



# Prime Time News

## October 2022

Fitchburg Senior Center  
Volume XVII Issue 10

## Look Ahead

Flu & Booster Shots P.2

Exercise / Groups P.3

Ballroom Basics P.4

FSC Friends & Travel P.5

Book Clubs P.6

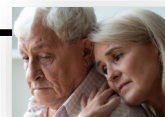


### Friday Cardio Drumming

Can't commit to the full session? Drop-in for \$5 per class. 1:00 p.m.  
Sept. 23–Nov. 11



### This Is Not What We Planned For: Coping with an early dementia diagnosis



Guest speaker Susan Goelz will share her experience managing her husband's early diagnosis.

Topics Covered: Accepting the diagnosis / sharing the news with family & friends / finances / changes to your relationship as a couple and finally, taking care of you. Visit [www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter) and click on the "Programs Registration" tab at the top!

October 20 at 1:30 p.m.



### **Double Your Donation! Patio Fundraiser Continues**

Thanks to a very generous donor, any donation we receive now through October 31 will be matched dollar for dollar up to \$10,000! Help us reach our goal by doubling your donation today! Visit: [www.fitchburgwi.gov/621/Senior-Center](http://www.fitchburgwi.gov/621/Senior-Center) for more information on how to give.

### **Halloween Dance Party & More!**



Join us for some tricks, treats, dancing and more on Wednesday, October 26 from 12:30–2:00 p.m. Our very own exercise instructor, Melissa Adams, will be our party DJ. No reservations required so stop on over!

### **Kon Mari - Downsizing**

Moving to a smaller home can be extremely stressful on both the mind and body, and it can be overwhelming to decide which items are important enough to bring with you to your new living space. Join Trista Michels, a certified professional organizer in Marie Kondo's KonMari Method, for a lesson on how to choose which items will make your new home feel joyful and light. We will discuss the basics of the KonMari Method, which include choosing the items that stay in the home based on intention rather than guilt or fear, and speaking your gratitude for items that have served in your current home but do not have a place going forward. By the end of the process, the goal is to live in a residence surrounded by items that only bring you happiness, and releasing items that have outlived their purpose. We will also discuss a few tips and tricks for easily organizing a smaller living space.

Join us on **Monday, October 17 at 10:00 a.m.** Visit [www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter) and click on the "Programs Registration" tab at the top!



## Flu & Booster Shots w/ Fitchburg Family Pharmacy

Flu season is just around the corner and COVID boosters need updating. The Senior Center is providing both thanks to Fitchburg Family Pharmacy. This year ALL participants MUST fill out forms online to be vaccinated—no exceptions. Bring your ID, Medicare card, white vaccine card and insurance card. Booster vaccine will be Pfizer. High dose flu vaccine available for those 65+.

Form One: <https://hipaa.jotform.com/222508230454145> (flu)

Form Two: <https://hipaa.jotform.com/222509045175150> (booster)

Wednesday, October 12 from 10:00 a.m. –12:30 p.m.

A Can't Miss!

## The Most Fun & Best Brain-Building Game in the World—Bridge!

Glenna Shannahan is a well-known (nationally and internationally) Bridge player, teacher and business owner. People who love bridge, and those who don't know a thing about it, will be interested in hearing about Glenna's amazing international journeys centered around the game of Bridge. For starters, she has played with some of the best players in the world, including: Bill Gates, Warren Buffet and former Academy Award winning actor Omar Shariff.

Glenna has many interesting tidbits to share—for example, did you know that Bridge as a game is about 2,000 years old? Or that playing Bridge is a good way to maintain brain health?

Here in Madison, Glenna teaches Bridge at the Bridge Club of Madison, a building and business of 30 years running –both of which Glenna owns, just off the West Beltline on Todd Drive.

A player needs 500 points to become a Master Bridge player which Glenna says usually takes three to ten years to achieve. She has a whopping 7,000 points and is the only master teacher in Wisconsin and one of just three in the Midwest! Join us for this great program on October 26 at 10:30 a.m. To register, visit [www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter) and click on the "Programs Registration" tab at the top!

