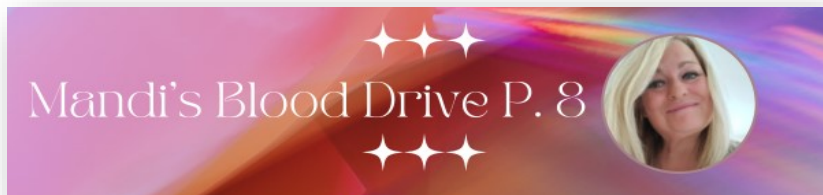


**Boost Your Brain & Memory**



Have you ever wondered if there are ways to take care of your brain as you age? This seven-week program is evidenced-based and takes a holistic approach to improving brain health. We will focus on a variety of lifestyle factors such as physical activity, emotional health, nutrition and social engagement. Participants receive a workbook with key concepts and targeted follow-up exercises. **Wednesdays, August 9–September 20** from 1:00–2:00 p.m. No cost for this program. Registration details on page two.



**ZenFlow Yoga at McKee**



If you missed Outdoor Yoga with Linda, here's another chance to partake in slow flow yoga on the shady lawn of McKee Farms Park. This series harmonizes Vinyasa with the more meditative Yin yoga and a relaxed introspective savasana. It's an all-levels practice, with Linda offering modifications for most poses. We will link our breath with our movement to flow from one pose to the next, using standing and sitting asana. Please bring a mat, hand towel, and (if you have one) a [yoga block](#). We will meet at **9:00 a.m.** each **Tuesday** of **August** (excluding the 8<sup>th</sup>) for four classes. While the sessions are free, the Fitchburg Center encourages a small \$2-\$5 donation. Linda earned her yoga, yin yoga and meditation certifications from Yoga Alliance.



Selected comments from the June series:

- "Thank you for the classes and inspirational readings, Linda. I left your classes with a relaxed body, a peaceful smile, and a new idea fermenting my mind."*
- "Yoga with meditation sounds lovely and is worth a try if offered."*
- "Really enjoyed your yoga classes. I am interested in taking any classes that you teach! Have learned that having the right teacher gets you to go to the classes!"*



**Calling All Bookworms: A Nove/Discussion Of Reading On Health**



There's nothing quite like escaping reality by getting lost in a good book. But did you know that leisure reading offers more than just stress relief and a fun hobby? Join us for a discussion on how reading benefits your health and may actually add years to your life! Come ready with a book to exchange or your best book recommendations. Join UW Medical students on **Thursday, August 24** at **10:30 a.m.** No registration required.

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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

**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,  
mandimiller@fitchburgwi.gov

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

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

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

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

### City Disclaimer Policy

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

### How To Register For Programs



For all programs requesting registration, regardless of which platform it comes in, you will need to register either online at [www.fitchburgwi.gov/seniorcenter](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.

**Functional Fitness! (M-W-F) R**

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

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

In-person & Zoom, **August 2–30** 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 1 R**

In-person & Zoom, **September 11–October 30**. Eight weeks. \$64. Level Two/Intermediate: 9:15–10:30 a.m. Level One/Beginner: 10:45 a.m.–12:00 p.m. (Min. six)

**Tai Chi**



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

**Tuesday Indoor Pickleball R**

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

**Cardio Drumming W/ Melissa! R**

**Mondays, August 14–October 9**. (skip Sept. 4). Eight weeks. 1:00–2:00 p.m.  
**Fridays, August 11–October 6** (skip Aug. 18). Eight weeks. 1:00–2:00 p.m.

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

**Ballroom Basics For Balance—Thursdays, September 7–November 9, 2023. R**

Ballroom Basics for Balance is a fun way for you to regain your balance and have fun while doing it!!

This **10-week series** for only \$60 will be **1 hour 15 minutes** on **Thursdays at 6:00 p.m.** **No partner required**

Payment is due within one week of registration. Payments can be dropped off at the Senior Center or sent in to the Fitchburg Senior Center, 5510 Lacy Road. 53711.

