



# Prime Time News

## November 2022

Fitchburg Senior Center  
Volume XVII Issue 11

## Look Ahead

Multiple Programs! P.2

Exercise & Groups P.3

Roman Empire Tour P.4

Medication Reviews P.4

FSC Friends & Travel P.5

Sappho Group P.7

### UW Med Students

Why is my doctor always late? What questions do I ask?

See page 6!

### Cardio Drumming

Details on the bottom of page 11.

## Veterans Day Recognition

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



In addition to honoring our Veterans it is tradition that our program includes a relevant theme. This year we will be highlighting how our country honors special acts of service through medals and ribbons and what each award symbolizes. The Eagle School 5th & 6th graders will be sharing drawings of these awards and the students and our very own Fitchburg Singers will entertain us with patriotic songs.

After the ceremony we invite you to lunch. For veterans and a significant other, the Fitchburg Senior Center Friends will cover the cost of the meal. Reservations are required by Monday, November 7. Call 608-270-4290. The Senior Center has also partnered with the Quilts of Valor Foundation who will award quilts to qualifying veterans. Applications to receive a Quilt of Valor are available at the Senior Center. Deadline to apply is November 2.

1:30 p.m. Open invitation to visit Gorman Wayside Fitchburg Veterans Memorial Park at 2377 S. Fish Hatchery Road. Since 2018, members of the Veterans Park Committee have been working to expand the park with new amenities that pay respect to men and women from all branches of the military. New features have been made possible through generous donations. Members of the Committee will be at the park to show you around and share the new features with you. The park is accessible.

## ABCs of LGBTQ

The Senior Center strives to be a place where all are welcome, which is why we are excited to have Lisa Koenecke, author of "Be an Inclusion Ally: ABCs of LGBTQ" here for an informative and lighthearted discussion on Tuesday, November 15 at 10:30am.

"Be an Inclusion Ally: ABCs of LGBTQ" is a practical guide to understanding and supporting family, friends, colleagues, or anyone in the LGBTQ+ community. Written in an easy to follow, friendly style, this guide will provide concrete steps to those seeking to become an ally or an Ally. Please register by visiting our website: [www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter) and click on the "Programs Registration" tab at the top or calling 608-270-4290.

## Legal & Financial Planning Seminar

A free workshop for families, providing an overview of key legal and financial planning issues for older adults.



This program is presented by Attorney John Haslam of Wilson Law Group in Madison. You will learn about basic estate planning, advanced directives, guardianship and much more. This program is brought to you by the Alzheimer's & Dementia Alliance of Wisconsin.

Monday, November 14 at 10:30 a.m. Register at [www.fscprograms.com](http://www.fscprograms.com) or call 608-270-4290



## Want To Have The Last Word?

Then write your own obituary! Learn to highlight the little and big things that matter to YOU the most. Make sure people read what YOU think is important. Melissa Theisen and Nickie Gard from Gunderson Funeral Home will be here to talk about writing your own obituary and the last impression you would like to give your family and community.

Wednesday, November 9 at 10:00 a.m. Register at [www.fscprograms.com](http://www.fscprograms.com) or call 608-270-4290



## Patio Project Update:

The support for this project has been amazing! Thank you to all of our individual and business donors who are recognized on the enclosed flyer. We are only \$6500 short of our goal! Please consider making a donation today! Visit: [www.fitchburgwi.gov/621/Senior-Center](http://www.fitchburgwi.gov/621/Senior-Center) for more information on how to give.

## Medication Road Trip

Do you know what is in a sleep aid, or the different types of Tylenol or ibuprofen? Would you know which cold medication to pick based on the prescription YOU are taking now? Fitchburg Senior Center is collaborating with UW Madison School of Pharmacy, paid for by the Henry Leck Foundation. Go on a field trip with one of our volunteer senior educators and a pharmacist to learn about **Over The Counter meds**. Learn which ones may or may not be safe, how to navigate the pharmacy aisles, and what to watch out for. There will be three different sessions held. **November 3, 9:00-10:30 a.m.; November 10, 9:00-10:30 a.m.; and November 17, 2:00-3:00 p.m.** You can call or sign up online. All sessions will be held at the Walgreens on McKee Road. Visit [www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter) and click on the "Programs Registration" tab at the top! Or call 608-2704290.

