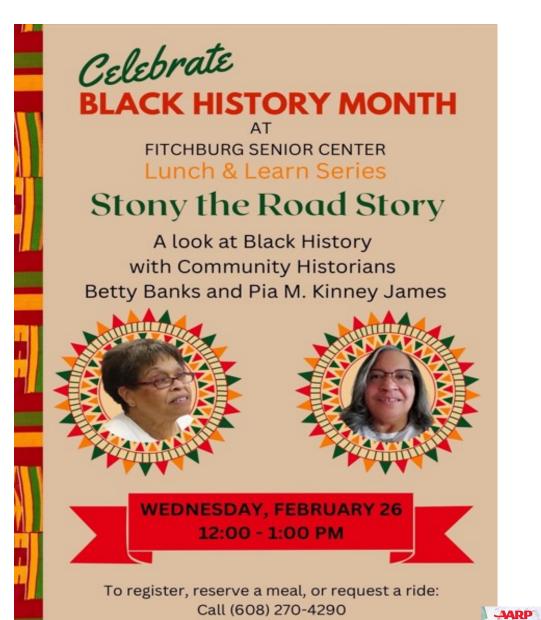


Valentines W/ DJ Todd—Including Music Trivia!

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.



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.







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Your Fitchburg Senior Center Information

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

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

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

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

<u>Nutrition Site/Volunteer Manager</u>, Mandi Miller (she, her) 608-270-4293, mandi.miller@fitchburgwi.gov

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

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

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

<u>Nutrition Site Assistant</u>, 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 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!

The UPS Store



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Diversity/Inclusion, Social & Support Groups

LGBTQ+ Elder Support Group—Verona Senior Center

1st & 3rd Tuesdays 10:00 a.m. Contact The Verona Senior Center at 608-845-7471

Edward Jones



Stephanie Blankenheim Financial Advisor 2990 Cahill Main Suite 102 Fitchburg, WI 53711 608-271-5100

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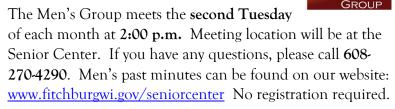
> edwardjones.com

Men's

Fitchburg

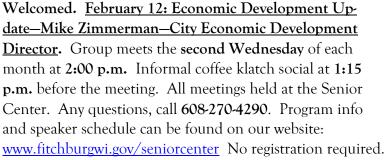
tive Women's Group

Men's Group-New Members Always Welcomed



Fitchburg Active Women's

Group—New Members Always



Welcomed. February 12: Economic Development Up-

Change how you see senior living.

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

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





Veterans Support Group

Please join Veteran (and group leader) Ray Meller and other veterans on the

VETERANS SUPPORT GROUP

CAREGIVER

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 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.



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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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

Bonus Presentation

Feb 26 Stony the Road Story A look at Black History with Community Historians Betty Banks and Pia M. Kinney-James To register, reserve a meal or request a ride call (608) 270-4290 by 9:00 AM the day before.



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



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HOMES
FOR 55+

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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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6

Expand Your World

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

Informal Writing

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

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.

From The Staff

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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Fitchburg Senior Center Friends Fitchburg Senior Center Friends (FSCF)

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 activi-

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

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

Medicare What you need to know about enrolling in Medicare!

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.

Help Improve ICU Care: Join a Research Study



UNDERSTANDING

WISCONSIN

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.

8

Transportation Services

<u>Meals</u> \$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.

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

<u>Food Pantry</u> \$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

<u>Social Work</u> 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!

<u>Footcare</u> 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!

<u>Blood Pressure</u> 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.

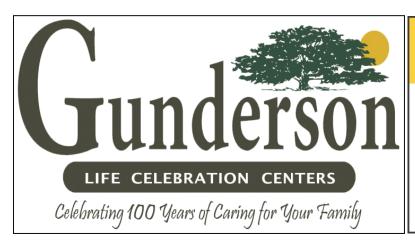
<u>Dane County Meal Program</u> Monday—Friday onsite & home delivered. Requested donation is \$5.00 per meal for those over 60. Call 608-270-4290 for further details on the meal program qualifications and registration.