**Koru Mindfulness W/ Stuart R**

Koru is designed to introduce you to the practice of mindfulness and get you well on your way to developing this important skill. During this class you will be introduced to the practice of mindfulness and learn several skills, including meditation for managing stress and enriching your life. Mindfulness is about developing the ability to be fully attentive to all the moments of your life, and reducing the amount of time you spend worrying about the future or fretting about the past.

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

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

**Summer Rides In Memory Of Joe Imilkowski—August 2, 2023 R**



Hosted by the City of Fitchburg Bike Committee. These rides offer an excellent opportunity to pedal along the award-winning trails and soak in the natural beauty of Fitchburg. You'll also get to meet new people, share your love for biking, and make lasting memories.

All participants are required to wear helmets for safety reasons, and the rides will start and end at the Fitchburg Senior Center. Even if you have registered and filled out the release form, this must be done for each monthly ride.

The second ride is scheduled for **Wednesday, August 2 at 10:00 a.m.** Ride options of 6-8 miles or 10-12 miles.

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



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

Meetings will be on hold for the summer and will resume this fall. Keep an eye out for dates/times. Any questions, please call 608-270-4290.

## Men's Group—New Members Always Welcomed



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

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



Group meets the second **Wednesday of each month at 2:15 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 program info and **2023 speaker schedule** can be found on our website: [www.fitchburgwi.gov/seniorcenter](http://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](mailto:kjeffers@encorescares.com) or 608-886-6711.

## Diversity & Inclusion Programs



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

For information regarding LGBTQ+ resources and services please see below.

**LGBTQ 50+ Alliance**—Is offered through Out Reach LGBTQ+ Community Center and exists to develop and promote events and activities for LGBTQ+ elders, their friends, families and allies, and provide advocacy and reduce social isolation.

[lgbtq50plusalliance.org](http://lgbtq50plusalliance.org)

608-255-8582

**SAGE**—Is a national advocacy and service organization for LGBTQ+ older adults. They help to build welcoming communities and keep issues in the national conversation.

[sageusa.org](http://sageusa.org)

877-360-5428

**PFLAG**—Is an organization of LGBTQ+ people, parents, families and allies who work together to create an equitable and inclusive society for all.

[pflag-madison.org](http://pflag-madison.org)

608-848-2333

## Caregiver Support



Need support from those who have been through the emotional and physical strains of caregiving for a loved one? Are you needing advice, tips and tricks? Our Caregiver Support Group might be a good fit for you. Meets on the **2nd Thursday of each month at 10:00 a.m.** Email Suzie at [suzie.jones@fitchburgwi.gov](mailto:suzie.jones@fitchburgwi.gov) to get connected to our group leaders.

**PRESENTATION!** Caregiver Support welcomes Molly Dean from Agrace Hospice on **August 10 at 11:00 a.m.**

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**Make Your Own Custom**

**Altoid Boxes** Join us **Tuesday, September 12** from **1:00-3:00 p.m.** for an afternoon of crafting with Christine. She will demonstrate how to transform an Altoids tin into a beautiful little box using special papers, felt, and decorative tape. Miniature versions of famous Monet paintings will be on the cover of each box. Everyone will have the opportunity to make and take home two boxes. Crafting experience is not required, and all materials will be provided. A **\$7.00** materials fee can be paid at the class.



**Hospice Services Explained**

This is a great opportunity to learn about the services that Agrace Fitchburg can offer to you, your spouse or a friend. Join us on **Thursday, August 10** at **11:00 a.m.**



**Diabetes Education W/ Pharmacist**  
**Matt Huppert**

The pharmacist at Fitchburg Family Pharmacy wants to help you control and maintain your diabetes numbers. Matt Huppert is opening up class times to help you understand diabetes, create health goals and establish a relationship with your local pharmacy. We will be providing this four-week educational class at the Fitchburg Senior Center on Thursdays starting **September 7, 2023** from **10:30–11:30 a.m.** Please register to be enrolled for this class. This class is **FREE** of charge with your Medicare or Medicaid number or **\$120** without.



