



Prime Time News

December 2022

Fitchburg Senior Center
Volume XVII Issue 12

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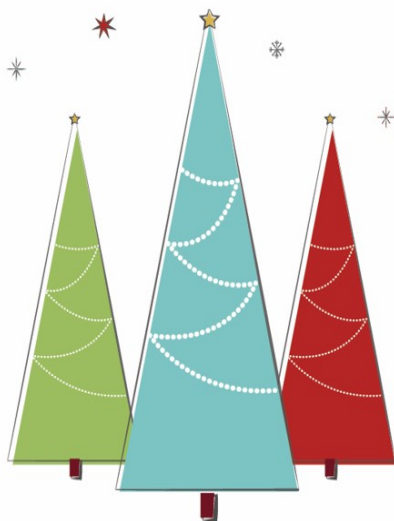
Groups & More! P.7

CITY OF FITCHBURG

Holiday Lights Tour

SATURDAY
DECEMBER 17TH, 2022
6:00pm - 9:00pm

FOR MORE INFORMATION,
VISIT WWW.FITCHBURGWI.GOV



December Events!

Holiday Sweater & Disco Party

Join us for the first annual Holiday Sweater & Disco Party on Wednesday, December 14 from 12:30-2:00 p.m.! Wear your festive attire and join us for a jolly good time. DJ Melissa will once again spin some fun holiday tunes, so be sure to wear your dancing shoes too!

No reservation required.



Thanks to The Courtyard for supplying refreshments.

The Fitchburg Senior Center Holiday 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.

Senior Services 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.

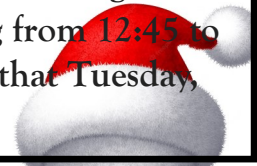
Anyone who knows a senior who has no family or will be alone during the holidays can nominate that person by calling **608-270-4295 by 12/9**.

Seniors can also nominate themselves.

For those donating a gift, please wrap it and drop it off at the Senior Center by **December 14**.

Christmas Carols W/ The Fitchburg Singers & The Oregon Orchestra!

Our very own Fitchburg Singers will be with us for caroling on Wednesday, December 21 from 12:00 to 12:30 p.m. Following lunch the Oregon High School Orchestra will be performing from 12:45 to 1:30 p.m. Please call for lunch reservations no later than Tuesday, December 20 by 9:00 a.m.



Closed 12/23, 26 & 1/2

What is Green Burial?

Learn from Shedd Farley of Natural Path Sanctuary, and Nickie Gard and Melissa Theisen of Gunderson Funeral & Cremation Care about burial options that emphasize simplicity and environmental sustainability. Shedd will share about his passion for green burials and Natural Path Sanctuary, a nature preserve burial ground also known as a green cemetery. Natural Path Sanctuary is located in Verona and is the first cemetery in Dane County, WI, that exclusively follows natural/green burial practices—no embalming, no vaults and only biodegradable containers and shrouds are allowed. It offers a natural and traditional alternative to modern-day burials.

Wednesday, December 7 at 10:00 a.m. Register at www.fscprograms.com or call 608-270-4290



Line Dancing W/ Nancy Coming In January!

The Senior Center is excited to bring on board line dancing instructor Nancy Vidlak. Nancy has been dancing for over 20 years and brings a wealth of expertise. We are offering a three-week (one hour) series in January to test the waters. **January 5, 12 & 19 at 11:00 a.m.** in the upper level Oak Hall Room. Cost \$30. To register, visit: www.fscprograms.com and click on exercise opportunities.



Ballroom Basics For Balance—Thursdays, January 19—March 30, 2023 (skipping March 2). Start time: 6:00 p.m.

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.

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.

To learn more and to register, visit our programs website: www.fscprograms.com and click on exercise opportunities!

Why is my doctor always running late? This is embarrassing, but is it normal?

Join us Thursday, December 8, 2022 at 10:30 a.m.

Third year medical students Allison Zinter and Molly Wecker will be speaking about their paths into the medical field, what it takes to become a doctor, what their future plans are, and how it has compared to their expectations. They will also demystify what goes on behind the closed doors of the doctor's office, discuss the roles of the different members of the healthcare team, and explain why your doctor might be running late.

Additionally, they will also offer information that a lot of folks are too embarrassed to ask about...