## Is This a Scam?

We all get junk emails all the time. But, how can you make an educated decision on those that might seem legit? What ways can you identify scam emails? If your answer is "I don't have a clue", then this upcoming class is for you! Owner, Dave St. Amant of Community PC will be with us at the Fitchburg Senior Center on **Thursday, November 17 at 10:30 a.m.** Register for your spot early. Visit our programs website: [www.fscprograms.com](http://www.fscprograms.com)





## Exercise, Groups & How To Register

To register for most programs below, visit [www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter) and click on the “Programs Registration” tab at the top! There you will find all of our programs with registrations. Have questions? Call 608-270-4290. Note: Men’s, Women’s and Uke Groups are not pre-registration.



### **Functional Fitness! (M-W-F)**

Join instructors Melissa & Felicia for a great chair-based exercise class. The series runs from November 2–30, 11:15–11:45 a.m. Cost: \$20.



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

In-person & Zoom, November 2–30 for a great cardio and light strength-building routine!  
8:30 in-person / 8:30 Zoom / 9:45 in-person. Cost: \$30



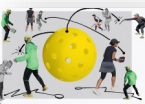
### **Yoga W/ Kurt Fall Session Two**

In-person & Zoom, November 7 – December 19. Seven weeks. \$56  
 Level Two/Intermediate: 9:15–10:30 a.m. Level One/Beginner: 10:45 a.m.–12:00 p.m.



### **Tai Chi**

Here is a wonderful opportunity to work on your balance and strength. Leader Khiang Seow will gently guide you through safe and sound movements. Every Thursday at 9:00 a.m. \$2 drop-in donation. See above for registration.



### **Tuesday Indoor Pickleball**

You can register for the following Tuesday play each Tuesday at 10:00 a.m. See the top of this page on registration directions. A confirmation email will be sent out to those registered players prior to Tuesday play.



### **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](http://www.fitchburgwi.gov/seniorcenter) (Drop-in)



### **New Members Always Welcomed**



Group meets the fourth Tuesday of each month at 2:15 p.m. Informal coffee klatch social at 1:15 p.m. before the meeting. All meetings held at the Senior Center. Any questions, call 608-270-4290. Further information can be found on our website: [www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter)





## Ruins of the Roman Empire

The Romans created the greatest empire the world has ever known, stretching from the British Isles to the Middle East. Joe Fahey takes you on a tour of three locations around the Mediterranean where Roman architecture, and legends, still exist today. Join us at the Fitchburg Senior Center on **Tuesday, November 29 at 10:30 a.m.**

**No registration required.**

## Ready to VOTE in November?



The 2022 General Election is November 8. If you've moved recently, you will need to register to vote based on your new address.

Any questions, contact the City Clerk's office at 608-270-4200

or visit the website: [myvote.wi.gov](https://myvote.wi.gov)

You must be a resident for at least 28 days before you can vote at your new polling place. If your move occurred after October 11, 2022 you should plan to vote at your previous polling place.

## Fitchburg Ukulele Network—FUN



If you have a ukulele and know basic chords, you're welcome to join us. We usually meet in person at the Senior Center but sometimes meet on Zoom. Contact Jill at [jillkranz@gmail.com](mailto:jillkranz@gmail.com) for schedule and how to get involved.

## Salad Option Tuesday's

Call a day in advance by 9:00 a.m. : 270-4290!

Join us for lunch on a Tuesday & ask for the SALAD option!

### NOVEMBER Salads!

#### Chicken Cranberry Bacon Bleu 11/01/22

Mixed greens with diced chicken, bacon crumble, dried cranberries, bleu cheese crumbles & croutons.

Dressing: Balsamic Vinaigrette

Meal items with this: applesauce & cookie

#### Tuna Salad: 11/08/22

Mixed greens topped with tuna salad, tomato, cucumber & crackers

Meal items with this: o.j. & cookie

#### Hummus Platter: 11/15/22

Pita wedges, Hummus, roasted vegetables with green garnish

Meal items with this: fruit & cookie

#### Pulled Pork Santa Fe Salad 11/22/22

Mixed greens topped with seasoned shredded pork, black bean salsa & tortilla strips

Dressing: Ranch

Meal items with this: fruit & cake

#### Harvest Salad 11/29/22

Mixed greens topped with beets, garbanzo beans, cucumber, onion, feta cheese and croutons.