**Bistro Nights**

David Benjamin, an accomplished author with 16 books and 27 book awards, explores the power of locale in his latest work, "Bistro Nights." He argues that conveying familiarity and universality is essential, even if the setting is not exotic. Benjamin emphasizes that authors often draw from their personal experiences, like Henning Mankell's Sweden or Stuart M. Kaminsky's Hollywood. Paris, being a popular fictional locale, captivates Benjamin due to its rich history and cultural significance.



In "Bistro Nights," Benjamin delves into the bistro culture of Paris, drawing inspiration from his extensive knowledge of the city. He emphasizes the importance of thorough research, incorporating motifs and historical threads beyond surface-level experiences. Additionally, Benjamin provides advice on experiencing Parisian cuisine, including finding quality bistros and embracing local customs.

With his insights and passion for Paris, Benjamin offers readers a deeper understanding of his latest book and a guide to savoring the culinary delights of the City of Lights. Not to be missed! **Tuesday, August 22** at **1:00 p.m.** **No registration required.**

**Bridge Basics I—Introduction To Bridge**  
**Instructor:** Glenna Shannahan

**When:** Tuesdays & Thursdays from 9:00–11:00 a.m. August 1–24, 2023.

**Where:** Bridge Club of Madison, 2818 Todd Dr. Madison.

**Cost:** \$60.



Email Glenna at [gkshannahan@gmail.com](mailto:gkshannahan@gmail.com)

How To Register—See Page 2



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 Lions Club Strawberry Fest June 15th  
 Lions Club Kids Fest July 20th  
 Open Doors for Refugees Pig Roast August 17th  
 EAGLE School Fall Fest September 21st

## History Of The Hollywood Musical— August Series

This series will look at the evolution of the American movie musical. Each week, we will watch and learn about an important film in the musical genre with an introduction to each film that will include important historical points, fun facts and short biographies of the stars. Join us for a trip through Hollywood musical history starting with **Road to Morocco: Wednesdays, starting August 2 at 1:00 p.m.** No registration required.



**August 9: Springtime In The Rockies**

**August 16: You Were Never Lovelier**

**August 23: For Me And My Gal**

**August 30: Cabin In The Sky**



## 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 Syene Room. We are a non-critical group offering encouragement and support to keep one another writing. No registration required.



## Fitchburg Ukulele Network

The Fitchburg Ukulele Network, FUN, has changed to the summer schedule which continues on 8/8 and 8/22. We will gather from **1:00-2:30 p.m.** Please bring your devices (tablet or phone), music stands, and ukuleles. We take turns suggesting songs from various FUN and MAUI song lists and instead of projecting the songs, we'll put chairs in a big circle and play, kanikapila-style (impromptu jam), in the Fitchburg Room. On **Tuesday, September 12**, we resume our weekly Tuesday strums. Contact Ric at [rbainter1@gmail.com](mailto:rbainter1@gmail.com) with any questions.



## Case Manager Corner W/ Amy—

**Independent Living Supports Pilot program** coming SOON. This program will offer short-term flex services for people at risk of entering a Medicaid long term Care. The total amount of money that will be awarded per household is \$7,200. **Examples of one-time or periodic services include:** specialized equipment, home modifications, emergent home clean-up, moving services, caregiving training and education, respite, and transportation. **Continuing services include:** personal care, care management, Lifeline services, meals, financial management, etc., To be eligible you must be a Wisconsin resident, live in Dane County, and NOT be enrolled in Medicaid. Your income must be less than 300% of the federal poverty limit with no deductible or consideration of spousal income. For one person that is \$3,645.00 per month. For a family of two that is \$4,929.99 per month. You must have at least one eligible functional need, or have a qualifying diagnosis (may be a long-term disability) if under age 55. The ADRC ( 608-240-7400) has a fiscal agent to assist and will help enroll, and coordinate one-time and ongoing services. They will help participants transition to other services when the pilot ends. This pilot is possible with federal funding from the American Rescue Plan Act.

