPEAKER

Mar. 20

More Than a Food Pantry

Badger Prairie Needs Network  
Marcia Kasieta

---

SPEAKER

Apr. 3

Advanced Care Planning

UW Hospital  
Parini & Mary

---

SPEAKER

Apr. 17

Energy Saving

MG&E  
Char, Leah & Laura

---

SPEAKER

May 1

Oral/Dental Hygiene

Affordable Dental  
Arelí Esperada

---

SPEAKER

May 15

Gardening Tips & Tricks

Felly's Greenhouse  
Dahlia

## Effective Communication Strategies



Explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages, and get tips to better communicate with people living with the disease. Join us for this free, high-quality educational program on **Tuesday, April 2 at 1:00 p.m.** Brought to you by the Alzheimer's Association.

### Novation Senior Commons

Novation is ideally located in Fitchburg, WI, minutes from Downtown Madison & the Beltline. Each resident has full access to a community lounge, fitness center & sunroom. 1 & 2 bedroom homes available!

📞 608-422-0595

📍 2675 Novation Pkwy  
Madison, WI 53713

✉ [Novation@BearProperty.com](mailto:Novation@BearProperty.com)

🌐 [NovationSeniorCommons.com](http://NovationSeniorCommons.com)

SNAP A PHOTO  
TO VIEW OUR  
WEBSITE

## Food Pantry Donations



The Senior Center accepts food donations year-round for local pantries. Donations can be dropped off **Monday—Friday 8:00 a.m.—4:00 p.m.**

## How To Register—See Page 2



## Meet Miss Madison's Teen!

Come meet Natalie Popp, Miss Madison's Teen 2024! Natalie (resident of Fitchburg) will be here to visit and talk about her community service initiatives on **Thursday, April 25 at 11:30 a.m.** One of Natalie's current initiatives is: Teens for Heroes, which is a club for high school students devoted to honoring and supporting our active military and veterans. Natalie has also partnered with Wisconsin Women 4 our Troops, Operation Not Alone, Badger Honor Flight and the William S. Middleton Memorial Veterans Hospital.

No registration required. The program will be held in the main dining room of the Senior Center.



## Informal Memoir Writing Group

Interested in recording your memories for yourself or your family? You are invited to join the informal memoir writing group that meets every **Friday from 11:00 a.m. to 12:30 p.m.** in the McCoy Conference Room. We are a non-critical group offering encouragement and support to keep one another writing. No registration required.



## Fitchburg Ukulele Network

We are a drop-in strumming group that has been meeting for several years. We welcome new strummers. You bring your ukulele, and we provide the music projected to a screen. It helps if you know a few basic chords, but you are also welcome to just listen or sing along with us. 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](mailto:rbainter1@gmail.com) for further information. No registration is needed.



## Recycling & Shred Event—City Event

Save the date for the spring electronics recycling and confidential shredding event scheduled for **Saturday, April 13, 2024 from 8:00—11:00 a.m.** There will be no medication drop-off this year.



Visit The City Website for more info:

[www.fitchburgwi.gov.com](http://www.fitchburgwi.gov.com)

## Case Manager Corner With Amy Our Edgewood Nursing Students Serving You!



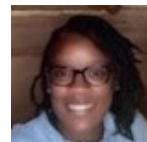
Join our Edgewood Nursing Students on **April 4 at 11:00 a.m.** on the topic of **Sleep Hygiene** and the impacts as you grow older. No registration required.

On **April 11 from 11:00 a.m.—12:00 p.m.** the students will be visiting McKee Park Apartments for **FREE** blood pressure checks. No registration required.

Our Students will be presenting **Risk for Falls** at **11:00 a.m. on April 18.** No registration required. Great topic to keep you safe in your home or apartment!

On **April 25 from 11:00 a.m.—12:00 p.m.** the students will be visiting the Chapel Valley Apartments for **FREE** blood pressure checks. No registration required.

## Culture & Awareness Corner W/ Suzie—April 2024!!



Did you know in April?...

