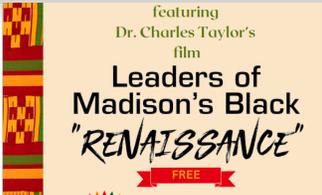




Celebrating Black History Month!

February 16 – 1:00 p.m. Leaders of Madison’s Black “Renaissance” Created and directed by retired Edgewood college professor, Dr. Charles Taylor, this film profiles nearly 40 of Madison’s influential Black leaders in the areas of education, human services, health care, business, the arts and more. **Film will run until 2:45p.m.** Dr. Taylor will be available for Q&A after. **See flier insert for details.**



February 22 – Black History Bingo– 12:30 p.m. A fun way to learn about some of history’s most notable Black Americans. Open to all. No registration needed.



AARP Tax Aide volunteers will again offer free tax preparation on **Fridays**, starting **February 9, 2024**, for elderly and low income people with simple tax returns. Intake forms and instructions must be picked up at the Senior Center and filled out completely, **BEFORE** coming for your appointment. This year, please set aside at least two hours for your appointment. Your taxes will be prepared during in-person interviews with two different volunteers. You will leave with a printed copy of your 2023 tax return, which will be electronically filed later that day.



COME PREPARED—you will need:

- Signed and completely filled out intake forms (see above)
- Photo ID for taxpayer (s) • Social Security card for everyone listed on your return
- Last year's (2022) federal and state tax returns
- Verification of income including, but not limited to, SA-1099, 1099-R, 1099-INT, 1099-DIV, 1099-B, W-2, 1099-G
- 1095-A if you obtained health insurance through the Health Insurance Marketplace
- Blank check if you want direct deposit
- If filing for Homestead Credit, bring 2023 original rent certificate without any mistakes, and/or 2023 property tax bill. Tax Aide volunteers are only trained to help with simple tax returns.



They CANNOT prepare:

- Divorce finalized in 2023, or married filing separately
- Hobby income, or most self-employment income
- Rental income, or farm income
- Multiple or complex brokerage statements
- Many other less common situations

Questions about your eligibility? Call the Senior Center and ask for a tax volunteer to contact you. You **MUST** make a tax appointment; we **DO NOT** accept drop-ins. All tax appointments **will be on FRIDAYS** starting **February 9**. You can call the Senior Center **AFTER** February 1, 2024 to sign up for an appointment. 608-270-4290.

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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–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

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

Advertising 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 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)



Join instructors Melissa & Felicia for a great chair-based exercise class. The series runs from Feb. 2–28. 11:15–11:45 a.m. Cost: \$20

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



In-person & Zoom, Feb. 2–28 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 (Mondays)



In-person & Zoom, April 1–May 20, 2024. 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



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!



Mondays, March 11–April 29. Eight weeks. 1:00–2:00 p.m.
Fridays, March 15–May 10. (skip March 29). 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.

Line Dancing W/ Nancy



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

Our four-week line dancing series is a perfect opportunity to learn the ropes and show off your moves. The hour-long classes will take place on **Thursdays, Mar. 7–28 at 11:00 a.m.** in the spacious Oak Hall Room on the upper level. Cost: \$30 / \$ 8 drop-in.

Ballroom Basics For Balance—



Thursdays, April 25–June 27, 2024.

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.

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. 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 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, March 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.

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




Do You Like Cribbage? Well, there are other people interested in playing at the Senior Center. Email David at david.hill@fitchburgwi.gov to inquire.

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 are on the **second Friday** of each month at **9:00 a.m.** 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 No registration required.

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



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**. Further 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**.

BIENVENIDOS ADULTOS MAYORES LATINOS AL CENTRO PARA PERSONAS MAYORES DE FITCHBURG

LUNES 10:30 A.M.

¡ÚNASE A NOSOTROS PARA SOCIALIZAR, ACTIVIDADES Y MÁS!

ALMUERZO AL MEDIODÍA DONACIÓN SOLICITADA

TRANSPORTE PARA RESIDENTES DE FITCHBURG DONACIÓN SOLICITADA

****LLAME AL 608-270-4290 ANTES DE LAS 9 A. M. DEL VIERNES ANTERIOR PARA HACER RESERVACIONES PARA EL ALMUERZO O PROGRAMAR UN VIAJE.**

Facilitators, Alberto & Silvia Boyajian

Edward Jones®



Stephanie Blankenheim

Financial Advisor

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Fitchburg, WI 53711
608-271-5100

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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.** Email Suzie at suzie.jones@fitchburgwi.gov to get connected to our group leaders.