Wellness

<u>Acupuncture W/ Dr. Joe Zirneskie</u> 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

<u>June Newman</u>, LMT, NCTMB—Available: Mondays and Thursdays (Afternoons). Contact: 608-770-4733 <u>Gregory Newman</u>, LMT—Available: Mondays (Mornings) & Wednesdays (Afternoons). Contact: 608-770-4633 <u>Rates:</u> \$35 for 30 minutes / \$50 for 45 minutes / \$60 for 60 minutes / \$70 for 75 minutes



Edward Jones



Stephanie Blankenheim Financial Advisor 2990 Cahill Main Suite 102 Fitchburg, WI 53711 608-271-5100

> edwardjones.com

MKT-5894M-A

Games/Art/Quilting/Book Clubs & More

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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.

Independent Art Studio

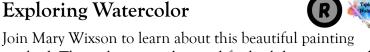
Bring your own supplies, work in any medium and at your own pace. Wednesdays from 10:00 a.m.—12:00 p.m. Open to intermediate artists at no charge.

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.

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.



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.

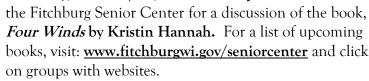
Busy Hands & Chatting W/ Friends

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!

REACH Book Club will meet next on Thursday, February 13, 2025 at 1:30 p.m. at



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 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**	8:30 AM Quilters	8:30 AM /9:45 Aerobics**	9:00 AM FSC Friends	8:30 AM /9:45
9:00 AM Yam Group	9:30 AM Shop-Walmart		9:00 AM Tai Chi	Aerobics**
10:00 AM Bridge	11:00 AM Bid Whist/Spades	10:00 AMArt Studio	9:30 AM Informal Quilting	9:00 AM Ping Pong
11:00 AM St. Vincent Pantry	12:45 PM Euchre	11:15 AM Functional Fitness**	9:30 AM Shop-Pick N	11:00 AM Informal
	1:00 PM Ukulele Strum	1 1000	Save	Writing
11:15 AM Functional Fitness**	Foot Care**	1:00 PM Cribbage	12:30 PM Bilingual Bingo	11:00 AM Wood Carving
1:00 PM Cribbage		1:00 PM Singers 1:00 PM Watercolors**	12:30 PM Chess Club	11:15 AM Functional
1:00 PM Ping Pong	Pickleball Pre-Register	1:00 PM Watercolors**	1:00 PM Sheepshead	Fitness**
10	1.1	12	13	14
8:30 AM/9:45 Aerobics**	8:30 AM Quilters	8:30 AM/9:45 Aerobics**	9:00 AM Cross Stitch	8:30 AM /9:45 Aerobics**
9:00 AM Yarn Group	9:30 AM Shop-Target	10:00 AM Art Studio	9:00 AM Tai Chi	
10:00 AM Bridge	11:00 AM Bid Whist/Spades	11:15 AM Functional Fitness**	9:30 AM Shop-Pick N Save	9:00 AM Ping Pong
11:00 AM St. Vincent		1:00 PM Cribbage	10:00AM Caregiver Support	11:00 AM Informal Writing
Pantry	12:45 PM Euchre	1:00 PM Watercolors**	12:30 PM Bilingual Bingo	11:00 AM Wood Carving
11:15 AM Functional Fitness**	1:00 PM Ukulele Strum	2:00 PM Women's Group	12:30 PM Chess Club	11:15 AM Functional
1:00 PM Cribbage	2:00 PM Men's Group**		1:00 PM Sheepshead	Fitness**
1:00 PM Ping Pong	Pickleball Pre-Register		1:30 PM Book Club**	Footcare**
17	18	19	20	2