**Arab American Heritage, Scottish-American Heritage, & Thai Heritage Month**

**Autism, Alcohol, Sexual Assault, & Parkinson's Awareness Month**

**National Volunteer & National Pickleball Month**

Apr. 1: April Fools Day

Apr. 22: Passover

Apr. 22: Earth Day

Apr. 25: Anzac Day marks the anniversary of the first campaign that led to major casualties for Australian and New Zealand forces during the First World War.

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](mailto:Suzie.jones@fitchburgwi.gov) Stay tuned for more next month.



**FITCHBURG  
SENIOR CENTER  
FRIENDS & ✈  
MAYFLOWER  
CRUISE & TRAVEL**

**2024 TRIPS INCLUDE:**

- **Holland, MI Tulip Festival**  
MAY 10 - 16, 2024 - WAITLIST
  - **Montana & Glacier National Park**  
JULY 13 - 20, 2024 - WAITLIST  
AUGUST 3 - 10, 2024 - AVAILABILITY
  - **Danube River Explorer**  
AUGUST 29 -  
SEPTEMBER 8, 2024
  - **Yellowstone, Grand Tetons & Mt. Rushmore - limited spots available**  
SEPTEMBER 18 - 27, 2024
- Stop by the Senior Center to check out our travel display!**

**National Health Care  
Decisions Day is April 16  
which means it's time to START THE  
CONVERSATION**

**NATIONAL HEALTHCARE  
DECISIONS DAY**  
★ your decisions matter ★

Curious as to what this means? Not sure where to start? Then, stop by our information table **April 15** or **April 16** between **10:00 a.m.** and **12:00 p.m.** for resources on this topic.


Dawn Grelle and Stephanie Schulz, BCPAs (Board Certified Patient Advocates) will be available to answer questions and offer guidance.

<p><b>SAVE THE DATE</b> <b>AGING ADVOCACY DAY 2024</b> <b>Tuesday, May 14, 2024   Madison, WI</b></p>		 Wisconsin Aging   Advocacy   Network
<p><b>Join us for the 8th annual Aging Advocacy Day!</b> Advocates from around the state will gather to help educate state legislators about issues affecting older adults and caregivers in Wisconsin! No experience necessary; training is provided. <b>Morning training</b> at the Best Western Premier Park Hotel, 22 S. Carroll St., Madison; and <b>Afternoon visits</b> with your legislators/key staff members at the Wisconsin State Capitol. We will also be working with local aging network partners to schedule and host follow up in-district meeting opportunities over the summer of 2024. <b>Make a difference. Let your voice be heard.</b> For more information and to register (deadline 4/29) <a href="https://gvaar.org/agingadvocacy-day-2024">https://gvaar.org/agingadvocacy-day-2024</a></p>		




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## Demystifying Hospice Care



A free program offers a quick overview of hospice care, highlighting its philosophy and services. This program swiftly covers core principles, services, and collaborative approaches in hospice care.

### 1. Philosophy of Hospice:

- Emphasizes comfort, dignity, and quality of life.
- Stresses a multidisciplinary approach.

### 2. Services Offered:

- Addresses pain, emotional support, and daily needs.
- Highlights skilled professionals providing personalized care.

### 3. Patient and Family Involvement:

- Encourages open communication and trust.
- Tackles end-of-life care concerns.

### 4. End-of-Life Planning:

- Covers advance care planning and dignity in dying.
- Emphasizes respecting individual preferences.

### 5. Community Resources:

- Connects participants with support groups and resources.
- Encourages community engagement.

Join us on **April 23 at 1:00 p.m.** as Katie Drea from St. Croix Hospice is excited to present and educate you on such an important topic! **No registration required.**

## Advance Directives—What You Need To Know!



Did you know that only 33% of US adults complete any type of advance directive for end-of-life care? An advance directive allows you to let others know your choices for healthcare, and to name someone to make those choices for you if you're unable to speak for yourself. Do you have an advance directive?

Let Moments Hospice teach you about the importance of advance directives and how to begin the process. Join us at the Senior Center on **Tuesdays, April 30 at 10:30 a.m.** No registration required.

## AARP Tax Aide



Intake forms and instructions must be picked up at the Senior Center and filled out completely, **BEFORE** coming for your appointment.