## ◆ Fitchburg Family Pharmacy Drop-In Medication Reviews

Do you have questions about:

- ◆ Side effects from my medications?
- ◆ Could I be taking a less expensive generic alternative?
- ◆ Might my medications cause interactions that I should know about?

**Fitchburg Family  
Pharmacy**

If you can relate to any of the above or have other concerns/questions, stop by our NEW drop-in visit with a pharmacist from Fitchburg Family Pharmacy on Wednesday, October 18 at 9:00 a.m.



## Exercise, Groups & How To Register

To register for most programs below, visit [www.fitchburgwi.gov/seniorcenter](http://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 October 3–31, 11:15–11:45 a.m. Cost: \$20.



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

In-person & Zoom, October 3–31 for a great cardio and light strength-building routine!  
8:30 in-person / 8:30 Zoom / 9:45 in-person. Cost: \$30



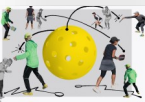
### **Yoga W/ Kurt Fall Session Two**

In-person & Zoom, November 7 – December 19. Seven weeks. \$56  
 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.



### **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) (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 information can be found on our website: [www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter)





## Ballroom Basics For Balance—Thursdays, October 6— December 15 (skip November 24). 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 register, visit our website and click on program registration at the top of the home page: [www.fitchburgwi.gov/621/Senior-Center](http://www.fitchburgwi.gov/621/Senior-Center)

## 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](mailto: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!

**OCTOBER Salads!**

**NEW**

**Every Tuesday!**

### **Chicken Cranberry Bacon Bleu 10/04/22**

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

Dressing: Balsamic Vinaigrette

Meal items with this: oj & oatmeal cream pie

### **Harvest Salad 10/11/22**

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

Dressing: Balsamic Vinaigrette

Meal items with this: peaches & cookie

### **Hummus Platter: 10/18/22**

Pita wedges, Hummus, roasted vegetables with green garnish

Meal items with this: fruit & brownie

### **Pulled Pork Santa Fe Salad 10/25/22**

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

Dressing: Ranch

Meal items with this: peaches & peanut butter cup

\*Limited to dine in only.

## Fitchburg Historical Society Presents: "City of Fitchburg—Insights about a Growing City"

City Administrator Chad Brecklin will present details about the growth of Fitchburg and what to expect in the near future.

Join us on Sunday, October 9 at 1:30 p.m. at the Fitchburg Public Library. Free and open to the public.

## Ready to VOTE in November?



The 2022 General Election is November 8. If you've moved recently,

you will need to register to vote based on your new address.

Any questions, contact the City Clerk's office at  
608-270-4200

or visit the website: [myvote.wi.gov](http://myvote.wi.gov)

You must be a resident for at least 28 days before you can vote at your new polling place.

If your move occurred after October 11, 2022 you should plan to vote at your previous polling place.

## FITCHBURG SENIOR CENTER FRIENDS SEPTEMBER 2022

These are ways to easily support FSCF at no added cost to you!

AMAZON SMILE: Sign in to [smile.amazon.com](https://smile.amazon.com) and select Fitchburg Senior Center Friends as your preferred charity

Direct link: <https://smile.amazon.com/ch/39-1472958>

### HYVEE RED REUSABLE BAG GIVING TAG PROGRAM

Buy a red HyVee bag. Using the attached tag designate Fitchburg Senior Center as the recipient of a donation: [vee@bag4mycause.com](mailto:vee@bag4mycause.com)

Use [mayflowercruisesandtours.com](https://mayflowercruisesandtours.com)

Group Sales Dept. 1-800-728-0724 Ext. 525 and mention Fitchburg Senior Center Friends on ANY reservation with them (even those not sponsored by FSCF) and tell them you want FSCF to receive the credit. Travelers returned from the Colorado Antique Trains Tour and from Iceland reported a great experience through MAYFLOWER. Fifteen more travelers will be heading to Southwest National Parks at the end of September.

This month FSC Friends paid out \$458.37 for clients' special needs. Four scholarships for FSC programs \$80.

Showcase expenses \$11.58.