8:30 AM /9:45 Aerobics**	8:30 AM Quilters	8:30 AM /9:45 Aerobics**	9:00 AM Tai Chi	8:30 AM /9:45
9:00 AM Yam Group	9:30 AM Shop-Walmart		9:30 AM Informal Quilting	Aerobics**
10:00 AM Bridge	11:00 AM Bid Whist/Spades	10:00 AMArt Studio		9:00 AM Ping Pong
11:00 AM St. Vincent Pantry	12:45 PM Euchre	11:15AM Functional Fitness**	9:30 AM Shop-Pick N	11:00 AM Informal
		Filliess	Save	Writing
11:15 AM Functional Fitness**	1:00 PM Ukulele Strum	1:00 PM Cribbage	Save 12:30 PM Bilingual Bingo	Writing 11:00 AM Wood
11:15 AM Functional Fitness** 1:00 PM Cribbage	1:00 PM Ukulele Strum Foot Care**		12:30 PM Bilingual Bingo	
		1:00 PM Cribbage	12:30 PM Bilingual Bingo 12:30 PM Chess Club	11:00 AM Wood Carving 11:15 AM Functional
1:00 PM Cribbage 1:00 PM Ping Pong	Foot Care** Pickleball Pre-Register	1:00 PM Cribbage 1:00 PM Singers 1:00 PM Watercolors**	12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheepshead	11:00 AM Wood Carving 11:15 AM Functional Fitness**
1:00 PM Cribbage 1:00 PM Ping Pong	Foot Care** Pickleball Pre-Register	1:00 PM Cribbage 1:00 PM Singers 1:00 PM Watercolors**	12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheepshead	11:00 AM Wood Carving 11:15 AM Functional Fitness**
1:00 PM Cribbage 1:00 PM Ping Pong 2:4 8:30 AM /9:45 Aerobics**	Foot Care** Pickleball Pre-Register 2 5 8:30 AM Quilters	1:00 PM Cribbage 1:00 PM Singers 1:00 PM Watercolors**	12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheepshead 2 7 9:00 AM Tai Chi	11:00 AM Wood Carving 11:15 AM Functional Fitness**
1:00 PM Cribbage 1:00 PM Ping Pong 2:4 8:30 AM /9:45 Aerobics** 9:00 AM Yarn Group	Foot Care** Pickleball Pre-Register	1:00 PM Cribbage 1:00 PM Singers 1:00 PM Watercolors**	12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheepshead	11:00 AM Wood Carving 11:15 AM Functional
1:00 PM Cribbage 1:00 PM Ping Pong 2:4 8:30 AM /9:45 Aerobics**	Foot Care** Pickleball Pre-Register 2 5 8:30 AM Quilters	1:00 PM Cribbage 1:00 PM Singers 1:00 PM Watercolors** 2 6 8:30 AM /9:45 Aerobics** 10:00 AMArt Studio 11:15 AM Functional	12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheepshead 2.7 9:00 AM Tai Chi 9:30 AM Informal Quilting	11:00 AM Wood Carving 11:15 AM Functional Fitness** 2.8 8:30 AM /9:45 Aerobics** 9:00 AM Ping Pong
1:00 PM Cribbage 1:00 PM Ping Pong 2:4 8:30 AM /9:45 Aerobics** 9:00 AM Yam Group 10:00 AM Bridge	Foot Care** Pickleball Pre-Register 2 5 8:30 AM Quilters 9:30 AM Shop-HyVee/Aldi 11:00 AM Bid Whist/Spades	1:00 PM Cribbage 1:00 PM Singers 1:00 PM Watercolors** 2 6 8:30 AM /9:45 Aerobics** 10:00 AMArt Studio	12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheepshead 2 7 9:00 AM Tai Chi 9:30 AM Informal Quiting 9:30 AM Shop-Pick N Save 12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheepshead	11:00 AM Wood Carving 11:15 AM Functional Fitness** 2 8 8:30 AM/9:45 Aerobics** 9:00 AM Ping Pong 11:00 AM Informal Writin
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February 2025