This year, please set aside at least two hours for your appointment. Your taxes will be prepared during in-person interviews with two different volunteers. You will leave with a printed copy of your 2023 tax return, which will be electronically filed. Questions about your eligibility? Call the Senior Center and ask for a tax volunteer to contact you. You **MUST** make a tax appointment; we **DO NOT** accept drop-ins. All tax appointments **will be on FRIDAYS**. You can call the Senior Center to sign up for an appointment. 608-270-4290.



## What is Healthy Living with Chronic Pain?

This workshop is designed to help people with chronic pain learn coping skills, increase confidence, and minimize the adverse affects of pain. These small group workshops are led by two trained facilitators and meet one hour per week for six weeks over a conference call. No computer needed! Participate from the comfort of your home. This over-the-phone workshop needs to be scheduled by **May 13, 2024**. Dates: **May 23—June 27, 2024**. **Suggested donation of \$15**. Call Julie at 608-332-1077 or at Deanna 608-327-7285. This program made possible by the Area Agency on Aging.

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**(608) 819-1190**





## Fitchburg Senior Center Friends (FSCF)

The Fitchburg Senior Center Friends were pleased to provide \$561.24 in February to support Senior Center participants, programs, and activities.



It's almost here – the Friends Annual Pancake Breakfast!

Save the Date – April 21, 8-12

Fitchburg Senior Center

Pancakes, Scrambled Eggs, Sausage, Apple Sauce, Juice, Coffee

\$10 Adults / \$5 Children under 12



Thank you to all who traveled on our March trip – Winter in the Desert Oasis. Travelers regaled in beautiful sites including Zion National Park, Death Valley National Park, and Palm Springs.

Wondering how you can get in on all the fun exploring America the beautiful? In August, there's a trip to Montana/Glacier National Park. This trip is full, but you can get on the wait list. The September trip to Yellowstone, the Grand Tetons, and Mt. Rushmore still has some openings.

If something more international is on your wish list, consider the Danube Explorer River Cruise in August/September, which also has a few openings. This trip has educational, yummy, cultural, and extra-relaxing optional side trips to enhance your cruise experience, including Terezin Concentration Camp, Linzer Torte Making Workshop, Salzburg, Vineyards Hike, Viennese Concert, and Budapest Spa Experience.

Contact the Friends travel committee at [travel@fscf.org](mailto:travel@fscf.org) for information or to join one of these trips.

And, keep any eye out for announcements about our next travel show for 2025 trips. There are many exciting domestic and international opportunities coming your way!

**Spades**

Every Tuesday at 10:30 - join the fun!

**Older Americans Month—  
Save The Date**

Every year, ACL leads the nation's observance of Older Americans Month (OAM) in May. The theme for 2024 is Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Join us for our very own Fitchburg Singers on Wednesday, May 22. Performance at 11:00 a.m. followed by lunch at noon. Call 608-270-4290 to order a meal that day.

**COME JOIN OUR ACTIVE ADULT COMMUNITY!**

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

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

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

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

## Social Services/Meals & Personal Care Needs

### Social Work Services



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

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



### 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.

### 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.



### Dane County Meal Program



Monday through Friday onsite & home delivered. Requested donation is \$4.50 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,NCTMB. Mon. Mornings/Wed. Afternoons. Call Greg at 608-770-4633

#### 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.



Gunderson

LIFE CELEBRATION CENTERS

Celebrating 100 Years of Caring for Your Family



## Drop-In Games & More - New Players Always Welcomed

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Bridge 10:00	Bid Whist 11:00	Cribbage 1:00	Chess 12:30	Ping Pong 9:00
Ping Pong 1:00	Spades 11:00		Bingo 12:30	Bunko 1:00
Cribbage 1:00	Euchre 12:45		Sheepshead 1:00	

### Make-a-Card Club News!

Let's welcome spring by making cheerful greeting cards! Our dates will be Friday, April 19 and Friday, April 26, from 12:15-2:00 p.m. Feel free to bring your own materials, like special photos or pictures, for that personal message. For every card you make, you get to take a pre-made "bonus card," which, truthfully, often don't get sent and are used as examples at home!