## COME TRAVEL WITH US IN 2022 - 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, October 13, 2022 at 1:30 p.m.

We will discuss the book, *Nomadland* by Jessica Bruder. "Nomadland tells a tale of the dark underbelly of the American economy—one which foreshadows the precarious future that may await many more of us. At the same time, it celebrates the exceptional resilience and creativity of these Americans who have given up ordinary life to survive, but have not given up hope. "

November 11, 2022 *All the Light We Cannot See* by Anthony Doerr

December 9, 2022 *Wuthering Heights* by Emily Bronte (Classic)

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

For a full listing of books for 2023, please visit [www.fitchburgwi.gov/seniorcenter](http://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.

The *I Love a Mystery Book Club* will meet on Thursday, October 27, 2022 at 1:30 p.m. at the Fitchburg Senior Center. (the 4th Thursday). We will discuss the book, *Figure Eight: A Northern Lakes Mystery* by Jeff Nania. It is #1 in the series by this Wisconsin author. John Cabrelli, a decorated law enforcement officer is notified that he is heir to his aunt and uncle's cabin on a lake where he spent much of his youth. His return to Wisconsin's Northwoods brings healing and a sense of peace long forgotten. Little does John know that danger is waiting for him in the north country.

### 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](mailto: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](mailto:info@cremationsocietyofmadison.com)



**CREMATION SOCIETY OF  
MADISON**

### **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](mailto:diane@dillettcompany.com) • [www.medinsuranceseniors.com](http://www.medinsuranceseniors.com)

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





## Rides To Your Medical Appointments Are Only A Phone Call Away!

Do you have difficulty getting yourself to the doctor? Do you have kids in the area who can help out from time to time, but they have busy schedules? Consider using our RSVP of Dane County volunteer ride program. The Senior Center has a group of volunteers who take time out of their day to safely transport folks just like you to and from appointments.

See page 10 under Transportation Services for more information.

## 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.

3rd Wednesday of each month, 9:00-10:00 a.m. October 19

Hosted by Financial Advisors Brad Stepp & Stephanie Blankenheim

RSVP is required: 608-271-5100 or [amy.holt@edwardjones.com](mailto:amy.holt@edwardjones.com)



## Edward Jones®



### Stephanie Blankenheim

Financial Advisor

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

> [edwardjones.com](http://edwardjones.com)

MKT-5894M-A

## Car Concierge Auto Delivery

*You fly, let me drive!*

Vehicle Delivery Service in Continental U.S.

**Specializing in Snowbirds**

*But will deliver anywhere in USA*

608.692.8322 • [Timdybevik77@gmail.com](mailto:Timdybevik77@gmail.com)

[www.carconciergeautodelivery.com](http://www.carconciergeautodelivery.com)

*Bonded* Dybevik Enterprises, LLC *Insured*



## Community PC

REMOTE & ONSITE SERVICE

**Specializing in Tech Support for Seniors!**



We'll Bring the  
Shop to You ...

... Or We'll Meet  
You on the Web!



608.268.7178

[help@commpc.com](mailto:help@commpc.com)

WINDOWS | APPLE | DROID | LINUX  
"We Know What Makes Computers Happy"



## THE Waterford at Fitchburg

COMMUNITY

Find your joy here.

5440 Caddis Bend, Fitchburg, WI

608-270-9200

[waterfordatfitchburg.com](http://waterfordatfitchburg.com)

1

## Gunderson Funeral Home Three Part Planning Series

### Do your loved ones know your final wishes? OR 7 Deadly Mistakes in Funeral Planning

Don't leave the burden behind for your family. There are hundreds of decisions that will have to be made in a very short amount of time. Don't make the seven deadly mistakes in funeral planning. Nickie Gard and Melissa Theisen from Gunderson Funeral Home walk you through the basics of advanced planning to provide your family with peace of mind so you are prepared.

Wednesday, October 12 at 10:00 a.m. MUST REGISTER

### Want to have the last word?

2

Then write your own obituary. Learn to highlight the little and big things that matter to YOU the most. Make sure people read what YOU think is important. Melissa Theisen and Nickie Gard from Gunderson Funeral Home will be here to talk about writing your own obituary and the last impression you would like to give to your family and community.

