

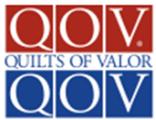
Veterans Day Recognition

Friday, November 10 at 11:00 a.m.



Please join us on this special day as we honor the men and women who have served. This year's program will feature the history of the Arlington Cemetery and a flag folding ceremony. The morning will also include songs performed by the Fitchburg Singers and the 5th and 6th graders from Eagle School. On display will be the students' self portrait projects which will include expressions of gratitude for our Veterans.

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. For all others a donation is requested. **Reservations are required by Thursday, November 9 by 9:00 a.m.** Call 608-270-4290.



The Senior Center is also proud to be partnering with **Quilts of Valor** to honor and recognize our Veterans.

The mission of Quilts of Valor is to cover Service Members and Veterans touched by war with comforting and healing Quilts of Valor. These beautiful handmade quilts will be awarded at a special ceremony to be held at the Senior Center on Tuesday, November 28 at 11:15 a.m. ***To receive a quilt a simple application must be completed. Paper copies are available at the Senior Center and must be returned by November 14.***

Closed 11/23&24

Giving Tree!! Page 6



November Lunch & Learn

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

Mark Your Calendars

November 1 Nutrition & Healthy Eating – HyVee Dietician
 November 15 Brain Health

Save The Dates

December 6 Medication Management
 December 13 Holiday Safety

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

Where: Senior Center Dining Room

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



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Mission Statement

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

Vision Statement

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

Directory

Phone: 608-270-4290

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

Website: www.fitchburgwi.gov/seniorcenter

Senior Center Staff

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

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

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

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

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

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

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

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

Advertising Disclaimer Policy

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

How To Register For Programs

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



Programs Registration Page

Click Here To Explore

Program Scholarships

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

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

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

Program Cancellation Policy

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

Functional Fitness! (M-W-F)



Join instructors Melissa & Felicia for a great chair-based exercise class. The series runs from **Nov. 1–29 skip 11/24**. 11:15–11:45 a.m. Cost: \$20

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



In-person & Zoom, **Nov. 1–29 skip 11/24** 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 2 (Mondays)



In-person & Zoom, **November 6–December 18**. Seven weeks. \$56. Level Two/Intermediate: 9:15–10:30 a.m. Level One/Beginner: 10:45 a.m.–12:00 p.m. (Min. six)

Tai Chi



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

Tuesday Indoor Pickleball



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

Cardio Drumming W/ Melissa!



Mondays, January 8–March 4 (skip 1/15). Eight weeks. 1:00–2:00 p.m.
Fridays, January 12–March 1. Eight weeks. 1:00–2:00 p.m.
 Take one or both! All equipment included. \$30 per session. Drop-ins available for both days for \$5.

Line Dancing W/ Nancy



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

Our 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, Nov. 2, 9, 16 and 30 (skip 11/23) at 11:00 a.m.** in the spacious Oak Hall Room on the upper level. Cost: \$30 / \$ 8 drop-in.

Digital Declutter Workshop— Coming Soon!



During this three-part workshop you will step away from an optional online activity (such as Facebook, Candy Crush, Netflix, etc.) for 30 days. During this 30-day break, you will explore and re-discover activities and behaviors that you find satisfying and meaningful. At the end of the break, you can introduce the optional online activity back into your life, starting from a blank slate. For the online activity you reintroduce, you will determine what value it serves in your life and how specifically you will use it so as to maximize this value.

Free A1C Screenings For National Diabetes Month



In the month of November, Hy-Vee Dietitian Aryn DeGrave will be conducting Free A1c Screenings at Hy-Vee stores in Dane County as part of a Hy-Vee corporate screening tour across the Midwest. Hemoglobin A1c is a simple blood test that measures your average blood sugar over the prior two-three months. Individuals living with prediabetes, diabetes, and other health conditions use this information to help manage their blood sugar. This screening tour would not be possible without our local sponsor: *District Lions Clubs of Madison* and our corporate sponsors: *CeraVe, Good Measure, Catalina Crunch, Dexcom, and Blue Diamond Almonds.*

Screenings at Hy-Vee Fitchburg will take place on **Tuesday, November 7** and **Tuesday, November 28**.
 Appointments highly encouraged, walk-ins welcome too. To set up an appointment, please contact Hy-Vee Dietitian Aryn: 608-277-6733 | aryn.degrave@hy-vee.com

Change how you see senior living.

