



Sounds Of The Holiday Season W/ The Oregon High School Orchestra!

The Oregon High School Orchestra will be performing on Monday, December 18 from 12:45 to 1:30 p.m. Please call for lunch reservations no later than Friday, December 15 by 9:00 a.m. 608-270-4290



Holiday Extravaganza W/ The Fitchburg Singers

The Fitchburg Senior Center Singers will be with us for caroling on Wednesday, December 20 from 12:00 to 12:30 p.m. Please call for lunch reservations no later than Tuesday, December 19 by 9:00 a.m. 608-270-4290.



A **BIG** thank you to the Fitchburg Senior Center Friends for covering the cost of meals for our Veterans and their guest. A wonderful time was had by all!



Closed 12/22&25

Giving Tree!! Page 6

December Lunch & Learn

This series will provide you with an opportunity to expand your knowledge on a variety of topics and be a benefit to your overall well-being.

Mark Your Calendars

December 6 Medication Management

December 13 Holiday Safety

When: 11:45 a.m. for lunch and program at noon on Wednesdays

Where: Senior Center Dining Room

How: Bring your own lunch, or reserve a meal (call the Senior Center by 9:00 a.m. the day prior/donation requested) or just attend. **TRANSPORTATION AVAILABLE!** Call and let us know if you need a ride. 608-270-4290.



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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 Dec. 1–29 skip 12/22&25. 11:15–11:45 a.m. Cost: \$20

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



In-person & Zoom, Dec. 1–29 skip 12/22&25 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 three-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, Dec. 7, 21 and 28 (skip 12/14) at 11:00 a.m.** in the spacious Oak Hall Room on the upper level. Cost: \$24 / \$ 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



(NO MEETING DEC. 2023)

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.



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Stephanie Blankenheim

Financial Advisor

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608-271-5100

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



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.

Snooze Or Lose: Mastering The Art Of Sleep Hygiene



Sleep. We all do it. But have we mastered it? Good sleep hygiene is essential for promoting brain health and potentially reducing the risk of dementia! Join us for a discussion on the importance of good sleep hygiene and tips to make sure you get restorative, high-quality sleep. We will also use essential oils to create a spray that you can lightly mist on your pillow and bedding before sleep.

A Holistic Approach To Healthy Aging - Finding Physical, Emotional, and Mental Well-Being

Join us as we explore the synergy of physical activity, social connections, and mental stimulation for a fulfilling and healthy aging journey. Plan for a presentation, demonstrations, group discussion, and a mental puzzle or two!

Join third-year UW medical students Tammy and Scott for this two-part program on **Friday, December 1 at 1:00 p.m.** Registration required. Pillow mist supplies are available for the first 24 people!

Wildlife Artist, Adam Pankratz

Adam is a wildlife artist living in Madison. As a former zookeeper turned self-taught artist, he shares his passion for the natural world through the creation of bold textured tributes to Mother Earth. Learn more about Adam's art work and passion on **Tuesday, December 5 at 10:30 a.m.** No registration needed.



Cycling Without Age

In 2012, Ole Kassow launched Cycling Without Age to address the limited mobility of elders through complimentary trishaw rides.



Volunteers, known as pilots, can sign up to take elderly residents on bike rides at their preferred frequency. With over 3,050 global chapter locations and 4,900 trishaws as of February 2023, the movement involves more than 39,000 trained pilots. This initiative empowers seniors to relish fresh air, community, and the simple joy of wind in their hair.

The Wisconsin Bike Federation and Bike Fitchburg aim to bring this joy to Fitchburg. Join us on **Wednesday, December 13, at 2:00** at the Fitchburg Senior Center upper level to learn more and perhaps take a spin on a trishaw! **No registration required.**

Altered Altoids Class "Here Comes Santa"



Join Christine in taking two Altoids mint boxes and converting them into festive Christmas gift boxes by decorating them with vintage Santa images and holiday prints. These boxes are the perfect size for gift cards and would make great stocking stuffers. The Santa theme makes them especially nice gifts for grandchildren or anyone young at heart.

December 12 from 1:00-3:30 p.m.

