

Valentines W/ DJ Todd—Including Music Trivia!

Celebrate Valentine's Day at the Fitchburg Senior Center on **Friday, February 14** from noon to 1:30 p.m. Enjoy a delightful lunch and music featuring DJ Todd, who will play all your favorite sweetheart hits. Whether you're celebrating with a partner or solo, this is a day to savor good food, great tunes, and wonderful company. Call **608-270-4290** one day in advance by **9:00 a.m.** to register for lunch.



Celebrate
BLACK HISTORY MONTH
AT
FITCHBURG SENIOR CENTER
Lunch & Learn Series
Stony the Road Story
A look at Black History
with Community Historians
Betty Banks and Pia M. Kinney James




WEDNESDAY, FEBRUARY 26
12:00 - 1:00 PM

To register, reserve a meal, or request a ride:
Call (608) 270-4290

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AARP TAX Help Please see our city website homepage for a full criteria list. You can find that web link on page two. This program offers simple tax returns. Hardcopy guidelines available at the Senior Center. Appointments can be made starting Feb. 3.

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,
mandi.miller@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

R

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 Feb. 5–28. 11:15–11:45 a.m. \$20

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



In-person & Zoom, Feb. 5–28 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

Yoga W/ Kurt (Mondays)



In-person & Zoom, Mar. 31–May. 19, 2025. Eight weeks. \$64. 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 - Feb. 24–March 17 & April 7–28. Total of 8 classes. . **Eight weeks. 12:45– 1:30 p.m.**

Fridays, February 21–April 11. 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



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!

Pickleball Injuries—Causes and Management



Join Dr. Jim Dahm, MD, a fellowship-trained orthopedic surgeon specializing in shoulder, elbow, wrist, and hand disorders, for an engaging session on pickleball injuries. Discover the most common causes, effective management strategies, and tips for prevention. Perfect for players of all levels, this discussion will help you stay healthy and active while enjoying one of the fastest-growing sports. Don't miss it on **Wednesday, February 5, at 10:30 a.m.** No registration required.

Ballroom Basics For Balance—Thursdays, April 17 through June 12 (9 weeks)



Ballroom Basics for Balance is a fun way for you to regain your balance and have fun while doing it!!

This **9–week series** for only \$54 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.

Line Dancing W/ Nancy Vidlack



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.

Thursdays, March 6–27 (four classes) from 11:00 a.m.—12:00 p.m. in the spacious Oak Hall Room on the upper level. Cost: \$28 / \$ 8 drop-in. We require a minimum of twelve dancers to make this a go. Spread the word to your friends! **Nancy on a well deserved February vacation!**

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LGBTQ+ Elder Support Group—Verona Senior Center



1st & 3rd Tuesdays 10:00 a.m.

Contact The Verona Senior Center at 608-845-7471

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Stephanie Blankenheim

Financial Advisor

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Fitchburg, WI 53711
608-271-5100

> edwardjones.com

MKT-5894M-A

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.



February 12: Economic Development Update—Mike Zimmerman—City Economic Development Director. 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.

IÚNASE A NOSOTROS PARA SOCIALIZAR, ACTIVIDADES Y MÁS!

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

Veterans Support Group



Please join Veteran (and group leader) Ray Meller and other veterans on the **third Thursday** of the month at **10:30 a.m.** Next meeting will be held on **February 20**. If you need transportation, please give us a call at **608-270-4290**.

Caregiver Support Group



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".

Parkinson's Support



PD support group at the Courtyard of Fitchburg on the **4th Wednesday** at **1:00 p.m.** Safe and supportive environment. Call Karen Jeffers at **608-886-6711** for more info.

Change how you see senior living.

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

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

We'd love to meet you & share more! Connect with Nikki at **608.216.3326**

or scan the QR code



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Call Karen at **(608) 886-6711** | thecourtyardatfitchburg.com

Don't Become A Victim Of A Scam—Protect Yourself With Knowledge!