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

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

We'd love to meet you & share more!
 Connect with Nikki at 608.216.3326 or scan the QR code



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



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

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

Men's Group—New Members Always Welcomed



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

Fitchburg Active Women's Group—New Members Always Welcomed



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 2023 speaker schedule can be found on our website: www.fitchburgwi.gov/seniorcenter No registration required

Parkinson's Support

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



Diversity & Inclusion Programs

The Fitchburg Senior Center is committed to improving its efforts to be more inclusive and will be increasing efforts to meet the needs of our growing and changing demographics. Our goal is to ensure we are an agency where all are truly welcome.



Edward Jones®



Stephanie Blankenheim

Financial Advisor

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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 2nd Thursday of each month at 10:00 a.m. Email Suzie at suzie.jones@fitchburgwi.gov to get connected to our group leaders.

Memory Café—Oregon Senior Ctr.



The second Wednesday of the month at the Oregon Senior Center from 1:30—2:15 p.m. This is a place where individuals with memory loss and their care partners get together in a relaxing setting to share common interests and socialize. While participants enjoy an engaging activity, caregivers have the opportunity to meet and get support. If you would like to attend, please call 608-835-5801.

Bid Whist & Spades

Every Tuesday at 10:30 - join the fun!



Snooze or Lose: Mastering the Art of Sleep Hygiene



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

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

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

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

Wildlife Artist, Adam Pankratz

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



Our National Pastime Remembered

Step into a journey through the rich history of our national pastime, baseball, as we trace its roots from its earliest days to the present. This event is an opportunity to delve into the captivating story of how this beloved sport came to be, from sandlot games to grand stadiums.

But this gathering isn't just about facts and figures; it's also a space for you to bring your own opinions, cherished memories, and favorite team trivia.

Join us on **Tuesday, November 21 at 10:30 a.m.** for this exciting journey into the world of baseball, led by Ron Lindow of Interim Health Care, a true enthusiast of the sport. No registration needed.

Joe Fahey Travels Presents - Singapore: Exploring The Lion Of Asia



Singapore, once a British colony, has evolved into a dynamic and independent city-state, representing a remarkable blend of history, culture, and modernity. Joe Fahey delves into its captivating journey.

Founded as a trading post in 1819 by Sir Stamford Raffles, Singapore's colonial history laid the foundation for its prominence as a trading hub within the British Empire. However, its path to independence, achieved in 1965, was marked by challenges, including World War II and a short-lived merger with Malaysia.

Today, Singapore stands as a global financial powerhouse. Its diverse population, including Chinese, Malay, Indian, and Eurasian communities, contributes to a vibrant cultural tapestry. Modern Singapore is a testament to its economic prowess, featuring skyscrapers, a thriving business environment, and a commitment to sustainability.

Don't miss this great journey presented by the wonderful storyteller and traveler Joe Fahey on Thursday, **November 16 at 1:00 p.m.** No registration needed.

Altered Altoids Class "Here Comes Santa"



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

Tuesday, November 28 or December 12 from 1:00-3:00 p.m.

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

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





Holiday Gnome Making Class Is Back!!

We are excited to welcome Lisa Sanford back to the Center for another holiday themed gnome making class! Lisa began making simple gnomes in January 2021 to give as Valentine gifts. Her hobby quickly grew into a very successful “side gig” leading to the creation of her online business, Scandinavian Nisse & Gnomes.

Join Lisa on **Wednesday, November 29** to create your own simple Santa gnome. We will be offering two classes.

Space is limited so sign up today!

Cost: \$5.00 (includes supplies) **11:00 a.m. or 1:00 p.m.**

History Of The Hollywood Musical— November Series (Fridays)

This series will look at the evolution of the American movie musical. Each week, we will watch and learn about an important film in the musical genre with an introduction to each film that will include important historical points, fun facts and short biographies of the stars. Join us for a trip through Hollywood musical history starting with **State Fair**, on Friday, Nov.3 at 1:00 p.m. No registration required.



Nov. 3: State Fair

Nov. 10: Ziegfeld Follies

Nov. 17: The Jolson Story

Nov. 24: NO MOVIE (CLOSED)



Informal Memoir Writing Group



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

Fitchburg Ukulele Network

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



The Giving Tree

The Giving Tree is for seniors who may have out-lived their loved ones or are at risk for increased loneliness and depression during the holidays. The Fitchburg Senior Center wants to give those seniors a boost with a little bit of holiday cheer through its **GIVING TREE**.



Staff will be collecting the names of local seniors in need along with a short wish list of gift ideas. The gift ideas will be displayed on tags on the giving tree located near the main entrance of the Senior Center. The tree will be displayed starting **November 13**.

