



St. Patty's Day Celebration

W/ Grand Aul Day!

Wednesday, March 13 at 12:30 p.m.

Want to join us for lunch? Call 608-270-4290 the day before by 9:00 a.m.



Fitchburg Senior Center Presents!

LUNCH & LEARN SERIES

Expand your knowledge and benefit your wellbeing!



📅 Wednesdays

🕒 12:00PM

📍 Fitchburg Senior Center Dining Room

To register, reserve a meal, or sign up for a ride, call (608) 270-4290 the day prior by 9:00 a.m.

- Mar. 6**
Falls Prevention
SPEAKER: SSM Health, Wendy Bianchetti
- Mar. 20**
More Than a Food Pantry
SPEAKER: Badger Prairie Needs Network, Marcia Kasieta
- Apr. 3**
Advanced Care Planning
SPEAKER: UW Hospital, Parini & Mary
- Apr. 17**
Energy Saving
SPEAKER: MG&E, Char, Leah & Laura
- May 1**
Oral/Dental Hygiene
SPEAKER: Affordable Dental, Areli Esperada
- May 15**
Gardening Tips & Tricks
SPEAKER: Felly's Greenhouse, Dahlia

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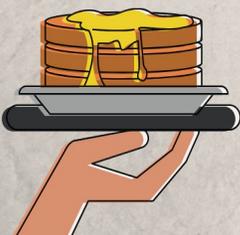
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ANNUAL FITCHBURG SENIOR CENTER FRIENDS PANCAKE BREAKFAST



At the Fitchburg Senior Center
Sausage, Eggs and Pancakes
Sunday, April 21, 8:00 a.m. – 12:00 p.m.
Still just \$10.00 for adults and \$5.00 for kids under 12.



Mission Statement

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

Vision Statement

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

Directory

Phone: 608-270-4290

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

Website: www.fitchburgwi.gov/seniorcenter

Senior Center Staff

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

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

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

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

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

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

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

For more information on all programs offered through the Senior Center, please visit our City page at www.fitchburgwi.gov/seniorcenter or click on this link.

Advertising Disclaimer Policy

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

How To Register For Programs

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



Programs Registration Page

Click Here To Explore

Program Scholarships

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

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

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

Program Cancellation Policy

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

Functional Fitness! (M-W-F)



Join instructors Melissa & Felicia for a great chair-based exercise class. The series runs from **Mar. 1–29**. 11:15–11:45 a.m. Cost: \$20

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



In-person & Zoom, **Mar. 1–29** for a great cardio and light strength-building routine! 8:30 in-person / 8:30 Zoom / 9:45 in-person. Cost: \$30

Yoga W/ Kurt (Mondays)



In-person & Zoom, **April 1–May 20, 2024**. Eight weeks. \$64. Level Two/Intermediate: 9:15–10:30 a.m. Level One/Beginner: 10:45 a.m.–12:00 p.m. (Min. six)

Tai Chi



Here is a wonderful opportunity to work on your balance and strength. Leader Khiang Seow will gently guide you through safe and sound movements. No registration needed. **Every Thursday at 9:00 a.m.** \$2 donation requested.

Tuesday Indoor Pickleball



You can register for the following Tuesday play each **Tuesday at 10:00 a.m.** A confirmation email will be sent out to those registered players prior to Tuesday play. Open play dates are listed on the registration page also.

Cardio Drumming W/ Melissa!



Mondays, March 11–April 29. Eight weeks. 1:00–2:00 p.m.
Fridays, March 15–May 10. (skip March 29). Eight weeks. 1:00–2:00 p.m.
 Take one or both! All equipment included. \$30 per session. Drop-ins (when) available for \$5 per class.

Line Dancing W/ Nancy



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

Our four-week line dancing series is a perfect opportunity to learn the ropes and show off your moves. The hour-long classes will take place on **Thursdays, Mar. 7–28 at 11:00 a.m.** in the spacious Oak Hall Room on the upper level. Cost: \$30 / \$ 8 drop-in.

Ballroom Basics For Balance—



Thursdays, April 25–June 27, 2024.

Ballroom Basics for Balance is a fun way for you to regain your balance and have fun while doing it!! This **ten-week series** for only \$60 will be **1 hour 15 minutes on Thursdays at 6:00 p.m.** No partner required. Payment is due within one week of registration. Payments can be dropped off at the Senior Center or sent in to the Fitchburg Senior Center, 5510 Lacy Road. 53711.