\$10 class fee for materials, payable one week prior at the Senior Center front desk. Class size is limited to the first eight registered participants. More pictures can be seen on the registration form!

Thank you to the Sushil Bansal Memorial Art Fund for subsidizing a portion of this class.

How To Register—See Page 2



Featured Staff

THE CITY OF Fitchburg SENIOR CENTER

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

Jill McHone
SENIOR CENTER DIRECTOR

CITY OF FITCHBURG

Holiday Lights Tour

& YULETIDE JUBILEE

DECEMBER 15-17, 2023

FOR MORE INFO, GO TO VISITFITCHBURG.COM

Fitchburg Holiday Lights Tour



The City of Fitchburg and the Fitchburg Chamber Visitor + Business Bureau are excited to announce the return of the Fitchburg Holiday Lights Tour **December 15-17, 2023**. The Fitchburg Holiday Lights Tour began in December 2020 and has grown into a city-wide holiday lights spectacular event. Residences and businesses spread holiday cheer with their elaborate and festive holiday light displays. Spectators can use an online map to tour all the participating addresses and can vote for their favorite displays!

The Senior Center has recruited volunteers to drive those who don't drive anymore on this wonderful tour. If you would like to take the tour, please call us at **608-270-4290**.

History Of The Hollywood Musical—Taking Break. See you back in January 2024!



Informal Memoir Writing Group



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

Fitchburg Ukulele Network



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

The Giving Tree

The Giving Tree is for seniors who may have out-lived 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.

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 8**. Seniors can also nominate themselves.

For those donating a gift, please wrap and drop it off at the Senior Center by **December 20**.

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.**

Culture & Awareness Corner W/ Suzie—



Old Man Winter is here...Did you know in December...

Pearl Harbor Remembrance Day (7)

Hanukkah (7-15)

Bodhi Day (8)

Christmas Day (25)

Kwanzaa (26-Jan 1)


New Years Eve (31)


HIV/AIDS Awareness


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 or call Jack at 608-235-5267

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.

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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Raising Awareness Of COPA— Mike Leckrone

Former UW Marching Band Director Mike Leckrone will be with us to talk about raising the awareness of COPA. The mission of COPA is to increase access to the performing arts, especially among underserved populations. The organization is proposing an arts facility in Fitchburg that will have an administrative office, theater performance, programming, and practice spaces designed for various arts types. COPA board members Mike Leckrone and Joe Koss will be introducing COPA and the Leckrone Arts Fund, which is an endowment that will help create programs, establish relationships and build the pipeline for the COPA facility. Join Mike on **Thursday, December 7 at 1:00 p.m.** No registration required.



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



**THE EASIER WAY TO
COMPARE PLANS.**
NOW THROUGH DEC. 7

THE CITY OF
Fitchburg
SENIOR CENTER

Medicare
.gov

Now is the time to review your current Medicare Part D plan to see if it will still be the most cost-effective in 2024! Call the Fitchburg Senior Center at **608-270-4290** and ask to speak with a Social Worker. Appointments are available both in-person and over the phone.



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Fitchburg Senior Center Friends (FSCF)

The Fitchburg Senior Center Friends were pleased to provide \$1,241.94 in October to support Senior Center participants, programs, and activities.

Be sure to take a look at the updated showcase for photos of your Friends Board and recent trips.

Would you like to join in on the travel fun in 2024? The first trip is Winter in the Desert Oasis in March. You'll visit Las Vegas, Zion National Park, Rhyolite Ghost Town, Goldwell Open Air Museum, Death Valley National Park, Manzanar National Historic Site, and Palm Springs. What a great way to get some sun and warm weather as Wisconsin winds down the winter months.



Pick up brochures for all 2024 travel near the reception area or visit the FSCFriends Facebook page. 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.

Interested in day trips to local theater shows? Pick up a Theater Bus brochure near the reception area or contact Theater Bus at 608-257-0003 or info@theaterbus.org or www.theaterbus.org.



Happy holidays 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, Rich. Every **Friday** from **11:15 a.m.—12:00 p.m.** Rich 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

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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	
	Euchre 12:45		Sheepshead 1:00	

Make-a-Card Club News!

