



Veterans Day Recognition Ceremony

Monday, November 11 at 11:00 a.m.



Join us in honoring the brave men and women who have served our country, with a special tribute to Vietnam War veterans this Veterans Day. Our program on **Monday, November 11 at 11:00 a.m.** will feature a reflection on the Vietnam War and its impact. There will also be a recognition of the 80th anniversary of Normandy. (In honor of the 80th anniversary of D-Day we will remember the fallen and honor their legacy).

The morning will also include musical performances by the Fitchburg Singers, as well as a tribute from the 5th and 6th-grade students of Eagle School. The students will perform songs and present art projects that express their gratitude to Veterans.

After the ceremony, we invite you to join us for lunch. Veterans and their significant others are invited to enjoy a meal courtesy of the Fitchburg Senior Center Friends, while a donation is requested from other guests.

Reservations are required for the luncheon and must be made by **Friday, November 8 at 9:00 a.m.** Please call **608-270-4290** to reserve your spot. Let's come together to reflect on the sacrifices of our Vietnam Veterans and honor all who have served.



Papercrafts with Christine: Wooden Advent Calendars



Come spend a day crafting with us. We will decorate an unfinished wooden advent calendar box with a "Night Before Christmas" theme. We will paint, decoupage, then seal with Mod Podge. The 13-inch box comes with 24 removable drawers that can be filled with small gifts or treats. Participants need to order their wooden box ahead of time. (From Amazon for \$29.99 at www.amazon.com/Inch-Christmas-Advent-Calendar-Shadow)

Participants also need to bring from home a pair of sharp scissors, tweezers and an exacto knife. All other materials will be provided. **This class is supported through the Sushil Bansal Art Fund**

Time: 9:00 a. m– 2:00 p.m. on **Monday, November 18.** **Class Fee:** \$25 (box cost not included). **Limit:** 8 students. Includes a 30-minute lunch break at 11:30. Bring a sack lunch or reserve one in advance from the Senior Center kitchen.

Cremation Options: Understanding The Differences

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



INSIDE THIS ISSUE

CLOSED 11/28 & 29

Prevent Falls.....	3
Indoor Walking—It's Here!.....	3
LGBTQ+ Elder Support Grp....	4
How To Care For Your Skin!.....	5
Lunch & Learn.....	5
Holiday Gnomes W/ Lisa.....	6
Travel & FSC Friends.....	7
Writing Your Life's Story.....	7
Services Page—New Look!.....	8
Games, Art, Quilting & Clubs...	9

Mission Statement

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

Vision Statement

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

Directory

Phone: 608-270-4290

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

Website: www.fitchburgwi.gov/seniorcenter

Senior Center Staff

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

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

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

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

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

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

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

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

Advertising Disclaimer Policy

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

How To Register For Programs

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

Programs Registration Page

Click Here To Explore



Program Scholarships

The Fitchburg Senior Center Friends is providing funds for scholarships so seniors, age 50 and older, can enjoy activities and programs at the Fitchburg Senior Center.

Completion of the application is due to the Senior Center within 7-10 working days prior to the event or class start date. Awards are given to Fitchburg resident seniors and seniors who are active at the Fitchburg Senior Center. Application and award information is confidential.

Maximum annual income is less than \$23,540 (one person) or \$31,860 (two people) or call 608-270-4290 for additional information.

Program Cancellation Policy

Class payments must be received five days prior to the start of class. No refunds will be issued after the first session has started, with the exception of a severe medical emergency. If your cancellation puts the class attendance under the minimum, a refund will not be granted.

Photo Disclaimer

I understand that the Fitchburg Senior Center may take photographs, videos or audio recordings during special events and/or daily programs offered at the Senior Center and reserves the right to use such photographs, videos or audio recordings without written permission for any lawful purposes including publicity, illustration, advertising and Web content. If you do not want to have your image/voice used, please alert a Senior Center staff.

Functional Fitness! (M-W-F)

Join instructors Melissa & Felicia for a great chair-based exercise class. The series runs from Nov. 1–27. 11:15–11:45 a.m. \$20 (Skip 11/11&29)

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

In-person & Zoom, Nov. 1–27 for a great cardio and light strength-building routine! 8:30 a.m. in-person / 8:30 a.m. Zoom / 9:45 a.m. in-person. \$30 (Skip 11/29)

Yoga W/ Kurt (Mondays)

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

Tai Chi

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.