MIEA Intro To Mindfulness



MIEA stands for Mindfulness Institute for Emerging Adults. This program is designed to introduce you to the practice of mindfulness and get you well on your way to developing this important skill. During this class you will be introduced to the practice of mindfulness and learn several skills, including meditation for managing stress and enriching your life. Mindfulness is about developing the ability to be fully attentive to all moments of your life, and reducing the amount of time you spend worrying about the future or fretting about the past. Stuart Johnston (class leader) is recently retired after 25+ years as a mental health counselor at Luther College in Decorah, Iowa.

The four-week session will be held on **Tuesdays, March 5–26**. **75–minute classes starting at 10:00 a.m.** **Cost: \$50.** It is critical that you are able to attend all four classes.

Change how you see senior living.
 Madison's newest Life Plan Community is coming to the heart of Terravessa, a multigenerational neighborhood in Fitchburg.
 Currently in the planning phase, The Cesta will offer active adults luxury Entrance Fee Apartment Homes, fine dining, and unmatched amenities.
 We'd love to meet you & share more!
 Connect with Nikki at 608.216.3326 or scan the QR code



Do You Like Cribbage? Well, there are other people interested in playing at the Senior Center. Email David at david.hill@fitchburgwi.gov to inquire.

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



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

Meetings are on the **second Friday** of each month at **9:00 a.m.** Any questions, please call **608-270-4290**.

Men's Group—New Members Always Welcomed



The Men's Group meets the **second Tuesday** of each month at **2:00 p.m.** Meeting location will be at the Senior Center. If you have any questions, please call **608-270-4290**. Men's past minutes can be found on our website: www.fitchburgwi.gov/seniorcenter No registration required.

Fitchburg Active Women's Group—New Members Always Welcomed.



March 13, Devil's Lake Rocks! Group meets the **second Wednesday** of each month at **2:00 p.m.** Informal **coffee klatch social** at **1:15 p.m.** before the meeting. All meetings held at the Senior Center. Any questions, call **608-270-4290**. Further program info and **2024 speaker schedule** can be found on our website: www.fitchburgwi.gov/seniorcenter No registration required.

Parkinson's Support



The Courtyard at Fitchburg is partnering with the American Parkinson Disease Association to provide a safe and supportive environment for care partners to share their experiences, learn from each other, and develop coping mechanisms. The group will offer resources and education to help care partners manage the challenges of caring for a loved one. If this support group is of interest to you, please reach out to Karen Jeffers at kjeffers@encorescares.com or **608-886-6711**. **Fourth Wednesday** at **1:00 p.m.**

Fitchburg Singers—Come Sing W/Us!



The Fitchburg Singers practice the **first & third Wednesday** at **1:00 p.m.** The Singers typically sing a variety of pre-rock and roll oldies. For a better idea, visit: Fitchburgsingers.org and view past performances.

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.**

Thank you to the following for making our Black History Month event a huge success!

Dr. Charles Taylor Janice Hughes Camyle Hughes
Ed Murray Deana Wright Francis Huntley-Copper
Shalicia Johnson Arrow Star Photography
FACTv Staff Badger Popcorn The Courtyard

Fitchburg Senior Center Staff

Edward Jones®



Stephanie Blankenheim

Financial Advisor

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Suite 102
Fitchburg, WI 53711
608-271-5100

> edwardjones.com

MKT-5894M-A

Caregiver Support



Need support from those who have been through the emotional and physical strains of caregiving for a loved one? Are you needing advice, tips and tricks? Our Caregiver Support Group might be a good fit for you. Meets on the **second Thurs.** of each month at **10:00 a.m.**

THE Courtyard at FITCHBURG
ASSISTED LIVING & MEMORY CARE

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NEWEST
Senior Living Community

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

A Fall Could Change Everything



One in four people age 65 or older has a fall each year. You don't have to be one of them. **Take the Stepping On Workshop!** Stepping On can help you continue doing the things you love to do. In just seven weeks, you'll learn:

- ◆ To identify and remove or avoid fall hazards in your home and outside
- ◆ How vision, hearing, medication, and footwear affect your risk of falling
- ◆ Strength and balance exercises you can adapt to your individual level
- ◆ To get back on your feet the right way if you do fall

Space is limited, so register now. **Thursdays, April 4–May 16 from 1:00–3:00 p.m.** Cost: \$10 suggested donation.