Does anyone else leak urine? Is it normal for there to be blood in my stool? My bad breath is getting worse; what can I do about it? Register at www.fscprograms.com or call 608-270-4290.

Bring your questions for the future doctors!



Exercise, Groups & How To Register

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



Functional Fitness! (M-W-F)

Join instructors Melissa & Felicia for a great chair-based exercise class. The series runs from December 2–30, 11:15–11:45 a.m. Cost: \$15 (holiday pricing)



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

In-person & Zoom, December 2–30 for a great cardio and light strength-building routine! 8:30 in-person / 8:30 Zoom / 9:45 in-person. Cost: \$25 (holiday pricing)

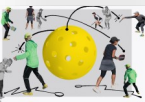


Yoga W/ Kurt Fall Session Two

In-person & Zoom, January 9 – March 20. Skip Jan. 16. 10 weeks. \$80. Level Two/Intermediate: 9:15–10:30 a.m. Level One/Beginner: 10:45 a.m.–12:00 p.m.

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. Every Thursday at 9:00 a.m. \$2 drop-in donation. See above for registration.



Tuesday Indoor Pickleball

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



Cardio Drumming Fall Winter Series

Cardio Drumming W/ Melissa! Mondays, January 9–March 6 (skip 1/16). Eight weeks. 1:00 - 2:00 p.m. Fridays, January 13–March 3. 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. Visit www.fitchburgwi.gov/seniorcenter and click on the “Programs Registration” tab at the top!

Winter Is Coming!



Winter is coming! Did you know that one in three older adults fall every year, which is the leading cause of accidental injury or death in individuals 65 or older? With snow and ice, winter is a time of year that we often worry more about falling. Join representatives of Aegis Therapies and The Waterford at Fitchburg on December 16 at 10:30 a.m. as we discuss ways to prepare for winter and to mitigate your risk for falls and injury. The program will be held at the Fitchburg Senior Center. Register by visiting www.fscprograms.com. Look for the educational heading.

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 am to 12:30 pm in the Syene Room. We are a non-critical group that offers encouragement and support to keep one another writing.

Fitchburg Ukulele Network—FUN



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

Salad Option Tuesday's

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

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

DECEMBER Salads!

Hummus Platter: 12/06/22

Pita wedges, Hummus, roasted vegetables with green garnish

Meal items with this: fruit & cookie

Harvest Salad 12/13/22

Mixed greens topped with beets, garbanzo beans, cucumber, onion, feta cheese and croutons.

Dressing: Balsamic Vinaigrette

Meal items with this: fruit & jello

Chicken Cranberry Bacon Bleu 12/20/22

Mixed greens with diced chicken, bacon crumble, dried cranberries, bleu cheese crumbles & croutons.

Dressing: Balsamic Vinaigrette

Meal items with this: fruit & cookie

Pulled Pork Santa Fe Salad 12/27/22

Mixed greens topped with seasoned shredded pork, black bean salsa & tortilla strips

Dressing: Ranch

Meal items with this: fruit & pudding

Every Tuesday!

*Limited to dine in only.

Somatic Therapy

How it Works and What to Expect

Somatic Workshop—Coming In January!

Somatics is a technique of slow and easy body muscle movements that release tension held in the body. The Senior Center is excited to offer a two-part workshop in January on ways to break free of chronic pain. Please visit: www.fscprograms.com to learn more.



Food Pantry Donations

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

Fitchburg Senior Center Friends, November 2022

FSCF supported seniors with \$450 for special needs and \$60 for scholarships.

Travel and trips continue to be popular. A big **thank you** goes out to the recent Southwest Parks travelers. Everyone had a great time. If you haven't talked to anyone who was on this trip, check out the Senior Center Friends Showcase for their beautiful photos.

Looking for the Showcase? You can find it across from the dining room and outside of the Swan Creek Room. Not only will you see the photos from the Southwest Parks trip, but photos from other trips as well as Senior Center events. You might even see yourself in some of the photos! You can also learn who the Friends Board members are.



2023 Travel - Get Ready!

Interested in future travel events? Keep any eye out for an announcement regarding the next travel show. A Mayflower Tours representative will present information about upcoming 2023 travel opportunities. It promises to be exciting.