Wednesday, November 9 at 10:00 a.m. MUST REGISTER

3

### What is Green Burial?

Learn from Shedd Farley, Natural Path Sanctuary, Nickie Gard and Melissa Theisen, 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. MUST REGISTER



# Important Medicare Information

**Annual Enrollment Dates  
for Medicare Part D and  
Medicare Advantage Plans**



**October 15 - December 7, 2022**

➡ **Plans can change their premiums, co-pays and other plan details each year. Be sure to review you plan and make changes by December 7, 2022.**

➡ **The Social Work/Case Management Team at the Fitchburg Senior Center is here to help. Please call 608-270-4290 or visit our programs page [www.fscprograms.com](http://www.fscprograms.com) to self-register for a one-hour timeslot.**

# OCTOBER

# 2022

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
*Ham and Potato Casserole WW Dinner Roll Peas Peach Jell-o  MO – Soy Casserole NCS – SF Jell-o	Chicken & Gravy Over White bread Carrots Broccoli Orange juice cup Oatmeal cream pie <b>Chic Cran Bacon Bleu</b> MO – Soy & gravy NCS – peach	Sloppy Joe on WW Bun Potato Salad Mixed Vegetable Banana Oreo Cookie  MO – Chickpea Joe NCS – SF pudding	*Pork Loin in Gravy Yam Bake 3 Beans Salad Croissant Cinn. applesauce Pound cake  MO – Soy meatballs NCS – banana	Chicken Stew Mixed greens Dressing Crackers Copper Penny salad Pear Chocolate Pudding MO – Veggie Soy stew NCS – SF pudding
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Cheeseburger: w/ Ketchup/mustard Calico Beans Potato Salad Fruit Cocktail Brownie  MO – Black Bean Burger NCS – SF jell-o	*Meatballs in Marinara Over Penne 4 bean salad Peach Oreo cookie <b>Harvest Salad!</b> MO – Soy meatballs NCS – pineapple	Fish Sandwich: w/ Cheese & Tartar Yams Peas Pear Nutty Buddy bar  MO – Garden Burger NCS – SF pudding	Tomato Bean Soup Crackers Caesar Salad: w/ Parmesan, Croutons Pineapple Jell-o  MO – Veg bean soup NCS – banana	BBQ Chicken Cheesy Potatoes WW Bread Banana Berry applesauce  MO – Veggie BBQ chicken
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Lemon Dill Fish Tartar Sauce Baked potato Sour Cream Coleslaw WW Bread Butterscotch pudding MO– Hummus & Pita NCS – SF pudding	Chicken Broccoli Rice Casserole Carrot Coins Chickpea Salad Fruit cup Brownie <b>Hummus Platter!</b> MO – Soy Broccoli Casserole NCS – SF jell-o	Chili Cheese Baked potato Sour cream Cornbread Pear cup Fig newton bar  MO – Veggie Chili NCS – peach cup	Traditional Meatloaf Mashed potatoes Broccoli White Bread Applesauce  MO – Veg meatballs	*Pork Loin in Gravy Mashed Potatoes Peas WW Bread Mandarin Orange Cookie MO – Veggie Wrap NAS – pineapple
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Chicken a la King Brown Rice Capri blend Broccoli Salad Fruit Cocktail Cookie bar MO – Soy a la King NCS – SF Jell-O	Meat Spaghetti Carrots Mixed Green Salad Dressing Peach Peanut butter cup <b>Pulled Pork Santa Fe</b> MO – Marinara NCS – pineapple	*Italian Sausage Coney Bun Roasted potatoes Stewed Tomatoes Mandarin Orange Brownie MO– Hummus & Vegies NCS – SF pudding	*BBQ Ribs Cheesy Potatoes Pickled Beets WW Dinner Roll Applesauce  MO – BBQ Soy	*Meatballs in gravy Mashed potatoes Mixed greens Dressing WW Dinner roll Mixed Fruit cup Chocolate Pudding MO – Soy meatballs NCS – SF pudding

