



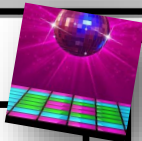
Prime Time News

February 2023

Fitchburg Senior Center
Volume XVIII Issue 2

VALENTINE'S DISCO PARTY

DJ Melissa will be rocking the house for our disco dance party on Wednesday, February 8 from 12:30–1:30 p.m. No reservation (or sweetheart) required but if you would like to start with lunch, please call 608-270-4290 the day before by 9:00 a.m.



Celebrating Black History Month

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. This special month grew out of “Negro History Week”, which originated in 1915 and was then designated as Black History Month in 1976.

To learn more about the triumphs and struggles of African Americans throughout U.S. history, **please join us for Black History Bingo on Thursday, February 23 at 12:30pm.** No sign up necessary for this fun and educational afternoon!

Look Ahead



- ◆ Voting P.2
- ◆ Medical Rides P.2
- ◆ The Diversity P.3
- ◆ Gnome Making P.3
- ◆ Mindfulness P.4
- ◆ Busy Hands P.4
- ◆ Exercise P.5
- ◆ Case Manager P.6
- ◆ Caterer Update P.10
- ◆ Groups & More P.13

2023 Fitchburg Tax Info – AARP

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

Come prepared

Intake forms and instructions must be picked up at the Fitchburg Senior Center and filled out completely BEFORE your appointment. Bring the following to your appointment: signed and completed intake forms; photo ID for taxpayer(s); Social Security card or Social Security statement with social security number on it for everyone listed on your return; 2021 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; blank check if you want direct deposit. If filing for Homestead, you must bring 2022 original rent certificate without any mistakes, and/or 2022 property tax bill.

Tax Aide volunteers are only permitted to help with simple tax returns. Examples of returns that they CANNOT prepare: Divorce finalized in 2022; married filing separately; hobby income; most self-employment income; farm income; rental income; and other less common situations.

ALL appointments are on Fridays, February 10 through April 7. Call 608-270-4290 to request a timeslot.

Mahjong Lessons

March 20 & 27

Visit:

www.fitchburgwi.gov/seniorcenter and click on programs or call us!

Voting is Essential—Elections in 2023

There are only two election dates in 2023.

The spring primary is Feb. 21, 2023.

The spring election is April 4, 2023.

What’s on the Ballot this spring?

Statewide:

Wis. Supreme Court, Court of Appeals,

Circuit Court

Fitchburg:

Mayor, Several Alders,

Municipal Judge

Be Prepared to Vote



◆ Fitchburg Family Pharmacy Drop-In Medication Reviews



Do you have questions about:

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

If you can relate to any of the above or have other concerns/questions, stop by our NEW drop-in visit with a pharmacist from Fitchburg Family Pharmacy on **Thursday, February 16 from 10:00 to 11:00 a.m.**

RSVP Ride Request Now Online!

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

www.fitchburgwi.gov/seniorcenter

Free “Welcome To Medicare” Seminars

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

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

www.fitchburgwi.gov/seniorcenter

Get connected! So many fun programs being added all the time. Up-to-date volunteer opportunities and so much more. See you soon!

Programs Registration Page
Click Here To Explore

Senior Center E-Newsletter
Don't Miss Any Programs! Sign-Up Here

Volunteer Opportunities
Click Here To Find Your Fit

Understanding The Journey

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

To assist in this journey the Senior Center is hosting a roundtable discussion on **Tuesday, February 7, at 10:00 a.m.** All are welcome including members of the LGBTQ+community, Gay Allies, and parents of gays to discuss topics of shared interest, ask questions and become more educated on this topic.



Create A Valentine Gnome

Lisa Sanford began making simple gnomes in January 2021 to give as Valentine gifts to co-workers. A friend convinced Lisa that she should sell them, and after advertising on social media she ended up making over 300 Valentine gnomes! Valentine gnomes led to St. Patrick's Day, Norwegian themed, Halloween, Christmas and more. Lisa started selling her gnomes in her Etsy shop in April 2021 and now her gnomes grace homes, public libraries, and offices in all 50 states and Norway!

Join Lisa on February 7, 2023 to create your own simple Valentine gnome!

Cost: \$5.00 / Max students: 15 / Time: 1:00 p.m.

Register at visit www.fitchburgwi.gov/seniorcenter and click on the "Programs Registration" or call 608-270-4290.