Email and telephone scams are becoming more prevalent and more dangerous by the month. Yet, despite their increasing level of deceptiveness, they remain fairly easy to spot. This one-hour class will teach you the simple techniques you can use to avoid being taken advantage of. Class materials will be emailed to you afterwards so you can refer to them as needed. **Thursday, February 20 at 10:30 a.m.** Brought to you by Community PC.

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Lunch & Learn Series

Brought to you by Janice Hughes, Commission on Aging Well

Feb 5
Call For Action!

Call for Action! Jackie Falch. Executive Director WISC-TV 3

Feb 19
Fraud Scams & More

Tiffany Beernhart. Better Business Bureau. SW Regional Director

To register, reserve a meal or request a ride call (608) 270-4290 by 9:00 AM the day before.

Feb 26
Stony the Road Story

Bonus Presentation
A look at Black History with Community Historians Betty Banks and Pia M. Kinney-James

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

Coming Soon!
Black History Month Display featuring:
Fitchburg's first Black farmers, Notley & Martha Henderson
Display presented by the Senior Center Multi-Culture Group

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SNAP A PHOTO TO VIEW OUR WEBSITE

Joint Pain Got You Down?

Discover the latest advancements in joint injury and arthritis treatment options with Dr. Rich Merrion, D.C., owner of New Health Chiropractic & Integrated Health Care. This informative session will cover cutting-edge therapies including joint replacement, MLS Laser Therapy, PRP (Platelet-Rich Plasma), and Human Cellular Tissue Products containing stem cells. Gain insights into how these treatments can aid recovery and improve quality of life. Join us on **Wednesday, February 19, at 1:00 p.m.** to explore these innovative approaches to pain relief and healing. This free event requires no registration—don't miss this opportunity to enhance your understanding of modern joint care!



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



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.



Introduction To Ukulele

Here is your opportunity to learn how to play a ukulele! This introductory four-week course explores ukulele types, how to tune, beginning chords, and also playing some fun songs! No musical experience is required. We have ukuleles for you to take out on loan, or you can bring your own. There is no cost to you. Registration is required. Limit of ten people for this introductory course.

Instructor: Linda Gungel—Linda lives in Fitchburg and is a member of the Fitchburg Ukulele Network (FUN).

Mondays, March 10–31 from 1:00–2:00 p.m.



Culture & Awareness Corner W/ Suzie—

February 2025 **Happy Black History Month!**

did you know February is...

National Cancer Prevention Month, Eating Disorder Awareness Month, American Heart Month, Low Vision Awareness Month and Jewish Disability Awareness and Inclusion Month.



February 1—National Freedom Day

February 2—Groundhogs Day

February 9—Superbowl Sunday

February 14—Valentine's Day

February 28—First day of Ramadan

“CHANGE WILL NOT COME IF WE WAIT FOR SOME OTHER PERSON OR SOME OTHER TIME. WE ARE THE ONES WE'VE BEEN WAITING FOR. WE ARE THE CHANGE THAT WE SEEK.”

Former President Baraka Obama

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.

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.**



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Thank you to everyone for supporting the Fitchburg Senior Center Friends in 2024. With your generous support for and participation in:

- Travel Opportunities
- Pancake Breakfast
- Brat Lunch
- National Senior Center Month Celebration
- Monetary Donations



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

The Friends were able to provide over \$9,800 to support the Fitchburg Senior Center's mission with participants, programs, and activities. **Thank you!**

The Friends were pleased to provide \$615 in December 2024 to support Senior Center participants, programs, and activities.

Yummy! Save the date and get your appetite ready!  **The Pancake Breakfast is coming soon!** The Fitchburg Senior Center Friends Board is currently planning our pancake breakfast for April 27 at the Fitchburg Senior Center. More tasty details will follow in future newsletters, as will information about how you can volunteer for the event.