THE Courtyard at FITCHBURG

ASSISTED LIVING & MEMORY CARE

Visit Fitchburg's **NEWEST** Senior Living Community

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

Downsize Without The Stress!



Is your home starting to feel like too much for you? Are you struggling to find the physical energy needed to maintain it? Are you tired of climbing stairs? Do you feel like you've accumulated two lifetimes' worth of stuff and are unsure what to do with it all? If this describes you, it may be time to consider downsizing. Join Jess Lex, local real estate agent, for a seminar all about the downsizing process. Jess will break down the pieces of a move like this and give you tools to get the process started.

Join us on **February 12 at 10:30 a.m.** at the Fitchburg Senior Center to take the first step forward!

Understanding And Responding To Dementia-Related Behaviors



This is a great opportunity to learn tips and strategies to respond to some common behaviors exhibited by individuals living with dementia, such as agitation, confusion and more. Join us for this free, high-quality educational program on **Tuesday, March 5 at 1:00 p.m.** Brought to you by the Alzheimer's Association.

Tut's Tomb And The Valley Of The Kings

For 500 years royal mummies of the New Kingdom were interred in elaborate underground tombs in the Valley of the Kings. Joe Fahey will show you the secret chambers and colorful hieroglyphs created for the afterlife of Egypt's greatest pharaohs, including the famous King Tut. You don't want to miss this firsthand experience from world traveler Joe Fahey! Join us on **Wednesday, February 28 at 1:00 p.m.** in the upper level Prairie View Room. No registration required.



What Did You Miss? Tech Videos On Demand & More

Did you know that you can find all sorts of tips and tricks on our "What Did You Miss" webpage? That's right, What Did You Miss not only spotlights Mandi & Amy with all the important updates, but you will also find videos (hand-picked by David) on the following: how to cut the cable cord, tips and tricks that save you money at Costco, and iPhone hidden secrets. Each month you will find different, but informative topics that matter to you. Become a regular visitor to the page! Visit at:

<https://www.fscprograms.com/what-did-you-miss>



How To Register—See Page 2



Safe Online Shopping



Jeff Kersten, agency liaison for the Wisconsin Bureau of Consumer Protection will present information on safe online shopping. Learn how to avoid scams and keep your personal information safe when buying online. We will cover the following topics: Wi-Fi, internet access, payment methods, shipping considerations, and much more. Attendees will also receive helpful brochures to take home. Join us on **Wednesday, March 27 at 10:30 a.m.** Room space is limited, register early!

New Police Station In The Works



A City-wide space needs study conducted in 2014 concluded that a standalone police services facility was needed. Ten years later plans are moving forward. Please join us and Police Chief Morales on **Thursday, February 8, at 11:30 a.m.** to learn more about this proposal to be constructed at the intersection of Fish Hatchery Road and Lacy Road. Chief Morales will discuss the need for the facility, schematic designs, costs and the timeline of the project. Other locations if you can't make the date above: **Tuesday, Feb. 6**, Doxa Church, 2700 Novation Parkway at 6:30 p.m. **Thurs. Feb. 8**, Leopold Elementary, 2602 Post Road at 6:30 p.m.

Food Pantry Donations

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



History Of The Hollywood Musical— Monthly Series 2024 (Fridays)

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 **The Harvey Girls on Friday, Feb. 2 at 1:00 p.m.** No registration required.

Feb. 2: **The Harvey Girls**

Feb. 9: **Till The Clouds Roll By**

Feb. 16: **Mothers Wore Tights**

Feb. 23: **Good News**



St. Patrick's Gnome Making Class



Lisa Sanford is back and this time around you will be making your own St. Patrick's Day Gnome—just in time for celebrating! Register soon to reserve your spot! **Monday, March 11.** Choice of **11:00 a.m. or 1:00 p.m.** Space is limited. Cost: \$5

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. We meet every week on **Tuesday at 1:00 p.m.** in the Fitchburg Room upstairs at the Senior Center. Contact Ric at rbainter1@gmail.com for further information. No registration is needed.

Case Manager Corner With Amy-



Open Enrollment is over but can you still enroll in a drug plan? The option available to those who may not have coverage is Senior Care. Even if you have a Part D plan you can still enroll and have both. Senior Care is considered creditable coverage. The enrollment fee is **\$30.00** annually. Your cost for Senior Care depends on how much income you have. The higher income you have, the more you will pay towards a deductible.