Safe Online Shopping



Jeff Kersten, agency liaison for the Wisconsin Bureau of Consumer Protection, will present information on safe online shopping. Learn how to avoid scams and keep your personal information safe when buying online. We will cover the following topics: Wi-Fi, internet access, payment methods, shipping considerations, and much more. Attendees will also receive helpful brochures to take home. Join us on **Wednesday, March 27 at 10:30 a.m.** Room space is limited, register early!

Understanding And Responding To Dementia-Related Behaviors



This is a great opportunity to learn tips and strategies to respond to some common behaviors exhibited by individuals living with dementia, such as agitation, confusion and more. Join us for this free, high-quality educational program on **Tuesday, March 5 at 1:00 p.m.** Brought to you by the Alzheimer's Association.

How To Register—See Page 2



Gift Strategies And Qualifying for Medicaid



Navigating the complexities of Medicaid eligibility while preserving assets requires thoughtful gift strategies. Prior to applying for Medicaid, understanding permissible gifts and their impact is crucial. Join financial advisor Dan Kraus of Kraus Estate Planning to learn how to develop plans that align with Medicaid regulations, ensuring a secure future while meeting eligibility criteria. **Wednesday, April 17 at 1:00 p.m.** on the upper level of the Senior Center. Registration appreciated, but not required.

Age And Live Fruitfully



Join us for an engaging discussion on living fruitfully, led by local resident and enthusiastic member of the Fitchburg Senior Center, Roger Damrow. Drawing inspiration from the insightful book "*On the Brink of Everything*" by the accomplished 80-year-old writer, teacher, and activist, Parker Palmer, Roger will share a wealth of ideas on navigating the journey towards the sunset of our lives.

Palmer's perspective offers valuable insights into the choices we make as we travel through the various stages of life. How we shape and embrace this arc is a personal decision, and Roger will guide us through thought-provoking concepts inspired by Palmer's wisdom.

This interactive session encourages open-minded exchange, providing an opportunity for participants to contribute their thoughts and experiences. So, grab your pen and paper, and join us for an enriching hour of collective exploration and meaningful dialogue on the art of living fully.

Wednesday, March 13 at 1:00 p.m.

Novation Senior Commons
 Novation is ideally located in Fitchburg, WI, minutes from Downtown Madison & the Beltline. Each resident has full access to a community lounge, fitness center & sunroom. 1 & 2 bedroom homes available!
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 2675 Novation Pkwy
 Madison, WI 53713
 Novation@BearProperty.com
 NovationSeniorCommons.com

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SNAP A PHOTO TO VIEW OUR WEBSITE

BEAR PROPERTY MANAGEMENT

Food Pantry Donations

The Senior Center accepts food donations year-round for local pantries. Donations can be dropped off **Monday–Friday 8:00 a.m.–4:00**



History Of The Hollywood Musical— Monthly Series 2024 (Fridays)

This series will return in April, 2024



St. Patrick's Gnome Making Class



Lisa Sanford is back and this time around you will be making your own St. Patrick's Day Gnome—just in time for celebrating! Register soon to reserve your spot! **Monday, March 11.** Choice of **11:00 a.m. or 1:00 p.m.** Space is limited. Cost: \$5

Informal Memoir Writing Group



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

Fitchburg Ukulele Network



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



Bike Rides For Joe—Coming In May!

Recycling & Shred Event—City Event

Save the date for the spring electronics recycling and confidential shredding event scheduled for **Saturday, April 13, 2024** from **8:00—11:00 a.m.** There will be no medication drop-off this year.



Visit The City Website for more info:

www.fitchburgwi.gov.com

Case Manager Corner With Amy Home-based Primary Care—Did you



know that medical providers provide in-home care for people? Some have eligibility guidelines while others are less rigid.

In August 2023, UW launched the Home-based hospital care program. Patients who qualify typically have conditions such as pneumonia, COVID-19, lung disease, congestive heart failure, diabetes or infections requiring IV antibiotics. The program started with eight patients and hopes to expand to 300. A doctor or other provider visits the patient once per day and a nurse comes twice, as required by Medicare. Medical equipment can be brought in such as oxygen, IV poles, ultrasound, and x-ray machines. Patients must be able to use the bathroom, bathe and dress and feed themselves along with having a caregiver present at all times.