Fitchburg Senior Center Friends Showcase



COME TRAVEL WITH US IN 2023—Call Jack at 608-235-5267

Our 2023 Tours include: **New Orleans Pre-Mardi Gras, Feb 14:** to give us a lower cost mid-winter break, French Quarter, Bourbon Street, Cajun Cuisine, Avery Island (flier at Senior Center)

America's Heritage of the East, May 19: with its great venues of both historical and present day significance, Nat. Memorials, Mount Vernon, Arlington, Colonial Williamsburg, Shenandoah/ Harpers Ferry/Gettysburg NPs, Broadway Show (flier at Senior Center)

Mount Rainier and Olympic National Parks, June 22: in the beautiful Pacific Northwest, Pacific NW, Victoria B.C., Blake Island Cruise, Puget Sound (flier at Senior Center)

Jewels of the Rhine River Cruise, Sept 8: a true gem for our international tour, Amsterdam, Cologne, Koblenz, Strasbourg, Freiburg, Lucerne (flier at Senior Center)

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



REACH Book Club will meet on Thursday, December 8, 2022 at 1:30 p.m. at the Fitchburg Senior Center. We will discuss the book, *Wuthering Heights* by Emily Bronte (Classic). The main themes of this novel are love, passion, and vengeance. It is the love between Heathcliff and Catherine that permeates the novel, though it assumes dangerous proportions as the plot thickens.

January 12, 2023 *Nothing to See Here* by Kevin Wilson

February 9, 2023 *Things We Cannot Say* by Kelly Rimmer

March 9, 2023 *The Last House on Needless Street* by Catriona Ward

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

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

REACH Book Club meets the 2nd Thursday of each month, September thru June at the Fitchburg Senior Center at 1:30 p.m.

Winter Weather Policy



In the event of inclement weather, the Senior Center will automatically cancel both home-delivered and congregate meals when the Oregon Schools are closed. The cancellation of all other programs will be at the discretion of the class instructor and/or the Senior Center Director. If you have any questions about class cancellations during the winter months, please call our main line at 608-270-4290. In the event staff are unable to answer the phone, all cancellations will be recorded on the Senior Center voicemail message.

The *I Love a Mystery Book Club* will not meet in December due to the holidays. We will resume on January 26, 2023 with a discussion of *The Skull Mantra* by Eliot Pattison.



Free "Welcome To Medicare" Seminars

If you are turning age 64 this year, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options. Visit our programming website under educational opportunities at www.fscpgprograms.com for full details

Senior Center Staff

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



For general questions, email us at:

FitchburgSeniorCenter@fitchburgwi.gov



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

Contact Jodi Johnston for details.

Call 608 438 7437

info@cremationsocietyofmadison.com



CREMATION SOCIETY OF
MADISON



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

Side note: Sappho comes from the Greek island of Lesbos from which the term lesbian comes from. She was one of the earliest known female writers and mostly wrote of her love for other women. The phrase "Love is love" comes from one of her poems. She is a well-known figure in Lesbian history.

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 held the third Wednesday of the month from 1:30 - 3:00 p.m. on the lower level of the Fitchburg Senior Center—Conference Room.

"I declare that later on, even in an age unlike our own, someone will remember who we are" Sappho, c.6th Century, BCE.

Edward Jones Coffee Club—Fitchburg Senior Center

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

All are welcome. Coffee & pastries will be provided.