Diversity & Inclusion Programs

The Senior Center is excited to expand our partnership with NewBridge Madison's Diversity and Inclusion program by collaborating with them to offer specific programs for black older adults. The select activities will help provide an opportunity where participants can share and express themselves with older adults who look like them and share similar life experiences.

Think Cap Café (zoom) - Connect, socialize and engage in brain healthy games & activities. Every Thursday, 11:00 a.m.-12:00 p.m. Zoom from home or at the Fitchburg Senior Center.

Paint & Sip - Fitchburg Senior Center Dining Room
Friday, February 24, 1:00-2:30 p.m.

To register for the above programs that are for black older adults, please contact Deana (608) 512-0000 Ext. 2007 or deanaw@newbridgemadison.org

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



Koru Mindfulness W/ Stuart

Koru is designed to introduce you to the practice of mindfulness and get you well on your way to developing this important skill.

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

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

The four-week session will be held on Tuesdays, March 7, 14, 21 & 28 from 10:00 -1 1:15 a.m. Cost: \$50. Visit www.fitchburgwi.gov/seniorcenter and click on "Programs" to hear from Stuart on the class overview. Or call 608-270-4290 to register or online at the web address listed.

It is critical that you are able to attend all 4 classes.

Line Dancing W/ Nancy!



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



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

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

Steven Eisenhower, Senior Vice Commander of the VFW, has offered to facilitate a social group for Veterans at the Senior Center the second Tuesday of each month at 11:00am. The intent of the group is to build friendships, share stories and help Veterans navigate benefits if need be. To register visit:

www.fitchburgwi.gov/seniorcenter and click on Programs or call 608-270-4290

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!

Exercise, Groups & How To Register

To register for most programs below, visit www.fitchburgwi.gov/seniorcenter and click on the “Programs Registration” tab at the top! There you will find all of our programs with registrations. Have questions or want to register over the phone? Call 608-270-4290.



Functional Fitness! (M-W-F)

Join instructors Melissa & Felicia for a great chair-based exercise class. The series runs from February 1–27. 11:15–11:45 a.m. Cost: \$20



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

In-person & Zoom, February 1–27 for a great cardio and light strength-building routine!
8:30 in-person / 8:30 Zoom / 9:45 in-person. Cost: \$30



Yoga W/ Kurt Spring Series I

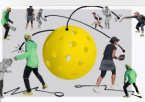
In-person & Zoom, April 3–May 22 8 weeks. \$64.
Level Two/Intermediate: 9:15–10:30 a.m. Level One/Beginner: 10:45 a.m.–12:00 p.m. (Min. six)



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.

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. See the top of this page for registration directions. A confirmation email will be sent out to those registered players prior to Tuesday play.



Cardio Drumming “Almost Spring” Series

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



Adult Story Time W/ Minda From The Fitchburg Library

Join Outreach Librarian Minda Maurer as she presents the picture book *Frederick* by Leo Lionni. The presentation will be on a large pull-down screen so everyone can be involved. Along with the program, Minda will guide participants in a fun craft. **February 16 at 11:00 a.m. No registration required.**

Informal Memoir Writing Group

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



Fitchburg Ukulele Network

We are a strumming group that has been meeting for several years. We welcome new strummers. You bring your ukulele, and we provide the music projected to a screen. It helps if you know a few basic chords, but you are also welcome to just listen or sing along with us. We meet every week on Tuesday at 1:00 pm in the Fitchburg Room upstairs at the Senior Center. Contact Ric at rbainter1@gmail.com for further information. No registration required.

Case Manager Corner W/ Amy

Over the next few months, we will be exploring four future trends for Senior Care. This month's trend is Telehealth. Telehealth gained traction during the pandemic and is here to stay. UW Health, Group Health Cooperative and SSM Health all offer Telehealth. Telehealth can be used for urgent and non-urgent conditions. The most frequently seen are pink eye, bladder infections, colds, and flu. What can you expect from the visit? You will be able to speak to a licensed medical professional; however, it may not be your primary care provider as not all PCPs participate in telehealth. You can use your phone, iPad or computer. They can and do prescribe medications when needed. You will need an account (such as My Chart) at your current clinic to access this service. This service is good for people with mobility and transportation issues, as well as not having to travel to a clinic when you are feeling poorly due to a common ailment. If you need assistance with setting up your phone or computer with an account, contact the Fitchburg Senior Center Social Work department; we can help with account setup, reviewing technology basics and providing assistance to ensure a smooth first telehealth visit.



