

THE FITCHBURG SENIOR CENTER
INVITES YOU TO

Celebrate
BLACK HISTORY MONTH
featuring
Dr. Charles Taylor's
film
**Leaders of
Madison's Black
"RENAISSANCE"**

FREE




1:00-3:30PM
5510 Lacy Rd.

Scan to register
or call: (608)270-4290



Closed 12/22&25

Tax Help—Page 8

Digital Declutter Workshop

During this three-part workshop you will step away from an optional online activity (such as Facebook, Candy Crush, Netflix, etc.) for thirty days. During this thirty-day break, you will explore and re-discover activities and behaviors that you find satisfying and meaningful. At the end of the break, you can introduce the optional online activity back into your life, starting from a blank slate. For the online activity you reintroduce, you will determine what value it serves in your life and how specifically you will use it so as to maximize this value. **Wednesdays, January 3—17. 10:00—11:00 a.m.**

Cost: \$30



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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–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

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

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 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 **Jan. 3–31 skip 1/1&15**. 11:15–11:45 a.m. Cost: \$20

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



In-person & Zoom, **Jan. 3–31 skip 1/1&15** 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, **Jan. 8–Mar.18, 2024**. Ten-weeks. **Skip 1/15** \$80. 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.** A confirmation email will be sent out to those registered players prior to Tuesday play. Open play dates are listed on the registration page also.

Cardio Drumming W/ Melissa!



Mondays, January 8–February 26. Eight weeks. 1:00–2:00 p.m.
Fridays, January 12–March 1. 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.

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, Jan. 4, 11, 18 and 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, January 11–March 14,
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, January 9–30**. **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



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 No registration required.

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



Next meeting—January 10, 2024
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 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 or 608-886-6711.



Diversity & Inclusion Programs

The Fitchburg Senior Center is committed to improving its efforts to be more inclusive and will be increasing 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.



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. Email Suzie at suzie.jones@fitchburgwi.gov to get connected to our group leaders.

Featured Staff

THE CITY OF Fitchburg
SENIOR CENTER

608-270-4290 to learn more!
5510 Lacy Road, Fitchburg

David Hill
ASSISTANT DIRECTOR

Bid Whist & Spades

Every Tuesday at 10:30 - join the fun!



Have the last word

Want to have the last word? Then write your own obituary! Learn to highlight the little and big things that matter to YOU the most. Make sure people read what YOU think is important. **Melissa Theisen** from **Gunderson Funeral Home** will be here to talk about writing your own obituary and the last impression you would like to give to your family and community. **January 10 at 1:00 p.m.**



Downsize Without The Stress!

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 us on **February 12 at 10:30 a.m.** at the Fitchburg Senior Center to take the first step forward!



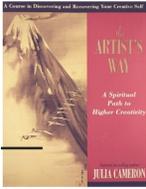
The Artist's Way A Peer Support Group For Older Adults

You don't have to call yourself an artist to join us for this exploration of Julia Cameron's best-selling book "The Artist's Way." We will explore how to approach our daily lives the way an artist might and see how our lives transform.

Expand your social support community, deepen your self-awareness practices, connect with other creative and compassionate older adults, engage in peer support and personal growth.

Every other Wednesday
January 17–July 10, 2024

- ◆ Virtual Group 10:00–11:15 a.m. (on Zoom)
- ◆ Cost: \$0 (A free copy of the book will be provided upon request)
- ◆ Wondering if this group is right for you? Call Virginia at 608-512-0000 x 20023 with your questions.
- ◆ Register by **January 5, 2024** using the QR code above.



Tut's Tomb And The Valley Of The Kings

For 500 years royal mummies of the New Kingdom were interred in elaborate underground tombs in the Valley of the Kings. Joe Fahey will show you the secret chambers and colorful hieroglyphs created for the afterlife of Egypt's greatest pharaohs, including the famous King Tut. You don't want to miss this firsthand experience from world traveler Joe Fahey! Join us on **Wednesday, February 28 at 1:00 p.m.** in the upper level Prairie View Room. No registration required.