The winter holiday season has arrived! As busy as it is, take time on **Friday, December 8**, from **12:15–2:00 p.m.**, to make cards and gift tags with our beautiful materials. Proposed dates for **January** are 1/12 and 1/26. Happy holidays to you and yours!



Independent Art Studio with Mary

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



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 registration required.



Thursday Bilingual Bingo

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



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. First Thursday of every month starting **November 2**. Meeting from **9:00 a.m. to 3:30 p.m.**

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, December 14, 2023 at 1:30 p.m.**



at the Fitchburg Senior Center for a discussion of the book, *Of Mice and Men (Classic)* by **John Steinbeck**. 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 is done for the season. Keep an eye out for next years selections!





December

2023

Must call the day before by 9:00 to reserve a meal. 270-4290

PB= Plant Based SF= Sugar Free WG= Whole Grain MO=Meatless *Contains Pork

SO=Salad Option SALAD OPTION: Dine in only! Monday – Thursday!

				1
				Cabbage Roll Green Beans Crinkle Cut Carrots Juice Blueberry Muffin MO: PB Cabbage Roll NCS: SF Cookie
4	5	6	7	8
Lasagna Roll-Ups Broccoli Tuscan White Beans Cucumber Salad Pineapple Tidbits Mini Eclairs NCS: SF Chocolate SO: Chicken Caesar	No Meals CLOSED ALL DAY STAFF INSERVICE	Turkey Teriyaki Meatballs Brown Rice Stir Fry Vegetables Mandarin Orange Chocolate Chip Cookie MO: PB Meatballs NCS: SF Cookie SO: Spinach Salad*	Chicken Dumpling Soup WG Dinner Roll Tomato Cuc Salad Cantaloupe Kringle MO: Minestrone NCS: SF Wafer SO: Chef Salad*	Oven Baked Ham* WG Dinner Roll Scalloped Potatoes California Vegetables Pesto Caprese Pasta Peppermint Brownie MO: Honey Spice Tofu NCS: SF Wafers
11	12	13	14	15
Wheat Penne Pasta Meat Sauce Italian Vegetables Paco Blend Peaches Cherry Strudel MO: Tofu NCS: Red Grapes SO: Greek Salad	Chicken Florentine Pasta Bake Mixed Vegetables Diced Pears Blueberry Muffin MO: White Beans & Spinach Pasta NCS: SF Jello SO: Cobb Salad	Shepherd's Pie WG Sliced Bread Cauliflower Tropical Fruit Cheesecake MO: PB Beef NCS: Orange SO: Chicken & Bacon*	Creamy Chicken Chili WG Dinner Roll Cowboy Caviar Tortilla Chips Mixed Fresh Fruit M&M Cookie MO: Veggie Chili NCS: SF Cookie SO: Grilled Chicken Almond	Shredded Beef in Gravy WG Dinner Roll Baked Beans Broccoli Garlic Mashed Potatoes Red Velvet Cake Roll MO: PB Sausage NCS: Banana
18	19	20	21	22
Spaghetti & Meatballs* Crinkle Cut Carrots Green Beans Apple Slices Tapioca Pudding MO: Veggie Meatballs NCS: SF Pudding SO: Chef Salad*	Grilled Chicken Garlic Mashed Potatoes & Gravy Cranberry Relish Peas and Pearl Onions WG Pita Bread Peppermint Brownie MO: Rosemary Tempeh NCS: Honey Dew Melon SO: Chicken Caesar	Philly Cheesesteak Casserole WG Sliced Bread Broccoli Pineapple Tidbits Chocolate Chip Cookie MO: PB Beef NCS: SF Cookie SO: Southwest Chicken	Hamburger on a Bun w/ Lett, Tom, Onion Ketchup & Mustard Corn Roasted Potatoes Nutty Buddy Bar MO: Veggie Burger NCS: Cantaloupe SO: Garden Vegetable	
25	26	27	28	29
	Beef Stroganoff with Egg Noodles WG Sliced Bread Far East Vegetables Tropical Fruit Gingersnap Cookie MO: PB Beef NCS: Orange SO: Turkey Club*	Chicken Noodle Casserole Roasted Root Vegetables Honeydew Melon Side Salad w/ Ranch Cinnamon Roll MO: Veg Casserole NCS: SF Pudding SO: Spinach Salad*	Creamy Chicken and Wild Rice Soup WG Dinner Roll Pineapple Tidbits Quinoa Salad Sugar Cookie MO: Minestrone NCS: SF Cookie SO: Italian Salad*	Beef and Lamb Gyro WG Pita Bread Tzatziki Sauce Tomato Cucumber Salad Roasted Potato Broccoli Oreo Mousse MO: Spiced Chickpeas NCS: Fruit Cup