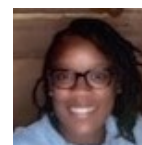


## Culture & Awareness Corner W/ Suzie—

We made it to the middle of summer, hope you're enjoying it! Did you know...

- (1) Benin, W. African Country, Nat. Independence Day.
- (25) The Day of Songun, a holiday celebrated in North Korea. Commemorating the start of the military-first rule in the nation, under the leadership of Kim Jong-il. The Kim family is the ruling family of North Korea, and they have held the seat of power ever since establishing the country in 1948.
- (26) Women's Equality Day, which celebrates the 1920 ratification of the Nineteenth Amendment and, with it, women's right to vote in the United States.

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.



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## Dr. Zorba Paster In House



Join Dr. Zorba Paster, renowned physician and health advocate, for an engaging lecture on longevity and healthy living. Discover the key factors that contribute to a longer, happier, and more fulfilling life. The workshop consists of two parts:

**Part I** - Dr. Paster will discuss the boosters and busters of longevity in a one-hour presentation.

**Part II** - Engage in a hands-on workshop to learn the initial steps for achieving your personal best.

Dr. Paster's lectures are interactive and entertaining, blending humor, real-life stories, and relatable examples to make the topic accessible and enjoyable. Don't miss this opportunity to gain valuable insights and practical tips for optimizing your well-being.

Thursdays, September 14 & 21 at 1:00 p.m.

## Fitchburg Senior Center Offers Program to Reduce Falls in Older Adults



One in four older adults has a fall each year, according to the Centers for Disease Control and Prevention (CDC), and Wisconsin leads the nation in fall-related deaths for people age 60 and older. But the good news is that falls are not a normal part of aging and can be prevented. The Stepping On program, offered in Fitchburg by the Fitchburg Senior Center and Safe Communities of Madison-Dane County, has been researched and proven to reduce falls by 31% and will take place on

**Mondays, September 11–October 23, 2023. 12:45 – 2:45 p.m. Cost: \$35.**

In just seven weekly, two-hour sessions, Stepping On gives participants strategies for avoiding falls including balance and strength exercises, home safety check suggestions, medication review, and more. Guest experts include a physical therapist, pharmacist, low vision expert, and a community safety officer who visit over the course of the seven sessions providing falls prevention information and strategies for avoiding a fall. The workshop is designed specifically for people age 60 and older who have fallen and/or have a fear of falling. Participants can expect to leave with increased strength, better balance, and a feeling of confidence and independence.

## CPR Refresher Course Now Available!

The Senior Center and Fitchrona EMS are joining forces to provide a valuable opportunity to learn or refresh CPR basics. While not a certification course, this refresher aims to equip you with familiarity in case of an emergency. The program is free of charge and will take place on **Thursday, August 17, 2023, at 1:00 p.m.**, in the lower level of the Senior Center. Register now to secure your spot, as space is limited. Act swiftly to enhance your life-saving skills!

## Think Of Our Medical Loan Closet Before Buying New!

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



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# Donate Blood On Behalf of Mandi Miller

In 2021 I had a major GI bleed that Doctors could not initially find, and I was losing blood fast. Ten blood donors made it possible for me to live. So many people had a hand in helping me live and I am so grateful for all of the support, especially the support from blood donors. I am hosting a blood drive near the anniversary date of my ten transfusions as a gesture of giving back to the Red Cross what was so vital to me. Blood drives have been a part of my life since I was little. My dad has been a faithful blood donor his entire life, donating well over 10 gallons of blood. He was donating blood when he was in the Army, and before the Red Cross even documented donations. My mom worked blood drives for 15 years before she started coordinating them. She has coordinated three blood drives per year for over 35 years in Rice Lake, WI. Never in a million years did I imagine I would need this gift of blood, but I feel so thankful it was available when I needed it the most. I feel so fortunate to be alive today.