Agrace also has a service called **supportive care**. Like UW, Agrace also provides clinicians such as a nurse practitioner who can prescribe and communicate with your PCP as well as a nurse and social worker. Depending upon insurance it could be cost prohibitive for some. These services, thanks to COVID, provide in-home medical care for those who have conditions that make going to the clinic extremely difficult. If you have questions about either of these services, contact a Social Worker.

Culture & Awareness Corner W/ Suzie—March 2024!!



Spring Forward!! Did you know in March?...

National Women's History Month

Irish-American Heritage Month

National Kidney Month

(1) National Peanut Butter Lover's Day

(14) National Pi Day

(17) St. Patrick's Day

(19) First Day of Spring

In Fitchburg, it is our goal to be mindful of EVERYONE! These are just a few special celebrations observed. If you have something dear to heart and would like me to share, just shoot me an email at Suzie.jones@fitchburgwi.gov Stay tuned for more next month.

**FITCHBURG
SENIOR CENTER
FRIENDS &
MAYFLOWER
CRUISE & TRAVEL**

2024 TRIPS INCLUDE!

- *Winter in a Desert Oasis*
MARCH 10 - 17, 2024
- *Holland, MI Tulip Festival*
MAY 10 - 16, 2024 - WAITLIST
- *Montana & Glacier National Park*
JULY 13 - 20, 2024 - WAITLIST
AUGUST 3 - 10, 2024 - AVAILABILITY
- *Danube River Explorer*
AUGUST 29 -
SEPTEMBER 8, 2024
- *Yellowstone, Grand Tetons & Mt. Rushmore*
SEPTEMBER 18 - 27, 2024

Stop by the Senior Center for more information.

STARTING MARCH 6,
USPS will be **delivering a survey** to all households in the City of Fitchburg.

Please complete that survey by **March 22** to help guide the City of Fitchburg's future!



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If you have a skillset that you're passionate about and would like to share with others, David Hill welcomes you to reach out to him via email at david.hill@fitchburgwi.gov.

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Papercrafts w/Christine: “Birds in Spring”

We will decoupage two small tin boxes with Audubon prints of nesting birds. We'll line the insides with felt and scrapbook paper in pastel spring colors, and cover the edges with decorative gold tape. These boxes are handy for organizing small objects at home, or while on travel, and make lovely gifts. Each person will take home two completed boxes. See website for more pictures. Materials fee: \$10. Pre-payment and registration is required. Limited to 10 people. **Tuesday, March 26 1:00 – 3:00 p.m.**

AARP Tax Aide

Intake forms and instructions must be picked up at the Senior Center and filled out completely, BEFORE coming for your appointment.

This year, please set aside at least two hours for your appointment. Your taxes will be prepared during in-person interviews with two different volunteers. You will leave with a printed copy of your 2023 tax return, which will be electronically filed later that day.

COME PREPARED—you will need:

Signed and completely filled out intake forms (see above)

- Photo ID for taxpayer (s) • Social Security card for everyone listed on your return
- Last year's (2022) federal and state tax returns
- Verification of income including, but not limited to, SA-1099, 1099-R, 1099-INT, 1099-DIV, 1099-B, W-2, 1099-G
- 1095-A if you obtained health insurance through the Health Insurance Marketplace
- Blank check if you want direct deposit
- If filing for Homestead Credit, bring 2023 original rent certificate without any mistakes, and/or 2023 property tax bill.

Tax Aide volunteers are only trained to help with simple tax returns.

They CANNOT prepare:

- Divorce finalized in 2023, or married filing separately
- Hobby income, or most self-employment income
- Rental income, or farm income
- Multiple or complex brokerage statements
- Many other less common situations

Questions about your eligibility? Call the Senior Center and ask for a tax volunteer to contact you. You **MUST** make a tax appointment; we **DO NOT** accept drop-ins. All tax appointments **will be on FRIDAYS**. You can call the Senior Center to sign up for an appointment. **608-270-4290**.




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Fitchburg Senior Center Friends (FSCF)

Thank you to everyone for supporting the Fitchburg Senior Center Friends in 2023. With your generous support and participation in:

- Travel Opportunities
- Pancake Breakfast
- National Senior Center Month and Patio Opening Celebration
- Amazon Smile Program
- Monetary Donations

The Friends were able to provide over \$19,000 to support the Fitchburg Senior Center's mission with participants, programs, and activities. **Thank you!**

The Fitchburg Senior Center Friends were pleased to provide \$1,553.98 in January 2024 to support Senior Center participants, programs, and activities.