Senior Travel



We know the weather is unpredictable these days. Perhaps getting away on our Mediterranean trip, March 22 to April 6, 2025 would lift your spirits! How could it not? Think about this -- enjoying the coastline and countries of Spain, France and Italy. Remember too that planning your trip through the Fitchburg Senior Center includes a Pre-Travel Meeting explaining some of the travel features and a chance for you to ask questions; being picked up right at the Senior Center and taken to the airport in comfort; a travel representative at the airport to make departure easier; transfer at foreign airports, including bags, to your lodging; and then the warm Mediterranean. Later in the year, we offer trips to Mackinac Island, Alaska, French Canada and Turkey. Check out our Travel Wall across from the receptionist desk in the Senior Center for more information.

FREE In-person Welcome to Medicare Seminar

What you need to know about enrolling in Medicare!

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! Do you understand what Medicare is and isn't... how to avoid penalties for late enrollment in Medicare... and how to get the most out of your health and prescription benefit plans? Some decisions and actions about Medicare can take place 3-6 months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit. Want easy to understand answers to all of these complex questions? Sign up to attend the following **Free Welcome to Medicare Seminar**. By attending a seminar, you'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs. **Saturday, March 15, 2025, 9:00-11:30 a.m. Location: Fitchburg Senior Center, 5510 Lacy Rd, Fitchburg. Email AAA@danecounty.gov to register by 3/7/25.**

UNDERSTANDING

Medicare

Help Improve ICU Care: Join a Research Study

Share your views on supporting ICU patients and families! Researchers seek older adults (65+) with medical conditions, or caregivers (18+) experienced in medical decision-making. Participate in a 90-minute in-person focus group on **March 18, 2025, at 10:30 AM** at Fitchburg Senior Center (5510 Lacy Road, Fitchburg, WI). Earn a \$75 gift card.

Sign up: Call (608) 263-1741 or email ICUresearch@medicine.wisc.edu.



Wisconsin AHEC
Area Health Education Centers



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

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

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

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

Social Services/Meals & Personal Care Needs

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

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

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!

Take the opportunity to create last-minute Valentines on **Tues., Feb. 11**, from **12:15-2:00 p.m.** In March (dates to be determined), our focus will shift to St. Patrick's Day and getting an early start on Easter greetings. At every gathering, materials are available to make all-occasion cards, and please choose a bonus card for every card that you make. The **\$1.00 donation** requested (per card made) goes towards stocking our supplies and is appreciated! Come use our materials, get help when needed, utilize your creativity and craftsmanship, and give a treasure—made by you.



Busy Hands & Chatting W/ 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!

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.



REACH Book Club will meet next on

Thursday, February 13, 2025 at 1:30 p.m. at the Fitchburg Senior Center for a discussion of the book, **Four Winds** by **Kristin Hannah**. For a list of upcoming books, visit: www.fitchburgwi.gov/seniorcenter and click on groups with websites.



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.**



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.

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. **(February 5, 12, 19 & 26)** All materials will be provided, but you may bring your own. **\$30.00 (per class)** includes all supplies. **Wednesdays from 1:00–4:00 p.m.**

The I Love a Mystery Book Club will meet on

Thursday, February 27, 2025 at 1:30 p.m. at the Fitchburg Senior Center for a discussion of the book, **Vera Wong's Unsolicited Advice for Murders** by **Jesse Q Sutano**.

Birthday Celebrations Every person regardless of their age deserves to feel special for their birthday. We want to celebrate all birthdays of each month with you. Join us for cake or maybe lunch! **Call one day in advance before 9:00 a.m.** to reserve a lunch or just come by at noon for birthday cake. **The fourth Thursday of each month.**



