

## Party On The Patio

Join us for a lively afternoon on the patio featuring local musical group *Wrong Genre* on **Friday, June 20 at 12:30 p.m.** Enjoy an eclectic mix of folk tunes and songs spanning genres—from classic ragtime to timeless hits by the Beatles. Fun, music, treats and good vibes await! If you would like lunch at noon, please call one day in advance by 9:00 a.m. 608-270-4290.



## An Apartment In Paris

Have you ever dreamed of owning a cozy pied-à-terre in Paris? In *An Apartment in Paris*, award-winning Madison writer David Benjamin recounts his hilarious, harrowing journey through the French real estate maze that ends—almost miraculously—with buying a home in the world's most romantic city.



Follow Benjamin through Parisian courtyards and alleyways as he blends deep historical research with witty observations about mortgages, legal quirks, and Parisian life. Alongside his wife Junko—a journalist, photographer, and the book's illustrator—Benjamin shares what it's really like to own and live in a six-story walkup in the Latin Quarter. This is a true story of impulse, adventure, and a love affair with Paris like no other. **Monday, June 9 at 10:30 a.m.** NO registration required.



## Ready, STEADI Fall

UW Madison Medical Students invite you to join us for an interactive, informative session on fall prevention. Learn how to assess fall risks, help a friend (or yourself) up from a fall, and the basics of fall first aid. Create your own "Emergency Information" sheet to display on your refrigerator for EMS and try out exercises for strength and balance to stay on your feet and maintain independence. Q&A session to follow. Dress to get down on the ground and get back up as you're able! **Wednesday, June 11 at 10:30 a.m.** No registration required.


**Stopping Elderly Accidents, Deaths & Injuries**



## Nutrition—From The Physical Therapist Viewpoint

Join us to learn about nutrition considerations as an older adult—why protein is so important and how to build your plate around this important macronutrient. We will also discuss ways in which supplementation (vitamin D, calcium, etc.) can assist with bone mineral density and questions you can ask your physician regarding these supplements.

Finally, you will have the opportunity to explore question & answer time with Doctors of Physical Therapy on how to add positive nutritional changes to your daily life. Join the team from Forward Physical Therapy on **Monday, June 16 at 10:30 a.m.** Registration required.



See P. 2



**= Must Register**

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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–Thursday  
8:00 a.m.–2:00 p.m. Friday

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

### Senior Center Staff

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

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

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

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

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

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

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

**Nutrition Site Assistant,** Kris Tower (she, her) 608-270-4297,  
kris.tower@fitchburgwi.gov

### Advertising Disclaimer Policy

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

### How To Register For Programs

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

**Programs Registration Page**

Click Here To Explore



### Program Scholarships



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

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

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

### Program Cancellation Policy

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

### Photo Disclaimer

I understand that the Fitchburg Senior Center may take photographs, videos or audio recordings during special events and/or daily programs offered at the Senior Center and reserves the right to use such photographs, videos or audio recordings without written permission for any lawful purposes including publicity, illustration, advertising and Web content. If you do not want to have your image/voice used, please alert a Senior Center staff.

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

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

### Aerobics Participants—UPDATE

Beginning June 2, we will no longer offer Zoom as a class option. While we've appreciated the flexibility Zoom provided, ongoing technical issues have made it an unreliable platform for delivering the consistent, high-quality programming we strive to offer.

We understand the importance of dependable service, especially when participants are investing their time and money. For this reason, we've made the decision to focus exclusively on in-person classes, where we can ensure a better and more engaging experience for everyone.

Thank you for your understanding and continued support. We look forward to seeing you in class!

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

Join us for a great cardio, light strength-building & full range of motion routine! 8:30 a.m. or 9:45 a.m.

**June 2–30. \$30**

## Yoga W/ Kurt (Mondays)

In-person & Zoom, **June 2–August 25 (skip Aug. 4).** 12 weeks. **\$96. Intermediate level: 9:15–10:30 a.m.**

## Tai Chi

Leader Khiang Seow will gently guide you through safe and sound movements. No registration needed.

**Every Thursday at 9:00 a.m. \$2 donation requested.**

## Tuesday Indoor Pickleball

You can register for the following Tuesday play each Tuesday at 10:00 a.m.

