

Why Books?

Presented by **David Benjamin**, author of eighteen books and winner of thirty-two book awards! Enjoy this interactive program all about the love of books! Bring a memory of your favorite books and/or your favorite authors. When did your love of reading begin? **Tuesday, June 11 at 1:00 p.m.** Registration appreciated, but not required.



Encompass Health - Fitchburg's Newest Inpatient Rehabilitation Hospital

Explore Fitchburg's newest healthcare cornerstone: Encompass Rehab Hospital, in collaboration with SSM Health. As a part of the nationwide Encompass Health network—with over 160 facilities—it is a beacon of advanced rehabilitation. Join us on **Thursday, June 20 at 1:00 p.m.** to delve into cutting-edge technologies, tailored care plans, and convenient on-site services like pharmacy, dialysis, and wound care that set Encompass Health apart from other rehabs in the area. Experience a fresh perspective on healthcare—don't miss out! Registration appreciated for presentation material amount, but not mandatory.



Summer Rides For Joe—The Best Group Ride Around!

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 5 at 10:00 a.m.**



You can choose between two ride options: either **6-8 miles** or **10-12 miles**. It is essential to register before the ride.

This year we have a fast-track registration system. Fill out the form, sign waiver day of ride and off you go! Please arrive **15 minutes prior** to the start time of **10:00 a.m.**



Wood Carvers—NEW!!

The Senior Center is thrilled to host wood carving every **Friday** from **12:00—3:00 p.m.** Come on over and meet the growing group! Any questions, call 608-270-4290



Friday Fun Day!

Jump-start your weekend with Friday Fun Days! Two times per month, beginning **June 14**, join us for board games and more. Enjoy hassle-free transportation and unlimited fun from **1:00 - 3:00 p.m.** on **June 14 and 28, 2024**. All games provided—let the good times roll! **Prizes Prizes Prizes!!**



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Closed Wednesday, June 19 in celebration of Juneteenth

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

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

Please visit our City page at
www.fitchburgwi.gov/seniorcenter

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 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 3–28 (Closed 6/19)**. 11:15–11:45 a.m. Cost: \$20

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



In-person & Zoom, **June 3–28 (Closed 6/19)** for a great cardio and light strength-building routine! 8:30 a.m. in-person / 8:30 a.m. Zoom / 9:45 a.m. in-person. Cost: \$30

Yoga W/ Kurt (Mondays)



In-person & Zoom, **June 3–Aug. 26, 2024 (no class Aug.5)**. Twelve weeks. \$96. Level Two/Intermediate: 9:15–10:30 a.m. Level One/Beginner: 10:45 a.m.-12 p.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, July 29–September 23 (skip Sept. 2) Eight weeks. 1:00–2:00 p.m.
Fridays, July 26–September 13. Eight weeks. 1:00–2:00 p.m.

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

Outdoor Walking



Join our Outdoor Walking Group and take a step towards a healthier lifestyle! We offer two distance options to suit your fitness level. This group-led program is perfect for those seeking motivation and accountability through the support of others. We meet every **Tuesday and Thursday at 9:30 a.m.** at the Senior Center. The first two walks will provide all the details you need. Embrace the fresh air, make new friends, and walk your way to better health. Don't miss out—join us! Start date: **Thursday, June 6 at 9:30 a.m.** For weather cancelation notices, please register online to stay up to date. Updates come via email.

Line Dancing W/ Nancy Vidlack

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

Thursdays, June 6–27 at 11:00 a.m.– 12:00 p.m. in the spacious Oak Hall Room on the upper level. Cost: \$30 / \$ 8 drop-in. The summer months are difficult to fill in-door sessions. We require a minimum of twelve dancers to make this a go. Spread the word to your friends!

Fitness In The Park W/ Melissa!



Join Melissa for outdoor exercise classes at Kids Crossing (McKee Park) shelter every **Tuesday June 4–25 at 10:30 a.m.** \$15/\$5 drop-in. This invigorating class combines cardio, bodyweight strength exercises, and scenic paths for additional aerobic moves and balance routines.

Food Pantry Donations



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

MIEA Intro To Mindfulness



MIEA stands for Mindfulness Institute for Emerging Adults. This program is designed to introduce you to the practice of mindfulness and get you well on your way to developing this important skill.

Stuart Johnston (class leader) is recently retired after 25+ years as a mental health counselor at Luther College in Decorah, Iowa.

