



Sounds Of The Holiday Season W/ The Oregon High School Orchestra!

The Oregon High School Orchestra will be performing on **Monday, December 16** from **12:45 to 1:30 p.m.** Please call for lunch reservations no later than **Friday, December 15** by **9:00 a.m.** 608-270-4290.

Holiday Extravaganza W/ The Fitchburg Singers

The Fitchburg Senior Center Singers will be with us for caroling on **Wednesday, December 18** from **12:00 to 12:30 p.m.** Please call for lunch reservations no later than **Tuesday, December 18** by **9:00 a.m.** 608-270-4290.



# THE GIVING TREE

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

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

Anyone who knows a senior who has no family or will be alone during the holidays can nominate that person by calling **608-270-4295** by **December 2**. Seniors can also nominate themselves.

For those donating a gift, please wrap it and drop it off at the Senior Center by **December 13**.

**Don't Become A Victim Of A Scam—Protect Yourself With Knowledge!**

Email and telephone scams are becoming more prevalent and more dangerous by the month. Yet, despite their increasing level of deceptiveness, they remain fairly easy to spot. This one-hour class will teach you the simple techniques you can use to avoid being taken advantage of. Class materials will be emailed to you afterwards so you can refer to them as needed. **Wednesday, December 11 at 1:00 p.m.** Brought to you by Community PC.



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### Mission Statement

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

### Vision Statement

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

### Directory

**Phone:** 608-270-4290

**Hours:** 8:00 a.m. – 4:00 p.m. Monday–Thursday  
8:00 a.m.–2:00 p.m. Friday

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

### Senior Center Staff

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

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

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

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

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

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

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

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

### Advertising Disclaimer Policy

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

### How To Register For Programs

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

**Programs Registration Page**

Click Here To Explore



### Program Scholarships

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

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

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

### Program Cancellation Policy

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

### Photo Disclaimer

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



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

Join instructors Melissa & Felicia for a great chair-based exercise class. The series runs from Dec. 2–30. 11:15–11:45 a.m. \$20 (Skip 12/25)

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

In-person & Zoom, Dec. 2–30 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. \$30 (Skip 12/25)

## Yoga W/ Kurt (Mondays)

In-person & Zoom, Jan. 6–Mar. 17, 2025. 10 weeks. \$80. Level Two/Intermediate: 9:15–10:30 a.m. Level One/Beginner: 10:45 a.m.-12:00 p.m. (No class 1/20)

## 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, December 9–February 10 (skip 12/23 & MLK Day 1/20). Eight weeks. 12:45–1:30 p.m.

Fridays, December 13–January 31. Eight weeks. 12:45–1:30 p.m.

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

## Indoor Walking

Stay active and healthy with Indoor Walking at the Boys & Girls Club Gymnasium! Enjoy a safe, climate-controlled environment perfect for keeping fit regardless of the weather outside. It's easy to get started—just complete a one-time registration online, where you'll also find all the details you need. Whether you're looking to maintain fitness, start a new routine, or enjoy some light exercise, Indoor Walking is a great option. Don't wait—sign up and join today!

## MIEA Intro To Mindfulness

MIEA will return in 2025. Check back soon!

## Ballroom Basics For Balance—Thursdays, January 23–March 27, 2025.

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

This **ten-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.

## 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, December 5–19 (three classes)** from 11:00 a.m.— 12:00 p.m. in the spacious Oak Hall Room on the upper level. Cost: \$21 / \$8 drop-in. We require a minimum of twelve dancers to make this a go. Spread the word to your friends!

## Resources To Help Us Stay Safe!

Join us on Thursday, December 5 to learn about some helpful ways to prevent falls, including exercises and classes, home safety, and the role EMS plays in helping prevent falls and assisting if you do fall. Call the Fitchburg Senior Center at 608-270-4290 to register for both lunch and the program.

