



Prime Time News

July 2022

Fitchburg Senior Center
Volume XVII Issue 7

Look Ahead

Moving Forward! P.2

Bingo/Chess & More P.2

Exercise / Groups P.3

Hy-Vee Bag Program P.4

Book Clubs P.6

Medical Rides P.7

Drop-In Games P.11

FSC Friends,
Travel P.5 & Insert

Closed July 4

Brat Lunch

Thursday, July 14, 2022, 11:30 a.m. – 1 p.m.

Drive Thru or Dine In

Fitchburg Senior Center, 5510 Lacy Rd.

Cost: \$5 (cash only please)

Includes: Brat, Bun, Chips, Beverage,
Cookie & Condiments

Bring a Friend—All are welcome



"Friend-raiser" sponsored by: Fitchburg Senior Center *Friends*
Seniors Serving Seniors

Card Make & Take With A Bonus!

Friday, July 29 from 12:15 to 3:00 p.m. Call 608-270-4290

FUN!

Mica Stamping W/ Ron

NEW!

This is a brand new offering from one of our own Senior Center participants, Ron Bowen. Ron will be teaching students how to fuse and create a decorated coaster on glass. The class will be held in the Fitchburg Senior Center art room. Class materials will be provided for a \$10 fee. You will receive two pieces of glass, one clear and one stained; stamping medium, Mica, or powdered enamel and brushes. Once completed, coasters will be taken to Ron's home studio to be fused, then returned to the Senior Center to be picked up by students.

To register, call 608-270-4290 or visit us online at www.fitchburgwi.gov/seniorcenter and click on the program registration button at the top of the homepage. **July 28 from 10:00 a.m.—12:00 p.m.**



Moving Forward

Moving Forward helps seniors and their families plan, coordinate and organize every detail of their move for a smooth and easy transition to their new home. With families geographically dispersed and not always able to assist with downsizing or moving, Moving Forward offers services to fit the needs of the client. There is no higher honor than assisting families in transition, and we do it with compassion.

Join expert move specialist Kathleen Newman **in-person or on Zoom** at the Fitchburg Senior Center on Thursday, **July 21 at 1:00 p.m.** Register by calling 608-270-4290 or head over to our website and click on program registration at the top of the home page:

www.fitchburgwi.gov/621/Senior-Center



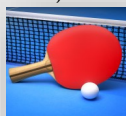
Bingo Every Thursday at 12:30 p.m.

Did you know that we have four bingo callers that rotate each week of play? Talk about mixing up the fun! Quarter per card, two card limit gets you a full hour of drop-in play with the chance to win the blackout jackpot for the final game. Come on over and join the fun!



Chess Group

Did you know that we have a group playing every Thursday at 12:30 p.m.? If not and you enjoy playing Chess, you are more than welcome to come and play! Want to stay for the noon lunch? You can do that, too! Call the day before by 9:00 a.m. to put your meal reservation in.



Ping Pong

Ping pong is going strong! Come play on Fridays starting at 9:00 a.m. and Mondays starting at 1:00 p.m. All are welcome. Two tables with plenty of play time available for everyone!



Garden Art Planters W/ Gus

Make a beautiful planter to add to your garden, deck or yard. The cost of a good planter could be quite expensive so why not make your own from a bucket you may have sitting in your garage or basement? Don't have a bucket? No worries-we have buckets for \$5 each. In this class you will have all the tools and supplies to make a beautiful planter out of a five-gallon bucket. The cost of the class is \$10 which includes all tools and materials, including paint and brushes. We will start with one of three designs or your own idea. We prepare the bucket by sanding or using steel wool. Then we put a base coat of paint over the whole bucket. Then the fun begins as we have a blank "canvas" to do your art. You can choose the conventional brush or use drip syringes to create a flowing pattern. Finally, you can fill the finished planter with compost from the recycling center and plant a tomato or potato plant. Also available are pole beans.

Tuesday, July 12 at 1:00 p.m. Register by calling 608-270-4290 or head over to our website and click on program registration at the top of the home page: www.fitchburgwi.gov/621/Senior-Center



Exercise, Groups & How To Register

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



Functional Fitness! (M-W-F)

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



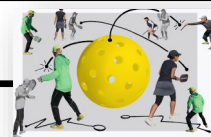
Aerobics W/ Felicia & Melissa (M-W-F)

In-person & Zoom, July 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 Fall Session One

In-person & Zoom, September 12–October 24. Seven weeks. \$56
 Level Two/Intermediate: 9:15–10:30 a.m. Level One/Beginner: 10:45 a.m.–12:00 p.m.