Stuart is off for the month of June. Check back in our July newsletter for new dates.

Pride Month – It's More Than a Parade



Pride Month is about acceptance, equality and celebrating the lives, struggles and contributions of the LGBTQ+ community. It is a time to promote inclusivity and highlight how being diverse can make our Center stronger.

Please join us on Thursday, **June 27** at **10:30 a.m.** to learn more about information and resources available through the Outreach LGBTQ+ Community Center and PFLAG. There will also be an informal discussion about using pronouns, cultural competency and micro-aggressions. Even more importantly we will have speakers sharing personal stories including a “coming out” experience and being a parent of a transgender son. This program is intended to be informal with plenty of opportunity for conversations and questions.

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.



June 12: Ready, Set, Rehab: Physical Therapy Basics. 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 **2024 speaker schedule** can be found on our website: www.fitchburgwi.gov/seniorcenter No registration required.

Parkinson's Support



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

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.**

Edward Jones®



Stephanie Blankenheim

Financial Advisor

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

> edwardjones.com

MKT-5894M-A

Caregiver Support



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

THE Courtyard at FITCHBURG
ASSISTED LIVING & MEMORY CARE

Visit Fitchburg's
NEWEST
Senior Living Community

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

Storytelling W/ Alice



Storytelling is an important part of connection in people's lives and their communities, and it helps people feel less alone. When we talk about events, characters, themes, feelings and ideas, we are using storytelling techniques. Would you like to work on your storytelling techniques? Join storyteller Alice Pauser on **Wednesday, June 12** at **1:00 p.m.** This session includes all the techniques you will need to start your practice. Cost for **June 12** session: **\$10**. After taking the first session you will be included in the twice a month storytelling sessions for **FREE!** The **second** (FREE for continuing students) session will be held on **Wednesday, June 26** at **1:00 p.m.** You must register to be part of this wonderful program. A minimum of four participants required. Please do not pay until you get a confirmation email.

Fitchburg Senior Center Presents!

Lunch & Learn Series

Thought Provoking! Interactive! Fun!

Wednesdays

12:00 PM

Fitchburg Senior Center Dining Room

June 5
All Scream For Ice Cream

Craig Culver

June 26
Advanced Care Planning

UW Hospital

July 17
Nutrition Jeopardy

Hy-Vee Dietitian

July 31
Behind The Cameras

FACTV

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

How To Register—See Page 2



Spades
Every Tuesday at 10:30 - join the fun!

The UPS Store

Print and Business Services

2935 S. Fish Hatchery Rd. #3
Fitchburg, WI 53711
(608)288-0957 store2831@theupsstore.com
15% off any print services!

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Novation Senior Commons

Novation is ideally located in Fitchburg, WI, minutes from Downtown Madison & the Bellline. Each resident has full access to a community lounge, fitness center & sunroom. 1 & 2 bedroom homes available!

608-422-0595
2675 Novation Pkwy Madison, WI 53713
Novation@BearProperty.com
NovationSeniorCommons.com

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SNAP A PHOTO TO VIEW OUR WEBSITE

Friday Fun Day!

Jump-start your weekend with Friday Fun Days! Two times per month, beginning **June 14**, join us for board games and more. Enjoy hassle-free transportation and unlimited fun from **1:00–3:00 p.m.** on **June 14 and 28, 2024**. All games provided—let the good times roll!



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. Every **Tuesday at 1:00 p.m.** in the Fitchburg Room upstairs at the Senior Center. Contact Ric at rbainter@gmail.com

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



Did you know in June?...
 Portuguese Heritage & Caribbean-American Heritage Month
 Children’s Awareness, PTSD Awareness & Men’s Health Month
 National Pride, National Foster a Pet, & National Pollinators Month
 African American Music Appreciation Month: Enjoy listening to the sounds of R & B, Jazz, HipHop & more all month long.
June 01: National Black Bear & Olive Day
June 02: National Cancer Survivors Day
June 16: Father’s Day
June 19: Juneteenth Day
June 23: Family Owned & Operated Businesses Day
June is Myasthenia Month
 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

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



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 Get one month RENT-FREE and a reduced security deposit!*
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THE HIGHLINE SENIOR APARTMENTS
 Call us today! (608) 274-7910
 *Some restrictions apply.