### Agenda:

- 11:30am - 11:35am:** Welcome & Introductions
- 11:35am - 12:00pm:** Balance & Strength Exercise Demo
- 12:00pm - 12:20pm:** Fitch-Rona EMS
- 12:20pm - 12:45pm:** Safe at Home Program
- 12:45pm - 1:00pm:** Questions & Adjourn



## LGBTQ+ Elder Support Group—Verona Senior Center



1st & 3rd Tuesdays 10:00 a.m.

Contact The Verona Senior Center at 608-845-7471

## Edward Jones®



### Stephanie Blankenheim

Financial Advisor

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

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MKT-5894M-A

## 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.



**January 8: Nervous System Dysfunction: Common Signs & Solutions. Dr. Laura Konopacki.**

Group meets the **second Wednesday** of each month at **2:00 p.m.** Informal coffee klatch social at **1:15 p.m.** before the meeting. All meetings held at the Senior Center. Any questions, call 608-270-4290. Program info and speaker schedule can be found on our website:

[www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter) No registration required.

**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.**

## Veterans Support Group

We are excited to announce that Veteran Ray Meller is starting a Veterans Group. Please join him and other veterans for the kick off meeting on **Thursday, December 19, 2024** at **10:30 a.m.** If you need transportation, please give us a call at 608-270-4290.

**VETERANS  
SUPPORT GROUP**

## Caregiver Support Group

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



## Change how you see senior living.

Madison's newest Life Plan Community is coming to the heart of TerraVesso, 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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## UW Medical Students Present: Topics To Consider For Your Next Doctor Visit

Join us for a fun and engaging program that covers essential topics to consider for your next doctor's appointment—with a modern twist! We'll explore a range of general health concerns that apply to most people, while incorporating popular slang phrases to keep things relatable for younger audiences. For example, we'll show you how to "glow up" your health by taking care of your skin—like wearing sunscreen, seeking shade, and keeping an eye on any new or changing spots. Whether it's skin care or overall wellness, you'll learn how to "level up" your health with tips that speak your language!

**Tuesday, December 3 at 10:30 a.m.** No registration required.

**Manicures by Vaunce & Lytonia**  
Just like a salon but no cost and lots of laughs!



**2nd & 4th Tuesdays 10:30am-1:30pm**  
**608-270-4290**  
Call to schedule an appointment.  
Transportation available.

## Lunch & Learn Series

Brought to you by Janice Hughes, Commission on Aging Well

**Dec 4 Artificial Intelligence Let's Talk AI with ...**

Join Jim Deham, Access Technology Specialist for the Wisconsin Council of the Blind & Visually Impaired as he talks about the pros and cons of this newest technology.

To register, reserve a meal or request a ride call (608) 270-4290 by 9AM the day before.

**1st & 3rd Wednesdays**  
**12:00 PM - 1:00 PM**  
**Fitchburg Senior Center Dining Room**




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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](mailto:Novation@BearProperty.com)  
[NovationSeniorCommons.com](http://NovationSeniorCommons.com)

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**SNAP A PHOTO TO VIEW OUR WEBSITE**





**Christmas Altoid Gift Boxes!** This is a fun and easy class! We'll transform two empty Altoids tins into artistic little gift boxes by covering them with decorative papers and washi tape. Four new vintage Santa images will be available for you to pick from. Each person will complete and take home two tins.

**Date:** Wednesday, Dec. 11

**Time:** 1:00 - 3:00 pm

**Class fee:** \$15 per person

**Class limit:** 8 participants



## Food Pantry Donations

The Senior Center accepts food donations year-round for local pantries. Needs increase over the holiday season so please consider giving. Donations can be dropped off

**Monday—Friday 8:00—4:00 p.m.**



## 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** from **1:00—2:30 p.m.** Fitchburg Room upstairs at the Senior Center. Contact Ric at [rbainter1@gmail.com](mailto:rbainter1@gmail.com) if you have any questions.



## Culture & Awareness Corner W/ Suzie— Did you know December is...



HIV/AIDS Awareness Month, Universal Human Rights Month, Seasonal Affective Disorder Awareness Month, Learn a Foreign Language Month, National Drunk & Drugged Driving (3D) Prevention Month.