Cardio Drumming W/ Melissa!

Mondays, December 9–February 10 (skip 12/23 & MLK Day 1/20). Eight weeks. 12:45–1:30 p.m.

Fridays, December 13–January 31. Eight weeks. 12:45–1:30 p.m.

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

Indoor Walking—Starts November 12

Stay active and healthy with Indoor Walking at the Boys & Girls Club Gymnasium! Enjoy a safe, climate-controlled environment perfect for keeping fit regardless of the weather outside. It's easy to get started—just complete a one-time registration online, where you'll also find all the details you need. Whether you're looking to maintain fitness, start a new routine, or enjoy some light exercise, Indoor Walking is a great option. Don't wait—sign up and join today!

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.

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 **Wednesdays, November 6–27**. 75-minute classes starting at **10:00 a.m.** **Cost: \$50.** It is critical that you are able to attend all four classes. No payment until we contact you.

Line Dancing W/ Nancy Vidlack

Join us for an invigorating line dancing experience with renowned instructor Nancy Vidlack at the Senior Center. With over two decades of dancing experience, Nancy brings a wealth of expertise and enthusiasm to the dance floor.

Thursdays, November 7–21 (three classes) from 11:00 a.m.— 12:00 p.m. in the spacious Oak Hall Room on the upper level. Cost: \$21 / \$ 8 drop-in. We require a minimum of twelve dancers to make this a go. Spread the word to your friends!

Resources To Help Us Stay Safe!

Join us on Thursday, December 5 to learn about some helpful ways to prevent falls, including exercises and classes, home safety, and the role EMS plays in helping prevent falls and assisting if you do fall. Call the Fitchburg Senior Center at 608-270-4290 to register for both lunch and the program.

Agenda:

11:30am - 11:35am: Welcome & Introductions

11:35am - 12:00pm: Balance & Strength Exercise Demo

12:00pm - 12:20pm: Fitch-Rona EMS

12:20pm - 12:45pm: Safe at Home Program

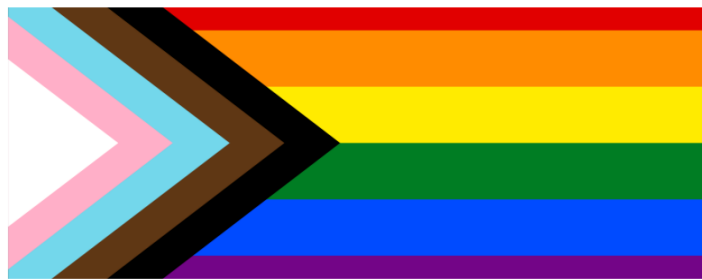
12:45pm - 1:00pm: Questions & Adjourn



Verona Senior Center

LGBTQ+ Elder Support Group

1st and 3rd Tuesdays 10:00-11:30 AM (beginning October 1, 2024)

**LGBTQ+ Elders**

1st and 3rd Tuesdays 10:00-11:30 AM,

New group forming for LGBTQ+ Elders.

Meet new friends, build connections, and discuss issues important to you as an LGBTQ+ Elder. Join others to share your interests and life experience. Our first meetings will focus on building community and a simple, safe structure for our group.

For more information contact the Verona Senior Center (608)845-7471

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.**

November 13: Be a Crime Prevention Champion—Officer Ned Hartwick, Fitchburg Police Dept. Group meets the **second Wednesday** of each month at **2:00 p.m.** Informal coffee klatch social at **1:15 p.m.** before the meeting. All meetings held at the Senior Center. Any questions, call 608-270-4290. Program info and speaker schedule can be found on our website: www.fitchburgwi.gov/seniorcenter No registration required.



**BIENVENIDOS ADULTOS MAYORES
LATINOS AL CENTRO PARA PERSONAS
MAYORES DE FITCHBURG**

**LUNES
10:30 A.M.**

**¡ÚNASE A NOSOTROS PARA SOCIALIZAR,
ACTIVIDADES Y MÁS!**

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

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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 **Thursday** of each month at **10:00 a.m.** "To ensure we meet the needs of attendees, we request that your loved one not accompany you to the group".