FEBRUARY 2025

* * = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
8:30 AM /9:45 Aerobics** 9:00 AM Yam Group 10:00 AM Bridge <u>11:00 AM St. Vincent Pantry</u> 11:15 AM Functional Fitness** 1:00 PM Cribbage 1:00 PM Ping Pong	8:30 AM Quilters <u>9:30 AM Shop-Walmart</u> 11:00 AM Bid Whist/Spades 12:45 PM Euchre 1:00 PM Ukulele Strum Foot Care** Pickleball Pre-Register	8:30 AM /9:45 Aerobics** 10:00 AM Art Studio 11:15 AM Functional Fitness** 1:00 PM Cribbage 1:00 PM Singers 1:00 PM Watercolors**	9:00 AM FSC Friends 9:00 AM Tai Chi 9:30 AM Informal Quilting <u>9:30 AM Shop-Pick N Save</u> 12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheepshead	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**
10	11	12	13	14
8:30 AM /9:45 Aerobics** 9:00 AM Yam Group 10:00 AM Bridge <u>11:00 AM St. Vincent Pantry</u> 11:15 AM Functional Fitness** 1:00 PM Cribbage 1:00 PM Ping Pong	8:30 AM Quilters <u>9:30 AM Shop-Target</u> 11:00 AM Bid Whist/Spades 12:45 PM Euchre 1:00 PM Ukulele Strum 2:00 PM Men's Group** Pickleball Pre-Register	8:30 AM /9:45 Aerobics** 10:00 AM Art Studio 11:15 AM Functional Fitness** 1:00 PM Cribbage 1:00 PM Watercolors** 2:00 PM Women's Group	9:00 AM Cross Stitch 9:00 AM Tai Chi 9:30 AM Informal Quilting <u>9:30 AM Shop-Pick N Save</u> 10:00 AM Caregiver Support 12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheepshead 1:30 PM Book Club**	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**
17	18	19	20	21
8:30 AM /9:45 Aerobics** 9:00 AM Yam Group 10:00 AM Bridge <u>11:00 AM St. Vincent Pantry</u> 11:15 AM Functional Fitness** 1:00 PM Cribbage 1:00 PM Ping Pong	8:30 AM Quilters <u>9:30 AM Shop-Walmart</u> 11:00 AM Bid Whist/Spades 12:45 PM Euchre 1:00 PM Ukulele Strum Foot Care** Pickleball Pre-Register	8:30 AM /9:45 Aerobics** 10:00 AM Art Studio 11:15 AM Functional Fitness** 1:00 PM Cribbage 1:00 PM Singers 1:00 PM Watercolors**	9:00 AM Tai Chi 9:30 AM Informal Quilting <u>9:30 AM Shop-Pick N Save</u> 12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheepshead	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**
24	25	26	27	28
8:30 AM /9:45 Aerobics** 9:00 AM Yam Group 10:00 AM Bridge <u>11:00 AM St. Vincent Pantry</u> 11:15 AM Functional Fitness** 1:00 PM Cribbage 1:00 PM Ping Pong	8:30 AM Quilters <u>9:30 AM Shop-HyVee/Aldi</u> 11:00 AM Bid Whist/Spades 12:45 PM Euchre 1:00 PM Ukulele Strum Pickleball Pre-Register	8:30 AM /9:45 Aerobics** 10:00 AM Art Studio 11:15 AM Functional Fitness** 1:00 PM Cribbage 1:00 PM Watercolors**	9:00 AM Tai Chi 9:30 AM Informal Quilting <u>9:30 AM Shop-Pick N Save</u> 12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheepshead 1:30 PM Mystery Book Club	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**