Navigating Care Options: Assisted Living vs. Long-Term Care

In the journey of aging, choosing between assisted living and long-term care is crucial. Assisted living suits those needing help with daily tasks, while long-term care offers comprehensive support for chronic conditions. To determine the right fit, assess individual needs and preferences, considering factors like independence and medical requirements. Financial planning is essential, with options including long-term care insurance and government programs. Prioritize informed decisions by consulting professionals and researching available resources to ensure sustainable and suitable care choices for individuals and their families. Dave Scheidell, Planning Specialist with BrightStar SeniorCare and Beau Goff with Goff Wealth Management will provide non-biased information on **Wednesday, January 31 at 10:30 a.m.**



How To Register—See Page 2



Food Pantry Donations

The Senior Center accepts food donations year-round for local pantries. Need increases over the holiday season so please consider giving. Donations can be dropped off **Monday–Friday 8:00 a.m.–4:00 p.m.**



History Of The Hollywood Musical— Monthly Series 2024 (Fridays)

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 starting with **The Jolson Story** on Friday, Jan. 5 at 1:00 p.m. No registration required.



Jan. 5: The Jolson Story

Jan. 12: The Harvey Girls

Jan. 19: Blue Skies

Jan. 26: Marge in Technicolor



Medicare Savings Programs



To help with Medicare costs, low-income beneficiaries may qualify for financial assistance from Medicaid with the Medicare Savings Programs (MSPs). These income-based programs help millions of Americans access health care at a reduced cost. MSPs help pay **Medicare premiums and may pay Medicare deductibles, coinsurance, and copayments** for those who meet the conditions of eligibility. People with Medicare interested in learning more can visit: <https://www.medicare.gov/your-medicare-costs/get-help-paying-costs/medicare-savings-programs>.

To see if you may qualify for one of the multiple Medicare Savings Programs, apply online at access.wi.gov, over the telephone at 1-888-794-5556, by mail (<https://www.dhs.wisconsin.gov/library/F-10101.htm>), or in person with your local Medicaid agency. The local agency in Dane County is the Capitol Consortium, at 1819 Aberg Avenue, Madison, WI 53704. The Capitol Consortium can also send you an application and answer any questions you may have about the application or these programs if you call the number above. See: <https://www.dhs.wisconsin.gov/publications/p1/p10062.pdf> for more information.

THE Waterford at Fitchburg

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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. 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 is needed.

Culture & Awareness Corner W/ Suzie—January 2024!!



HAPPY NEW YEAR!! Did you know?...

- (1) New Year's Day
- (4) World Braille Day
- (15) Dr. Martin Luther King Jr. Day
- (22) Lunar New Year
- (27) Holocaust Remembrance Day
- Thyroid Disease Awareness Month
- Cervical Health Awareness Month
- Poverty 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.

FITCHBURG SENIOR CENTER FRIENDS & MAYFLOWER CRUISE & TRAVEL

2024 TRIPS INCLUDE:

● *Winter in a Desert Oasis*

MARCH 10 - 17, 2024

● *Holland, MI Tulip Festival*

MAY 10 - 16, 2024

● *Montana & Glacier National Park*

JULY 13 - 20, 2024

● *Danube River Explorer*

AUGUST 29 - SEPTEMBER 8, 2024

● *Yellowstone, Grand Tetons & Mt. Rushmore*

SEPTEMBER 18 - 27, 2024

Stop by the Senior Center for more information.



Think Of Our Medical Loan Closet

Did you know that the Fitchburg Senior Center offers a remarkable service to the community through its medical loan closet? This invaluable resource provides individuals in temporary need of medical equipment such as walkers, wheelchairs, canes, and commodes, with the opportunity to borrow these items at no cost for up to **three months**. **Wheelchairs are 30 days max**. It's a compassionate initiative aimed at supporting individuals during their post-treatment phase. Whether you're recovering from an injury, surgery, or any other medical condition, the loan closet at Fitchburg Senior Center is ready to assist you. Contact us today at 608-270-4290.

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SKILLSET

Share Your Skillset With Others

If you have a skillset that you're passionate about and would like to share with others, David Hill welcomes you to reach out to him via email at david.hill@fitchburgwi.gov.

AARP Tax Aide volunteers will again offer free tax preparation on **Fridays**, starting in **February**, for elderly and low income people with simple tax returns. Intake forms and instructions must be picked up at the Senior Center and filled out completely, **BEFORE** coming for your appointment.