Medicare Advantage open enrollment is taking place now. The open enrollment period for making changes runs through **March 31.** Make sure to look at the provider network, costs associated with the plan, charges for medications and any additional services. Additional services might include vision, dental and hearing which original Medicare supplements often do not cover.

It's never too late to consider a different plan. If you have questions regarding Senior Care or Medicare Advantage just call **608-270-4290** and ask to speak with a Fitchburg Senior Center Case Manager.

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



Happy Black History Month!! Did you know?...

(1) National Freedom Day

(2) Groundhog Day

(10) Chinese New Year

(11) Superbowl Sunday

(13) Mardi Gras

(14) Valentine's Day

“We must never forget that Black history is American history. The achievements of African Americans have contributed to our nation's greatness.”

Yvette Clarke-

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 Stay tuned for more next month.

**FITCHBURG
SENIOR CENTER
FRIENDS &
MAYFLOWER
CRUISE & TRAVEL**

2024 TRIPS INCLUDE!

- *Winter in a Desert Oasis*
MARCH 10 - 17, 2024
- *Holland, MI Tulip Festival*
MAY 10 - 16, 2024 - WAITLIST
- *Montana & Glacier National Park*
JULY 13 - 20, 2024 - WAITLIST
AUGUST 3 - 10, 2024 - AVAILABILITY
- *Danube River Explorer*
**AUGUST 29 -
SEPTEMBER 8, 2024**
- *Yellowstone, Grand Tetons & Mt. Rushmore*
SEPTEMBER 18 - 27, 2024

Stop by the Senior Center for more information.



Think Of Our Medical Loan Closet

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 **three months**. **Wheelchairs are 30 days max**. 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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Crafting with Christine: "Nesting Materials for Birds"

Do you love birds? Then come to this workshop! After a short presentation on the "Do's & Don'ts of Giving Birds Nesting Materials," each person will be given two containers to fill with all natural, bird safe nesting materials. When full, the containers will be ready to take home and hang outside. All materials will be provided.

Preregistration required. Materials fee: \$10. Class limit: 10

Date: **Thursday, February 22 from 1:00 - 2:00 p.m.**



Three-Part iPhone Series W/ Rita T

Are you carrying around an iPhone and wish you knew more about its capabilities but just don't know where to start? Let me help you, beginning with the basics and moving on to learn some fun and useful things. Wow your grandkids by using Animojis in your texts!

Rita Thomas will be offering three, one-hour classes, designed for new through intermediate users. **Class size is limited to 15** and you may sign up for one or all. The classes cover only **Apple iPhone 11 and newer**. Phones must be set up with your email address and updated to **iOS 17.3** so that we all have the same operating system. If you need information on how to update to **iOS 17.3**, see those contact details along with class dates and course outline on the registration page. Cost: \$10. **Tuesdays, February 6, 13 & 20 at 10:00 a.m.** **YOU MUST have iOS 17.3 to register.**



March Lunch & Learns!

How To Prevent Slips and Falls ←

Join Wendy Bianchetti of SSM Health Saint Mary's for a discussion on falls prevention. You will walk away with facts, tips and strategies to keep yourself safe and educated. Join us on **Wednesday, March 6 at 12:00 p.m.**



Badger Prairie view Needs Network ←

A 100 percent volunteer organization

Join Marcia Kasieta learn about a variety of charitable services offered from the food pantry, clothing mending to legal advocacy and much more!

Join us on **Wednesday, March 20 at 12:00 p.m.**

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Fitchburg Senior Center Friends (FSCF)

The Fitchburg Senior Center Friends were pleased to provide \$1,149.41 in December to support Senior Center participants, programs, and activities.



The Fitchburg Senior Center Friends are presenting a travel show on **Wednesday, February 7, 2024, at 1:30 p.m.** It will be held at the Fitchburg Senior Center, 5510 Lacy Rd., upstairs in the Fitchburg Room.

Our Mayflower representative will be here in person, focusing on four of our remaining trips for the 2024 year, and answering questions on all our trips. Information presented will include - Winter in the Desert Oasis, Montana/Glacier National Park, Danube River Explorer, and Yellowstone/Grand Tetons/Mt. Rushmore.

Due to popularity, there are two trips to Montana/Glacier National Park. While the July 13-20 trip is full, you can add your name to a wait list. The August 3-10 trip has some openings.

If you have questions about any of our trips, please send an email to travel@fscf.org.