### 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 twenty 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](mailto:inman_ma@yahoo.com) No registration necessary.



### Spades!

Spades is a popular trick-taking card game that has been enjoyed for generations. Spades requires strategic thinking and teamwork, making it great for social gatherings. Join us at the Fitchburg Senior Center every **Tuesday at 10:30 a.m.** No registration required.



### Thursday Bilingual Bingo

We offer bilingual bingo every **Thursday at 12:30 p.m.** Quarter per card, two card limit. Play lasts one hour. \$6 final blackout!



### 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 next on **Thursday, April 11, 2024 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *Cher Ami and Major Whittlesey* by Kathleen Rooney. For a list of upcoming books, visit: [www.fitchburgwi.gov/seniorcenter](http://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, April 25, 2024 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *Killers of a Certain Age* by Deanna Rayburn.

### 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. All are welcome to chat and stitch. Bring your lunch or reserve the day before thru the FSC. Looking forward to sharing time together. Second Thursday of every month. Meeting from **9:00 a.m. to 3:30 p.m.**



# APRIL

# 2024

1	2	3	4	5
*Barbecue Pulled Pork Barbecue Sauce Good Grains Rice Pilaf w/ Vegetables Capri Veg Blend Orange Chocolate Chip Cookie  <b>MO: BBQ Jack Fruit</b> <b>NCS: SF Cookie</b> <b>SO: Turkey Club*</b>	French Toast Casserole with Syrup Turkey Sausage Patties Roasted Potatoes Juice Banana Cinnamon Roll  <b>MO: PB Sausage</b> <b>NCS: SF Wafer</b> <b>SO: Spinach Salad*</b>	Hamburger on Bun w/ Lettuce, Tomato, Onion Corn Paco Blend w/ Potatoes Rice Krispy  <b>MO: Black Bean Burger</b> <b>NCS: Red Grapes</b> <b>SO – Southwest Chicken</b>	Swedish Meatballs WG Dinner Roll Mashed Potatoes California Vegetables Bean Medley Salad Kringle  <b>MO: PB Meatballs</b> <b>NCS: Orange</b> <b>SO – Garden Veg</b>	Turkey Sausage Kale Soup Saltines WG Roll Salad w/ Tomato & Cuc Pineapple Tidbits Peanuts  <b>MO: Garden Veg Soup</b> <b>NCS: None</b>
8	9	10	11	12
Meatloaf with Gravy Mashed Potatoes Green Beans Tomato & Cuc Salad WG Bread Nutty Buddy  <b>MO: Impossible Loaf</b> <b>NCS: SF Wafer</b> <b>SO – Chicken Caesar</b>	Lemon Pepper Chicken Long Grain Wild Rice Broccoli Roasted Root Vegies Grapes Sugar Cookie  <b>MO: PB Garlic Chicken</b> <b>NCS: SF Cookie</b> <b>SO – Sunflower Crunch</b>	Salisbury Steak Paco Vegetables Prince Charles Vegies Sliced Peaches WG Bread Brownie  <b>MO: Beyond Burger</b> <b>NCS: SF Chocolate</b> <b>SO – Cobb Salad *</b>	Chicken Dumpling Soup WG Dinner Rol Peas & Carrots Cantaloupe Pudding  <b>MO: Minestrone</b> <b>NCS: SF Pudding</b> <b>SO: Chef Salad*</b>	* Ham & Gravy Hoppin John Beans WG Dinner Roll Cauliflower Tropical Fruit Mix Cherry Gel Cup  <b>MO: Smoked Tempeh</b> <b>NCS: Sugar Free Jell-O</b>