Welcome to Village Caregiving of Madison

24/7 Phone: (414) 331-0800

Email: Leslie@villagecaregiving.com

Address: 345 W. Washing Ave. Madison



Matthew Vogt

General Manager WI / Co-Founder

262.492.8520

Matt@GoldenHomeManagement.com



Winter Weather Policy

In the event of inclement weather, the Senior Center will automatically cancel both home-delivered and congregate meals when the Oregon Schools are closed. The cancellation of all other programs will be at the discretion of the class instructor and/or the Senior Center Director. If you have any questions about class cancellations during the winter months, please call our main line at 608-270-4290. In the event staff are unable to answer the phone, all cancellations will be recorded on the Senior Center voicemail message.



Russia—Life Along The Volga

Joe Fahey will take you on a winding trip from historic St Petersburg to Moscow through cities along the Volga River, including a ride on the Trans-Siberian Railway. He will share the cultural norms and a view of Mother Russia that few from the west get to experience.

Joe has been blessed with a long and rewarding career with a global organization. There he held a variety of executive positions, including leading international marketing and new product development. His work has taken him to places around the world that are historic, exotic, beautiful and occasionally off-beat. You don't want to miss this one! No registration required.

Tuesday, February 7 at 10:30 a.m.



COME TRAVEL WITH US IN 2023—Call Jack at 608-235-5267

Our 2023 Tours include: New Orleans Pre-Mardi Gras, Feb 14: to give us a lower cost mid-winter break, French Quarter, Bourbon Street, Cajun Cuisine, Avery Island (flier at Senior Center)

America's Heritage of the East, May 19: with its great venues of both historical and present day significance, Nat. Memorials, Mount Vernon, Arlington, Colonial Williamsburg, Shenandoah/ Harpers Ferry/Gettysburg NPs, Broadway Show (flier at Senior Center)

Mount Rainier and Olympic National Parks, June 22: in the beautiful Pacific Northwest, Pacific NW, Victoria B.C., Blake Island Cruise, Puget Sound (flier at Senior Center)

Jewels of the Rhine River Cruise, Sept 8: a true gem for our international tour, Amsterdam, Cologne, Koblenz, Strasbourg, Freiburg, Lucerne (flier at Senior Center)

New England Rails & Sails Fall Foliage, Sept 30: a different experience for those of you who have so enjoyed our past New England Fall colors tours, Boston, Kennebunkport, Maine's Casco Bay Cruise, White Mtns, Whale Watching Cruise (flier at Senior Center)



REACH Book Club will meet on Thursday, February 9, 2023 at 1:30 p.m. at the Fitchburg Senior Center. We will discuss the book, *The Things We Cannot Say* by Kelly Rimmer. This is a novel of historical fiction dealing with the atrocities of WWII. "It is hard to read in places due to the unbearable sufferings of the Polish Catholic and Jewish people at that time. Interwoven into this scenario however is an amazing love story between two young people who vow that nothing will break them or separate them. Their struggles and sacrifices are so touching and awe inspiring."

March 9, 2023 *The Last House on Needless Street* by Catriona Ward

April 13, 2023 *Lincoln's Last Trial* by Dan Abrams

May 11, 2023 *The Book Woman's Daughter* by Kim Michelle Richardson

June 8, 2023 Select books for next year

For a full listing of books for 2023, please visit www.fitchburgwi.gov/seniorcenter and click on groups to join.

REACH Book Club meets the 2nd Thursday of each month, September thru June at the Fitchburg Senior Center at 1:30 p.m.

The *I Love a Mystery Book Club* will meet on Thursday, February 23, 2023 at 1:30 P.M. at the Fitchburg Senior Center for a discussion of the book, *Bad Axe County* by John Gilligan. This is the first book in the series featuring a female sheriff in rural Bad Axe County, Wisconsin. She searches for a missing girl, battles local drug dealers, and seeks the truth about the death of her parents twenty years ago—all as a winter storm rages.



MEDICARE HEALTH INSURANCE

Nombre: JUAN M. PEREZ

Medicare Number/Numero de Medicare: 1EG4-TE5-MK72

Coverage starts/Cobertura empieza: 03-03-2016

PART A: 03-03-2016

PART B: 03-03-2016

¿TIENE PREGUNTAS DE MEDICARE?