Thank you to all who attended the travel show on February 7. Our Mayflower representative provided information on four of our remaining 2024 trips: Winter in the Desert Oasis, Montana/Glacier National Park, Danube River Explorer, and Yellowstone/Grand Tetons/Mt. Rushmore.

Due to popularity, there are two trips to Montana/Glacier National Park. While the July 13-20 trip is full, you can add your name to a wait list. The August 3-10 trip has some openings.

If you have questions about any of our trips, please send an email to travel@fscf.org.

Yummy! Save the date and get your appetite ready!  The Pancake Breakfast is coming soon! The Fitchburg Senior Center Friends Board is currently planning a pancake breakfast for **April 21** at the Fitchburg Senior Center. More tasty details will follow in future newsletters, as will information about how you can volunteer for the event by placing lawn signs and/or staffing shifts.

COME JOIN OUR ACTIVE ADULT COMMUNITY!

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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!



Parkinson's Support

PD support group at the Courtyard of Fitchburg. Safe and supportive environment. Call Karen Jeffers at 608-886-6711 for more info.

Footcare



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

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.

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.



Dane County Meal Program



Monday through Friday onsite & home delivered. Requested donation is \$4.50 per meal for those over 60. Call 608-270-4290 for further details on the meal program qualifications and registration.

Massage Therapy



June Newman LMT,NCTMB. Mon./Thurs. Afternoons. Call June at 608-770-4733

Massage & Reflexology

Gregory Newman LMT,NCTMB. Mon. Mornings/Wed. Afternoons. Call Greg at 608-770-4633

Cost:

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

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



Gunderson

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Celebrating 100 Years of Caring for Your Family

Drop-In Games & More - New Players Always Welcomed

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

Make-a-Card Club News!

This year, March offers two special occasions: St. Patrick's Day and Easter. We have stamps and paper for both! As always, there are materials to remember happenings such as birthdays, anniversaries, new babies, and the passing of a loved one. **March will be Friday the 8th and Friday the 22nd, both from 12:15 to 2:00 p.m.** Please join us!



Independent Art Studio with Mary

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



Spades!

Spades is a popular trick-taking card game that has been enjoyed for generations. Spades requires strategic thinking and teamwork, making it great for social gatherings. Join us at the Fitchburg Senior Center every **Tuesday at 10:30 a.m.** No registration required.



Thursday Bilingual Bingo

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



Busy Hands And Chatting With Friends

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



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

REACH Book Club

will meet next on **Thursday, March 14, 2024 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *Facing the Mountain* by Daniel James Brown. For a list of upcoming books, visit: www.fitchburgwi.gov/seniorcenter and click on groups with websites.



REACH Book Club meets the **2nd Thursday** of each month, September thru June at the Fitchburg Senior Center at **1:30 p.m.** No registration needed for either.

The I Love a Mystery Book Club

will meet on **Thursday, March 28, 2024 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *The Postman Always Rings Twice* by James M. Cain.

Bring Your Needles And Thread!!

Make new "Pals" at the FSC while completing your cross stitch projects. Lots of help offered along with many opinions. All are welcome to chat and stitch. Bring your lunch or reserve the day before thru the FSC. Looking forward to sharing time together. Second Thursday of every month. Meeting from **9:00 a.m. to 3:30 p.m.**



YOU ARE INVITED TO BE PART OF A STUDY

ElderTree: Using technology to support older adults with chronic health conditions.



YOU MAY BE ELIGIBLE IF YOU ARE:

- 60 or older.
- Living with at least five common health issues such as diabetes, obesity, high blood pressure, high cholesterol, depression, or arthritis.
- Interested in using a laptop or smart display regularly to explore "ElderTree" which provides high quality information and activities to support your wellbeing. Examples include: **health tracking, mind & body tips, relaxation & inspiration, safe exercise, social "meet-ups," and other features just for fun.**

IF YOU JOIN THE STUDY:

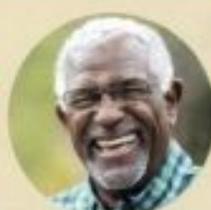
- ★ There is no cost to you and no travel is required.
- ★ Your privacy will be protected.
- ★ No computer or smart display experience is needed.
- ★ You will be in the study for 18 months.
- ★ You will be paid **\$40 for completing 4 surveys.**
- ★ You will receive a **free computer or smart display** to keep and **internet service for 12 months.**
- ★ You will have access to **information, activities, and connections** with others like yourself.