## Cardio Drumming W/ Melissa!

**Mondays—Eight weeks. 12:45– 1:30 p.m. July 7–August 25, 2025**

**Fridays, Eight weeks. 12:45–1:30 p.m. June 27–August 29, 2025 (skip 7/4 & 7/18)**

Take one or both! All equipment included. **\$30 per session. Drop-ins (when) available for \$5 per class.**

## Spring Rides For Joe—2025

In memory of **Joe Imilkowski**, a long-time Fitchburg resident and passionate biker, the summer rides promise to be both fun and meaningful. All participants are required to wear helmets for safety reasons, and the rides will start and end at the Fitchburg Senior Center. The second ride is scheduled for **Wednesday, June 4 at 10:00 a.m.**

Whether you are a seasoned biker or just starting, the summer bike rides in Fitchburg are an excellent way to stay active, explore the city's hidden gems, and connect with nature. So dust off your bike, grab your helmet, and get ready for a thrilling biking adventure this summer. You can choose between two ride options: either **6-8 miles** or **10-12 miles**. However, it's essential to register before the ride. Registration is open. Go to: [www.fscprograms.com](http://www.fscprograms.com) under the exercise tab.

## Line Dancing W/ Nancy Vidlack

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

**Thursdays, July 3-31, 2025 (five classes) from 11:00 a.m.–12:00 p.m.** in the spacious Oak Hall Room on the upper level. Cost: **\$35 / \$ 8 drop-in.** We require a minimum of twelve dancers to make this a go. Spread the word to your friends! **CLOSED Thursday, June 19.**

## Walk W/ A Doc

Take a step towards better health! Walk with a Doc is the first Saturday of every month. **Location: McKee Farms Park at 9:00 a.m.** This walking program is fun and safe. Join local physician, Dr. Wendy Molaska of Dedicated Family Care of Fitchburg. Bring your questions and maybe learn a thing or two!

Explore more at: [www.walkwithadoc.org](http://www.walkwithadoc.org)





## LGBTQ+ Elder Support

**Group**—Verona Senior Center

**Tuesdays 10:00 a.m.**

**June 3—Come meet your LGBTQ+ Neighbors**

**June 24—LGBTQ+ Stories in Film**

Questions? Contact the Verona Senior Ctr. 608-845-7471



## Allyship in Action

Many people want to be an ally to the LGBTQ+ community, but don't always know where to start. Please join us for a panel discussion featuring representatives from OutReach LGBTQ+ Community Center, PFLAG (Parents & Friends of Gays & Lesbians), Memorial United Church of Christ and a special guest who will share her personal story on **Thursday, June 26 at 10:30 a.m.**

The morning will offer an opportunity to learn about resources, provide a safe environment to ask questions and to gain confidence in becoming a supportive ally.

*A big thanks to Let It Ride & Seven Nights Snacks for providing cookies, cold brew coffee & kombucha!*

◆ **City Pride Month Flag Raising: June 2 at 4:00 p.m.**

## Caregiver Support Group

Need support from those who have been through the emotional and physical strains of caregiving for a loved one? Are you needing advice, tips and tricks? Our Caregiver Support Group might be a good fit for you. Meets on the **second Thursday** of each month at **10:00 a.m.** "To ensure we meet the needs of attendees, we request that your loved one not accompany you to the group".



## Veterans Resource Group

Please join Veteran (and group leader) Ray Miller and other veterans on the **third Thursday** of the month at **10:30 a.m.** Next meeting will be held on **June 18. Open to anyone who wore the uniform.** If you need transportation, please give us a call at 608-270-4290. **We are closed June 19, the group will meet June 18.**



## 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) No registration required.



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

**June 11: Global Connections through Local Hosts** both Domestic & International: The Power of Friendship Force. Group meets the **second Wednesday** of each month at **2:00 p.m.** Informal coffee klatch social at **1:15 p.m.** before the meeting. All meetings held at the Senior Center. Any questions, call 608-270-4290. Program info and speaker schedule can be found on our website: [www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter) No registration required.



## Building Resilience

A new self-directed group for those suddenly single and now facing life choices, will meet monthly on the **second Wednesday** of each month from **9:30 to 10:30 a.m.** Next meeting: **June 11. Topic: Housing Options.** Resilience is the ability to respond or adjust to life's challenges. The purpose of the group is to discuss and share ideas, strategies and resources to reduce the stress of life changes. Registration is required.



**Juneteenth is rooted in the history of slavery and the Emancipation Proclamation.** While the Emancipation Proclamation technically freed enslaved people in the Confederate states, including Texas, on January 1, 1863, news of this proclamation didn't reach many enslaved individuals in Texas until June 19, 1865.