Anyone who knows a senior who has no family or will be alone during the holidays can nominate that person by calling **608-270-4295** by **December 8**. Seniors can also nominate themselves.

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

Food Pantry Donations



The Senior Center accepts food donations year-round for local pantries. Need increases over the holiday season so please consider giving. Donations can be dropped off **Monday—Friday 8:00 a.m.—4:00 p.m.**

Culture & Awareness Corner W/ Suzie—



Hello Fall...Did you know in November it is:

National Native American Heritage Month

National Adoption Month

National Diabetes Month

Day of the Dead (1-2)

Nachos Day (6)

Veterans Day (11)

Day of Mourning/Thanksgiving (23)

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

FITCHBURG SENIOR CENTER FRIENDS & MAYFLOWER CRUISE & TRAVEL

2024 TRIPS INCLUDE:

- 

Winter in a Desert Oasis
MARCH 10 - 17, 2024
- 

Holland, MI Tulip Festival
MAY 10 - 16, 2024
- 

Montana & Glacier National Park
JULY 13 - 20, 2024
- 

Danube River Explorer
AUGUST 29 -
SEPTEMBER 8, 2024
- 

Yellowstone, Grand Tetons & Mt. Rushmore
SEPTEMBER 18 - 27, 2024

Stop by the Senior Center for more information or call Jack at 608-235-5267

SKILLSET

Share Your Skillset With Others

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

Think Of Our Medical Loan Closet



Did you know that the Fitchburg Senior Center offers a remarkable service to the community through its medical loan closet? This invaluable resource provides individuals in temporary need of medical equipment, such as walkers, wheelchairs, canes, and commodes, with the opportunity to borrow these items at no cost for up to **three months**. **Wheelchairs are 30 days max**. It's a compassionate initiative aimed at supporting individuals during their post-treatment phase. Whether you're recovering from an injury, surgery, or any other medical condition, the loan closet at Fitchburg Senior Center is ready to assist you. Contact us today at 608-270-4290.

Give A BINGO Gift!



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November Is National Alzheimer's Awareness Month! Free Memory Screens!

Are you concerned about your memory? Some change can be normal as we age, but significant memory loss is not a normal part of aging. If you have questions about your memory, sign up today to receive a free 15 minute memory screen at the Fitchburg Senior Center on **Monday, November 20, 2023 from 1:00 to 4:00 p.m.** Professionals from the Aging & Disability Resource Center will provide these screenings and let you know if further steps should be taken. They will also provide helpful information about memory and tips to keeping your brain healthy. It's easy.

Scams More Than Ever!

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. **Monday, November 20 at 10:30 a.m.** Brought to you by Community PC.



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

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



Featured Staff

THE CITY OF Fitchburg SENIOR CENTER

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

Katie Bogucki
CASE MANAGER



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Fitchburg Senior Center Friends (FSCF)

The Fitchburg Senior Center Friends were pleased to provide \$1,716.22 in September to support Senior Center participants and activities.



Thank you to those who traveled on our Rails and Sails trips and those who attended our October 12 travel show. It's not too early to sign up for one of our fabulous 2024 trips. Stop by the Senior Center to pick up information or visit our FSCFriends Facebook page.

You can also email a member of our travel committee: Lucy at meier.lucy56@yahoo.com; Carolyn at chook5644@gmail.com; or Rita at rita5586@gmail.com.

To get an idea of all the fun you can have, be sure to see the Senior Center Friends showcase for photos from many of our great trips.

Did you know that if you travel on your own with Mayflower Cruises and Tours that Mayflower will make a generous donation to the Friends, which helps us support Senior Center services and needs? If you are booking a tour independently, it's as easy as calling Kayla at Mayflower and telling her you are with the Fitchburg Senior Center. You can reach Kayla at 1-800-728-0724, ext 201.

Not traveling, but want to make a donation to the Friends? It's quick and easy to do so on our website at <https://www.fscfriends.org> On the website, click "GET INVOLVED" then "CONTRIBUTE." Or, click "MORE" and "DONATE." **Thank you!**

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Fitchburg Singers—Come Sing W/Us!

The Fitchburg Singers practice the 1st & 3rd 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.

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*Some restrictions apply.

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

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

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

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

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

Social Services/Meals & Personal Care Needs

Social Work Services



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

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

Parkinson's Support

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

Footcare



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

Acupuncture W/ Dr. Joe Zirneskie

Dr. Joe will be available on Tuesdays at the Senior Center. Dr. Joe treats pain, injuries, arthritis, stroke, stress, asthma and more. Days/times will be discussed when you call him to make an appointment. 608-345-3567. Cost: \$70 for 60 min.