Acompáñenos junto a un experto local en Seguros de salud y Medicare a un evento educativo, con consejos prácticos para que ahorre en gastos de salud, todo explicado en un lenguaje sencillo y de forma amena!

FEBRERO 10, 2023 10:30 AM
FITCHBURG SENIOR CENTER
 Transporte disponible: (608) 512-0000 Ext. 3009

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Amigo Medicare.com

Senior Center Staff

Jill McHone, Director
 David Hill, Assistant Director
 Mandi Miller, Nutrition Site Mgr/Volunteer Manager
 Katie Bogucki, Case Manager
 Amy Jordan, Social Worker
 Sarah Folkers, Social Worker
 Suzie Jones, Office Manager



For general questions, email us at:

FitchburgSeniorCenter@fitchburgwi.gov



Find Us On Facebook
[Fitchburg Senior Center](https://www.facebook.com/FitchburgSeniorCenter)

Contact Jodi Johnston for details.

Call 608 438 7437

info@cremationsocietyofmadison.com

CREMATION SOCIETY OF
MADISON



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

Side note: Sappho comes from the Greek island of Lesbos from which the term lesbian comes from. She was one of the earliest known female writers and mostly wrote of her love for other women. The phrase "Love is love" comes from one of her poems. She is a well-known figure in Lesbian history.

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

Meetings will be held the third Wednesday of the month from 1:30 - 3:00 p.m. on the lower level of the Fitchburg Senior Center—Conference Room.

"I declare that later on, even in an age unlike our own, someone will remember who we are" Sappho, c.6th Century, BCE.

Edward Jones Coffee Club—Fitchburg Senior Center

Discussing current events, the economy and investing in a relaxed, informal setting is a great way to get to know one another.

All are welcome. Coffee & pastries will be provided.

Third Wednesday, 9:00-10:00 a.m. February 15, 2023

Hosted by Financial Advisors Brad Stepp & Stephanie Blankenheim

RSVP is required: 608-271-5100 or amy.holt@edwardjones.com



Edward Jones®



Stephanie Blankenheim

Financial Advisor

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Caterer Update - The recent news that Little John's has discontinued their contract with Dane County was abrupt and disappointing. This decision directly affects our older adults as Little John's was our caterer. For the next three weeks we are partnering with the following restaurants to provide food; Kwik Trip, Oasis Cafe, Benevento's, the Great Dane and the Thirsty Goat. We are very grateful for their support!! **Starting on Monday, February 13** we will begin receiving meals from our prior caterer. Our hope is that Dane County will quickly secure a longer-term solution to serve Fitchburg and surrounding communities. At this time, we appreciate everyone's patience as we work to continue to serve our client's nutritional needs.

February 2023




Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
*Ham & Potato Casserole WW Dinner Roll/Butter Peas Peaches Jell-o MO – Soy Potato Casserole NCS – SF jell-o	Chicken and Gravy Over White bread Carrots Broccoli Orange juice cup Chocolate chip cookie MO – Veg & Soy NCS – fruit cup	Sloppy Joe on WW Bun Potato Salad Mixed Vegetable Banana Oatmeal cream pie MO– Chickpea Joe NCS – fruit cup	*Pork Loin in Gravy Carrots 3 Beans Salad Croissant/butter Cinnamon applesauce Fig newton bar MO – Vegballs NCS – fruit cup	Chicken Stew Mixed greens Dressing Crackers Copper Penny salad Pears Chocolate Pudding MO– Veg Soy Stew NCS – SF pudding
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Cheeseburger: on a WW Bun Ketchup/mustard Calico Beans Potato Salad Fruit Cocktail Candy cookie MO– Black bean burger NCS – fruit cup	*Meatballs in Marinara Over Penne 4 bean salad Peaches Scooby snacks MO – Vegballs in marinara NCS – fruit cup	Fish Sandwich: On a WW Bun w/ Cheese Tartar Sauce Yams Peas Pears Nutty Buddy bar MO– Grain burger NCS – fruit cup	Tomato Bean Soup Crackers Mixed greens Dressing Pineapple Jell-o MO– Veg bean NCS – SF Jell-o	Bone-in BBQ Chicken Mashed Potatoes WW Bread Banana Applesauce MO – Soy BBQ
Monday 27	Tuesday 28	<p style="text-align: center;">For meal reservations, you must call 270-4290 by 9:00 a.m. the day before!</p> <p style="text-align: center;">Meals provided by: Dane County Consolidated Food Service <i>All menu items are prepared in kitchens that are not allergen-free.</i></p> <p style="text-align: center;">We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.</p> <p style="text-align: center;">NAS Diets: NAS substitutes listed when necessary, it is not suggested for those on a NAS diet to consume cheese slices, cheese garnishes or condiment packets (Ketchup, mustard, BBQ sauce, etc.) *contains pork **NAS to omit</p>		
Lemon Dill Fish Tartar Sauce Baked potato Sour Cream Coleslaw WW Bread Vanilla pudding MO – Tomato Cheese Sandwich NCS – SF pudding	Chicken Broccoli Rice Casserole Carrot Coins Chickpea Salad Fruit cup Tiger bites MO – Veg Soy Broccoli rice NCS – fruit cup or fresh fruit			