*City Departments will be closed on June 19 in honor of this holiday.*

**City Juneteenth Flag Raising: June 6 at 2:00 p.m.**

**BIENVENIDOS ADULTOS MAYORES LATINOS AL CENTRO PARA PERSONAS MAYORES DE FITCHBURG**

**LUNES 10:30 A.M.**

**¡ÚNASE 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.**

**Are you looking to put your life experience & leadership skills to work to support older people in Dane County?**

**Look no further.**

The Area Agency on Aging seeks thoughtful, civic-minded individuals, age 60+ to serve on its board.

#### How to Apply

Visit [bit.ly/AAAadaneboard](http://bit.ly/AAAadaneboard) & click "Learn More" under start application

#### Time Commitment

- 3-year term
- Up to 8 meetings/year
- Serve on a subcommittee, up to 8 meetings/year

- Strengthen relationships in the aging community
- Advocate for good public policy
- Develop & implement the Area Plan for Aging
- Ensure older adults are thriving in just, safe, & caring communities

For assistance, contact Cindy Matulle:  
[Matulle.cindy@danecounty.gov](mailto:Matulle.cindy@danecounty.gov)  
(608) 261-9930

Dane County Department of Human Services



### Food Pantry Donations

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



## Lunch & Learn It's More Than Just a Meal



**June 4  
ADRC**

Connecting People With Resources

**June 18  
Jung's**

Jung's Garden Center - Tips & Tricks

**July  
Look Ahead**

2nd - Exploring The Journey Of A Local Author.

16th - Myths & The Truths About Kidney Disease.

To register, reserve a meal or request a ride (Fitchburg residents only for transportation) call

(608) 270-4290 by 9:00 AM the day before.



1st & 3rd Wednesdays

12:00 PM - 1:00 PM

Fitchburg Senior Center Dining Room



### A LOOK AHEAD....

- **HONORING A LIFE: URN PLACEMENT & MEMORIAL OPTIONS W/ ROSELAWN MEMORIAL PARK JULY 16 @ 10:30 A.M.**
- **CROSSING BRIDGES – JULY 29 – AUGUST 19, 2025**
- **ROAD TO MARITAL SUCCESS–JULY 30 @ 1:00 P.M.**



# Mandi's Blood Drive!

Mark Your Calendar For July 29, 2025  
Upper Level Senior Center - Oak Hall Room





## Parkinson's Disease (PD) Research Registry Presentation



Did you know that Parkinson's Disease is the fastest-growing and second most common neurological disease in the world? An estimated 1.2 million people in the U.S. will be diagnosed with PD by the year 2030 (<https://www.parkinson.org/about-us/news/incidence-2022>).

Currently, fourteen states have PD Research Registries to collect incidence and prevalence rates for the disease, study patterns of disease over time, and improve the understanding of links between PD and environmental risk factors.

Stephanie Johnson is collaborating with local legislators, UW Madison faculty, and the Michael J. Fox Foundation to establish Wisconsin's first Parkinson's Disease (PD) Research Registry.

Join Stephanie for a casual conversation on **Wednesday, June 25 at 12:30 p.m.** at the Fitchburg Senior Center where you'll learn:

- ◆ What the PD Research Registry is
- ◆ Why the PD Research Registry is important
- ◆ How you can support the PD Research Registry project

**No registration required**

## Culture & Awareness Corner W/ Suzie– June 2025



did you know June is...

Caribbean Heritage Month, Portuguese Heritage Month, Immigrant Heritage Month, LGBTQ+ Pride Month, and Alzheimer's & Brain Awareness Month.

- ◇ **June 2: National Cancer Survivors Day**
- ◇ **June 15-Happy Father's Day**
- ◇ **June 19-Happy Juneteenth**
- ◇ **June 23: Family Owned & Operated Businesses Day**
- ◇ **June 27– Helen Keller Day**

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](mailto:Suzie.jones@fitchburgwi.gov)

Stay tuned for more next month.

## 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.

### The UPS Store


Print and Business Services

**2935 S. Fish Hatchery Rd. #3**

**Fitchburg, WI 53711**

**(608)288-0957 [store2831@theupsstore.com](mailto:store2831@theupsstore.com)**

**15% off any print services!**



## Fitchburg Ukulele Network + Summer Hours (Please Read)


We are a drop-in strumming group that has been meeting for several years. We welcome new strummers. You bring your ukulele, and we provide the music projected to a screen. It helps if you know a few basic chords, but you are also welcome to just listen or sing along with us. Every **Tuesday** from **1:00–2:30 p.m.** The summer schedule will take effect in June.