## Fitchburg Community Center Oak Hall



American Red Cross

5510 Lacy Road

**Tuesday, August 1 from 11:30 a.m. – 3:30 p.m.**

For an appointment, please visit [redcrossblood.org](http://redcrossblood.org). Or call 1-800-RED CROSS (1-800-733-2767)

*Featured Staff*

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The Fitchburg Senior Center Friends were pleased to provide \$453.80 in June to support Senior Center participants and activities.

## Join The Friends Board!

Needed: People who are looking for a way to contribute to our Senior Center

For: Fitchburg Senior Center Friends Board

Why: Great ideas, talents, and skills support our Senior Center activities and programs

When: Now - it's never too late to join us

How: Call Jill McHone at 608-270-4291; email her at [jill.mchone@fitchburgwi.gov](mailto:jill.mchone@fitchburgwi.gov);

Information can be picked up from Suzie at the front desk. There's no commitment in making an inquiry.

Thank you for considering this!



FSCF trips continue to be popular. Thank you to the travelers who joined the July Mt. Rainier & Olympic National Parks trip. In addition to exploring our beautiful world, our travelers help support FSC activities. Mayflower Cruises and Tours provides FSCF with a monetary contribution from each trip booked through the FSCF as well as independent travelers who mention the Fitchburg Senior Center.

Ahoy! There are still a few openings on the popular Jewels of the Rhine River Cruise this September 8 - 18. It's not too late to hop on board and get free airfare, too!

And, if you are already thinking about a winter 2024 escape, you might want to consider our Winter in the Desert Oasis trip March 10 -17, 2024. Doesn't some time in Palm Springs, Death Valley, and Zion National Park sound like great places to get some sun?

If you are interested in these or any of our trips, stop by the Senior Center to pick up information or visit our FSCFriends Facebook page. You can also call Jack at 608-235-5267 or Lucy at 608-658-4091.

**Pickleball Jam**

Wednesday, August 16

4:00pm - 6:00pm

McGaw Park  
5236 Lacy Rd, Fitchburg, WI 53711

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## RSVP Ride Request Now Online



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

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

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

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

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

## Social Services/Meals & Personal Care Needs

### Social Work Services



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

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

### Parkinson's Support

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



### Footcare



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

### Blood Pressure



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

### Meal Program

Monday through Friday onsite & home delivered. Meal minimum donation is \$4.50 for those over 60 as meals are not FREE. Call 608-270-4290 for further details on the meal program qualifications.

### 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



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

### Massage & Reflexology

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

#### Cost:

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

Cancellations must be made 24 hrs in advance to avoid being



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 10:30		Chess 12:30	Ping Pong 9:00
Ping Pong 1:00	Spades 10:30		Bingo 12:30	Bunko 1:00
	Euchre 12:45		Sheepshead 1:00	
	American Mahjong 1:00			

### Make-a-Card Club News!

August brings two opportunities to make cards! The first is on **Friday, August 4**, from **1:00 to 2:30 p.m.** (note the time), using a “watercolor garden” array of pictures and coordinating paper. Sample cards will be available for your viewing pleasure and to get creative ideas flowing. The second date is **Friday, August 25**, at the usual time of **12:15 to 2:30 p.m.** Plan ahead to make cards for your autumn occasions, and all occasions, too!



### 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](mailto:inman_ma@yahoo.com) No registration necessary.



### Bid Whist & Spades!

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



### Thursday Bingo

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



### Fitchburg Singers—Come Sing W/Us!

The Fitchburg Singers practice the **1st & 3rd Wednesday** at **1:00 p.m.** Call 608-270-4290 for more details!



### Busy Hands And Chatting With Friends



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

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

**REACH Book Club** will meet next on **Thursday, September 14, 2023 at 1:30 p.m.** at the Fitchburg Senior Center. For a list of upcoming books, visit: [www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter) and click on groups to join.