FEBRUARY 2023

* * = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																										
<div style="border: 1px dashed orange; padding: 5px; margin-bottom: 5px;"> Programs Registration Page Click Here To Explore </div> <div style="border: 1px dashed green; padding: 5px; margin-bottom: 5px;"> Senior Center E-Newsletter Don't Miss Any Programs! Sign-Up Here </div> <div style="border: 1px dashed blue; padding: 5px;"> Volunteer Opportunities Click Here To Find Your Fit </div>		<p style="text-align: right; font-size: 24px; margin-bottom: 0;">1</p> <p>8:30 AM Aerobics **</p> <p>9:45 AM Aerobics **</p> <p>10:00 AM Art Studio</p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM</p>	<p style="text-align: right; font-size: 24px; margin-bottom: 0;">2</p> <p>9:00 AM FSC Friends</p> <p>9:00 AM Tai Chi **</p> <p>9:30 AM Informal Quilting</p> <p>9:30 AM Shop-Pick N Save</p> <p>12:30 PM Bingo</p> <p>12:30 PM Chess Club</p> <p>1:00 PM Sheephead</p>	<p style="text-align: right; font-size: 24px; margin-bottom: 0;">3</p> <p>8:30 AM Aerobics **</p> <p>9:00 AM Ping Pong</p> <p>9:45 AM Aerobics **</p> <p>11:00 AM Informal Writing Group</p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Bunko</p>																																																																																										
<p style="text-align: right; font-size: 24px; margin-bottom: 0;">6</p> <p>8:30 AM Aerobics **</p> <p>9:00 AM Yarn Group</p> <p>9:45 AM Aerobics **</p> <p>10:00 AM Bridge</p> <p>11:15 AM F-Fitness **</p> <p>11:30 AM St. Vincent Pantry</p> <p>1:00 PM Ping Pong</p>	<p style="text-align: right; font-size: 24px; margin-bottom: 0;">7</p> <p>8:30 AM Quilters</p> <p>9:30 AM Shop-Walmart</p> <p>12:45 PM Euchre</p> <p>1:00 PM Mahjong</p> <p>Foot Care**</p> <p>Pickleball Pre-Register</p>	<p style="text-align: right; font-size: 24px; margin-bottom: 0;">8</p> <p>8:30 AM Aerobics **</p> <p>9:45 AM Aerobics **</p> <p>10:00 AM Art Studio</p> <p>11:15 AM F-Fitness **</p> <p>2:15 PM Women's Group</p>	<p style="text-align: right; font-size: 24px; margin-bottom: 0;">9</p> <p>9:00 AM Tai Chi **</p> <p>9:30 AM Informal Quilting</p> <p>9:30 AM Shop-Pick N Save</p> <p>10:00 AM Caregiver Support **</p> <p>12:30 PM Bingo</p> <p>12:30 PM Chess Club</p> <p>1:00 PM Sheephead</p> <p>1:30 PM Book Club**</p>	<p style="text-align: right; font-size: 24px; margin-bottom: 0;">10</p> <p>8:30 AM Aerobics **</p> <p>9:00 AM Ping Pong</p> <p>9:45 AM Aerobics **</p> <p>11:00 AM Informal Writing Group</p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Bunko</p> <p>Footcare**</p>																																																																																										
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Transportation Services

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

Shopping—\$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on Tues, Thurs and Fri. Call 608-270-4290 to sign up. Check calendar for destinations. Please indicate wheelchair upon sign-up.