Please note the following dates: **June 10 & 24, July 8 & 22, August 5 & 19 and September 9.** After September 9, the group will be back to every Tuesday! Fitchburg Room upstairs at the Senior Center. Contact Ric at [rbainter1@gmail.com](mailto:rbainter1@gmail.com) if you have any questions.



# Fitchburg Senior Center Friends (FSCF)

The Fitchburg Senior Center Friends were pleased to provide \$675 to support Senior Center participants, programs, and activities during April, 2025.

 The 2025 annual pancake breakfast was a true Fitchburg community event, with over 600 people attending. We served over 1,500 pancakes, 100 dozen eggs, 100 pounds of sausage, 25 gallons of orange juice, and lots and lots of coffee. The Friends couldn't pull this off without the generous support of our 68 volunteers and 9 sponsors.

Our heartfelt thanks go out to everyone who assisted in preparing for and staffing the breakfast. Those volunteers included Mayor Julia Arata-Fratta, Alders Bill Jetzer and Micah LaDousa, and State Representative Randy Udell. This year, we were delighted to see former Mayors Steve Arnold, Shawn Pfaff, and Jeanie Sieling join us for breakfast, as well as current Alders Dave Herbst, Logan Reigstad, and Nicole Vafadari, and State Senator Melissa Ratcliff.

Many thanks also go to our generous pancake breakfast sponsors: Don's Home Furniture; Festival Foods; HyVee; Kayser Automotive; Kwik Trip; Oak Bank; UW Provision; Wisconsin Bank and Trust; and Woodman's.

Would you like to join the fun on the Friends board? We have a few coveted openings coming up this fall. For information on how to join, contact Earl Fischer at 608-206-3592 or [earl\\_fischer@hotmail.com](mailto:earl_fischer@hotmail.com). Or, you can pick up an information packet from Suzie at the Senior Center reception desk.

**Scan this to see the Friends website for information about all things Friends**



## Senior Travel



This month we are highlighting one traveler's words of exclamation over her last Mayflower trip. It's a cruise, but be assured, it applies to all travel. She said: "The cruise staff was exceptional, from laundry for passengers who lost luggage and making it possible for them to purchase new clothing, to finding and helping retrieve a lost hearing aide. From a 'pillow menu' I chose a goose down pillow infused with vitamin E, giving me a wonderful moist morning complexion. Treats were delivered to our room several times daily along with a bedtime chocolate on our pillow. Cruising in one of the mid-priced rooms also gave us a free laundered piece of clothing every day, and our water bottle was never empty. Again, I can't say enough about the staff. It was an exceptional cruise partly because every one of them was friendly and helpful. Mealtime was a favorite time for many. The food was delicious and the wine plentiful. I have the photos to prove it! Optional tours were incredible, and really not even necessary because of the educational excursions included with our ticket. I would like to add a little about our room. Everything was laid out well, and if sleep didn't come easily, the room darkening drapes made reading easy and restful. If looking out at the night-time sky was your thing, a big beautiful balcony window framed magnificent views night and day. I'm ready to go again, and could probably say more. What I will say is this -- I highly recommend cruising and traveling with Mayflower."

Next month we will highlight our September trip to French Canada. In October we travel to Turkey. Our April Travel Show was a big success with Mayflower representative Judy giving us an overview of our 2026 trips, beginning with a cruise through the Hawaiian Islands in February, followed by trips to Croatia & Slovenia; a Seine River Cruise; Mt. Rainier & Olympic National Parks; and Colorful Canyons and the Albuquerque Balloon Festival. Check out all our trips on the Travel Wall across from the Receptionist Desk at the Fitchburg Senior Center or contact Rita at [travel@fscfriends.org](mailto:travel@fscfriends.org). Don't lose out on the special discounts from Mayflower with bookings in **June 2025.**"