**Change how you see senior living.**

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

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

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



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UW Medical Students Present: Essential Topics To Consider For Your Next Doctor Visit

Join us for a fun and engaging program that covers essential topics to consider for your next doctor's appointment—with a modern twist! We'll explore a range of general health concerns that apply to most people, while incorporating popular slang phrases to keep things relatable for younger audiences. For example, we'll show you how to "glow up" your health by taking care of your skin—like wearing sunscreen, seeking shade, and keeping an eye on any new or changing spots. Whether it's skin care or overall wellness, you'll learn how to "level up" your health with tips that speak your language! **Tuesday, December 3 at 10:30 a.m.** No registration required.

Manicures by Vaunce & Lytonia
Just like a salon but no cost and lots of laughs!



2nd & 4th Tuesdays 10:30am-1:30pm
608-270-4290
Call to schedule an appointment.
Transportation available.

Mindfulness, Stress & Food Safety!

Edgewood Nursing Students will be presenting on the following. Join us!!

November 7 at 11:00 a.m.—Ways to deal with stress through mindfulness.

November 21 at 11:00 a.m.— Is Your Food Safe!

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

Nov 6
St. Vincent
DePaul
Charitable
Pharmacy

They are back! Pharmacists, Becky Mann & Yolonda Tolson-Eveans will be sharing information about service provided, including no cost prescriptions for low income and uninsured adults.

Nov 20
Diwali
Festival of
Lights

Learn about the history and cultural significance of this Hindu festival including a demonstration of a traditional dance. Presented by Sunita Murthy, AHA Shiva Vishnu Temple

Dec 4
Artificial
Intelligence
Let's Talk AI
with ...

Join Jim Deham, Access Technology Speicalsit for the Wisconsin Council of the Blind & Visually Impaired as he talks about the pros and cons of this newest technology.



1st & 3rd Wednesdays
12:00 PM - 1:00 PM
Fitchburg Senior Center Dining Room



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Novation Senior Commons

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

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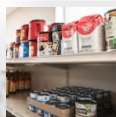
Thanksgiving Gnome Making W/ Lisa!

Lisa Sanford (City of Fitchburg employee) is back and offering a Thanksgiving Gnome making class. Even better, the cost is covered (FREE). We have two sessions to choose from: **11:00 a.m.** or **1:00 p.m.** You must register online to reserve a limited spot. You can also call in and staff will register you if spots remain. **Thursday, November 7. 11:00 a.m. or 1:00 p.m.** **Thank you to the Saroj Bansal Memorial Fund for funding this class!**



Food Pantry Donations

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



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. Every **Tuesday** from **1:00–2:30 p.m.** Fitchburg Room upstairs at the Senior Center. Contact Ric at rbainter1@gmail.com if you have any questions.



Culture & Awareness Corner W/ Suzie— Did You Know—November 2024...

National Native American Heritage Month

National Diabetes Month

National Adoption Month

Lung Cancer Awareness Month

Diwali – November 1

The Hindu Festival of Lights, a celebration of good over evil that offers a vibrant lens into the richness of Indian culture while inspiring conversations about the universal theme of hope.

Dia de los Muertos (Day of the Dead)-November 2

A Mexican tradition celebrating deceased loved ones, sparking conversations about how different cultures approach death and remembrance.

Election Day—November 5

Veterans Day—November 11

Thanksgiving—November 28

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





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The Fitchburg Senior Center Friends were pleased to provide \$2,650.23 in September to support Senior Center participants, programs, and activities.

Welcome new FSCF Board members: Carol Chellew, Debra Cook, and Bruce Lunde. We look forward to your various expertise helping us support the mission of the Fitchburg Senior Center.



Thank you to everyone who traveled with us in 2024. Our travelers had some wonderful experiences. See our showcase outside the Swan Creek room across from the dining room for some photos of the travel groups and their fun.

If you weren't able to go on any of the 2024 trips and are itching to get away in 2025, we invite you to a **travel show** at **1:00 pm on Wednesday, November 6, 2024**, in the Fitchburg Room. We'll present information about the 2025 trips.