Blood Pressure



Come get your blood pressure taken by our volunteer, Rich. Every **Friday** from **11:15 a.m.—12:00 p.m.** Rich will always be located in the dining room.

Dane County Meal Program

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

Massage Therapy



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

Massage & Reflexology

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

Cost:

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

Cancellations must be made 24 hrs in advance to avoid being

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Drop-In Games & More - New Players Always Welcomed

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Bridge 10:00	Bid Whist 10:30		Chess 12:30	Ping Pong 9:00
Ping Pong 1:00	Spades 10:30		Bingo 12:30	
	Euchre 12:45		Sheepshead 1:00	
	NO EUCHRE NOV. 7!			

Make-a-Card Club News!

'Tis the season to finish those autumn greetings and prepare for the December holidays! We'll be meeting on Fridays, November 3 and 17, from 12:15-2:00 p.m. Sample cards and gift tags will be available for ideas, but as you know, we are not a class, and your creativity can flow on a variety of greetings. Use this month to your advantage, because with December always so busy, we will be gathering only on Friday, December 8. A bonus card is yours for every card you make. Hope to see you!



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 No registration necessary.

Bid Whist & Spades!

Bid Whist and Spades are popular trick-taking card games that have been enjoyed for generations. Both games require strategic thinking and teamwork, making them great for social gatherings. Join us at the Fitchburg Senior Center every **Tuesday at 10:30 a.m.** No registration required.



Bring Your Needles And Thread!!

Make new "Pals" at the FSC while completing your cross stitch projects. Lots of help offered along with many opinions. All are welcome to chat and stitch. Bring your lunch or reserve the day before thru the FSC. Looking forward to sharing time together. First Thursday of every month starting **November 2**. Meeting from **9:00 a.m. to 3:30 p.m.**



Busy Hands And Chatting With Friends



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

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

REACH Book Club will meet next on

Thursday, November 9, 2023 at 1:30 p.m. at the Fitchburg Senior Center for a discussion of the book, *Once There Were Wolves* by **Charlotte McConaghy**. For a list of upcoming books, visit: www.fitchburgwi.gov/seniorcenter and click on groups to join.



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

The I Love a Mystery Book Club is done for the season. Keep an eye out for next years selections!

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!