* *Danube River Cruise August 29 - September 8, 2024. Still room for you! Sign up NOW.*

Fitchburg Senior Center Friends Announce 2025 Trips

- ◆ Collette Travel Mediterranean Coastal Journey to Spain, France & Italy March 22 - April 6, 2025
- ◆ Mackinac Island June 13 - June 21, 2025
- ◆ Alaska Discovery Land & Cruise July 2 - July 13, 2025
- ◆ Mayflower Travel Autumn In French Canada September 12 - September 19, 2025
- ◆ Treasures of Turkey October (dates to determined)

Scan The Code



For more information, our website is <https://www.fscfriends.org>. Brochures are available at the Senior Center Travel Wall Display.



Fitchburg Senior Center Friends (FSCF)

The Fitchburg Senior Center Friends were pleased to provide \$881.56 in April to support Senior Center participants, programs, and activities.



We couldn't have been more pleased with the turnout at our pancake breakfast. There were 554 attendees of all ages. We thank you so much for supporting our main fundraiser benefitting the Fitchburg Senior Center.



Thank you to everyone who traveled on the Tulip Time Trip to Michigan in May.

Come cruise with us down the Danube River through the Czech Republic, Germany, Austria, Slovakia and Hungary. There are only a few spots left, so contact us soon to make your reservation. We leave from the Fitchburg Senior Center on August 20 and return September 8, 2024. Email travel@fscfriends.org or call Mayflower Cruises at 800-728-0724 x 525. Be sure to mention you are with the Fitchburg Senior Center.

Attend our travel show on July 11, 10:00 a.m. in the Fitchburg room to learn about some of our exciting travel opportunities coming in 2025:

- Mediterranean Coastal Journey, March 22- April 6
- Mackinac Island, June 13-21
- Alaska Discovery Land & Cruise, July 2-13
- Treasures of Turkey, date to be determined

Look for travel information on the wall in the hallway near the Senior Center library, contact the travel committee at travel@fscfriends.org, or attend the travel show.

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

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

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

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

Social Services/Meals & Personal Care Needs

Social Work Services



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

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



Parkinson's Support

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

Footcare



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

Blood Pressure



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

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. Mon. Mornings/Wed. Afternoons. Call Greg at **608-770-4633**

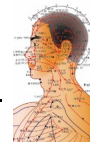
Cost:

\$35 for 30 min.
\$50 for 45 min.
\$60 for 60 min.
\$70 for 75 min.

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

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.**





Gunderson

LIFE CELEBRATION CENTERS

Celebrating 100 Years of Caring for Your Family

Drop-In Games & More - New Players Always Welcomed

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Bridge 10:00	Bid Whist 11:00	Cribbage 1:00	Chess 12:30	Ping Pong 9:00
Ping Pong 1:00	Spades 11:00		Bingo 12:30	Bunko 1:00
Cribbage 1:00	Euchre 12:45		Sheepshead 1:00	Game Day!! June 14 & 28 at 1:00 p.m.

Make-a-Card Club News! C'mon in and make cards with a summer theme! Beach! Fish! Buckets and shovels! On a more elegant note, enjoy the beautiful florals! Remember that we have switched to **Tuesdays**, so our dates are **June 11** and **June 25**, and we are meeting in the art room. The time is the same, from **12:15 to 2:00 p.m.**, and so is the fun and sharing of ideas!



Independent Art Studio with Mary

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



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.
- ◆ All materials will be provided, but you may bring your own.
- ◆ You can sign up for individual classes that fit your schedule.
- ◆ \$30.00 per class includes all supplies.
- ◆ **Wednesdays, June 5, 12, (CLOSED June 19), from 1:00—4:00 p.m. NO CLASS June 26. This is not a series, but individual learning classes.**

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 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 13, 2024 at 1:30 p.m.** at the Fitchburg Senior Center for a **discussion on choosing books for next year.** For a list of upcoming books, visit: www.fitchburgwi.gov/seniorcenter and click on groups with websites.



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

The *I Love a Mystery Book Club* will meet on **Thursday, June 27, 2024 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *The Exiles* by Jane Harper.