## Monday 31

Garlic Parmesan  
Chicken  
Stewed tomatoes  
Spinach Casserole  
WW Bread  
Peach cup  
Lemon Bar  
MO – Soy Parmesan  
NCS – pear cup

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

Senior Dining



Fellowship, Food & Fun

**To Note: Meals at the Senior Center EVERY Wednesday**  
**SALAD OPTION TUESDAYS! (dine in only)**  
**For meal reservations, you must call 270-4290**  
**by 9:00 a.m. the day before!**





# OCTOBER 2022

\* \* = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																				
<div>3</div> <div>8:30 AM Aerobics ** 9:00 AM Yarn Group 9:45 AM Aerobics ** 10:00 AM Bridge 11:15 AM F-Fitness ** <u>11:30 AM St. Vincent Pantry</u> 1:00 PM Ping Pong</div>	<div>4</div> <div>8:30 AM Quilters <u>9:30 AM Shop-Target</u> 12:45 PM Euchre 1:00 PM Mahjong Foot Care** Pickleball Pre-Register</div>	<div>5</div> <div>8:30 AM Aerobics ** <u>9:30 AM Shop-Walmart</u> 9:45 AM Aerobics ** 10:00 AM Art Studio 11:15 AM F-Fitness ** 1:00 PM Singers</div>	<div>6</div> <div>9:00 AM FSC Friends 9:00 AM Tai Chi ** <u>9:30 AM Shop-Pick N Save</u> 12:30 PM Bingo <u>12:30 PM Chess Club</u> 1:00 PM Sheepshead</div>	<div>7</div> <div>8:30 AM Aerobics ** 9:00 AM Ping Pong 9:45 AM Aerobics** 11:15 AM F-Fitness ** 1:00 PM Bunko</div>																																																																																				
<div>10</div> <div>8:30 AM Aerobics ** 9:00 AM Yarn Group 9:45 AM Aerobics ** 10:00 AM Bridge 11:15 AM F-Fitness ** <u>11:30 AM St. Vincent Pantry</u> 1:00 PM Ping Pong</div>	<div>11</div> <div>8:30 AM Quilters <u>9:30 AM Shop-HyVee</u> 10:00 AM Hookers 12:45 PM Euchre 1:00 PM Mahjong 2:00 PM Men's Group** Pickleball Pre-Register</div>	<div>12</div> <div>8:30 AM Aerobics ** <u>9:30 AM Shop-Walmart</u> 9:45 AM Aerobics ** 10:00 AM Art Studio 11:15 AM F-Fitness **</div>	<div>13</div> <div>9:00 AM Tai Chi ** <u>9:30 AM Shop-Pick N Save</u> 10:00 AM Caregiver Support ** 12:30 PM Bingo <u>12:30 PM Chess Club</u> 1:00 PM Sheepshead 1:30 PM Book Club**</div>	<div>14</div> <div>8:30 AM Aerobics ** 9:00 AM Ping Pong 9:45 AM Aerobics** 11:15 AM F-Fitness ** 1:00 PM Bunko Footcare**</div>																																																																																				
<div>17</div> <div>8:30 AM Aerobics ** 9:00 AM Yarn Group 9:45 AM Aerobics ** 10:00 AM Bridge 11:15 AM F-Fitness ** <u>11:30 AM St. Vincent Pantry</u> 1:00 PM Ping Pong</div>	<div>18</div> <div>8:30 AM Quilters <u>9:30 AM Shop-Aldi's</u> 12:45 PM Euchre 1:00 PM Mahjong Foot Care** Pickleball Pre-Register</div>	<div>19</div> <div>8:30 AM Aerobics ** <u>9:30 AM Shop-Walmart</u> 9:45 AM Aerobics ** 10:00 AM Art Studio 11:15 AM F-Fitness ** 1:00 PM Singers</div>	<div>20</div> <div>9:00 AM Cross Stitch 9:00 AM Tai Chi ** <u>9:30 AM Shop-Pick N Save</u> 12:30 PM Bingo <u>12:30 PM Chess Club</u> 1:00 PM Sheepshead</div>	<div>21</div> <div>8:30 AM Aerobics ** 9:00 AM Ping Pong 9:45 AM Aerobics** 11:15 AM F-Fitness ** 1:00 PM Bunko</div>																																																																																				
<div>24</div> <div>8:30 AM Aerobics ** 9:00 AM Yarn Group 9:45 AM Aerobics ** 10:00 AM Bridge 11:15 AM F-Fitness ** <u>11:30 AM St. Vincent Pantry</u> 1:00 PM Ping Pong</div>	<div>25</div> <div>8:30 AM Quilters <u>9:30 AM Shop-Target</u> 10:00 AM Hookers 12:45 PM Euchre 1:00 PM Mahjong 2:15 PM Women's Group Pickleball Pre-Register</div>	<div>26</div> <div>8:30 AM Aerobics ** <u>9:30 AM Shop-Walmart</u> 9:45 AM Aerobics ** 10:00 AM Art Studio 11:15 AM F-Fitness **</div>	<div>27</div> <div>9:00 AM Tai Chi ** <u>9:30 AM Shop-Pick N Save</u> 12:30 PM Bingo <u>12:30 PM Chess Club</u> 1:00 PM Sheepshead 1:30 PM Mystery Book Club</div>	<div>28</div> <div>8:30 AM Aerobics ** 9:00 AM Ping Pong 9:45 AM Aerobics** 11:15 AM F-Fitness ** 1:00 PM Bunko Footcare**</div>																																																																																				
<div>31</div> <div>8:30 AM Aerobics ** 9:00 AM Yarn Group 9:45 AM Aerobics ** 10:00 AM Bridge 11:15 AM F-Fitness ** <u>11:30 AM St. Vincent Pantry</u> 1:00 PM Ping Pong</div>	<div><div>Sep 2022</div><table><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr><tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr><tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr><tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr><tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr><tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr></table></div> <div><div>Nov 2022</div><table><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr><tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr><tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr><tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr><tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr><tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr></table></div>				M	T	W	T	F	S	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			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				
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																																																																																				
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																																																																																						