SAVE THE DATE ^{Pancake Breakfast} **April 21, 2024!**



Have you visited the FSCF website at <https://www.fscfriends.org>? Learn more about the Friends and/or make a donation to support our Senior Center activities.

2024 Election Dates

Spring Primary - Tuesday, February 20 - The City of Fitchburg does not have a Primary.

Spring Election and Presidential Preference - Tuesday, April 2

Partisan Primary - Tuesday, August 13

General Election - Tuesday, November 5



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Fitchburg Singers—Come Sing W/Us!



The Fitchburg Singers practice the **first & third Wednesday at 1:00 p.m.** The Singers typically sing a variety of pre-rock and roll oldies. For a better idea, visit:

Fitchburgsingers.org and view past performances.

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/

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*Some restrictions apply.

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.

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.



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,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 charged.



Gunderson

LIFE CELEBRATION CENTERS

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Drop-In Games & More - New Players Always Welcomed

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

Make-a-Card Club News!

There is still time to make Valentines at our next gathering on **Friday, February 9**, from **12:15 to 2:00 p.m.** We have ideas to delight recipients from young to gently aged, and paper in festive patterns of red and pink. Materials will also be available on **Friday, February 23**, for your crafting enjoyment!



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.



Spades!

Spades is a popular trick-taking card game that has been enjoyed for generations. Spades requires strategic thinking and teamwork, making it great for social gatherings. Join us at the Fitchburg Senior Center every **Tuesday at 10:30 a.m.** No registration required.



Thursday Bilingual Bingo

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



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. All are welcome to chat and stitch. Bring your lunch or reserve the day before thru the FSC. Looking forward to sharing time together. Second Thursday of every month. Meeting from **9:00 a.m. to 3:30 p.m.**



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, February 8, 2024 at 1:30 p.m. at the Fitchburg Senior Center for a discussion of the book, *Isaac's Storm* by Erik Larson. 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, February 22, 2024 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *The Twist of the Knife* by Anthony Horowitz.

THE FITCHBURG SENIOR CENTER

INVITES YOU TO

Celebrate

BLACK HISTORY MONTH

featuring

Dr. Charles Taylor's

film

**Leaders of
Madison's Black
"RENAISSANCE"**

FREE



1:00-3:30PM
5510 Lacy Rd.



Scan to register
or call: (608)270-4290

FEBRUARY 2024

* * = 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;">Jan 2024</p> <table style="width: 100%; border-collapse: collapse; font-size: x-small;"> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table> </div> <div style="border: 1px solid red; padding: 5px;"> <p style="text-align: center; font-size: small;">Feb 2024</p> <table style="width: 100%; border-collapse: collapse; font-size: x-small;"> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</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					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; margin-right: 10px;">1</p> <p>9:00 AM FSC Friends</p> <p>9:00 AM Tai Chi**</p> <p>9:30 AM Informal Quilting</p> <p>9:30 AM Shop-Pick N Save</p> <p>12:30 PM Bilingual Bingo</p> <p>12:30 PM Chess Club</p> <p>1:00 PM Sheephead</p>	<p style="text-align: right; font-size: 2em; margin-right: 10px;">2</p> <p>8:30AM Aerobics **</p> <p>9:00AM Ping Pong</p> <p>9:45AM Aerobics**</p> <p>11:00 AM Informal Writing Group</p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Hollywood Musicals</p>
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February 2024