WHO WE ARE:

The Center for Health Enhancement Systems Studies is a research center at the University of Wisconsin-Madison. We work to improve quality of life for patients and families using technology like ElderTree.



The Center for Health
Enhancement Systems Studies
UNIVERSITY OF WISCONSIN-MADISON



INTERESTED IN LEARNING MORE?

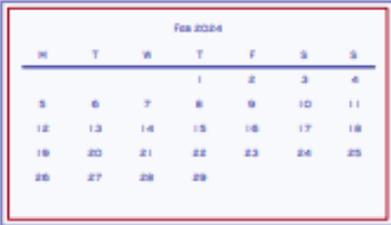
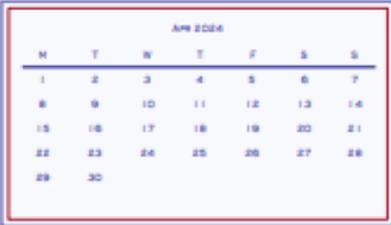
CALL KLAREN PE-ROMASHKO AT 608-263-3322

ELDERTREE IS A COLLABORATION BETWEEN:



MARCH 2024

* * = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>8:30AM Aerobics **</p> <p>9:00AM Ping Pong</p> <p>9:45AM Aerobics**</p> <p>11:00 AM Informal Writing Group</p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Hollywood Musicals</p>
<p>4</p> <p>8:30 AM Aerobics **</p> <p>9:00 AM Yarn Group</p> <p>9:45 AM Aerobics **</p> <p>10:00 AM Bridge</p> <p>11:00 AM St. Vincent Pantry</p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Ping Pong</p>	<p>5</p> <p>8:30 AM Quilters</p> <p>9:30 AM Shop-Walmart</p> <p>11:00 AM Bid Whist/Spades</p> <p>12:45 PM Euchre</p> <p>Foot Care**</p> <p>Pickleball Pre-Register</p>	<p>6</p> <p>8:30 AM Aerobics **</p> <p>9:45 AM Aerobics **</p> <p>10:00 AM Art Studio</p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Singers</p>	<p>7</p> <p>9:00 AM FSC Friends</p> <p>9:00 AM Tai Chi **</p> <p>9:30 AM Informal Quilting</p> <p>9:30 AM Shop-Pick N Save</p> <p>12:30 PM Bilingual Bingo</p> <p>12:30 PM Chess Club</p> <p>1:00 PM Sheepshhead</p>	<p>8</p> <p>8:30 AM Aerobics **</p> <p>9:00 AM Ping Pong</p> <p>9:45 AM Aerobics**</p> <p>11:00 AM Informal Writing Group</p> <p>11:15 AM F-Fitness **</p> <p>Footcare**</p>
<p>11</p> <p>8:30 AM Aerobics **</p> <p>9:00 AM Yarn Group</p> <p>9:45 AM Aerobics **</p> <p>10:00 AM Bridge</p> <p>11:00 AM St. Vincent Pantry</p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Ping Pong</p>	<p>12</p> <p>8:30 AM Quilters</p> <p>9:30 AM Shop-Target</p> <p>11:00 AM Bid Whist/Spades</p> <p>12:45 PM Euchre</p> <p>2:00 PM Men's Group**</p> <p>Pickleball Pre-Register</p>	<p>13</p> <p>8:30 AM Aerobics **</p> <p>9:45 AM Aerobics **</p> <p>10:00 AM Art Studio</p> <p>11:15 AM F-Fitness **</p> <p>2:00 PM Women's Group</p>	<p>14</p> <p>9:00 AM Cross Stitch</p> <p>9:00 AM Tai Chi **</p> <p>9:30 AM Informal Quilting</p> <p>9:30 AM Shop-Pick N Save</p> <p>10:00 AM Caregiver Support **</p> <p>12:30 PM Bilingual Bingo</p> <p>12:30 PM Chess Club</p> <p>1:00 PM Sheepshhead</p> <p>1:30 PM Book Club**</p>	<p>15</p> <p>8:30 AM Aerobics **</p> <p>9:00 AM Ping Pong</p> <p>9:45 AM Aerobics**</p> <p>11:00 AM Informal Writing Group</p> <p>11:15 AM F-Fitness **</p>
<p>18</p> <p>8:30 AM Aerobics **</p> <p>9:00 AM Yarn Group</p> <p>9:45 AM Aerobics **</p> <p>10:00 AM Bridge</p> <p>11:00 AM St. Vincent Pantry</p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Ping Pong</p>	<p>19</p> <p>8:30 AM Quilters</p> <p>9:30 AM Shop-Walmart</p> <p>11:00 AM Bid Whist/Spades</p> <p>12:45 PM Euchre</p> <p>Foot Care**</p> <p>Pickleball Pre-Register</p>	<p>20</p> <p>8:30 AM Aerobics **</p> <p>9:45 AM Aerobics **</p> <p>10:00 AM Art Studio</p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Singers</p>	<p>21</p> <p>9:00 AM Tai Chi **</p> <p>9:30 AM Informal Quilting</p> <p>9:30 AM Shop-Pick N Save</p> <p>12:30 PM Bilingual Bingo</p> <p>12:30 PM Chess Club</p> <p>1:00 PM Sheepshhead</p>	<p>22</p> <p>8:30 AM Aerobics **</p> <p>9:00 AM Ping Pong</p> <p>9:45 AM Aerobics**</p> <p>11:00 AM Informal Writing Group</p> <p>11:15 AM F-Fitness **</p> <p>Footcare**</p>
<p>25</p> <p>8:30 AM Aerobics **</p> <p>9:00 AM Yarn Group</p> <p>9:45 AM Aerobics **</p> <p>10:00 AM Bridge</p> <p>11:00 AM St. Vincent Pantry</p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Ping Pong</p>	<p>26</p> <p>8:30 AM Quilters</p> <p>9:30 AM Shop-HyVee/Aldi</p> <p>11:00 AM Bid Whist/Spades</p> <p>12:45 PM Euchre</p> <p>Pickleball Pre-Register</p>	<p>27</p> <p>8:30 AM Aerobics **</p> <p>9:45 AM Aerobics **</p> <p>10:00 AM Art Studio</p> <p>11:15 AM F-Fitness **</p>	<p>28</p> <p>9:00 AM Tai Chi **</p> <p>9:30 AM Informal Quilting</p> <p>9:30 AM Shop-Pick N Save</p> <p>12:30 PM Bilingual Bingo</p> <p>12:30 PM Chess Club</p> <p>1:00 PM Sheepshhead</p> <p>1:30 PM Mystery Book Club</p>	<p>29</p> <p>8:30 AM Aerobics **</p> <p>9:00 AM Ping Pong</p> <p>9:45 AM Aerobics**</p> <p>11:00 AM Informal Writing Group</p> <p>11:15 AM F-Fitness **</p>