**December 1st:** National Women support women Day

**December 11th:** UNICEF Day of Change

**December 20th:** Ugly Sweater Day

**December 25th:** Christmas

**December 25th-January 1st:** Kwanzaa

**December 25th-January 2nd:** Hanukkah

**December 31st:** New Years Eve

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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**Call us today! (608) 274-7910**



The Fitchburg Senior Center Friends provided \$550.30 in October to support Senior Center participants, programs, and activities.



We were also pleased to fund 44 lunches on November 11, Veterans' Day for veterans and their guests to thank and recognize them for their service.

We had a great turnout at the November 6 travel show. If you were not able to make it, you can find information about our five 2025 trips on the travel wall display across from Suzie's desk.

## Announcing a special sale from Mayflower Cruises and Tours – Ends November 30!

Cruise the Danube River from March 31 – April 10, 2025. Explore: Munich and Passau, Germany; Linz, Melk, Weissenkirchen, and Vienna, Austria; Bratislava, Slovakia; and Budapest, Hungary. Price starts at \$4228.00 and includes air fare plus two extra nights on the cruise ship. You must register by November 30, 2024. Contact Kayla at Mayflower 1-800-728-0724 x 201 and mention you are with the Fitchburg Senior Center. Or email a member or the Friends travel committee at [travel@fscfriends.org](mailto:travel@fscfriends.org).



Be sure to take a look at the updated showcase for photos of your Friends Board and recent trips.

Scan this to get to the Friends website for information about travel and all things Friends.

## Medicare Part D Open Enrollment Gives Opportunity to Save Money

**OPEN  
ENROLLMENT**

Open enrollment for 2025 Medicare Part D plans runs from **October 15 - December 7, 2024**. Now is the time to review your plan to determine if it will still be the most cost-effective in 2025. Because insurance companies can change their premiums, deductibles and co-pays, switching to a different plan may result in extra money in your pocket! Another way to save money on prescription drugs is the Extra Help program. Extra Help reduces your drug costs by decreasing premiums, deductibles and co-pays for medications based on your income and assets. Appointments are available to review your plan and/or see if you qualify for Extra Help. To make an appointment, call the Fitchburg Senior Center at 608-270-4290 and ask to speak with a Social Worker.

## Discover a New Adventure: Learn to Play Bridge!

Ready for a fun and challenging new hobby? Join us for an introductory class on Bridge, the exciting card game that's both stimulating and rewarding to master. Whether you're a beginner or looking to sharpen your skills, this class is the perfect starting point.



Led by **Glenna Shannahan**, a master teacher with years of experience, you'll learn the fundamentals of Bridge in a welcoming environment. The class will be held on **Tuesdays, January 7 & 14, from 9:15 to 11:15 a.m.** at the **Bridge Club of Madison**, located at 2818 Todd Dr.

Cost: \$20

To register, contact Glenna at [gkshannahan@gmail.com](mailto:gkshannahan@gmail.com).



**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!

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

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

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

## Wellness

**Parkinson's Support** PD support group at the Courtyard of Fitchburg on the 4th Wednesday at 1:00 p.m. Safe and supportive environment. Call Karen Jeffers at 608-886-6711 for more info. (**Dec. will be the 3rd Wed. due to holidays**).

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

### Massage Therapy Services

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

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

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



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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Bridge 10:00	Outdoor Walking 9:00	Cribbage 1:00	Outdoor Walking 9:00	Ping Pong 9:00
Ping Pong 1:00	Spades 11:00		Bingo 12:30	
Cribbage 1:00	Bid Whist 11:00		Chess 12:30	
	Euchre 12:45		Sheepshead 1:00	

## Make-a-Card Club News!

It's beginning to feel like winter, and materials are available for seasonal cards! The planned dates for December are **Tuesdays, December 3 and 17**. As always, materials are available for all-occasion cards, and our meeting time is **12:15-2:00 p.m.**, in the art room. A donation of \$1 per card made is requested, and you can choose one bonus card for each card you make. This month, there will be bonus cards with winter/holiday scenes!