Dressing: Balsamic Vinaigrette

Meal items with this: fruit cocktail & cookie

Every Tuesday!



\*Limited to dine in only.

## ◆ Fitchburg Family Pharmacy Drop-In Medication Reviews



Do you have questions about:

- ◆ Side effects from my medications?
- ◆ Could I be taking a less expensive generic alternative?
- ◆ Might my medications cause interactions that I should know about?

If you can relate to any of the above or have other concerns/questions, stop by our NEW drop-in visit with a pharmacist from Fitchburg Family Pharmacy on **Thursday, November 17 from 11:00 a.m. to 12:30 p.m.**



## Food Pantry Donations

The Senior Center continues to take food donations for our local pantries. Food items can be dropped off anytime Monday—Friday, 8:00 a.m.—4:00 p.m.

## Fitchburg Senior Center Friends, October 2022

Welcome Kathy Talaat, Pam Yoder, and Carolyn Hook to the Board of Directors of FSCF.

### Officers elected include:

Bob Hillner: President  
Jerry Kelly : Vice President  
Leslie Hall: Secretary  
Marcia Griskavich : Treasurer

### Holiday Day Trip on December 10, 2022

Christmas Stars Show at the XAVIER THEATRE , Appleton, WI

\$55 includes bus from FSC, lunch & show

Contact Judy N. 920-606-0985 or [judynackers@gmail.com](mailto:judynackers@gmail.com) for information

FSCF has earned over \$1200 from the many travelers using MAYFLOWER CRUISES AND TOURS on trips to ICELAND, and COLORADO train tours.

Remember to mention FSCF if you book through Mayflower on any trips you plan.

Amazon Smile Program income —\$22.28

Payments made were \$60 for three scholarships for FSC classes

Showcase \$8.42 for photo collage



## COME TRAVEL WITH US IN 2022 - 2023—Call Jack at 608-235-5267

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

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

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

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

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

REACH Book Club will meet on Thursday, November 10, 2022 at 1:30 p.m. We will discuss the book, *All the Light We Cannot See* by Anthony Doerr. A novel about a blind French girl and a German boy whose paths collide in occupied France as both try to survive the devastation of World War II.

December 8, 2022 *Wuthering Heights* by Emily Bronte (Classic)

January 13, 2022 *Nothing to See Here* by Kevin Wilson

February 10, 2023 *Things We Cannot Say* by Kelly Rimmer

March 10, 2023 *The Last House on Needless Street* by Catriona Ward

For a full listing of books for 2023, please visit [www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter) and click on groups to join.

FYI: If you put the books on hold and suspend them until close to the month of the discussion you should not have a problem getting any of these books from the library. Ask a librarian if you need help to do this.

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

The *I Love a Mystery Book Club* will not meet in November or December due to the holidays.



## School of Medicine and Public Health

UNIVERSITY OF WISCONSIN-MADISON

### Why is my doctor always running late? This is embarrassing, but is normal?

Join us Thursday, December 8, 2022 at 10:30 a.m.

Third year medical students, Allison Zinter and Molly Wecker, will be speaking about their paths into the medical field, what it takes to become a doctor, what their future plans are, and how it has compared to their expectations. They will also demystify what goes on behind the closed doors of the doctor's office, discuss the roles of the different members of the healthcare team, and explain why your doctor might be running late.

Additionally, they will also offer up information that a lot of folks are too embarrassed to ask about...

Does anyone else leak urine? Is it normal for there to be blood in my stool? My bad breath is getting worse, what can I do about it?

**Bring your questions for the future doctors!**

### Senior Center Staff

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



For general questions, email us at:

[FitchburgSeniorCenter@fitchburgwi.gov](mailto:FitchburgSeniorCenter@fitchburgwi.gov)



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

Contact Jodi Johnston for details.

Call 608 438 7437

[info@cremationsocietyofmadison.com](mailto:info@cremationsocietyofmadison.com)



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

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

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

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

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

## Edward Jones Coffee Club—Fitchburg Senior Center

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

All are welcome. Coffee & pastries will be provided.