Tuesday Indoor Pickleball

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



Men’s Group—New Members Always Welcomed

The Men’s Group meets the second Tuesday of each month at 2:00 p.m. Meeting location will be at the Senior Center. If you have any questions, please call 608-270-4290. Men’s past minutes can be found on our website: www.fitchburgwi.gov/seniorcenter (Drop-in)



New Members Always Welcomed



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



Fitchburg Ukulele Network—FUN / Summer Schedule

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

HyVee®



Hy-Vee Reusable Bag Program & the Fitchburg Senior Center Friends

Looking for a way **to go green**? This program is designed to make it easy for you to give back to the Fitchburg Senior Center while supporting the environment.

Each time you purchase a \$2.50 red **"My Heart" Reusable Bag** with the **Giving Tag**, you can direct a \$1 donation to the Fitchburg Senior Center.

Visit myHy-Vee.com within 7 days of your purchase and simply follow the instructions on the back of the Giving Tag.



Salad Option Tuesday's

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

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

July Salads!



Senior Dining



HyVee®

When: Every Wednesday

Time: 11:00 am - 1:00 pm

Where: Fitchburg Hy-Vee

2920 Fitchrona Road, Fitchburg

Starting June 1, 2022



Transportation to the **Fitchburg** location is **ONLY** offered the 2nd 4th & 5th Wednesday of each month, please call **270-4290** by **9:00 a.m.** the day before.



Every Tuesday!

Cottage Cheese Platter: 7/5/22

Cottage cheese w/ cucumber, tomato wedges, strawberries & pineapple

Meal items to be served with this: OJ & muffin

7 Layer Salad 7/12/22

Shredded lettuce topped with peas, celery, onion, mayo, shredded cheese, bacon and eggs. Served with crackers.

Meal items to be served with this: pears & Oreo cookie.

Chicken Salad 7/19/22

Mixed greens topped with cranberry chicken salad, tomato, and cucumber & croutons.

Meal items to be served with this: fruit & yogurt

Caprese Salad 7/26/22

Mixed greens and spinach topped with basil marinated tomatoes, fresh mozzarella cheese and croutons.

Dressing: Balsamic Vinaigrette

Meal items to be served with this: banana & sherbet

**Limited to dine in only.*

FITCHBURG SENIOR CENTER FRIENDS July 2022

AMAZON SMILE income was \$47.96!!!!

Thanks to all who linked their Amazon accounts to FSCF Amazon smile! Here is the link to go to:

<http://smile.amazon.com/ch/39-1472958>

Payments of \$2,143.66 were made for special and urgent client needs. Scholarships for exercise classes sponsored by the Senior Center. Cost \$50. Travel Committee expenses \$26.17. \$29.40 was spent on newspaper subscriptions.

COME TRAVEL WITH US IN 2022 - 2023

Our Travel Show generated great excitement - each of the following tours already has multiple people in our area planning to go. So join your friends in this great lineup of travel choices.

Our 2022 Tours include: National Parks of the Southwest, Sept. 25, 2022. Arches NP, Monument Valley, Grand Canyon NP North, Zion NP, Bryce NP, Lake Mead

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

America's Heritage of the East, May 19; with its great venues of both historical and present day significance, Nat. Memorials, Mount Vernon, Arlington, Colonial Williamsburg, Shenandoah/ Harpers Ferry/Gettysburg NPs, BroadwayShow

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

Jewels of the Rhine River Cruise, Sept 8; a true gem for our international tour, Amsterdam, Cologne, Koblenz, Strasbourg, Freiburg, Lucerne

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

Pick up detailed flyers in lobby of the Senior Center.

Questions, call Jack at 608-235-5267



REACH Book Club will not meet in July or August. We will resume on Thursday, September 8, 2022 at 1:30 p.m. We will begin the year with a discussion of the book, *The Chosen and the Beautiful* by Nghi Vo. "Jordan Baker grows up in the most rarefied circles of 1920s American society—she has money, education, a killer golf handicap, and invitations to some of the most exclusive parties of the Jazz Age. She's also queer, Asian, adopted, and treated as an exotic attraction by her peers, while the most important doors remain closed to her."

October 13, 2022 *Nomadland* by Jessica Bruder

November 11, 2022 *All the Light We Cannot See* by Anthony Doerr

December 9, 2022 *Wuthering Heights* by Emily Bronte (Classic)

For a full listing of books for 2023, please visit www.fitchburgwi.gov/seniorcenter and click on groups to join.

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

REACH Book Club meets the 2nd Thursday of each month, September thru June at the *Fitchburg Senior Center* at 1:30 p.m. We do not meet in July or August.

Fitchburg Singers

The Fitchburg Singers meet on the first and third Wednesdays at 1:00 p.m. Interested? Give us a call at 608-270-4290



The *I Love a Mystery Book Club* will meet on **Thursday, August 26, 2022 at 1:30 p.m. at the Fitchburg Senior Center.** (the 4th Thursday). We will discuss the book, *Death of a Gossip* by M. C. Beaton. This Book #1 in the Hamish Macbeth series. Scottish highland village cop Hamish Macbeth must find which target was provoked enough to strangle and drown nasty fat widowed tabloid reporter Jane Winters, who revealed many others' guilty secrets.