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<p>Call 270-4290 by 9:00 a.m to reserve a meal for the following day.</p> <p>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.</p> <p>PB= Plant Based SF= Sugar Free WG= Whole Grain MO=Meatless SO=Salad Option *Contains Pork <u>SALAD OPTION: Now for all!</u> Monday - Thursday!</p>			<p>*Creamy Potato Soup with Bacon WG Dinner Roll w/butter 3-Bean Salad Fruit Cocktail Brownie Cookie</p> <p>MO: Broccoli Soup NCS: SF Cookie SO - *Italian Salad</p>	<p>*Roast Pork Loin & Gravy Wild Rice Roasted Root Vegetables Broccoli Applesauce Vanilla Pudding</p> <p>MO: PB Sausage NCS: SF Pudding</p>
5	6	7	8	9
<p>Crab Cake Tartar Sauce Good Grains Pilaf with Vegetables Potato Salad Pineapple Cherry Apple Bar</p> <p>MO: PB Shrimp NCS: Orange SO - Turkey Club</p>	<p>Meatloaf with Gravy Mashed Potatoes Green Beans Salad w/ tomatoes & cucumber WG Bread Nutty Buddy</p> <p>MO: Impossible Loaf NCS: SF Wafer SO- Chicken Caesar</p>	<p>Chicken Parmesan Whole Wheat Spaghetti w/ Marinara Broccoli Corn M&M Cookie</p> <p>MO: 3 Cheese Calzone NCS: SF Cookie SO Gyro Salad</p>	<p>*Bolognese Sauce Spaghetti Noodles Italian Vegetables Green Beans Mandarin Orange Apple Cinnamon Muffin</p> <p>MO Beyond Bolognese NCS: Apples SO Sunflower Crunch</p>	<p>Swedish Meatballs WG Dinner Roll Mashed Potatoes California Vegetables Bean Medley Salad Peanut Butter Pie</p> <p>MO: PB Meatballs NCS: Peanuts</p>
12	13	14	15	16
<p>Chili WG Dinner Roll Cowboy Caviar Tortilla Chips Mixed Fresh Fruit M&M Cookie</p> <p>MO: Veggie Chili NCS: SF Cookie SO- SW Chicken Salad</p>	<p>*Oven Baked Ham with Gravy Carrots WG Dinner Roll Cauliflower Honey Dew Melon Cherry Gel Cup</p> <p>MO: Smoked Tempeh NCS: SF Jello SO-Chicken Almond</p>	<p>Baked Cod w/ Dill Sauce WG Dinner Roll Capri Vegies Roasted Potatoes Pink Velvet Cake</p> <p>MO: PB Shrimp NCS: SF Wafer SO - Garden Vegetable</p>	<p>Brisket Burnt Ends Barbecue Sauce California Blend Rice Pilaf Cornbread Sliced Peaches Yogurt</p> <p>MO: PB Sausage NCS: SF Wafer SO- *Spinach Salad</p>	<p>Macaroni & Cheese Mixed Vegetables Vegetarian Baked Beans Tropical Fruit Mix</p> <p> Pudding NCS: SF Pudding</p>
19	20	21	22	23
<p>BBQ Pulled Chicken BBQ Sauce *Baked Beans Cornbread Corn Fruit Salad Brownie</p> <p>MO: Barbecue Tofu NCS: SF Wafer SO - Greek Salad</p>	<p>Turkey Tetrazzini Carrots Green Beans Mandarin Oranges Kringle</p> <p>MO: PB Chicken NCS: Cantaloupe SO - *Chicken Bacon</p>	<p>Beef Pot Roast Long Grain Wild Rice Capri Vegetable Blend Cucumber Salad Pineapple Chunks Cherry Strudel</p> <p>MO: Impossible Roast NCS: SF Cherry Jello SO - *Chef Salad</p>	<p>*Sausage and Egg Breakfast Scramble Rosemary Potato Asparagus Tips Mini Croissants Orange Sugar Cookie</p> <p>MO: PB Scramble NCS: SF Cookie SO - Chicken Caesar</p>	<p>Broiled Cod Scalloped Potatoes Coleslaw Prince Charles Vegetables Rye Bread Chocolate Pudding</p> <p>MO: PB Sausage NCS: SF Pudding</p>
26	27	28	29	
<p>Salisbury Steak Paco Vegies with Roasted Potatoes Prince Charles Vegies Sliced Peach WG Bread Slice Nutty Buddy</p> <p>MO: Beyond Burger NCS: Peanuts SO - Chicken Caesar</p>	<p>Veg Beef Barley Soup Dinner Roll Peas and Carrots Orange Cheesecake</p> <p>MO: Sweet Potato & Kale Soup NCS: SF Wafers SO- *Cobb Salad</p>	<p>Spaghetti and Meatballs Peas and Pearl Onions Steamed Cauliflower Apple Slices Tapioca Pudding</p> <p>MO: Veggie Meatballs NCS: SF Pudding SO - Garden Vegetable</p>	<p>Grilled Chicken Breast *Baked Beans Mixed Vegetables WG Bread w/Butter Coleslaw Yogurt</p> <p>MO: Grilled Tofu NCS: Banana SO - *Chicken & Bacon</p>	

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



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.

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www.GoldenHomeManagement.com

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Salad Option Monday- Thursday!

You Have Options

Choose the SALAD OPTION
Monday through Thursday!

Salad Option is 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

***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 Fork, Crouton Packet, & Dressing Packet. Each entrée salad meal will include a whole grain dinner roll, butter pat, 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