Third Wednesday, 9:00-10:00 a.m. December 21, 2022

Hosted by Financial Advisors Brad Stepp & Stephanie Blankenheim

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



Edward Jones®



Stephanie Blankenheim

Financial Advisor

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608-271-5100

> edwardjones.com

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December



			Thursday 1	Friday 2
			*BBQ Ribs Cheesy Potatoes Pickled Beets WW Dinner Roll Cinnamon applesauce cup MO –BBQ Soy	*Italian Sausage Coney Bun Roasted potatoes Stewed Tomatoes Mandarin Orange Sugar Cookie MO – Hummus/pita NCS – SF jell-o
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
*Meatballs in gravy Mashed potatoes Mixed greens Dressing WW Dinner roll Mixed Fruit Chocolate Pudding MO –Soy meatballs NCS – SF pudding	Fish Sandwich w/ Cheese & Tartar Yams Peas Pear Oatmeal Raisin cookie Hummus Platter! MO –Black bean burger NCS – Peach cup	Beef Stew WW Dinner Roll Corn Strawberry Applesauce Rice Crispy treat MO – Soy stew NCS – SF jell-o	Sausage Veg Egg Bake Fruit Cup Roasted potatoes Orange Juice Blueberry muffin MO – Veg egg bake	*Pork Loin in Gravy Yam Bake 3 Beans Salad WW dinner roll Cinnamon Applesauce Marble loaf cake MO – Hummus wrap NCS – peach cup
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Chicken Alfredo Penne Brussel Sprouts Kidney Bean Salad Mixed Fruit Sugar Cookie MO – Alfredo Penne NCS – pineapple	*Ham and Potato Casserole WW Dinner Roll Peas Peach cup Jell-o cup Harvest Salad! MO – Soy & potato NCS – SF Jell-o	Chicken & Gravy Over White bread Carrots Broccoli Orange juice cup Cookie MO – Soy & gravy NCS – fruit cup	Sloppy Joe on WW Bun Potato Salad Mixed Vegetable Banana Chocolate Pudding MO – Chickpea joe NCS – SF pudding	Roast Beef in Gravy Croissant Garlic mashed potatoes Carrots Pineapple cup Lemon Loaf cake MO – Soy meatballs NCS – SF jell-o
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Chicken Stew Mixed greens Dressing Crackers Copper Penny salad Pears Brownie MO – Soy Veg stew NCS – SF pudding	Cheeseburger: w/ Ketchup/mustard Calico Beans Potato Salad Fruit Cocktail Carnival Cookie Chic Cran Bacon Bleu MO – garden burger NCS – banana	*Meatballs in Marinara Over Penne 4 bean salad Peach cup Jell-o cup MO –Soy meatballs NCS – SF jell-o	Garlic Parmesan Chicken Stewed tomatoes Spinach Casserole WW Bread Pineapple cup Marble Loaf cake MO –Soy garlic parm. NCS – pear cup	 Closed
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
	Chicken Broccoli Rice Casserole Carrot Coins Chickpea Salad Fruit cup Butterscotch pudding Pulled Pork Santa Fe MO –Soy broccoli rice NCS – SF pudding	Lemon Dill Fish Tartar Sauce Baked potato Sour Cream Coleslaw WW Bread Sugar Cookie MO – Garden wrap NCS – pear cup	BBQ Chicken Cheesy Potatoes WW Bread Banana Berry applesauce MO – Soy BBQ	Meat Sauce Spaghetti Noodles Carrots Mixed Green Salad Dressing Peach cup Lemon Loaf cake MO – Marinara Sauce NCS –SF jell-o

Senior Dining



Fellowship, Food & Fun

Meals provided by: Dane County Consolidated Food Service

All menu items are prepared in kitchens that are not allergen-free.

We cannot guarantee that food allergens will not be transferred through cross-contact.

No substitutions allowed.

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.)

*contains pork **NAS to omit



For meal reservations, you must call 270-4290

by 9:00 a.m. the day before!

SALAD OPTION TUESDAYS! (dine in only)

DECEMBER 2022

* * = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																										
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Transportation Services

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

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

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

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

Health, Help & Renewal

Senior Center Help

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

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

Footcare

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

Caregiver Support

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



Massage Therapy

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

—
Massage & Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

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.

Medicare is Coming...Are You Ready?

We'll Help You Find the Right Plan for the Right Price!

Safe contact by phone or computer.

Medical Insurance Solutions for Seniors

Diane Dillett, CLTC, LUTCF

608.662.8288 • Madison, WI

diane@dillettcompany.com • www.medinsuranceseniors.com

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

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A	B	C	D	E
Drop-In Games & More - New Players Always Welcomed				
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Bridge 10:00	Euchre 12:45		Chess 12:30	Ping Pong 9:00
Ping Pong 1:00	American Mahjong 1:00		Bingo 12:30	Bunko 1:00
			Sheepshead 1:00	

NEW

Quilting Just For Fun!

Informal drop-in group for quilters to meet and have fun at the same time! Bring your own project to work on. Every **Thursday at 9:30 a.m.**

Make-a-Card in December!



'Tis the season to make festive cards and gift tags for your favorite people! As a change of pace, use the shiny metallic and colorful wrapping paper provided, and send your greetings off in bright red envelopes! Dates are Friday December 2 and 16, at the usual 12:15-2:30 p.m. As always, we'll have a merry time!