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

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

Health, Help & Renewal

Senior Center Help

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

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



Footcare

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

Caregiver Support

Need support from those who have been through the emotional and physical strains of caregiving for a loved one? Are you needing advice, tips and tricks? Our Caregiver Support Group might be a good fit for you. Meets on the 2nd Thursday of each month at 10:30am.

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



Massage Therapy

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

Massage & Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

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

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

Call 270-4290 to make an appointment.

Gunderson
LIFE CELEBRATION CENTERS
Celebrating 100 Years of Caring for Your Family

A	B	C	D	E
Drop-In Games & More - New Players Always Welcomed				
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Bridge 10:00	Euchre 12:45		Chess 12:30	Ping Pong 9:00
Ping Pong 1:00	American Mahjong 1:00		Bingo 12:30	Bunko 1:00
			Sheepshead 1:00	



Quilting Just For Fun!

Informal drop-in group for quilters to meet and have fun at the same time! Bring your own project to work on. Every **Thursday at 9:30 a.m.**

Make-a-Card Club News!



Hello! Continue your crafting on February 3 and 24, from 12:15-2:30 p.m. Looking ahead to March, proposed dates are the March 10 (just before St. Patrick's Day!) and the March 24. Special news for March: bonus cards will return! For every card you make, take one from our newly restocked bonus card container!

Independent Art Studio with Mary Ann



Bring your own supplies, work in any medium and at your own pace under the guidance of an experienced and encouraging instructor. Mary Ann Inman has taught drawing and painting for more than 20 years. Participants are encouraged to take at least one beginning class. **Wednesdays from 10:00 a.m. - 12:00 p.m.** Open to intermediate artists at no charge. Email Mary Ann with any questions: inman_ma@yahoo.com No registration necessary.



New Members Always Welcomed



Group meets the second Wednesday of each month at 2:15 p.m. Informal coffee klatch social at 1:15 p.m. before the meeting. All meetings held at the Senior Center. Any questions, call 608-270-4290. Further info and 2023 speaker schedule can be found on our website: www.fitchburgwi.gov/seniorcenter

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 Senior Center Friends

The Fitchburg Senior Center Friends were pleased to provide \$1,078.43 to support seniors in December. This included \$487.50 for Thanksgiving Meals by Little John's, \$246.63 for snow day emergency meals, and \$344.30 for other needs.



Travel News

Thank you to those who attended the travel show held at the Fitchburg Senior Center on January 25. A wanderlust spirit is in the air!

There are some outstanding travel opportunities in 2023 through Mayflower Cruises & Tours:

- Pre-Mardi Gras in New Orleans in February
- America's Heritage of the East in May
- Mount Rainier and Olympic National Park in July
- Jewels of the Rhine River Cruise in September
- New England Rails and Sails Fall Foliage in September

Couldn't make it to the travel show, but are interested in one or more trips? Stop by the Fitchburg Senior Center to pick up informational flyers and registration forms. Or, see the [FSCFriends Facebook page](#). Or, call Jack at 608-235-5267.



Save the date and get your appetite ready! The Pancake Breakfast is coming back! The Fitchburg Senior Center Friends Board is currently planning a pancake breakfast for April 23 at the Fitchburg Senior Center. More tasty details will follow in future newsletters, as will information about how you can [help out](#) with this event.



Looking for something to do?

Are you recently retired, have been retired awhile, or new to Fitchburg and looking for a way to put your talents, skills, and great ideas to good use, all while having fun and meeting great people? Come join us on the Fitchburg Senior Center Friends

Board! We're seeking a couple of new members to help in supporting and promoting the mission and programs of the Fitchburg Senior Center. As one new board member recently said, "I didn't want a job, but wanted to use my skill set to give back and help others." Who can argue with that? Come join us! If you have questions about what board members do, contact FSC Director Jill McHone at 608-270-4291 or jill.mchone@fitchburgwi.gov.

Fitchburg Public Library

ADULT STORYTIME

Thursday, February 16 at 11 am
at the
Fitchburg Senior Center, 5510 Lacy Road

Join Fitchburg Public Library as we read the book
Frederick by Leo Lionni and make a craft.

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Fitchburg, WI 53711
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www.fitchburgwi.gov/seniorcenter



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

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

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.



Food Pantry
Donations

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



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

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