**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. **Lunch served at 11:45 a.m.**

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

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

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

## Social Services/Meals & Personal Care Needs

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

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

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

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

## Wellness

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

### **Massage Therapy Services**

**June Newman**, LMT, NCTMB—Available: Mondays and Thursdays (Afternoons). Contact: 608-770-4733

**Gregory Newman**, LMT—Available: Mondays (Mornings) & Wednesdays (Afternoons). Contact: 608-770-4633

**Rates:** \$35 for 30 minutes / \$50 for 45 minutes / \$60 for 60 minutes / \$70 for 75 minutes

## Minds In Motion: Sessions For The Brain, Body & Soul

This program is for people with thinking and memory changes, mild cognitive impairment, and/or early diagnosis of dementia symptoms. Come join us for light exercise & movement, brain stimulating activities and connecting with others. The program will be offered the **third Tuesday of the month from 10:00—11:00 a.m.** We look forward to seeing you on **Tuesday, June 17**. You must register for this program. If you have any questions, please fill out the space provided on the registration page. Minds in Motion is brought to you by the ADRC of Dane County, Wisconsin Alzheimer's Disease Research Center and the Fitchburg Senior Center.





## Drop-In Games &amp; More - At The Senior Center!

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Bridge 10:00	Euchre 12:45	Cribbage 1:00	Bingo 12:30	Ping Pong 9:00
Ping Pong 1:00		Social Group 1:00	Chess 12:30	
Cribbage 1:00			Sheepshead 1:00	

## Make-a-Card Club News!

June is often a month of anniversaries, and we have the materials with which you can make loving cards! We will be meeting on Tuesdays, June 3 and June 17 in the art room, beginning at the usual 12:15. Because we continue to make cards for veterans (materials provided), our ending time will be extended to 2:45. Keep your creative and patriotic spirit busy with us! A donation of \$1 per personal card is requested, but the joy given by each card is priceless!



## Independent Art Studio

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



## Wood Carvers—Starter Kits Available!

**Friday from 11:00—2:00 p.m.** Come on over and meet the growing group! Any questions, call 608-270-4290.



## Bring Your Needles And Thread!!

Make new "Pals" at the FSC while completing your cross stitch projects. Lots of help offered along with many opinions. **Second Thursday of the month. 9:00 a.m.—3:30 p.m.**



## Exploring Watercolor

Join Mary Wixson to learn about this beautiful painting method. These classes are designed for both beginners and continuing students.

You will learn about materials and a variety of Watercolor painting techniques. Each class will have demonstrations, individual instruction, and lots of time to paint. **June 11 & 25 from 1:00—4:00 p.m.** All materials will be provided, but you may bring your own. **\$30.00 (per class)** includes all supplies.



## Busy Hands &amp; Chatting W/ Friends

**Tuesday 8:30—11:00 a.m.**, we meet as a quilting group. Our charity quilts are donated to RSVP.

We sew quilt tops from donated fabric, then tie and bind to complete them. Quilting experience is not necessary. There are always ways to help and everyone is welcome. Our morning is ended sharing coffee, sweets and conversation in the dining room.

**Thursday mornings, 9:30 a.m.—12:00 p.m.**, a group of us get together to work on our individual projects. Join us with your own handiwork - embroidery, applique, knitting, etc.

There is plenty of space if you want to bring your own sewing machine or if you need to lay out a quilt top. It is a great way to exchange ideas and make friends. No registration required. Just drop in!



## REACH Book Club will meet next on

**Thursday, June 12, 2025 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *Animal Farm* by George Orwell. For a list of upcoming books, visit:

[www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter) and click on groups with websites.

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



## The I Love a Mystery Book Club

will meet on **Thursday, June 26, 2025 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *The Spring Cleaning Murders* by Dorothy Cannell.