We're headed to:

- Mediterranean Coastal Journey, March 22 - April 6, 2025
- Mackinac Island, June 13 - 21, 2025
- Alaska Discovery Land & Cruise, July 2 - 13, 2025
- Autumn in French Canada, September 5-12
- Treasures of Turkey, October 4-17 2025

Information brochures and registration forms are available on the travel wall display across from Suzie's desk.

Questions? Contact the travel committee at travel@fscfriends.org.



Scan this to get to the Friends website for information about travel and all things Friends.

Writing Your Life's Story? Author Karen Miller Via Zoom



Are you, or someone you know, thinking about writing your life's story? Hear from author Karen Hodges Miller first! She spent over ten years digging through 100 years of family history for her new book, *Hibiscus Strong*. The title, inspired by a favorite Florida flower, symbolizes the resilience Karen saw in her female ancestors. The book's cover, a colorized photo of a 'Bathing Beauty' relative with a fishing spear, reflects this strength.

In her research, Karen uncovered fascinating stories, including how Al Capone was once her grandfather's plumber. Her female ancestors were pioneers who faced alligators, hurricanes, and prospectors while building new lives in Florida's swampy outposts, long before Miami existed.

Karen enjoys sharing these stories and offers insights on writing and researching memoirs.

Join us on Friday, November 15 at 10:00 a.m. This book discussion will be via Zoom at the Senior Center. Book sale and Zoom links will be posted on the registration signup page! Join us!!

Medicare Part D Open Enrollment Gives Opportunity to Save Money

**OPEN
ENROLLMENT**

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

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

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

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

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

Social Services/Meals & Personal Care Needs

Social Work Services Home visits / Three-Month Loan Closet / Meals on Wheels / Home Health / Insurance / Medicare Part D / Medicaid. Call Amy Jordan, Sarah Folkers or Katie Bogucki at 608-270-4290 today!

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

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

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

Wellness

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.

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.

Massage Therapy Services

June Newman, LMT, NCTMB—Available: Mondays and Thursdays (Afternoons). Contact: 608-770-4733

Gregory Newman, LMT—Available: Mondays (Mornings) & Wednesdays (Afternoons). Contact: 608-770-4633

Rates: \$35 for 30 minutes / \$50 for 45 minutes / \$60 for 60 minutes / \$70 for 75 minutes



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

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

Make-a-Card Club News! November will be a month of transition. **Tuesday, November 5**, will continue the autumn theme. On **Tuesday, November 19** (the week before Thanksgiving), materials will be available for winter/holiday cards. The planned dates are **December 3 & 17 (Tuesdays)**. As always, materials are available for all-occasion cards, and our meeting time is **12:15-2:00 p.m.** in the art room. A donation of **\$1 per card** made is requested, and you can choose one bonus card for each card you make. Starting **November 19**, there will be bonus cards with winter/holiday scenes!



Independent Art Studio

Bring your own supplies, work in any medium and at your own pace. **Wednesdays** from **10:00 a.m.—12:00 p.m.** Open to intermediate artists at no charge.



Wood Carvers—Starter Kits Available!

Friday from **11:00—2:00 p.m.** Come on over and meet the growing group! Any questions, call 608-270-4290.



Exploring Watercolor



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

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

Busy Hands And Chatting With Friends



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

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

REACH Book Club will meet next on **Thursday, November 14, 2024 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *The Woman They Could Not Silence* by Kate Moore. For a list of upcoming books, visit: www.fitchburgwi.gov/seniorcenter and click on groups with websites.



REACH Book Club meets the **Second 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 back in **2025** at the Fitchburg Senior Center—see you soon!

Bring Your Needles And Thread!!