DECEMBER 2023

* * = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<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>4</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><u>11:00 AM St. Vincent Pantry</u></p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Ping Pong</p>	<p>5</p> <p>8:30 AM Quilters</p> <p><u>9:30 AM Shop-Walmart</u></p> <p>10:30 AM Bid Whist/Spades</p> <p>12:45 PM Euchre</p> <p>Foot Care**</p> <p>Pickleball Pre-Register</p>	<p>6</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 Singers</p>	<p>7</p> <p>9:00 AM FSC Friends</p> <p>9:00 AM Tai Chi **</p> <p>9:30 AM Informal Quilting</p> <p><u>9:30 AM Shop-Pick N Save</u></p> <p>12:30 PM Bilingual Bingo</p> <p>12:30 PM Chess Club</p> <p>1:00 PM Sheephead</p>	<p>8</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>Footcare**</p>
<p>11</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><u>11:00 AM St. Vincent Pantry</u></p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Ping Pong</p>	<p>12</p> <p>8:30 AM Quilters</p> <p><u>9:30 AM Shop-Target</u></p> <p>10:30 AM Bid Whist/Spades</p> <p>12:45 PM Euchre</p> <p>2:00 PM Men's Group**</p> <p>Pickleball Pre-Register</p>	<p>13</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><u>NO Women's Group December</u></p>	<p>14</p> <p>9:00 AM Tai Chi **</p> <p>9:30 AM Informal Quilting</p> <p><u>9:30 AM Shop-Pick N Save</u></p> <p>10:00 AM Caregiver Support**</p> <p>12:30 PM Bilingual Bingo</p> <p>12:30 PM Chess Club</p> <p>1:00 PM Sheephead</p> <p>1:30 PM Book Club**</p>	<p>15</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>18</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><u>11:00 AM St. Vincent Pantry</u></p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Ping Pong</p>	<p>19</p> <p>8:30 AM Quilters</p> <p><u>9:30 AM Shop-Walmart</u></p> <p>10:30 AM Bid Whist/Spades</p> <p>12:45 PM Euchre</p> <p>Foot Care**</p> <p>Pickleball Pre-Register</p>	<p>20</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 Singers</p>	<p>21</p> <p>9:00 AM Cross Stitch</p> <p>9:00 AM Tai Chi **</p> <p>9:30 AM Informal Quilting</p> <p><u>9:30 AM Shop-Pick N Save</u></p> <p>12:30 PM Bilingual Bingo</p> <p>12:30 PM Chess Club</p> <p>1:00 PM Sheephead</p>	<p>22</p> <p><u>CLOSED</u></p>
<p>25</p> <p><u>CLOSED</u></p>	<p>26</p> <p>8:30 AM Quilters</p> <p><u>9:30 AM Shop-HyVee/Aldi</u></p> <p>10:30 AM Bid Whist/Spades</p> <p>12:45 PM Euchre</p> <p>Pickleball Pre-Register</p>	<p>27</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>28</p> <p>9:00 AM Tai Chi **</p> <p>9:30 AM Informal Quilting</p> <p><u>9:30 AM Shop-Pick N Save</u></p> <p>12:30 PM Bilingual Bingo</p> <p>12:30 PM Chess Club</p> <p>1:00 PM Sheephead</p> <p>1:30 PM Mystery Book Club</p>	<p>29</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>

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.

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Salad Option Monday- Thursday!

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Choose the **SALAD OPTION**
 Monday through Thursday!
 Salad Option is limited to **DINE-IN** only.
 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