15	16	17	18	19
Spaghetti & Meatballs Peas & Pearl Onions Steamed Broccoli Mixed Fruit Tapioca Pudding  <b>MO: Veggie Meatballs</b> <b>NCS: SF Pudding</b> <b>SO - *Italian Salad</b>	Turkey with Gravy WG Bread Mashed Potatoes Corn Cranberry Sauce Chocolate Cake  <b>MO: PB Chicken Breast</b> <b>NCS: Cantaloupe</b> <b>SO – Greek Salad</b>	*Creamy Potato Soup with Bacon WG Dinner Roll w/butter 3-Bean Salad Fruit Cocktail M&M Cookie  <b>MO: Cheesy Broccoli</b> <b>NCS: SF Cookie</b> <b>SO – Chicken Bacon *</b>	Crab Cake Tatar Sauce Packet Good Grains Rice Pilaf w/ Vegetables Potato Salad Orange Cherry Apple Bar  <b>MO - PB Shrimp</b> <b>NCS – SF Wafer</b> <b>SO – Garden Vegie</b>	Sausage and Egg Breakfast Scramble* Roasted Potato Asparagus Tips Honey Dew Blueberry Muffin w/ butter  <b>MO: Veg Egg Bake</b> <b>NCS: Peanuts</b>
22	23	24	25	26
Rigatoni Bolognese Parmesan Cheese California Veg Blend Diced Pears Chocolate Chip Cookie  <b>MO: PB Meatballs</b> <b>NCS: SF Cookie</b> <b>SO –Chicken Almond</b>	Cabbage Rolls Green Beans Crinkle Cut Carrots Cantaloupe Apple Cinnamon Muffin  <b>MO: PB Cabbage Roll</b> <b>NCS: Orange</b> <b>SO- Turkey Club*</b>	Macaroni and Cheese Capri Vegetables Vegetarian Baked Beans Orange Slices Yogurt  <b>NCS: SF Jell-O</b> <b>SO– Southwest Chicken</b>	Chicken Breast on Bun Lettuce, Tomato, Onion Ketchup/Mustard Broccoli Mashed Sweet Potato Peanut Butter Pie  <b>MO: PB Chicken</b> <b>NCS:= Peanuts</b> <b>SO - *Cobb Salad</b>	Shredded Beef in Gravy WG bread Peas & Carrots Garlic Mashed Potato Mixed Fruit Nutty Buddy  <b>MO: PB Sausage</b> <b>NCS: SF Wafer</b>
29	30	<b>PB= Plant Based SF= Sugar Free WG= Whole Grain MO=Meatless</b> <b>SO=Salad Option *Contains Pork</b> <b><u>SALAD OPTION: Now for all! Monday – Thursday!</u></b>  <b>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.</b>  <b>Call 270-4290 by 9:00 a.m. to reserve a meal for the following day.</b>		
Chili Corn Bread w/ Butter Cowboy Caviar Yellow Corn Tortilla Chips Sliced Peaches Sugar Cookie <b>MO: Veggie Chili</b> <b>NCS: SF Cookie</b> <b>SO – Chicken Caesar</b>	Barbecue Pulled Chicken BBQ Sauce Baked Beans WG Bread Prince Charles Veg Blend Apple Cheesecake <b>MO: Barbecue Tofu</b> <b>NCS: SF Pudding</b> <b>SO – Italian Salad*</b>			