**Second Wednesday, 9:00-10:00 a.m. November 9, 2022**

Hosted by Financial Advisors Brad Stepp & Stephanie Blankenheim

RSVP is required: 608-271-5100 or [amy.holt@edwardjones.com](mailto:amy.holt@edwardjones.com)



## Edward Jones®



### Stephanie Blankenheim

Financial Advisor

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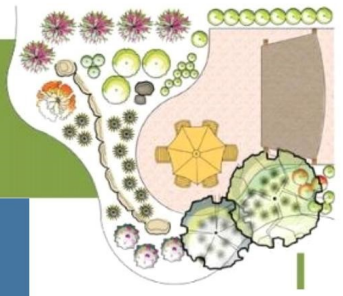
608-270-9200

[waterfordatfitchburg.com](http://waterfordatfitchburg.com)

## Friends

Vicki Fondrk  
 Michael & Carol Sands  
 Mary Powers  
 Joan Colburn  
 Marie Weber  
 Sandhia McLeod  
 Ann Buedel  
 Judith Broad  
 Maren Horne  
 Carol Chellew  
 Kathy Talaat  
 Linda Baumann  
 Julia Arata-Fratta  
 Gary & Bette Whited  
 Mary Cochems  
 Arlene Ace  
 Jim & Pam Yoder  
 Mary Thole  
 Duke & Jackie Damson  
 Mark & Debbie Hamilton  
 Ron Salinas  
 Ruth Becker  
 Carol Rodriquez  
 Mary Berthold  
 Robert & Barbara Rottman  
 Craig & Kathy Wehrle  
 Shirley Wright  
 Bernice Bariola  
 Victor Emanuel & Paula Romeo  
 Matt Solomon  
 Leigh Arora  
 Georgia Ascher  
 Joy Zhou  
 Laura Langer  
 Ardith McKeown  
 Gabriella Gerhardt  
 Aaron Richardson  
 Geri Davenport  
 Rich Eggleston & Anita Clark  
 Daniel & Judith Breunig  
 Laura Portz  
 Sue & Scotty Sheets  
 Rachel Baker  
 Brian & Janet Klock  
 Joanne McKinley  
 David & Nancy Hoffman  
 Brenda Stewart

# PATIO PROJECT THANK YOU!!



*We are only \$6500  
 short of our \$50,000  
 goal! Donations still  
 being accepted!*

## Champions

Jim & Kathy Sosnouski  
 Patricia McCarthy  
 Susan Awve  
 Lee & Mary Ihlenfeldt  
 Roger & Linda Boettcher  
 Frank Evans  
 Denny & Carole Mohr  
 Charles & Rita Richardson  
 Khiang Seow  
 Family of Phil & Winnie Lacy  
 Charles & Linda Gorchels  
 Fritz Kruger  
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 Sandy Weisberger  
 Jim Krogstad & Jill Pinzer-Krogstad  
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## Supporters

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# **Holiday Bus Trip**

## **December 10, 2022**

**Get into the spirit of the season by attending the amazing production of Christmas Stars at the Xavier Fine Arts Theatre in Appleton, WI**

**We had a bus filled last year with seniors and they were so impressed with the program that they have asked that we do it again. Share this experience with your spouse or friends.**

**A limited number of tickets are available for this trip, so don't delay. The price of \$55/person which covers the bus, lunch and the production. Please contact Judy N at 920-606-0985 (leave a message) or email: [judynackers@gmail.com](mailto:judynackers@gmail.com)**

**A large block of seats has been reserved. If you want to be seated together with friends or family, let me know when you make your reservation.**

**Bus is scheduled to pick up at the Fitchburg Senior Center (lower parking lot), 5510 East Lacy Road at 8:30 a.m. on Saturday, Dec. 10 and will return at approximately 5:50 p.m. Bus will depart promptly at 8:45 a.m. so that we have time for lunch beforehand. Parking available in the Senior Center parking lot.**