**AARP FOUNDATION
TAX-AIDE**

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 later that day.

COME PREPARED—you will need:

Signed and completely filled out intake forms (see above)

- Photo ID for taxpayer(s) • Social Security card for everyone listed on your return
- Last year's (2022) federal and state tax returns
- Verification of income including, but not limited to, SA-1099, 1099-R, 1099-INT, 1099-DIV, 1099-B, W-2, 1099-G
- 1095-A if you obtained health insurance through the Health Insurance Marketplace
- Blank check if you want direct deposit
- If filing for Homestead Credit, bring 2023 original rent certificate without any mistakes, and/or 2023 property tax bill. Tax Aide volunteers are only trained to help with simple tax returns.

They CANNOT prepare:

- Divorce finalized in 2023, or married filing separately
- Hobby income, or most self-employment income
- Rental income, or farm income
- Multiple or complex brokerage statements
- Many other less common situations

Questions about your eligibility?? Call the Senior Center and ask for a tax volunteer to contact you. To make a tax appointment, call the Senior Center **AFTER** February 1, 2024. 608-270-4290.

iPhone Classes W/ Rita Coming In February

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.

Rita will be offering this class series in **February**. Dates and times will be announced in the February newsletter and on our programming site. Space will be limited. Check our website and pick up the February newsletter early in the month.



Welcome to Village Caregiving of Madison

24/7 Phone: (414) 331-0800

Email: Leslie@villagecaregiving.com

Address: 345 W. Washing Ave. Madison

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Fitchburg Senior Center Friends (FSCF)

The Fitchburg Senior Center Friends were pleased to provide \$1,222.47 in November to support Senior Center participants, programs, and activities. This included funding 45 lunches on Veterans' Day for veterans and their guests to thank and recognize them for their service.

If you haven't seen our showcase lately, be sure to take a look at photos of recent trips, events, and your FSCF Board. You may even see yourself or some friends in the photos! The showcase is across from the dining room and outside of the Swan Creek Room.



2024 is gearing up to be a great travel year with many of you interested in exploring new sights and creating new memories!

Our Holland, MI Tulip Festival trip is full. But, you can get on the waiting list.

There are still openings on our other trips: Winter in the Desert Oasis in March; Montana and Glacier National Park in July; Danube Explorer river cruise in August - September; and Yellowstone, Grand Tetons, Mt Rushmore in September.

Brochures for all 2024 travel are available in the hallway just past the reception area or on the FSCFriends Facebook page at www.facebook.com/FSCFriends.

You can also email a member of our travel committee: Lucy at meier.lucy56@yahoo.com; Carolyn at chook5644@gmail.com; or Rita at rita5586@gmail.com. Or, contact Mayflower tours directly by calling Kayla at 1-800-728-0724, ext 201. Be sure to tell her you are with the Fitchburg Senior Center Friends.

Happy New Year to everyone from the Fitchburg Senior Center Friends!



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Fitchburg Singers—Come Sing W/Us!



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

Fitchburgsingers.org and view past performances.

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/

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*Some restrictions apply.

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!**

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.

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 \$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



Gunderson

LIFE CELEBRATION CENTERS

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Drop-In Games & More - New Players Always Welcomed

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

Make-a-Card Club News!

The winter season has arrived! Even though it's cold out, take time on **January 12 & 26**, from **12:15–2:00 p.m.**, to make cards with our beautiful materials. A wonderful time to make new friends! Coffee and treats always available.



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 ques-

Bid Whist & Spades!

Bid Whist and Spades are popular trick-taking card games that have been enjoyed for generations. Both games require strategic thinking and teamwork, making them great for social gatherings. Join us at the Fitchburg Senior Center every **Tuesday at 10:30 a.m.** No registra-



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, January 11, 2023 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *Bastard Out of Carolina* by Dorothy Allison. For a list of upcoming books, visit: www.fitchburgwi.gov/seniorcenter and click on groups with websites.

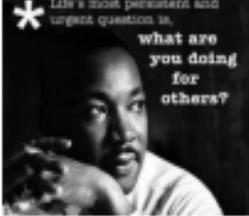


REACH Book Club meets the **2nd Thursday** of each month, September thru June at the Fitchburg Senior Center at **1:30 p.m.** No registration needed for either.