# APRIL 2024

\* \* = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00AM Yarn Group 10:00AM Bridge <u>11:00AM St. Vincent Pantry</u> 11:15 AM F-Fitness ** 1:00 PM Cribbage 1:00 PM Ping Pong <u>8:30 &amp; 9:30 a.m. Aerobics **</u></p>	<p>2</p> <p>8:30 AM Quilters <u>9:30 AM Shop-Walmart</u> 11:00 AM Bid Whist/Spades 12:45 PM Euchre Foot Care** Pickleball Pre-Register</p>	<p>3</p> <p>10:00AM Art Studio 11:15 AM F-Fitness **  1:00 PM Cribbage 1:00 PM Singers <u>8:30 &amp; 9:30 a.m. Aerobics **</u></p>	<p>4</p> <p>9:00AM FSC Friends 9:00AM Tai Chi ** 9:30AM 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</p>	<p>5</p> <p>9:00 AM Ping Pong 9:45 AM Aerobics** 11:00 AM Informal Writing Group 11:15 AM F-Fitness ** <u>8:30 &amp; 9:30 a.m. Aerobics **</u></p>
<p>8</p> <p>9:00 AM Yarn Group 10:00AM Bridge <u>11:00 AM St. Vincent Pantry</u> 11:15AM F-Fitness ** 1:00 PM Cribbage 1:00 PM Ping Pong <u>8:30 &amp; 9:30 a.m. Aerobics **</u></p>	<p>9</p> <p>8:30 AM Quilters <u>9:30 AM Shop-Target</u> 11:00 AM Bid Whist/Spades 12:45 PM Euchre 2:00 PM Men's Group** Pickleball Pre-Register</p>	<p>10</p> <p>10:00AM Art Studio 11:15AM F-Fitness **  1:00 PM Cribbage 2:00 PM Women's Group <u>8:30 &amp; 9:30 a.m. Aerobics **</u></p>	<p>11</p> <p>9:00AM Cross Stitch 9:00AM Tai Chi ** 9:30AM Informal Quilting <u>9:30 AM Shop-Pick N Save</u> 10:00AM Caregiver Support ** 12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheephead 1:30 PM Book Club**</p>	<p>12</p> <p>9:00 AM Ping Pong 9:45 AM Aerobics** 11:00AM Informal Writing Group 11:15AM F-Fitness ** <u>8:30 &amp; 9:30 a.m. Aerobics **</u> Footcare**</p>
<p>15</p> <p>9:00AM Yarn Group 10:00AM Bridge <u>11:00 AM St. Vincent Pantry</u> 11:15AM F-Fitness ** 1:00 PM Cribbage 1:00 PM Ping Pong <u>8:30 &amp; 9:30 a.m. Aerobics **</u></p>	<p>16</p> <p>8:30 AM Quilters <u>9:30 AM Shop-Walmart</u> 11:00 AM Bid Whist/Spades 12:45 PM Euchre Foot Care** Pickleball Pre-Register</p>	<p>17</p> <p>10:00AM Art Studio 11:15AM F-Fitness **  1:00 PM Cribbage 1:00 PM Singers <u>8:30 &amp; 9:30 a.m. Aerobics **</u></p>	<p>18</p> <p>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</p>	<p>19</p> <p>9:00 AM Ping Pong 9:45 AM Aerobics** 11:00AM Informal Writing Group 11:15AM F-Fitness ** <u>8:30 &amp; 9:30 a.m. Aerobics **</u></p>
<p>22</p> <p>9:00 AM Yarn Group 10:00 AM Bridge <u>11:00 AM St. Vincent Pantry</u> 11:15 AM F-Fitness ** 1:00 PM Cribbage 1:00 PM Ping Pong <u>8:30 &amp; 9:30 a.m. Aerobics **</u></p>	<p>23</p> <p>8:30 AM Quilters <u>9:30 AM Shop-HyVee/Aldi</u> 11:00 AM Bid Whist/Spades 12:45 PM Euchre Pickleball Pre-Register</p>	<p>24</p> <p>10:00AM Art Studio 11:15AM F-Fitness **  1:00 PM Cribbage <u>8:30 &amp; 9:30 a.m. Aerobics **</u></p>	<p>25</p> <p>9:00AM Tai Chi ** 9:30AM Informal Quilting <u>9:30 AM Shop-Pick N Save</u> 12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheephead 1:30 PM Mystery Book Club</p>	<p>26</p> <p>9:00 AM Ping Pong 9:45 AM Aerobics** 11:00 AM Informal Writing Group 11:15 AM F-Fitness ** <u>8:30 &amp; 9:30 a.m. Aerobics **</u> Footcare**</p>
<p>29</p> <p>9:00AM Yarn Group 10:00AM Bridge <u>11:00AM St. Vincent Pantry</u> 11:15 AM F-Fitness ** 1:00 PM Cribbage 1:00 PM Ping Pong <u>8:30 &amp; 9:30 a.m. Aerobics **</u></p>	<p>30</p> <p>8:30 AM Quilters <u>9:30 AM Shop-HyVee</u> 11:00 AM Bid Whist/Spades 12:45 PM Euchre Pickleball Pre-Register</p>			

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

8:00 a.m.—4:00 p.m. Mon.—Fri.  
[www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter)



### 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? 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](http://www.fitchburgwi.gov/seniorcenter)

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**WASC**  
 Wisconsin Association of Senior Centers  
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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



# 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