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		

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						



February 2025

3	4	5	6	7
Macaroni and Cheese California Vegetables *Baked Beans Fresh Fruit Mix Chocolate Pudding MO: Veg Baked Beans NCS: SF Pudding SO: *Cobb	Lemon Chicken over Wild Rice Broccoli Root Vegetables Fruit Medley Rice Krispie MO: PB Garlic Chicken NCS: Cantaloupe SO: Sunflower Crunch	French Toast Casserole Turkey Sausage Roasted Potatoes Orange Wedges Juice WG Apple Muffin MO: PB Sausage NCS: Grapes SO: Garden Vegetable	Stuffed Pepper Casserole WG Din Roll Corn Fiesta Blend Fresh Fruit Mix Lemon White Chocolate Cooki MO: Veg Pepper Casserole NCS: SF Cookie SO: Chicken Almond	Chicken Dumpling Soup WG Din Roll Honeydew Melon Broccoli Craisin Salad Peanut Butter Brownie MO: Minestrone NCS: Cantaloupe
10	11	12	13	14
Italian Lasagna Italian Veg Mix WG Bread Side Salad w/Tomato & Cucumber Dressing Nutty Buddy Bar MO: Veg Lasagna NCS: SF Wafer SO: *Italian	Philly Cheesesteak Casserole WG Din Roll Paco Vegetables Fresh Fruit Mix Chocolate Chip Cookie MO: PB Beef NCS: SF Cookie SO: *Chicken Bacon	Taco Bar with Salsa Lettuce & Cheese Spanish Rice Honeydew Melon Kringle MO: Beyond Taco Meat NCS: Mixed Fruit SO: Southwest Chicken	Teriyaki Chicken Breast with Brown Rice Stir Fry Vegetables Far East Vegetables Orange Wedges Raisin Cookie MO: Teriyaki Tofu NCS: SF Cookie SO: * Bacon Bleu	*Swedish Meatballs WG Din Roll Mashed Potatoes California Vegetables Bean Medley Salad Red Velvet Cake MO: PB Meatballs NCS: SF Cookie
17	18	19	20	21
Crab Cake Rice Pilaf w/ Vegies Peas & Pearl Onions Fresh Fruit Mix Tapioca Pudding MO: PB Shrimp NCS: SF Pudding SO: Garden Vegetable	Shepherd's Pie WG Bread Capri Vegetables Tropical Fruit Snickerdoodle MO: PB Ground Beef NCS: SF Cookie SO: Caesar	*Roasted Pork Loin Rosemary Potatoes WG Din Roll Corn Cranberry Jelly Brownie MO: Tofu w/ Gravy NCS: SF Cookie SO: *Cobb	*Ham & Bean Soup with Saltines Tomato Cucumber Salad Cantaloupe Nutty Buddy Bar MO: Bean & Kale Soup NCS: SF Wafer SO: *Spinach	Ghicken Breast on Bun w/Lettuce, Tomato, Onion California Vegetables Paco Blend Vegies Rice Krispie MO: PB Chicken Breast NCS: Red Grapes
24	25	26	27	28
Beef & Lamb Gyro Pita Bread and Tzatziki Sauce Tomato/Cuc/ Onion Roasted Potatoes Italian Veg Blend Chocolate Cake MO: Spiced Chickpeas NCS: Mixed Fruit SO: Chicken Almond	Chicken Breast Mashed Potatoes Gravy Prince Charles Veg WG Din Roll Tropical Fruit Mix Caramel Cookie MO: PB Chicken Breast NCS: SF Cookie SO: *Chicken Bacon	Turkey Tetrizzini Carrots Corn Fiesta Blend Orange Wedges Nutty Buddy Bar MO: PB Garlic Chicken NCS: Cantaloupe SO: *Italian	Shredded Chicken in Gravy WG Din Roll California Vegetables Mashed Potato Honeydew Melon Red Velvet Cookie MO: PB Sausage NCS: SF Cookie SO: Caesar	Chili Cornbread Cowboy Caviar Tortilla Chips Cantaloupe Cherry Gel Cup MO: Veggie Chili NCS: SF Jello

Suggested minimum donation: \$5.00

Meal reservations: call 270-4290 by 9:00 a.m. the day before

PB = Plant Based SF = Sugar Free WG = Whole Grain

MO = Meatless Option SO = Salad Option *Contains Pork

Note: When the meal program is canceled the menu for that day is then served the next day.

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.

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

Salad Option Monday-Thursday!



You Have Options

Now for home delivered & congregate participants!
 Just let us know "I want the salad option!"



***Check the main menu to find out when the salad you want is on!**

***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 Crouton Packet, & Dressing
 Each salad meal will include a whole grain dinner roll, fruit, and dessert.
 Chickpeas can be substituted for meat in any salad to make it a Meatless Option *Contains Pork



THE Waterford at Fitchburg

COMMUNITY
 Find your joy here.

5440 Caddis Bend, Fitchburg, WI 608-270-9200 waterfordatfitchburg.com

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