The I Love a Mystery Book Club will meet on **Thursday, January 25, 2023 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *Anxious People* by Fredrik Backman.

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.**

1	2	3	4	5
<p>CLOSED</p> 	<p>Barbecue Pulled Pork* Rice Pilaf w/ Veg Hoppin John Beans Banana Cherry Crunch Bar</p> <p>MO: PB BBQ Sausage NCS: SF Pudding SO - *Cobb Salad</p>	<p>Turkey Tetrazzini Carrots Green Beans Mandarin Oranges Chocolate Cake</p> <p>MO: PB Chicken NCS: Cantaloupe SO - *Italian Salad</p>	<p>Salisbury Steak Paco Vegetables w/ Potatoes Prince Charles Veg Sliced Peaches WG Bread Nutty Buddy</p> <p>MO: Beyond Burger NCS: SF Wafer SO- Garden Salad</p>	<p>Swedish Meatballs with sauce WG Dinner Roll Mashed Potatoes California Vegetables Bean Medley Salad Kringle</p> <p>MO: PB Meatballs NCS: Red Grapes</p>
8	9	10	11	12
<p>Teriyaki Chicken Brown Rice Stir Fry Vegetables Mandarin Orange Peanut Butter Pie</p> <p>MO: Teriyaki Tofu NCS: SF Punch Jello SO- *Chicken Bacon</p>	<p>Sausage Egg Breakfast Scramble* Roasted Potato Asparagus Tips Tropical Fruit Blueberry Muffin</p> <p>MO: Veg Egg Bake SO - Greek</p>	<p>Roasted Pork Loin* Peas & Pearl Onions Corn Baked Beans WG Roll Pudding</p> <p>MO: Mac & Cheese NCS: Pineapple Tidbits SO- *Spinach</p>	<p>Chicken Noodle Soup Saltine Packet Honeydew Mixed Vegetables Sugar Cookie</p> <p>MO: Minestrone NCS: SF Cookie SO- Chicken Caesar</p>	<p>Baked Cod with Dill Cream Sauce WG Dinner Roll Capri Vegetables Baked Potato w/ Sour Cream Rice Krispie Bar</p> <p>MO: PB Shrimp NCS: Banana</p>
15	16	17	18	19
<p>CLOSED</p> 	<p>Chicken Breast Root Vegetables Mixed Vegetables WG Bread Coleslaw Yogurt</p> <p>MO: Grilled Tofu NCS: SF Jello SO- Garden Salad</p>	<p>*Bolognese Sauce over Spaghetti Italian Vegetables Green Beans Diced Pears Apple Muffin</p> <p>MO PB Meatballs NCS: Cantaloupe SO - *Cobb Salad</p>	<p>Macaroni & Cheese Capri Vegetable Blend Baked Beans Mixed Fruit Pudding</p> <p>MO: Veg Beans NCS: Sugar Free Pudding SO - *Chef Salad</p>	<p>Meatloaf with Gravy Mashed Potatoes Corn Side Salad WG Bread Cheesecake</p> <p>MO: Impossible Loaf NCS: Planters Peanuts</p>
22	23	24	25	26
<p>Chicken Breast Mashed Potatoes & Gravy 3 Bean Medley Sliced Peaches WG Roll Cherry Strudel</p> <p>MO: Grilled Tofu NCS: Fruit SO- Grilled Chicken</p>	<p>Cabbage Rolls Green Beans Crinkle Cut Carrots Mixed Fruit Sugar Cookie</p> <p>MO: PB Cabbage Roll NCS: SF Cookie SO - *Italian Salad</p>	<p>French Toast Cas. Turkey Sausage Patty Paco Vegetables w/ Potato Banana Juice Cinnamon Roll</p> <p>MO: Plant Based Breakfast Sausage NCS: Orange SO - Garden</p>	<p>Turkey Sausage Soup Saltine Packet WG Roll Tomato Cuc Salad Pineapple Tidbits Planters Peanuts</p> <p>MO: Vegetable Soup NCS: None SO - *Cobb Salad</p>	<p>Crab Cake with Tartar Sauce Rice Pilaf w/ Veggies Potato Salad Orange Cake</p> <p>MO: PB Shrimp NCS: Banana</p>
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>Must call the day before by 9:00 to reserve a meal. 270-4290</p> <p>PB= Plant Based SF= Sugar Free WG= Whole Grain MO=Meatless SO=Salad Option *Contains Pork <u>SALAD OPTION: Now for all!</u> Monday - Thursday!</p>	
<p>BBQ Pulled Chicken Baked Beans Cornbread Corn Apple Brownie</p> <p>MO: BBQ Tofu NCS: SF Pudding SO - Southwest Chicken</p>	<p>Spaghetti & Meatballs Crinkle Carrots Steamed Broccoli Mixed Fruit Tapioca Pudding</p> <p>MO: Veggie Meatballs NCS: SF Pudding SO- *Italian Salad</p>	<p>Lemon Chicken over Rice Green Beans Root Vegetables Grapes Cookie</p> <p>MO: PB Chicken Breast NCS: SF Cookie SO- Garden</p>		