Cross Stitch—All Levels Welcomed

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

Independent Art Studio with Mary Ann



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



New Members Always Welcomed



Group meets the fourth Tuesday of each month at 2:15 p.m. Informal coffee klatch social at 1:15 p.m. before the meeting. All meetings held at the Senior Center. Any questions, call 608-270-4290. Further info and 2023 speaker schedule can be found on our website: www.fitchburgwi.gov/seniorcenter

Men's Group—New Members Always Welcomed



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

Friends

Vicki & Drew Fondrk	Eldon & Ginny McLaury
Michael & Carol Sands	Dick & Mary Steinmann
Mary Powers	Leslie Hall
Joan Colburn	Steve Jones
Marie Weber	Mark & Susan Klein
Sandhia McLeod	Joe & Adrienne Imilkowski
Ann Buedel	Booker & Pauline Gardner
Judith Broad	Tom & Karen Johnson
Maren Horne	Patricia Casad
Carol Chellew	Eloisa Chavas
Kathy Talaat	
Linda Baumann	
Julia Arata-Fratta	
Gary & Bette Whited	
Mary Cochems	
Arlene Ace	
Jim & Pam Yoder	
Mary Thole	
Duke & Jackie Damson	
Mark & Debbie Hamilton	
Ron Salinas	
Ruth Becker	
Carol Rodriguez	
Mary Berthold	
Robert & Barbara Rottman	
Craig & Kathy Wehrle	
Shirley Wright	
Bernice Bariola	
Victor Emanuel & Paula Romeo	
Matt Solomon	
Leigh Arora	
Georgia Ascher	
Joy Zhou	
Laura Langer	
Ardith McKeown	
Gabriella Gerhardt	
Aaron Richardson	
Geri Davenport	
Rich Eggleston & Anita Clark	
Daniel & Judith Breunig	
Laura Portz	
Sue & Scotty Sheets	
Rachel Baker	
Brian & Janet Klock	
Joanne McKinley	
David & Nancy Hoffman	
Brenda Stewart	
Mary Steel	
Marilyn Haynes	
Tom & Dianne Schmidt	
Judy Nackers	
Steve Harrington	
Peter & Judith Hirsch	
Robert & Lucy Lasseter	
Judy Prestigiacomo	
Bonnie Schmidt	
Margaret Amend	
Lloyd & Joanne Strauss	

PATIO PROJECT THANK YOU!!!!

*We not only reached
our goal, but
surpassed it!!!*

\$52,800

Champions

Jim & Kathy Sosnouski
Patricia McCarthy
Susan Awve
Lee & Mary Ihlenfeldt
Roger & Linda Boettcher
Frank Evans
Denny & Carole Mohr
Charles & Rita Richardson
Khang Seow
Family of Phil & Winnie Lacy
Charles & Linda Gorchels
Fritz Kruger
Bob & Donna Stewart
David & Sarah Fahey
Dennis Domack
James & Jean Schwanke
Sandy Weisberger
Jim Krogstad & Jill Pinzer-Krogstad
Walt & Berdi Kaegi
Bob Hillner
Sandy Turk
Carol Beecher

Supporters

Marcia Griskavich
Sharon Trimborn
Tom & Kim Thoresen
Tom & Joey Marshall
Gail Schauer
Fran Lacy
Randy Udell
Michelle Ogilvie



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Benefactor

**Kayser Automotive
Group
and the Patrick & Lee
Baxter Family
Foundation**



Thank you

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SALES**



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**summit
CREDIT UNION**



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Resource Group
Changing Lives, Forever®**



Thank you

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

www.fitchburgwi.gov/seniorcenter



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

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

Program Cancellation Policy:

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

The logo for Traveling For Tootsies, featuring a stylized pink foot with a heart shape inside, and the text "TRAVELING for TOOTSIES" and "MOBILE PEDICURIST".

**TRAVELING
for TOOTSIES**
MOBILE PEDICURIST

Amy Foster, CMP
Owner, Master Pedicurist

608-576-8986
TravelingForTootsies@gmail.com

A cartoon illustration of a woman with blonde hair and glasses, wearing a black top, waving.

In-home services for toenail
trims and pedicures

11005 Brigham Ave
Blue Mounds WI



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

Fitchburg Family Pharmacy

Thad Schumacher, PharmD
tschumacher@fitchburgfamilyrx.com

Location: Fish Hatchery Road and High Ridge Trail

Phone: (608) 274-3784

Fax: (608) 274-3780

After Hours: (608) 886-7117

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