Senior Center Staff

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



For general questions, email us at:

FitchburgSeniorCenter@fitchburgwi.gov



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

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



Rides To Your Medical Appointments Are Only A Phone Call Away!

Do you have difficulty getting yourself to the doctor? Do you have kids in the area who can help out from time to time, but they have busy schedules? Consider using our RSVP of Dane County volunteer ride program. The Senior Center has a group of volunteers who take time out of their day to safely transport folks just like you to and from appointments.

See page 10 under Transportation Services for more information.

Edward Jones Coffee Club—Fitchburg Senior Center

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



All are welcome. Coffee & pastries will be provided.

3rd Wednesday of each month, 9:00-10:00 a.m. July 20

Hosted by Financial Advisors Brad Stepp & Stephanie Blankenheim

RSVP is required: 608-271-5100 or amy.holt@edwardjones.com

Edward Jones®



Stephanie Blankenheim
Financial Advisor

2990 Cahill Main
Suite 102
Fitchburg, WI 53711
608-271-5100

> edwardjones.com

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2022

Friday 1
Tuna Salad
on bed of lettuce
Sicilian Pasta Salad
Creamy Corn Salad
Fruit Cup
Apple Muffin
MO – Egg Salad
NCS – Applesauce

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
CLOSED  CLOSED	Sausage Veg Egg Bake Fruit Cup Oven Roasted potatoes Orange Juice Banana Muffin MO – Veg Egg Bake Cottage Cheese Platter!	Baked Mostaccioli WW Dinner Roll Broccoli Peaches Chocolate chip cookie MO – Marinara NCS – Pineapple Meal at Center!	*BBQ Pulled Pork on a WW Bun Oven roasted potatoes Carrots Applesauce Chocolate Pudding MO – Veg meatballs NCS – SF Pudding	Chicken Alfredo Penne Brussel Sprouts 3 Bean Salad Mixed Fruit Sherbet Cup MO – Soy Alfredo NCS – SF Ice cream
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Garlic Parmesan Chicken Stewed tomatoes Spinach Casserole WW Bread Applesauce Pound Cake MO – garden Wrap NCS – SF Jell-o	Fish Sandwich: w/Cheese & Tartar Yams Peas Pears Oreo Cookie MO – Black Bean Burger NCS – peach cup 7 Layer Salad!	Chicken Caesar Salad: w/ Parmesan & croutons Copper Penny salad Peaches Rice Pudding MO – Soy ranch Salad NCS – SF Pudding Hy-vee Option!	Brat Fest in House Home Delivery Only: Sloppy Joe Kidney Bean Salad Mixed Vegetable Banana Chocolate muffin MO – Chickpea Joe NCS – SF Jell-o	Honey Baked Chicken Broccoli Yams Macaroni Salad Pears Ice Cream Cup MO – Veggie Honey Baked Chicken NCS – SF Ice cream
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
*BBQ Ribs. Cheesy Potatoes Pickled Beets WW Dinner Roll Mandarin Oranges Sherbet Cup MO – BBQ Garden Burger NCS – SF ice cream	Chicken a la King Brown Rice Green Beans Vinegar Corn Salad Fruit Cocktail Cherry Vanilla Yogurt MO – Soy a la king NCS – SF Jell-o Chicken Salad!	Enchilada Casserole Broccoli Cauliflower Peaches Blueberry Muffin MO – Bean Burrito NCS – fruit cup Meal at Center!	*Italian Sausage with pepper & onion Coney Bun Roasted potatoes Stewed Tomatoes Pears & Italian Ice MO – Tom./Cheese NCS – SF ice cream	Chicken Broccoli Rice Casserole Carrot Coins Chickpea Salad Tropical Fruit Cookie MO – Soy Broccoli Rice Casserole NCS – SF Pudding
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Teriyaki chicken breast Brown Rice Asian Vegetable blend Edamame Salad Mandarin Oranges Pudding Cup MO – Soy Teriyaki NCS – SF Pudding	Egg Salad On WW Bread Pickled Beets Cucumber slices Banana Orange Sherbet NCS – SF ice cream Caprese Salad!	Lemon Dill Fish Tartar Sauce Baked potato/ Sour Cream & Coleslaw WW Bread Apple Muffin MO – Garden Wrap NCS – SF Jell-o Hy-vee Option!	Chicken Sandwich: w/Lettuce/tomato Calico Beans Green Beans Apple Sauce Cookie MO – Grain Burger NCS – peach cup	Meat Spaghetti Carrot Coins Mixed Green Salad Dressing Peaches Chocolate Muffin MO – Marinara Sauce NCS – SF Pudding

Meals provided by: Dane County Consolidated Food Service, All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross contact. No substitutions allowed. **contains pork



To Note: Hy-vee Option EVERY Wednesday from 11:00-1:00
Meal at Center on 1st & 3rd Wed.
SALAD OPTION TUESDAYS!
(dine in only)



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

JULY 2022

* * = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																				
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Transportation Services

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

Shopping—\$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on Tuesdays, Wednesdays & Thursdays **MUST indicate wheelchair upon sign-up.** Check calendar for trip destinations.