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

**The I Love a Mystery Book Club** will meet on **Thursday, August 24, 2023 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *Killing Grounds* by Dana Stabenow.

### Food Pantry Donations

The Senior Center continues to take food donations for local pantries. Food items can be dropped off **Monday—Friday 8:00 a.m.—4:00 p.m.**





# August 2023



<p><b>*Meal reservations: Call 270-4290 by 9:00 a.m. the day before!</b></p> <p><b>*Meals at the Senior Center are NOT FREE. Suggested donation is \$4.50. Must be 60 years &amp; older to make a donation towards your meal. All donations are appreciated.</b></p>	<p><b>Tuesday 1</b> Chili w/ Corn WW Dinner Roll Applesauce Sugar Cookie</p> <p><b>MO – Veg Chili NCS – SF pudding</b></p>	<p><b>Wednesday 2</b> Sausage Egg Bake Fruit Cup Roasted potatoes Orange Juice cup Blueberry Muffin</p> <p><b>MO – Veg Egg Bake</b></p>	<p><b>Thursday 3</b> *BBQ Meatballs Mashed Potatoes Peas WW Bread Mandarin Oranges Cookie</p> <p><b>MO – Soyballs NCS – fruit</b></p>	<p><b>Friday 4</b> Pot Roast in Gravy WW Dinner Roll Herb mashed potatoes Carrots Pineapple Butterscotch Pudding</p> <p><b>MO – Soy &amp; gravy NCS – SF pudding</b></p>
<p><b>Monday 7</b> *Ham and Potato Casserole WW Dinner Roll Peas Peaches Jell-o</p> <p><b>MO – Soy Casserole NCS – SF jello</b></p>	<p><b>Tuesday 8</b> Chicken and Gravy Over White bread Carrots Broccoli Orange juice Cookie</p> <p><b>MO – Soy &amp; gravy NCS – fruit</b></p>	<p><b>Wednesday 9</b> Sloppy Joe On WW Bun Potato Salad Mixed Vegetables Banana Oatmeal cream pie</p> <p><b>MO – Chickpea Joe NCS – fruit</b></p>	<p><b>Thursday 10</b> Meat Spaghetti Carrots 3 Beans Salad Cinnamon applesauce Fig newton bar</p> <p><b>MO – Marinara NCS – fruit</b></p>	<p><b>Friday 11</b> Chicken Stew Mixed greens Dressing Crackers Copper Penny salad Pears Chocolate Pudding <b>MO – Soy Stew NCS – SF pudding</b></p>
<p><b>Monday 14</b> Cheeseburger: Ketchup/mustard Calico Beans Potato Salad Fruit Cocktail Candy cookie</p> <p><b>MO – Bean burger NCS – fruit</b></p>	<p><b>Tuesday 15</b> *Meatballs Marinara Over Penne 4 bean salad Peaches Cookie Pack</p> <p><b>MO – Soyballs NCS – fruit</b></p>	<p><b>Wednesday 16</b> Fish Sandwich: Tartar Sauce Yams Peas Pears Nutty Buddy bar</p> <p><b>MO – Grain burger NCS – fruit</b></p>	<p><b>Thursday 17</b> Tomato Bean Soup Crackers Mixed greens Dressing Pineapple Jell-o</p> <p><b>MO – Veg soup NCS – SF Jell-o</b></p>	<p><b>Friday 18</b> BBQ Chicken Breast Mashed Potatoes WW Bread Banana Applesauce</p> <p><b>MO – BBQ Soy</b></p>
<p><b>Monday 21</b> Lemon Baked Fish Baked potato Sour Cream Coleslaw WW Bread Vanilla pudding</p> <p><b>MO – Cheese Sandwich NCS – SF pudding</b></p>	<p><b>Tuesday 22</b> Chicken Broccoli Rice Casserole Carrot Coins Chickpea Salad Fruit cup Cookie Pack</p> <p><b>MO – Veg rice NCS – fruit</b></p>	<p><b>Wednesday 23</b> Chicken Alfredo Brussel Sprouts Kidney Bean Salad Mixed Fruit Rice Crispy Treat</p> <p><b>MO – Soy Alfredo NCS – fruit</b></p>	<p><b>Thursday 24</b> Traditional Meatloaf Mashed potatoes Broccoli White Bread Applesauce</p> <p><b>MO – Hummus &amp; Pita</b></p>	<p><b>Friday 25</b> Chili Cheese Baked potato Sour cream Cornbread Pears Fig newton bar</p> <p><b>MO – Veggie Chili NCS – fruit</b></p>
<p><b>Monday 28</b> Chicken a la King Brown Rice Capri blend Coleslaw Fruit Cocktail Cookie Pack</p> <p><b>MO – Soy A la King NCS – fruit</b></p>	<p><b>Tuesday 29</b> Meat Spaghetti Carrots Mixed Green Salad Dressing Peaches Cookie</p> <p><b>MO – Marinara NCS – fruit</b></p>	<p><b>Wednesday 30</b> *Italian Sausage Coney Bun Roasted potatoes Stewed Tomatoes Mandarin Oranges Reese's PB cup</p> <p><b>MO – Soy NCS – SF jello</b></p>	<p><b>Thursday 31</b> BBQ Chicken Breast Peas Pickled Beets WW Dinner Roll Applesauce</p> <p><b>MO – BBQ chickpeas</b></p>	<p>Meals provided by: Dane County Consolidated Food Service <i>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. NAS Diets: NAS substitutes listed when necessary, it is not suggested for those on a NAS diet to consume cheese slices, cheese garnishes or condiment packets (Ketchup, mustard, BBQ sauce, etc.)</i> *contains pork **NAS to omit</p>