# November 2022

**For meal reservations, you must call 270-4290 by 9:00 a.m. the day before!**

**SALAD OPTION TUESDAYS! (dine in only)**

	<b>Tuesday 1</b>	<b>Wednesday 2</b>	<b>Thursday 3</b>	<b>Friday 4</b>
	Beef Stew WW Dinner Roll  Corn Applesauce Sugar Cookie <i>Chic Cran Bacon Bleu</i>  MO – Soy stew NCS – SF jell-o	Sausage Veg Egg Bake Fruit Cup Roasted potatoes Orange Juice cup Blueberry muffin  MO – Veg Egg bake	Pot Roast in Gravy WW Dinner Roll Garlic mashed potatoes Carrots Pineapple Oatmeal raisin cookie  MO – Soy Meatballs NCS – banana	Chicken Alfredo Penne Brussel Sprouts Kidney Bean Salad Mixed Fruit cup Rice Crispy treat  MO – Alfredo Penne NCS – SF pudding
<b>Monday 7</b>	<b>Tuesday 8</b>	<b>Wednesday 9</b>	<b>Thursday 10</b>	<b>Friday 11</b>
*Ham and Potato Casserole WW Dinner Roll Peas Peach cup Jell-o cup  MO – Soy & Potato NCS – SF jell-o	Chicken and Gravy Over White bread Carrots Broccoli Orange juice Cookie <i>Tuna Salad!</i>  MO – Soy & gravy NCS – pear cup	Sloppy Joe on WW Bun Potato Salad Mixed Vegetable Banana Marble Loaf cake  MO – Chickpea Joe NCS – SF jell-o	Chicken Stew Mixed greens Salad Dressing Crackers Copper Penny salad Pears Chocolate Pudding  MO – Soy stew NCS – SF pudding	*Pork Loin in Gravy Yam Bake 3 Beans Salad Croissant Cinnamon Applesauce Sugar Cookie  MO – Hummus/Pita NCS – pineapple
<b>Monday 14</b>	<b>Tuesday 15</b>	<b>Wednesday 16</b>	<b>Thursday 17</b>	<b>Friday 18</b>
Cheeseburger: w/ Ketchup/mustard Calico Beans Potato Salad Fruit Cocktail Rice Crispy treat  MO – Black bean burger NCS – SF pudding	*Meatballs in Marinara Over Penne 4 bean salad Peach cup Oatmeal Raisin Cookie <i>Hummus Platter!</i> MO – Soy Balls NCS – pineapple	Fish Sandwich: w/ Cheese & Tartar Yams Peas Pear Nutty Buddy bar  MO – Garden Burger NCS – fruit cup	Tomato Bean Soup Crackers Caesar Salad: w/ WW croutons Pineapple cup Jell-o cup  MO – Veg bean soup NCS – SF jell-o cup	Herb Roasted Cornish Hen Cranberry Stuffing Yam Bake GB Bean Casserole Applesauce Pumpkin Cake MO – BBQ Soy NCS – SF Pudding
<b>Monday 21</b>	<b>Tuesday 22</b>	<b>Wednesday 23</b>	<b>Thursday 24</b>	<b>Friday 25</b>
Lemon Dill Fish Tartar Sauce Baked potato Sour Cream Coleslaw WW Bread Butterscotch pudding  MO – Hummus wrap NCS – SF pudding	*Pork Loin in Gravy Mashed Potatoes Peas WW Bread Mandarin Orange Lemon Loaf cake <i>Pulled Pork Santa Fe</i> MO – Veg wrap NCS – SF jell-o	Chili w/ Cheese Baked potato Sour cream/butter Cornbread Pears Brownie  MO – Bean chili NCS – pineapple	<p><b>Closed</b></p> 	
<b>Monday 28</b>	<b>Tuesday 29</b>	<b>Wednesday 30</b>	<p>Meals provided by: Dane County Consolidated Food Service <b>All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.</b></p> <p>Senior Dining *contains pork **NAS to omit</p>  	
Chicken Broccoli Rice Casserole Carrot Coins Chickpea Salad Fruit cup Fig newton bar  MO – Soy rice casserole NCS – applesauce	Chicken a la King Brown Rice Capri blend Broccoli Salad Fruit Cocktail cup Carnival cookie <i>Harvest Salad!</i> MO – Soy a la king NCS – Pear cup	Meat Spaghetti Carrots Mixed Green Salad Dressing Peach cup Cinnamon Loaf cake  MO – Marinara sauce NCS – SF pudding		