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.**

JUNE 2024

* * = PRE-REGISTER PROGRAMS


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00AM Yarn Group 10:00AM Bridge <u>11:00AM St. Vincent Pantry</u> 11:15AM F-Fitness ** 1:00 PM Cribbage 1:00 PM Ping Pong 8:30 & 9:30 a.m. Aerobics **	4 8:30 AM Quilters <u>9:30 AM Shop-Walmart</u> 11:00 AM Bid Whist/Spades 12:45 PM Euchre Foot Care** Pickleball Pre-Register	5 10:00 AM Art Studio 11:15 AM F-Fitness ** 1:00 PM Cribbage 1:00 PM Singers 8:30 & 9:30 a.m. Aerobics **	6 9:00AM FSC Friends 9:00AM Tai Chi ** 9:30AM Informal Quilting <u>9:30 AM Shop-Pick N Save</u> 12:30PM Bilingual Bingo 12:30PM Chess Club 1:00 PM Sheephead	7 9:00 AM Ping Pong 9:45 AM Aerobics** 11:00 AM Informal Writing Group 11:15 AM F-Fitness ** 12:00 PM Wood Carving 8:30 & 9:30 a.m. Aerobics **
10 9:00 AM Yarn Group 10:00 AM Bridge <u>11:00 AM St. Vincent Pantry</u> 11:15AM F-Fitness ** 1:00 PM Cribbage 1:00 PM Ping Pong 8:30 & 9:30 a.m. Aerobics **	11 8:30 AM Quilters <u>9:30 AM Shop-Target</u> 11:00 AM Bid Whist/Spades 12:45 PM Euchre 2:00 PM Men's Group** Pickleball Pre-Register	12 10:00 AM Art Studio 11:15 AM F-Fitness ** 1:00 PM Cribbage 2:00 PM Women's Group 8:30 & 9:30 a.m. Aerobics **	13 9:00AM Cross Stitch 9:00AM Tai Chi ** 9:30AM Informal Quilting <u>9:30 AM Shop-Pick N Save</u> 10:00AM Caregiver Support ** 12:30PM Bilingual Bingo 12:30PM Chess Club 1:00 PM Sheephead 1:30 PM Book Club**	14 9:00 AM Ping Pong 9:45 AM Aerobics** 11:00 AM Informal Writing Group 11:15 AM F-Fitness ** 12:00 PM Wood Carving 1:00 PM Game Day!! 8:30 & 9:30 a.m. Aerobics ** Footcare**
17 9:00 AM Yarn Group 10:00 AM Bridge <u>11:00 AM St. Vincent Pantry</u> 11:15AM F-Fitness ** 1:00 PM Cribbage 1:00 PM Ping Pong 8:30 & 9:30 a.m. Aerobics **	18 8:30 AM Quilters <u>9:30 AM Shop-Walmart</u> 11:00 AM Bid Whist/Spades 12:45 PM Euchre Foot Care** Pickleball Pre-Register	19 <u>CLOSED</u> <u>Honoring</u> <u>Juneteenth</u>	20 9:00AM Tai Chi ** 9:30AM Informal Quilting <u>9:30 AM Shop-Pick N Save</u> 12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheephead	21 9:00 AM Ping Pong 9:45 AM Aerobics** 11:00 AM Informal Writing Group 11:15 AM F-Fitness ** 12:00 PM Wood Carving 8:30 & 9:30 a.m. Aerobics **
24 9:00 AM Yarn Group 10:00 AM Bridge <u>11:00 AM St. Vincent Pantry</u> 11:15 AM F-Fitness ** 1:00 PM Cribbage 1:00 PM Ping Pong 8:30 & 9:30 a.m. Aerobics **	25 8:30 AM Quilters <u>9:30 AM Shop-HyVee/Aldi</u> 11:00 AM Bid Whist/Spades 12:45 PM Euchre Pickleball Pre-Register	26 10:00 AM Art Studio 11:15 AM F-Fitness ** 1:00 PM Cribbage 8:30 & 9:30 a.m. Aerobics **	27 9:00AM Tai Chi ** 9:30AM Informal Quilting <u>9:30 AM Shop-Pick N Save</u> 12:30 PM Bilingual Bingo 12:30PM Chess Club 1:00 PM Sheephead 1:30 PM Mystery Book Club	28 9:00AM Ping Pong 9:45AM Aerobics** 11:00 AM Informal Writing Group 11:15 AM F-Fitness ** 12:00 PM Wood Carving 1:00 PM Game Day!! 8:30 & 9:30 a.m. Aerobics ** Footcare**

MAY 2024						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JUL 2024						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JUNE