MARCH

2024

Call 270-4290 by 9:00 a.m. to reserve a meal for the following day.

1

PB= Plant Based SF= Sugar Free WG= Whole Grain MO=Meatless SO=Salad Option
***Contains Pork SALAD OPTION: Now for all! Monday – Thursday!**

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.

Crab Cake
 Tatar Sauce
 Good Grains Rice Pilaf
 w/ Vegetables
 Potato Salad
 Orange
 Cookie

MO - PB Shrimp
NCS - SF Cookie

4

5

6

7

8

Swedish Meatballs
 WG Dinner Roll
 Mashed Potatoes
 California Vegetables
 Cranberry Sauce
 Kringle

MO: PB Meatballs
NCS: Grapes
SO: Italian Salad*

Lemon Pepper
 Chicken Breast over
 Long Grain Wild Rice
 Capri Vegetables
 Root Vegetables
 Banana
 M&M Cookie

MO: PB Chicken
NCS: SF Cookie
SO: Garden Veg

Roasted Pork Loin*
 with Gravy
 Peas w/ Pearl Onions
 Coleslaw
 Baked Beans
 WG Roll
 Pudding

MO: Mac n Cheese
NCS: SF Pudding
SO: *Spinach Salad

Hamburger on a Bun
 w/ Lett, Tom, Onion
 Carrots
 Roasted Potatoes
 Nutty Buddy Bar