## Independent Art Studio

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



## Wood Carvers—Starter Kits Available!

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



## 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, Dec. 11 & 18. 1:00—4:00 p.m. 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, December 12, 2024 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *The Invisible Life of Addie LaRue* by V.E. Schaub. For a list of upcoming books, visit: [www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter) and click on groups with websites.



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

**The I Love a Mystery Book Club** will meet back in January 2025 at the Fitchburg Senior Center—see you soon!

## 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.**

# DECEMBER 2024

\* \* = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																				
2 8:30 AM /9:45 Aerobics** 9:00 AM Yam Group 10:00 AM Bridge <u>11:00 AM St. Vincent Pantry</u>  11:15 AM Functional Fitness** 1:00 PM Cribbage 1:00 PM Ping Pong	3 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	4 8:30 AM /9:45 Aerobics** 10:00 AM Art Studio  11:15 AM Functional Fitness** 1:00 PM Cribbage 1:00 PM Singers	5 9:00 AM FSC Friends 9:00 AM Tai Chi 9:30 AM Informal Quilting <u>9:30 AM Shop-Pick N Save</u> 12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheephead	6 8:30 AM /9:45 Aerobics** 9:00 AM Ping Pong 11:00 AM Informal Writing 11:00 AM Wood Carving 11:15 AM Functional Fitness**																																																																																				
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Macaroni and Cheese California Vegetables *Baked Beans Mixed Fresh Fruit Chocolate Pudding  <b>MO: Veg Beans</b> <b>NCS: SF Pudding</b> <b>SO: *Cobb</b>	Grilled Chicken Breast Mashed Potatoes and Gravy Prince Charles Veg WG Dinner RoL Tropical Fruit Mix Red Velvet Cookie  <b>MO: PB Chicken</b> <b>NCS: SF Cookie</b> <b>SO: *Chicken Bacon</b>	*Creamy Potato & Bacon Soup Side Salad with Dressing Sliced Peaches Oreo Cheesecake  <b>MO: Minestrone</b> <b>NCS: SF Wafer</b> <b>SO: *Turkey Club</b>	French Toast Casserole with Syrup Turkey Sausage Patties Roasted Potatoes Orange Wedges Juice Apple Muffin  <b>MO: PB Sausage</b> <b>NCS: Grapes</b> <b>SO: Garden</b>	Hamburger on a WG Bun Corn Paco Blend Veg. Nutty Buddy Bar  <b>MO: Bean Burger</b> <b>NCS: Red Grapes</b>
9	10	11	12	13
Lemon Pepper Chicken Breast over Wild Rice Broccoli Root Vegetables Fruit Medley Rice Krispie Treat  <b>MO: PB Chicken</b> <b>NCS: Cantaloupe</b> <b>SO: Sunflower Crunch</b>	Shepherd's Pie WG Bread w/ Butter Capri Vegetable Blend Tropical Fruit Vanilla Pudding  <b>MO: PB Ground Beef</b> <b>NCS: SF Pudding</b> <b>SO: Caesar</b>	Taco Bar Spanish Rice Honeydew Melon Cinnamon Cheesecake  <b>MO: Beyond Taco</b> <b>NCS: SF Wafer</b> <b>SO: Southwest Chicken</b>	*Ham & Bean Soup WG Dinner Roll Tomato Cucumber Salad Cantaloupe Nutty Buddy Bar  <b>MO: Bean &amp; Kale Soup</b> <b>NCS: SF Wafer</b> <b>SO: *Spinach</b>	*Roasted Pork Loin Mashed Potatoes and Gravy Stuffing Corn Cranberry Jelly Caramel Brownie  <b>MO: Tofu w/ Gravy</b> <b>NCS: SF Cookie</b>
16	17	18	19	20
*Swedish Meatballs WG Dinner Roll Mashed Potatoes California Vegetables Bean Medley Salad Kringle  <b>MO: PB Meatballs</b> <b>NCS: SF Cookie</b> <b>SO: *Bacon Bleu</b>	Crab Cake Good Grains Rice Pilaf w/ Vegetables Peas & Pearl Onions Mixed Fresh Fruit Tapioca Pudding  <b>MO - PB Shrimp</b> <b>NCS: SF Pudding</b> <b>SO: Garden</b>	Chicken Lasagna Italian Vegetables WG Bread w/ Butter Side Salad with Dressing Nutty Buddy Bar  <b>MO: Veg Lasagna</b> <b>NCS: SF Wafer</b> <b>SO: *Italian</b>	Shredded Turkey & Gravy Garlic Mashed Potatoes Stuffing & Gravy Apple Slices Cranberry Jelly Pumpkin Cheesecake  <b>MO: PB Chicken Breast</b> <b>NCS: Mixed Fruit</b> <b>SO: *Chicken Bacon</b>	*Ham & Gravy Scalloped Potatoes Cornbread Stuffing Crinkle Cut Carrots Mixed Fruit Mint Brownie  <b>MO: Smoked Tempeh</b> <b>NCS: SF Cookie</b>
23	24	25	26	27
Chili Cornbread w/ Butter Cowboy Caviar Tortilla Chips Orange Wedges Nutty Buddy Bar  <b>MO: Veg Chili</b> <b>NCS: SF Wafer</b> <b>SO: *Spinach</b>	<b>CLOSED</b> 		Salisbury Steak Mashed Potatoes & Gravy Green Beans WG Bread Cantaloupe Cherry Apple Crunch Bar  <b>MO: Beyond Patty</b> <b>NCS: SF Wafer</b> <b>SO: *Chef</b>	Teriyaki Chicken Breast Stir Fry Vegetables Mandarin Orange Oatmeal Raisin Cookie  <b>MO: Teriyaki Tofu</b> <b>NCS: SF Cookie</b>
30	31			
Meatloaf with Gravy & Mashed Potatoes California Blend Fresh Fruit WG Bread Salted Caramel Cookie  <b>MO: Impossible Loaf</b> <b>NCS: SF Cookie</b> <b>SO: *Italian</b>	<b>CLOSED</b> 	Meals provided by AtlantisValley Foods. All menu items are prepared in a kitchen that is not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact.  No substitutions allowed. No substitutions allowed.  <b>PB = Plant Based   SF = Sugar Free   WG = Whole Grain</b> <b>MO = Meatless Option   SO = Salad Option   *Contains Pork</b> <b>NCS: No Concentrated Sweetens</b>		