# NOVEMBER 2022

\* \* = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																																		
	1	2	3	4																																																																																																		
	8:30 AM Quilters <b><u>9:30 AM Shop-Target</u></b> 12:45 PM Euchre 1:00 PM Mahjong Foot Care** Pickleball Pre-Register	8:30 AM Aerobics ** <b><u>9:30 AM Shop-Walmart</u></b> 9:45 AM Aerobics ** 10:00 AM Art Studio 11:15 AM F-Fitness **	9:00 AM FSC Friends 9:00 AM Tai Chi ** <b><u>9:30 AM Shop-Pick N Save</u></b> 12:30 PM Bingo <b><u>12:30 PM Chess Club</u></b> 1:00 PM Sheephead	8:30 AM Aerobics ** 9:00 AM Ping Pong 9:45 AM Aerobics ** 11:15 AM F-Fitness **  1:00 PM Bunko																																																																																																		
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# Transportation Services

**Meals**—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. 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, Wednesdays & Thursdays **MUST indicate wheelchair upon sign-up.** Check calendar for trip destinations.

**Medical Rides**—Please note, we do require notice of at least five business days for a ride request in order to find an available driver. Proof of COVID vaccination required. Any questions, call 608-270-4290

**Shuttle Service**— This service is used for **medical ride requests that require wheelchair transport.** Requested donation is \$10 round-trip. Call 608-270-4290 **3 business days in advance** to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

## Health, Help & Renewal

### Senior Center Help

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

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



### Footcare

The cost of this clinic is \$20. Please call 608-270-4290 to schedule an appointment. Or online clickable link go [HERE](#) to register yourself. **Now offering four clinics each month. Tuesdays & Fridays!**

### Caregiver Support

Need support from those who have been through the emotional and physical strains of caregiving for a loved one? Are you needing advice, tips and tricks? Our Caregiver Support Group might be a good fit for you. Email Suzie at [suzie.jones@fitchburgwi.gov](mailto:suzie.jones@fitchburgwi.gov) to get connected to our group leaders.



### Massage Therapy

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

—  
**Massage & Reflexology**

**Gregory Newman**  
LMT,NCTMB.  
Wed. Afternoons

Cost:

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

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

### Medicare is Coming...Are You Ready?

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Diane Dillett and Medical Insurance Solutions are not affiliated with Medicare. This is an advertisement for insurance.

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



## Quilting Just For Fun!

Informal drop-in group for quilters to meet and have fun at the same time! Bring you own project to work on. Every **Thursday at 9:30 a.m. starting November 10, 2022.**



Make-N-Take

## Make-a-Card Club November & December News!

The Make-a-Card Club will continue with creative opportunities for the rest of 2022. As usual, participants will be able to enjoy making all-occasion cards. November will find us finishing autumn greetings, and materials for holiday gift tags and cards will be available in November and December. Out of concern for the supplies it would take for even one person to make cards for a whole holiday mailing, we ask that participants limit their greetings to a small number of special people. Our November date is Friday, November 11, and our proposed Fridays for December are the 2<sup>nd</sup> and 16<sup>th</sup>. The time will be our usual 12:15-2:30 p.m. Cheers!



## Cross Stitch—All Levels Welcomed

Cross stitch is back at the Senior Center on the **third Thursday of each month from 9:00 a.m. to 2:00 p.m.** Come enjoy great conversation and laughs!



## Independent Art Studio with Mary Ann

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



## Cardio Drumming Fall Winter Series

Cardio Drumming W/ Melissa! Mondays, November 28–December 19. Four Weeks. 1:00 - 2:00 p.m. Fridays, December 2–23. Four Weeks. 1:00 - 2:00 p.m. Take one or both! All equipment included. \$15 per session. Drop-ins available for both days for \$5. Visit [www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter) and click on the “Programs Registration” tab at the top!

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

[www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter)



WASC

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

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

**Program Cancellation Policy:**

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



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

# Fitchburg Family Pharmacy

**Thad Schumacher, PharmD**

[tschumacher@fitchburgfamilyrx.com](mailto: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