2024

3	4	5	6	7
Grilled Turkey Burger on a Bun Corn Mixed Vegetables Cookie MO: Bean Burger NCS: SF Cookie SO: Sunflower Crunch	Breakfast Scramble Roasted Potatoes Asparagus Croissant Orange Wedges WG Blueberry Muffin MO: PB Sausage NCS: Banana SO: Garden	Macaroni and Cheese Capri Vegetables Baked Beans Cantaloupe Brownie MO: Veg Beans NCS: SF Jello SO: Grilled Chicken	*Italian Sandwich Coleslaw Broccoli Salad Honeydew Melon Cookie MO: Mediterranean Sandwich NCS: SF Cookie SO: *Italian	Crab Cake Good Grains Rice Pilaf w/ Vegetables Potato Salad Orange Wedges Cherry Crunch Bar MO - PB Shrimp NCS - SF Wafer
10	11	12	13	14
*Spaghetti and Meatballs Peas & Pearl Onions Steamed Broccoli Mixed Fruit Medley Garlic Breadstick Cheesecake MO: Beyond-balls NCS: SF Pudding SO: Chicken Caesar	Sloppy Joe Crinkle Cut Carrots Green Beans Diced Pears Rice Krispie MO: Beyond Joe NCS: SF Wafer SO: *Turkey Club	Turkey & Cheese Pinwheels Coleslaw 3 Bean Medley Fresh Fruit Mix Chocolate Chip Cookie MO: Veg Pinwheel NCS: SF Cookie SO: * Cobb	Garlic Chicken Breast Baked Potato Casserole WG Dinner Roll Green Beans Sliced Peaches Red Velvet Cookie MO: PB Chicken NCS: SF Cookie SO: *Bacon Bleu	BBQ Pulled Chicken Collard Greens Roasted Sweet Potatoes Cantaloupe Cornbread Nutty Buddy Bar MO: BBQ Jackfruit NCS: SF Jello
17	18	19	20	21
Grilled Chicken Sandwich Roasted Vegetables California Vegetables Pudding MO: PB Chicken NCS: SF Pudding SO: Grilled Chicken	Taco Bar Hoppin John Beans Honeydew Melon Churro MO: Beyond Taco NCS: SF Wafer SO: Southwest Chicken	 In observance of Juneteenth We will be closed	Chicken Caesar Wrap Tomato Cuc Salad Baby Carrots Mixed Fruit Medley Lemon Bar MO: Veggie Wrap NCS: SF Cookie SO: Garden	Meatloaf W/ Gravy Mashed Potatoes Capri Vegetable Blend Cranberry Sauce WG Bread Sliced Peaches Caramel Cookie MO: Impossible loaf NCS: SF Cookie
24	25	26	27	28
Chicken Lasagna Side Salad Italian Vegetable Garlic Breadstick Cookie MO: PB Meatballs NCS: SF Cookie SO: *Italian	Turkey & Provolone Sandwich Tomato Cuc Salad 3 Bean Medley Orange Wedges Rice Krispie MO: Mediterranean Sandwich NCS: SF Jello SO: Chicken Caesar	French Toast Casserole Turkey Sausage Juice Roasted Potatoes Banana Cinnamon Roll MO: PB Sausage NCS: SF Wafer SO: Spinach*	*Teriyaki Meatballs Brown Rice Broccoli Stir-fry Vegetables Honeydew Melon Nutty Buddy Bar MO: Teriyaki Beyond Meatballs NCS: SF Wafer SO: *Turkey Club	Baked Cod W/ Dill Cream Sauce WG Bread Paco Vegetables Peas and Carrots Sliced Peaches Red Velvet Cookie MO: PB Shrimp NCS: Red Grapes

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.

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

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



Senior Dining



Fellowship, Food & Fun

Fitchburg Senior Center

5510 East Lacy Road

Fitchburg, WI 53711

608-270-4290

8:00 a.m.—4:00 p.m. Mon.—Fri.

www.fitchburgwi.gov/seniorcenter



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- *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



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



Fitchburg Family Pharmacy

Thad Schumacher, PharmD
tschumacher@fitchburgfamilyrx.com

Location: Fish Hatchery Road and High Ridge Trail

Phone: (608) 274-3784

Fax: (608) 274-3780

After Hours: (608) 886-7117

Hours:
9am-6pm, Mon-Fri
9am-1pm, Sat