# June 2025 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																				
2 8:30 AM /9:45 Aerobics** 9:00 AM Yarn Group 10:00 AM Bridge <b><u>11:00 AM St. Vincent Pantry</u></b> 11:15 AM Functional Fitness** 1:00 PM Cribbage 1:00 PM Ping Pong	3 8:30 AM Quilters <b><u>9:30 AM Shop-Walmart</u></b> 12:45 PM Euchre <b>1:00 PM Ukulele Strum</b> Foot Care** Pickleball Pre-Register	4 8:30 AM /9:45 Aerobics** 10:00 AM Art Studio  11:15 AM Functional Fitness**  1:00 PM Cribbage 1:00 PM Singers	5 9:00 AM FSC Friends 9:00 AM Tai Chi 9:30 AM Informal Quilting  <b><u>9:30 AM Shop-Pick N Save</u></b> 12:30 PM Bilingual Bingo  12:30 PM Chess Club 1:00 PM Sheephead	6 8:30 AM /9:45 Aerobics** 9:00 AM Ping Pong 11:00 AM Informal Writing 11:00 AM Wood Carving 11:15 AM Functional Fitness**																																																																																				
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23 8:30 AM /9:45 Aerobics** 9:00 AM Yarn Group 10:00 AM Bridge <b><u>11:00 AM St. Vincent Pantry</u></b> 11:15 AM Functional Fitness** 1:00 PM Cribbage 1:00 PM Ping Pong	24 8:30 AM Quilters <b><u>9:30 AM Shop-HyVee/Aldi</u></b> 12:45 PM Euchre <b>1:00 PM Ukulele Strum</b> Pickleball Pre-Register	25 8:30 AM /9:45 Aerobics** 10:00 AM Art Studio 11:15 AM Functional Fitness** 1:00 PM Cribbage	26 9:00 AM Tai Chi 9:30 AM Informal Quilting <b><u>9:30 AM Shop-Pick N Save</u></b> 12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheephead 1:30 PM Mystery Book Club	27 8:30 AM /9:45 Aerobics** 9:00 AM Ping Pong 11:00 AM Informal Writing 11:00 AM Wood Carving 11:15 AM Functional Fitness** Footcare**																																																																																				
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<p>*Hot Dog Ketchup &amp; Mustard Corn Paco Veg Blend w/Roasted Potatoes Fruit Medley Sherbert</p> <p>MO: PB Sausage NCS: SF Ice Cream SO: Sunflower Crunch</p>	<p>*Spaghetti &amp; Meatballs Peas &amp; Onions Steamed Broccoli Mixed Fruit Medley Garlic Breadstick Rice Krispie</p> <p>MO: Beyond Meatballs NCS: SF Pudding SO: Chicken Caesar</p>	<p>Crab Cake Tatar Sauce Rice Pilaf w/ Veggies Potato Salad Orange Wedges Cake</p> <p>MO – PB Meatballs NCS – SF Wafer SO: *Spinach Salad</p>	<p>Egg Salad Sandwich Raw Veg w/Ranch Fresh Fruit Mix Pudding</p> <p>MO: Mediterranean Sandwich NCS: SF Pudding SO: Greek Salad</p>	<p>Macaroni &amp; Cheese Capri Vegetables *Baked Beans Cantaloupe Apple Crunch Bar</p> <p>MO: Vegetarian Beans NCS – SF Jell-O</p>
9	10	11	12	13
<p>*Breakfast Tacos Salsa Tri-Cut Potatoes Apple Juice Banana Danish</p> <p>MO: Veg Egg Scramble NCS: Honey Dew SO: *Turkey Club</p>	<p>Garlic Chicken Potato Casserole Sour Cream WG Dinner Roll Green Beans Sliced Peaches Red Velvet Cookie</p> <p>MO: PB Garlic Chicken NCS: SF Cookie SO: *Bacon Bleu Salad</p>	<p>Sloppy Joe on Bun Crinkle Cut Carrots Vegetable Blend Diced Pears Rice Krispie</p> <p>MO: Beyond Sloppy Joe NCS: SF Wafer SO: Garden Vegetable</p>	<p>Southwest Chicken Pasta Salad Tomato Cuc Salad Broccoli w/Ranch Cantaloupe Super Donut</p> <p>MO: Veg Pasta Salad NCS: Banana SO: *Chef Salad</p>	<p>Chili Mac Casserole Capri Vegetable Blend Peas &amp; Onions Cantaloupe WG Blueberry Muffin</p> <p>MO: Beyond Chili NCS: Blueberries</p>
16	17	18	19	20
<p>Meatloaf with Gravy Mashed Potatoes Corn Fresh Fruit Mix WG Bread w/ Butter Salted Caramel Cookie</p> <p>MO: Impossible Loaf NCS: SF Cookie SO: *Italian</p>	<p>Turkey &amp; Provolone Sandwich w/ Lettuce &amp; Tomato Tomato Cuc Salad Orange Wedges Nuttty Buddy Bar</p> <p>MO: Mediterranean Sandwich NCS: SF Wafer SO: Chicken Caesar</p>	<p>BBQ Pulled Chicken Cornbread w/Butter Sweet Potatoes *Southern Fried Corn Watermelon Brownie w/ PB</p> <p>MO: BBQ PB Sausage NCS: SF Jello SO: *Cobb Salad</p>	<p><b>Closed</b></p> 	<p>*Swedish Meatballs WG Dinner Roll Mashed Potatoes Vegetable Blend Bean Medley Salad M&amp;M Cookie</p> <p>MO: PB Meatballs NCS: SF Cookie</p>
23	24	25	26	27
<p>Salisbury Steak Rosemary Potatoes Green Beans WG Din Roll &amp; Butter Orange Wedges Oreo Cheesecake</p> <p>MO: Beyond Patty NCS: SF Pudding SO: Greek Salad</p>	<p>Hamburger on Bun w/ Tom/Lettuce/Onion Fiesta Corn Blend Garlic Potatoes Lemon Cookie</p> <p>MO: Black Bean Patty NCS: SF Lemon Cookie SO: Southwest Chicken</p>	<p>Turkey &amp; Swiss Sandwich Mayo &amp; Mustard Lettuce &amp; Tomato Coleslaw Fresh Fruit Mix Peanut Butter Cookie</p> <p>MO: Veg Pinwheel NCS: SF Cookie SO: * Cobb Salad</p>	<p>French Toast Casserole &amp; Syrup Turkey Sausage Juice Roasted Potatoes Banana Cinnamon roll</p> <p>MO: PB Sausage NCS: SF Wafer SO: Spinach Salad*</p>	<p>Tuna Salad Sandwich 3 Bean Medley Raw Broccoli Florets w/Ranch Cup Fresh Fruit Mix Rice Krispie</p> <p>MO: Mediterranean Sandwich NCS: SF Wafer</p>
30				
<p>*Italian Lasagna Steamed Broccoli 5 Way Veggie Blend WG Bread Diced Pears Snickerdoodle Cookie</p> <p>MO: PB Meatballs NCS: SF Cookie SO: *Italian Salad</p>	<p><b>Suggested Minimum Meal Donation: \$5.00</b></p> <p><b>Meal reservations: call 270-4290 by 9:00 a.m. the day before &amp; Lunch served daily at 11:45</b></p> <p><b>PB = Plant Based   SF = Sugar Free   WG = Whole Grain</b>  <b>MO = Meatless Option   SO = Salad Option   *Contains Pork</b></p> <p><b>Meals provided by AtlantisValley Foods.</b></p> <p><b>We cannot guarantee that food allergens will not be transferred through cross-contact.</b></p>			