Make new "Pals" at the FSC while completing your cross stitch projects. Lots of help offered along with many opinions. **Second Thursday** of the month. **9:00 a.m.—3:30 p.m.**

NOVEMBER 2024

* * = PRE-REGISTER PROGRAMS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Oct 2024						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Dec 2024						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

8:30 AM/9:45 Aerobics**

9:00 AM Ping Pong

11:00 AM Informal Writing

11:00 AM Wood Carving

11:15 AM Functional Fitness**

4

8:30 AM/9:45 Aerobics**

9:00 AM Yam Group

10:00 AM Bridge

11:00 AM St. Vincent Pantry

11:15 AM Functional Fitness**

1:00 PM Cribbage

1:00 PM Ping Pong

5

8:30 AM Quilters

9:30 AM Shop-Walmart

11:00 AM Bid Whist/Spades

12:45 PM Euchre

Foot Care**

Pickleball Pre-Register

6

8:30 AM/9:45 Aerobics**

10:00 AM Art Studio

11:15 AM Functional Fitness**

1:00 PM Cribbage

1:00 PM Singers

7

9:00 AM FSC Friends

9:00 AM Tai Chi

9:30 AM Informal Quilting

9:30 AM Shop-Pick N Save

12:30 PM Bingo

12:30 PM Chess Club

1:00 PM Sheephead

8

8:30 AM/9:45 Aerobics**

9:00 AM Ping Pong

11:00 AM Informal Writing

11:00 AM Wood Carving

11:15 AM Functional Fitness**

Footcare**

11

8:30 AM/9:45 Aerobics**

9:00 AM Yam Group

10:00 AM Bridge

11:00 AM St. Vincent Pantry

11:15 AM Functional Fitness**

1:00 PM Cribbage

1:00 PM Ping Pong

12

8:30 AM Quilters

9:30 AM Shop-Target

11:00 AM Bid Whist/Spades

12:45 PM Euchre

2:00 PM Men's Group**

Pickleball Pre-Register

13

8:30 AM/9:45 Aerobics**

10:00 AM Art Studio

11:15 AM Functional Fitness**

1:00 PM Cribbage

2:00 PM Women's Group

14

9:00 AM Cross Stitch

9:00 AM Tai Chi

9:30 AM Informal Quilting

9:30 AM Shop-Pick N Save

10:00 AM Caregiver Support

12:30 PM Bingo

12:30 PM Chess Club

1:00 PM Sheephead

1:30 PM Book Club**

15

8:30 AM/9:45 Aerobics**

9:00 AM Ping Pong

11:00 AM Informal Writing

11:00 AM Wood Carving

11:15 AM Functional Fitness**

18

8:30 AM/9:45 Aerobics**

9:00 AM Yam Group

10:00 AM Bridge

11:00 AM St. Vincent Pantry

11:15 AM Functional Fitness**

1:00 PM Cribbage

1:00 PM Ping Pong

19

8:30 AM Quilters

9:30 AM Shop-Walmart

11:00 AM Bid Whist/Spades

12:45 PM Euchre

Foot Care**

Pickleball Pre-Register

20

8:30 AM/9:45 Aerobics**

10:00 AM Art Studio

11:15 AM Functional Fitness**

1:00 PM Cribbage

1:00 PM Singers

21

9:00 AM Tai Chi

9:30 AM Informal Quilting

9:30 AM Shop-Pick N Save

12:30 PM Bingo

12:30 PM Chess Club

1:00 PM Sheephead

22

8:30 AM/9:45 Aerobics**

9:00 AM Ping Pong

11:00 AM Informal Writing

11:00 AM Wood Carving

11:15 AM Functional Fitness**

Footcare**

25

8:30 AM/9:45 Aerobics**

9:00 AM Yam Group

10:00 AM Bridge

11:00 AM St. Vincent Pantry

11:15 AM Functional Fitness**

1:00 PM Cribbage

1:00 PM Ping Pong

26

8:30 AM Quilters

9:30 AM Shop-HyVee/Aldi

11:00 AM Bid Whist/Spades

12:45 PM Euchre

Pickleball Pre-Register

27

8:30 AM/9:45 Aerobics**

10:00 AM Art Studio

11:15 AM Functional Fitness**



1:00 PM Cribbage

28

CLOSED

29

CLOSED

 2024		Meals provided by AtlantisValley Foods. 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. No substitutions allowed. PB = Plant Based SF = Sugar Free WG = Whole Grain MO = Meatless Option SO = Salad Option		1 *Bolognese Sauce over Spaghetti Noodles Italian Vegetable Blend Peas & Pearl Onions Diced Pears Snickerdoodle Cookie MO: PB Meatballs NCS: SF Cookie