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

## Winter Weather Policy



If the City of Fitchburg closes due to severe weather conditions, the Senior Center will be closed.

If Oregon Schools are closed due to severe weather conditions, home delivered and congregate meals will be automatically cancelled. All other program cancellations will be determined by the Senior Center Director.

For up to date cancellations and closures during the winter months, please call the Senior Center main line at 608-270-4290.

## Salad Option Monday- Thursday!



*You Have Options*

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



### \*Turkey Club

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

### \*Italian

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

### \*Bacon & Bleu

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

### Garden Vegetable

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

### \*Spinach Salad

Spinach, Mushrooms, Tomato, Hard Boiled Egg, Bacon

### Chicken Caesar

Romaine, Chicken, Parmesan, Hard Boiled Egg

### \*Chicken & Bacon Salad

Salad Mix, Chicken, Bacon, Cheddar, Mozzarella

### \*Chef

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

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

### \*Cobb

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

### Greek

Salad Mix, Kalamata Olive, Tomato, Feta, Chickpeas

### Sunflower Crunch

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

### Southwest Chicken

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

### Grilled Chicken Almond

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

### Gyro Salad

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

Senior Dining



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



## THE Waterford at Fitchburg

COMMUNITY

Find your joy here.

5440 Caddis Bend, Fitchburg, WI 608-270-9200 [waterfordatfitchburg.com](http://waterfordatfitchburg.com)

# 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