3	4	5	6	7
Macaroni and Cheese	Lemon Chicken over	French Toast	Stuffed Pepper	Chicken Dumpling
California Vegetables	Wild Rice	Casserole	Casserole	Soup
*Baked Beans	Broccoli	Turkey Sausage	WG Din Roll	WG Din Roll
Fresh Fruit Mix	Root Vegetables	Roasted Potatoes	Corn Fiesta Blend	Honeydew Melon
Chocolate Pudding	Fruit Medley	Orange Wedges	Fresh Fruit Mix	Broccoli Craisin Salad
	Rice Krispie	Juice	Lemon White	Peanut Butter Brownie
MO: Veg Baked Beans		WG Apple Muffin	Chocolate Cooki	
NCS: SF Pudding SO: *Cobb	MO: PB Garlic Chicken	MO: PB Sausage	MO: Veg Pepper Casserole	MO: Minestrone
00. 0000	NCS: Cantaloupe SO: Sunflower Crunch	NCS: Grapes SO: Garden Vegetable	NCS: SF Cookie SO: Chicken Almond	NCS: Cantaloupe
10	11	12	13	14
Italian Lasagna	Philly Cheesesteak	Taco Bar with Salsa	Teriyaki Chicken Breast	*Swedish Meatballs
Italian Veg Mix	Casserole	Lettuce & Cheese	with	WG Din Roll
WG Bread	WG Din Roll	Spanish Rice	Brown Rice	Mashed Potatoes
Side Salad w/Tomato	Paco Vegetables	Honeydew Melon	Stir Fry Vegetables	California Vegetables
& Cucumber	Fresh Fruit Mix	Kringle	Far East Vegetables	Bean Medley Salad
Dressing	Chocolate Chip Cookie	MO: Beyond Taco Meat	Orange Wedges	Red Velvet Cake
Nutty Buddy Bar		NCS: Mixed Fruit	Raisin Cookie	Tiou voivoi cuito
MO: Veg Lasagna	MO: PB Beef	SO: Southwest	MO: Teriyaki Tofu	MO: PB Meatballs
NCS: SF Wafer	NCS: SF Cookie	Chicken	NCS: SF Cookie	NCS: SF Cookie
SO: *Italian	SO: *Chicken Bacon		SO:* Bacon Bleu	
. 17	18	19	20	21
Crab Cake	Shepherd's Pie	*Roasted Pork Loin	*Ham & Bean Soup	Ghicken Breast on
Rice Pilaf w/ Vegies	WG Bread	Rosemary Potatoes	with Saltines	Bun w/Lettuce,
Peas & Pearl Onions	Capri Vegetables	WG Din Roll	Tomato Cucumber	Tomato, Onion
Fresh Fruit Mix	Tropical Fruit	Corn	Salad	California Vegetables
Tapioca Pudding	Snickerdoodle	Cranberry Jelly	Cantaloupe	Paco Blend Vegies
MO: PB Shrimp	MO: PB Ground Beef	Brownie	Nutty Buddy Bar	Rice Krispie
NCS: SF Pudding	NCS: SF Cookie	MO: Tofu w/ Cross	MO: Peen & Kele Coun	MO: PB Chicken Breast
SO: Garden Vegetable	SO: Caesar	MO: Tofu w/ Gravy NCS: SF Cookie	MO: Bean & Kale Soup NCS: SF Wafer	NCS: Red Grapes
•		SO: *Cobb	SO: *Spinach	Noo. Neu Grapes
24	25	26	27	28
Beef & Lamb Gyro	Chicken Breast	Turkey Tetrazzini	Shredded Chicken in	Chili
Pita Bread and	Mashed Potatoes	Carrots	Gravy	Cornbread
Tzatziki Sauce	Gravy	Corn Fiesta Blend	WG Din Roll	Cowboy Caviar
Tomato/Cuc/ Onion	Prince Charles Veg	Orange Wedges	California Vegetables	Tortilla Chips
Roasted Potatoes	WG Din Roll	Nutty Buddy Bar	Mashed Potato	Cantaloupe
Italian Veg Blend	Tropical Fruit Mix		Honeydew Melon	Cherry Gel Cup
Chocolate Cake	Caramel Cookie	MO: PB Garlic Chicken NCS: Cantaloupe	Red Velvet Cookie	
		SO: *Italian		MO: Veggie Chili

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.

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

www.fitchburgwi.gov/seniorcenter





Salad Option Monday- Thursday!



You Have Options

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



*Turkey Club

Salad Mix, Tomato, Cheddar, Mozzarella, Bacon, Turkey

Italian

Salad Mix, Tomato, Banana Pepper, Black Olives, Salami, Mozzarella

*Bacon & Bleu

Kale Rainbow Lettuce (rainbow kale, shaved Brussels sprouts, Napa cabbage, red cabbage, radicchio, carrots), Bleu Cheese Crumbles, Tomato, Bacon

Garden Vegetable

Salad Mix, Broccoli, Carrot, Cauliflower, Radish, Tomato, Chickpeas

*Spinach Salad

Spinach, Mushrooms, Tomato, Hard Boiled Egg, Bacon

Chicken Caesar

Romaine, Chicken, Parmesan, Hard Boiled Egg

*Chicken & Bacon Salad

Salad Mix, Chicken, Bacon, Cheddar, Mozzarella

*Chef

Salad Mix, Ham, Turkey, Hard Boiled Egg, Tomato, Cheddar

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

*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 Mealless Option "Contains Pork

Fellowship, Food Fun

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.



Waterford at Fitchburg

- COMMUNITY

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