NOVEMBER 2023

* * = PRE-REGISTER PROGRAMS

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November 2023

Menu Guide

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

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

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

Menu Guide		1	2	3
		*Ham & Bean Soup WG Dinner Roll Tomato Cucumber Salad Cantaloupe Kringle MO: Bean & Kale Soup NCS: Blueberries SO: Garden Vegetable	WG French Toast Sticks & Syrup Turkey Sausage Egg White Patty Pineapple Tidbits Asparagus Tips Juice MO: PB Sausage SO: *Italian Salad	Stuffed Pepper Casserole WG Bread Mixed Fruit Brussel Sprouts Chocolate Pudding MO: Veg Casserole NCS: SF Pudding
6	7	8	9	10
Italian Wedding Soup Whole Grain Dinner Roll Quinoa Salad Sliced Peaches Chocolate Chip Cookie MO: Minestrone NCS: SF Cookie SO: *Turkey Club	NO CONGREGATE MEAL TODAY *Barbecue Pulled Pork Barbecue Sauce Rice Pilaf w/ Veggies Baby Lima Beans Banana Nutty Buddy Bar MO: BBQ Jack Fruit NCS: Red Grapes SO: Chicken Caesar	Swedish Meatballs With Sauce Breadstick Mashed Potatoes California Vegetables Sliced Beets Blueberry Muffin MO: PB Meatballs NCS: SF Wafer SO: Gyro Salad	Turkey Pinwheels 3 Bean Medley Broccoli Salad Honeydew Dried Cranberries Pumpkin Cake Roll MO: Veg Pinwheel NCS: Orange SO: Sunflower Crunch	Baked Cod w/ Dill Cream Sauce WG Dinner Roll Lemon Wedge Capri Vegetables Baked Potato Sour Cream & Butter Red, White & Blue Cake MO: PB Shrimp NCS: Banana
13	14	15	16	17
Grilled Chicken Breast WG Bread & Gravy Rosemary Potatoes Peas and Pearl Onions Tropical Fruit Oreo Cheesecake MO: Grilled Tofu NCS: SF Cookie SO: Southwest Chicken	*Roast Pork Loin Wild Rice Roasted Root Veggies Broccoli Applesauce Vanilla Pudding MO: PB Sausage NCS: SF Pudding SO: Grilled Chicken Almond	Chili WG Dinner Roll Cowboy Caviar Corn Tortilla Chips Mixed Fresh Fruit M&M Cookie MO: Veggie Chili NCS: Banana SO: Garden Vegetable	Macaroni and Cheese Capri Vegetables Baked Beans Mixed Fruit Fruit Danish MO: Veg Beans NCS: SF Jell-O SO: *Spinach Salad	Roasted Turkey WG Dinner Roll Gravy Mashed Potatoes Corn Cranberry Sauce Pumpkin Pie MO: PB Chicken NCS: Roasted Apples
20	21	22	23	24
Creamy Chicken and Wild Rice Soup WG Dinner Roll Tomato Cucumber Salad Pineapple Tidbits Cherry Apple Bar MO: Broccoli Cheddar NCS: SF Cookie SO: Greek Salad	* Ham & Gravy Parisian Carrots Combread Stuffing Cinnamon Apples WG Dinner Roll Pumpkin Parfait MO: PB Ham NCS: SF Pudding SO: *Chicken & Bacon	Crab Cake Tatar Sauce Good Grains Rice Pilaf w/ Vegetables Potato Salad Orange Yogurt MO - PB Shrimp NCS - Peanuts SO: *Chef		
27	28	29	30	
Whole Grain Three Cheese Calzone Marinara Italian Vegetables Fall Harvest Pasta Mixed Fresh Fruit Chocolate Chip Cookie NCS: SF Cookie SO: Chicken Caesar	Brisket Burnt Ends Barbecue Sauce Roasted Root Veggies Rice Pilaf Cornbread Cantaloupe Yogurt MO: PB Sausage NCS: SF Wafer SO: *Cobb	*Sausage and Egg Breakfast Scramble Rosemary Potato Asparagus Tips Assorted Mini Croissants Orange Wedges Sugar Cookie MO: PB Scramble NCS: SF Cookie SO: Garden Veggie	Turkey Sausage Kale Soup Saltine Cracker WG Dinner Roll 3 Bean Salad Fruit Cocktail PB Pie MO: Tomato Bisque NCS: Peanuts SO: Chicken Caesar	Meals provided by AtlantisValley Foods. All menu items are prepared in a kitchen that is not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. Chickpeas can be substituted for meat in any entrée salad to make it a Meatless Option.

Fitchburg Senior Center
 5510 East Lacy Road
 Fitchburg, WI 53711
 608-270-4290
 8:00-4:00 p.m. M-F
www.fitchburgwi.gov/seniorcenter



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

Salad Option Monday- Thursday!

You Have Options

Starting October 1, 2023 you can choose the **SALAD OPTION Monday through Thursday!** Salad Option is limited to **DINE-IN** only. Just let us know "I want the salad option!"



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

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

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

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

***Spinach Salad**
 Spinach, Mushrooms, Tomato, Hard Boiled Egg, Bacon

Chicken Caesar
 Romaine, Chicken, Parmesan, Hard Boiled Egg

***Chicken & Bacon Salad**
 Salad Mix, Chicken, Bacon, Cheddar, Mozzarella

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

***Cobb**
 Salad Mix, Chicken, Tomato, Feta, Bacon, Hard Boiled Egg

Greek
 Salad Mix, Kalamata Olive, Tomato, Feta, Chickpeas

Sunflower Crunch
 Kale Rainbow Lettuce (rainbow kale, shaved Brussels sprouts, Napa cabbage, red cabbage, radicchio, carrots), Salad Mix, Edamame Beans, Almonds, Sunflower Seeds, Dried Cranberries

Southwest Chicken
 Salad Mix, Cajun Chicken, Black Bean Corn Salsa, Cheddar, Mozzarella

Grilled Chicken Almond
 Salad Mix, Chicken, Almonds, Cheddar, Mozzarella, Dried Cranberries

Gyro Salad
 Salad Mix, Beef & Lamb Gyro Meat, Tomato, Kalamata Olive, Feta, Banana Peppers, Tzatziki Sauce

Senior Dining



All Salads come individually packaged with Fork, Crouton Packet, & Dressing Packet. Each entrée salad meal will include a whole grain dinner roll, butter pat, fruit, and dessert. Chickpeas can be substituted for meat in any salad to make it a Meatless Option
 *Contains Pork



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 Handyman, Remodeling
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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