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

## Salad Option Monday- Thursday!



You Have Options

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



SCAN ME

Visit Our Programs Website

### \*Turkey Club

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

### \*Italian

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

### \*Bacon & Bleu

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

### Garden Vegetable

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

### \*Spinach Salad

Spinach, Mushrooms, Tomato, Hard Boiled Egg, Bacon

### Chicken Caesar

Romaine, Chicken, Parmesan, Hard Boiled Egg

### \*Chicken & Bacon Salad

Salad Mix, Chicken, Bacon, Cheddar, Mozzarella

### \*Chef

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

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

### \*Cobb

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

### Greek

Salad Mix, Kalamata Olive, Tomato, Feta, Chickpeas

### Sunflower Crunch

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

### Southwest Chicken

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

### Grilled Chicken Almond

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

### Gyro Salad

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

Senior Dining



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



## Senior Farmers' Market Nutrition Program June 1— October 31, 2025

Starting in June, the Area Agency on Aging (AAA) of Dane County will distribute farmers' market vouchers to older adults for use in purchasing \$25\* of Wisconsin grown fruit, vegetables, or herbs at farmers' markets and roadside farm stands.

The vouchers are distributed on a first come/first serve basis to those **age 60+ or Native Americans age 55+**, who live in Dane County, and have gross incomes under \$28,953 per year (or \$2,413/month) for a one-person household and \$39,128 per year (or \$3,261/month) for a two-person household. One set of vouchers is available per person.

Individuals that received vouchers last year will automatically receive an application by mail this year. If you wish to apply to the program or need to update your mailing address, contact AAA Dietitian Shannon Gabriel at 608-261-5678 or [Gabriel.Shannon@danecounty.gov](mailto:Gabriel.Shannon@danecounty.gov). Applications were mailed out in early May. Once we receive and approve your application, vouchers will be mailed starting on Monday, June 2.

\*Please note: funding is subject to change without prior communication.



"This program is funded by the United States Department of Agriculture. USDA is an equal opportunity provider and employer."