# 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](mailto: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

### Translation Services Available

We are excited that the Fitchburg Senior Center has a language line service to translate for hundreds of languages, including Spanish, Hmong, Sign Language, and much more! Call us today to ask for an interpreter. 608-270-4290.

Nosotros estA'mos emocionada do anunciar que el Fitchburg Senior Center tiene un servicio de línea de idiomas para traducir cientos de idiomas que incluyen español, hmong, lenguaje de señas y mucho más! Llámenos hoy y solicite un intérprete.



### Cost:

\$30 for 30 min.  
\$40 for 45 min.  
\$50 for 60 min.  
\$70 for 90 min.

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

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	

**Fun Factor!**  
10 + +

## Make-and-Take Card Club News!

The Make-a-Card Club will meet twice in October, on the 14th and the 28th from 12:15–2:30 p.m.  
Please call 608-270-4290 so we know about how many people are coming. Thanks!



## 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](mailto:inman_ma@yahoo.com) (Drop-in)



## Lesbian Women's Social Group

Many older lesbian women may feel isolated and without community support as they age. Their life experiences can be quite different which can present barriers to feelings of acceptance. The purpose of the Lesbian Women's Social Group is to provide support from like-minded women and promote a sense of community among group members.

The current plan is to hold a monthly walk at McKee Farms Park, 2930 Chapel Valley Road. This will serve as a group builder as well as an icebreaker for new members. After a loop around the park, the group will decide on at least one social event in the community they might be interested in attending together (such as a festival, restaurant, movie etc.) during the next month. Accommodations will be made for those who are unable to walk. Call the Senior Center at 608-270-4290 for any questions.

The group will continue to meet for walks on the 3<sup>rd</sup> Tuesday of each month at 10:30 a.m. For more information, please call the Senior Center at 608-270-4290.

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

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

**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.



**TRAVELING  
for TOOTSIES**  
MOBILE PEDICURIST

**Amy Foster, CMP**  
Owner, Master Pedicurist

**608-576-8986**  
[TravelingForTootsies@gmail.com](mailto:TravelingForTootsies@gmail.com)



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](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