MO: Veggie Burger
NCS: Peanuts
SO: Chef Salad*

Minestrone Soup
 Saltine Cracker
 WG Dinner Roll
 3 Bean Medley
 Fruit Cocktail
 Cheesecake

NCS: Peanuts

11

12

13

14

15

*Ham w/ Gravy
 Carrots
 WG Dinner Roll/Butter
 Cauliflower
 Honeydew Melon
 Cherry Gel Cup

MO: Smoked Tempeh
NCS: SF Jello
SO: Turkey Club*

Beef and Lamb Gyro
 WG Pita Bread
 & Tzatziki Sauce
 Tomato Cuc Salad
 Roasted Potato
 Capri Vegetables
 Peanut Butter Pie

MO: Chickpeas
NCS: Honey Dew
SO: Gyro Salad

*BBQ Pulled Pork
 w/ Sauce
 Hoppin John Beans
 Broccoli
 WG Bread
 Banana
 Cookie

MO: BBQ Jack Fruit
NCS: SF Cookie
SO: Cobb Salad*

*Ham & Bean Soup
 WG Dinner Roll
 Tomato Cucumber
 Salad
 Cantaloupe
 Rice Krispie

MO: Bean & Kale
NCS: SF Wafer
SO: Southwest Chicken

Baked Cod w/
 Dill Sauce
 WG Dinner Roll
 Lemon Wedge
 Capri Vegetables
 Garlic Mash Potatoes
 Blueberry Muffin

MO: BP Shrimp
NCS: Banana

18

19

20

21

22

Cabbage Roll
 Roasted Root
 Vegetables
 Honeydew Melon
 Sugar Cookie

MO: PB Cabbage
NCS: SF Cookie
SO - Spinach Salad*

Chicken Noodle Soup
 Saltine Cracker
 Cantaloupe
 Tomato Cuc Salad
 Pudding

MO: Minestrone
NCS: SF Pudding
SO - Italian Salad*

*Sausage and Egg
 Breakfast Scramble
 Rosemary Potatoes
 Asparagus Tips
 Orange
 Nutty Buddy

MO: PB Scramble
NCS: Peanuts
SO: Turkey Club

Stuffed Pepper
 Casserole
 WG Bread
 Sliced Beets
 Mixed Fruit
 Cherry Crunch Bar

MO: Veg. Stuffed Pepper
NCS: Cantaloupe
SO: Chef Salad*

Macaroni & Cheese
 Capri Vegetables
 Vegetarian Baked Beans
 Cantaloupe
 Brownie

NCS: SF Jell-O

25

26

27

28

29

Spaghetti & Meatballs*
 Crinkle Cut Carrots
 Green Beans
 Sliced Peaches
 Chocolate Pudding

MO: Veg Meatballs
NCS: SF Pudding
SO: Cobb Salad*

Shredded Beef in
 Gravy w/ a WG Roll
 Baked Beans
 Broccoli
 Garlic Mash Potato
 Nutty Buddy Bar

MO: PB Sausage
NCS: Banana
SO: Chicken Almond

Teriyaki Chicken Breast
 Brown Rice
 Stir Fry Vegetables
 Mandarin Orange
 Red Velvet Cake

MO: Teriyaki Tofu
NCS: SF Fruit Punch
Jello
SO: Greek Salad

Shepherd's Pie
 WG Bread
 Cauliflower
 Tropical Fruit
 M&M Cookie

MO: PB Beef
NCS: Orange
SO: Chicken & Bacon*

Baked Cod with Dill
 Cream Sauce
 Rye Bread
 Coleslaw
 California Vegetables
 Scalloped Potatoes
 Cake

NCS: SF Wafers
MO: PB Shrimp

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

8:00 a.m.—4:00 p.m. Mon.—Fri.
www.fitchburgwi.gov/seniorcenter



RSVP Ride Request Now Online

Are you a tech-savvy individual who occasionally needs a ride to a medical appointment? Are you a son or daughter who could benefit from filling out ride requests for your parent? Visit our City of Fitchburg page and find the ride request button at the top of the page. Please note, the online platform is for returning riders only. If you are a first-time rider, you **MUST** call 608-270-4290. Give it a try! You can always call to make an appointment, so don't worry if the internet is a struggle for you!

www.fitchburgwi.gov/seniorcenter

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 Ask for Matt!

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Matt@GoldenHomeManagement.com
www.GoldenHomeManagement.com
 Certified Aging-In-Place Specialists



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

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



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