4	5	6	7	8
Turkey à la King over Rice California Blend Sliced Peaches Rice Krispie Bar MO: PB Chicken NCS: SF Wafer SO: *Chef	Meatloaf with Gravy Corn Fresh Fruit Mix WG Bread Cheesecake MO: Impossible Loaf NCS: Cantaloupe SO: *Italian	Turkey Sausage Kale Soup WG Din Roll Tomato & Cuc Salad Cantaloupe Planters Peanuts MO: Vegetable Soup NCS: None SO: *Cobb	Sausage and Egg Breakfast Scramble* Roasted Potato Capri Vegetable Blend Tropical Fruit Apple Muffin MO: Vegetarian Bake NCS: Cantaloupe SO: Greek	BBQ Pulled Pork* on a WG Bun with Sauce California Vegetables *Hoppin John Beans Diced Pears Apple Crunch Bar MO: PB BBQ Sausage NCS: SF Pudding
11	12	13	14	15
BBQ Pulled Chicken with BBQ Cheesy Potatoes Coleslaw Corn Cornbread Cake MO: Barbecue Tofu NCS: SF Cookie SO: *Italian	Grilled Chicken Breast on a Bun Capri Vegetables Paco Vegetables W/ Roasted Potatoes Oatmeal Cookie MO: PB Chicken Breast NCS: Cantaloupe SO: Chicken Almond	Baked Cod with Dill Cream Sauce WG Din Roll Capri Vegetables Roasted Potatoes Banana Nutty Buddy Bar MO: PB Shrimp NCS: SF Wafer SO: *Turkey Club	Spaghetti & Meatballs Italian Vegetable Blend Orange Wedges Tapioca Pudding MO: Veg Meatballs NCS: SF Pudding SO: Garden Vegetable	Chicken Noodle Soup Honeydew Melon 3 Bean Medley Brownie MO: Minestrone NCS: Cantaloupe
18	19	20	21	22
Chili Mac Casserole Capri Vegetable Blend Peas & Pearl Onions Cantaloupe Pudding MO: Beyond Chili NCS: SF Pudding SO: *Chicken & Bacon	*Brat on a Bun Hot Sauerkraut *Baked Beans Potato Salad Red Velvet Cake MO: PB Sausage NCS: Cantaloupe SO: *Chef Salad	Shepherd's Pie Stuffing Honeydew Melon M&M Cookie MO: Beyond Beef Shepherd's Pie NCS: SF Cookie SO: Chicken Caesar	*Italian Lasagna Italian Vegetable Mix WG Bread Side Salad Nutty Buddy Bar MO: Vegetarian Lasagna NCS: SF Wafer SO: *Italian	Roasted Turkey & Gravy WG Roll Mashed Potatoes Corn Cranberry Sauce Pumpkin Cheesecake MO: PB Chicken Breast NCS: Cantaloupe
25	26	27	28	29
Cabbage Roll Green Beans Peas & Carrots Fruit Medley Chocolate Cookie MO: PB Cabbage Roll NCS: SF Cookie SO: Southwest Chicken	*Oven Baked Ham and Gravy Broccoli Stuffing Scalloped Potatoes Pumpkin Pie MO: Smoked Tempeh NCS: SF Jell-O SO: Chicken Almond	Chicken Alfredo Sliced Beets Mixed Vegetables Fresh Cut Fruit Rice Krispie Bar MO: Vegetarian Alfredo NCS: SF Wafer SO: Greek	CLOSED 	

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

www.fitchburgwi.gov/seniorcenter



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The Giving Tree

The Giving Tree is for seniors who may have outlived their loved ones or are at risk for increased loneliness and depression during the holidays. The Fitchburg Senior Center wants to give those seniors a boost with a little bit of holiday cheer through its GIVING TREE.

Staff will be collecting the names of local seniors in need along with a short wish list of gift ideas. The gift ideas will be displayed on tags on the giving tree located near the main entrance of the Senior Center. The tree will be displayed starting after Thanksgiving.

Anyone who knows a senior who has no family or will be alone during the holidays can nominate that person by calling 608-270-4295 by December 2. Seniors can also nominate themselves.

For those donating a gift, please wrap it and drop it off at the Senior Center by December 13.



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