JANUARY 2024

* * = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																				
1 <u>CLOSED</u>	2 8:30 AM Quilters <u>9:30 AM Shop-Walmart</u> 10:30 AM Bid Whist/Spades 12:45 PM Euchre Foot Care** Pickleball Pre-Register	3 8:30 AM Aerobics ** 9:45 AM Aerobics ** 10:00 AM Art Studio 11:15 AM F-Fitness ** 1:00 PM Singers	4 9:00 AM FSC Friends 9:00 AM Tai Chi ** 9:30 AM Informal Quilting <u>9:30 AM Shop-Pick N Save</u> 12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheephead	5 8:30 AM Aerobics ** 9:00 AM Ping Pong 9:45 AM Aerobics ** 11:00 AM Informal Writing Group 11:15 AM F-Fitness ** 1:00 PM Hollywood Musicals																																																																																				
8 8:30 AM Aerobics ** 9:00 AM Yarn Group 9:45 AM Aerobics ** 10:00 AM Bridge <u>11:00 AM St. Vincent Pantry</u> 11:15 AM F-Fitness ** 1:00 PM Ping Pong	9 8:30 AM Quilters <u>9:30 AM Shop-Target</u> 10:30 AM Bid Whist/Spades 12:45 PM Euchre 2:00 PM Men's Group** Pickleball Pre-Register	10 8:30 AM Aerobics ** 9:45 AM Aerobics ** 10:00 AM Art Studio 11:15 AM F-Fitness ** 2:00 PM Women's Group	11 9:00 AM Cross Stitch 9:00 AM Tai Chi ** 9:30 AM Informal Quilting <u>9:30 AM Shop-Pick N Save</u> 10:00 AM Caregiver Support ** 12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheephead 1:30 PM Book Club**	12 8:30 AM Aerobics ** 9:00 AM Ping Pong 9:45 AM Aerobics ** 11:00 AM Informal Writing Group 11:15 AM F-Fitness ** 1:00 PM Hollywood Musicals Footcare**																																																																																				
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Fitchburg Senior Center
 5510 East Lacy Road
 Fitchburg, WI 53711
 608-270-4290
 8:00-4:00 p.m. M-F
www.fitchburgwi.gov/seniorcenter



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

Winter Weather Policy

If the City of Fitchburg closes due to severe weather conditions, the Senior Center will be closed.

If Oregon Schools are closed due to severe weather conditions, home delivered and congregate meals will be automatically cancelled. All other program cancellations will be determined by the Senior Center Director.

For up to date cancellations and closures during the winter months, please call the Senior Center main line at 608-270-4290.

**Home Safety Adaptations
 Handyman, Remodeling
 Home Maintenance**

**Call Us Today,
 Ask for Matt!**

(608) 806-7477
 Free Home Assessments

Matt@GoldenHomeManagement.com
www.GoldenHomeManagement.com
 Certified Aging-In-Place Specialists



Salad Option Monday- Thursday!

You Have Options

Choose the **SALAD OPTION**
 Monday through Thursday!
 Salad Option is 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

***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 Fork, Crouton Packet, & Dressing Packet. Each entrée salad meal will include a whole grain dinner roll, butter pat, 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