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

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

Health, Help & Renewal

Senior Center Help

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

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



Footcare

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

Caregiver Support

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



Massage Therapy

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

Massage & Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Translation Services Available

We are excited that the Fitchburg Senior Center has a language line service to translate for hundreds of languages, including Spanish, Hmong, Sign Language, and much more! Call us today to ask for an interpreter. 608-270-4290.

Nosotros estA'mos emocionada do anunciar que el Fitchburg Senior Center tiene un servicio de línea de idiomas para traducir cientos de idiomas que incluyen español, hmong, lenguaje de señas y mucho más! Llámenos hoy y solicite un intérprete.



Cost:

\$30 for 30 min.
\$40 for 45 min.
\$50 for 60 min.
\$70 for 90 min.

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

Drop-In Games & More - New Players Always Welcomed

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Bridge 10:00	Euchre 12:45		Chess 12:30	Ping Pong 9:00
Cribbage 10:00	500 - 2nd/4th - 12:45		Bingo 12:30	Bunko 1:00
Ping Pong 1:00	American Mahjong 1:00		Sheepshead 1:00	



Cross Stitch—All Levels Welcomed

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

Independent Art Studio with Mary Ann



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

inman_ma@yahoo.com (Drop-in)

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Call 608 438 7437

info@cremationsocietyofmadison.com



CREMATION SOCIETY OF
MADISON

Lesbian Women's Social Group

Many older lesbian women may feel isolated and without community support as they age. Their life experiences can be quite different which can present barriers to feelings of acceptance. The purpose of the Lesbian Women's Social Group is to provide support from like-minded women and promote a sense of community among group members.

The current plan is to hold a monthly walk at McKee Farms Park, 2930 Chapel Valley Road. This will serve as a group builder as well as an icebreaker for new members. After a loop around the park, the group will decide on at least one social event in the community they might be interested in attending together (such as a festival, restaurant, movie etc.) during the next month. Accommodations will be made for those who are unable to walk. Call the Senior Center at 608-270-4290 for any questions.

The group will continue to meet for walks on the 3rd Tuesday of each month at 10:30 a.m. For more information, please call the Senior Center at 608-270-4290.

Lead Community Volunteers Needed

The Fitchburg Senior Center Case Managers are partnering with Dr. Chui and her research team at the University of Wisconsin-Madison School of Pharmacy to educate seniors about safe and unsafe over-the-counter medications. Senior Center volunteers and two older adult community members will form an educational team to learn about medication safety.

During the summer of 2022, groups of eight to ten seniors will go on pharmacy field trips to learn about medication safety and shop for medications together. Educational materials will be used to educate and inform about medication decisions. After the field trip, seniors will return to the Fitchburg Senior Center to have refreshments and debrief about their experiences.

If you are interested in being a lead community member, we are looking for six volunteers. Monetary incentives will be provided. Please contact Amy or Katie ASAP.

608-270-4290

"Start Writing Your Life" Workshop



Did you know:

- Writing about your life can significantly boost the power and clarity of your brain and mind?
- Younger relatives thrive when they know family stories that show values like resilience, courage, and honesty?
- Writing in a small, supportive group is a lot of fun?

Whether you want to share your own life experiences or pass on your family's stories, this workshop will help you get started and stay motivated.

Each week we'll discuss aspects of writing from life, including storytelling techniques, organizing your project, and the ethics of writing about living people. Suggested themes and prompts will help you write two-three pages each week. Each class session includes time to share what you've written in a supportive environment. You'll leave with lots of ideas to keep you writing.

I'm Sarah White, a published author and personal historian. I've taught reminiscence writing workshops since 2004. Participants praise the way I make the sessions stimulating and keep discussions on track.

Class will meet for six weeks at the Fitchburg Senior Center on Tuesdays, August 9–September 13, from 10:00-11:30 a.m.

Thanks to the Winnie Lacy Memorial Fund we are able to offer this class for the low price of \$30 per person.

Register: www.fitchburgwi.gov/seniorcenter and click on the "Programs Registration" tab at the top or call 608-270-4290.

Registration deadline is July 15.

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

www.fitchburgwi.gov/seniorcenter



WASC

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

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

Program Cancellation Policy:

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



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

Fitchburg Family Pharmacy

Thad Schumacher, PharmD

tschumacher@fitchburgfamilyrx.com

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