# AUGUST 2023

\* \* = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																	
<div style="border: 1px solid red; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; font-size: small;">JUL 2023</p> <table style="width: 100%; border-collapse: collapse; font-size: x-small;"> <tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td style="text-align: center;">1</td><td style="text-align: center;">2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div>	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							<p style="text-align: right; font-size: 2em;">1</p> <p>8:30 AM Quilters</p> <p><b><u>9:30 AM Shop-Walmart</u></b></p> <p><b>10:30 AM Bid Whist/Spades</b></p> <p>12:45 PM Euchre</p> <p>1:00 PM Mahjong</p> <p>Foot Care**</p> <p style="text-align: center;"><b>NO Pickleball - Blood Drive!</b></p>	<p style="text-align: right; font-size: 2em;">2</p> <p>8:30 AM Aerobics **</p> <p>9:45 AM Aerobics **</p> <p>10:00 AM Art Studio</p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Singers</p>	<p style="text-align: right; font-size: 2em;">3</p> <p>9:00 AM FSC Friends</p> <p>9:00 AM Tai Chi **</p> <p>9:30 AM Informal Quilting</p> <p><b><u>9:30 AM Shop-Pick N Save</u></b></p> <p>12:30 PM Bingo</p> <p>12:30 PM Chess Club</p> <p>1:00 PM Sheephead</p>	<p style="text-align: right; font-size: 2em;">4</p> <p>8:30 AM Aerobics **</p> <p>9:00 AM Ping Pong</p> <p>9:45 AM Aerobics**</p> <p>11:00 AM Informal Writing Group</p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Bunko</p>
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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

## Patio Update

We are so excited to share that construction on the patio has begun. A groundbreaking ceremony was held on Tuesday, July 18 with excavation on the site happening the next day. Pending any delays, the project should be completed by August 31.

Thank you to all that attended the groundbreaking and more importantly thank you to all that have donated to the patio thus far. This project would not be happening without your support. Donations of any amount are still welcome and legacy pavers are still available. For more information, contact *Jill McHone*, Director.



# Fitchburg Family Pharmacy

**Thad Schumacher, PharmD**  
[tschumacher@fitchburgfamilyrx.com](mailto: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