

Older Americans Month + 90's Party

The theme for 2024 is *Powered by Connection*, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.



We cordially invite you to join us on **Wednesday, May 22**, to celebrate Older Americans Month and Fitchburg's seniors who are **90 years or older**. The event will begin with a photo session at **11:30 a.m.** followed by a scrumptious **lunch at 12:00 p.m.** Pulled Pork Sandwich, Mixed Vegetables and Baked Beans. While dining you will be entertained by our very own talented Fitchburg Singers. To register for the event, please call **608-270-4290** the day before by **9:00 a.m.** We look forward to paying tribute to the remarkable achievements of our senior community members.



Tax Help Thank You—See Page Six / We Are CLOSED May 27

Fitness In The Park W/ Melissa!



Join Melissa for outdoor exercise classes at Kids Crossing (McKee Park) shelter every Tuesday **May 7–28 at 10:30 a.m.** This invigorating class combines cardio, bodyweight strength exercises, and scenic paths for additional aerobic moves and balance routines.

Get four full classes for just **\$15/\$5 drop-in**, making fitness accessible to all. Don't miss this chance to revitalize your fitness routine, connect with nature, and meet fellow fitness enthusiasts. Lace up your sneakers and join us at McKee Park. Fitness in the Park will run each month until the fall.



Exploring Watercolor



Join Mary Wixson to learn about this beautiful painting method. These classes are designed for both beginners and continuing students.

- ◆ You will learn about materials, and a variety of Watercolor painting techniques.
- ◆ Each class will have demonstrations, individual instruction, and lots of time to paint.
- ◆ All materials will be provided, but you may bring your own.
- ◆ You can sign up for individual classes that fit your schedule.
- ◆ **\$30.00** per class includes all supplies / **\$25** for experienced students w/ own supplies.
- ◆ Wednesdays starting **May 15** from **1:00–4:00 p.m.** **NO CLASS June 26.**

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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

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

Please visit our City page at

www.fitchburgwi.gov/seniorcenter

Advertising Disclaimer Policy

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

How To Register For Programs

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

Programs Registration Page

Click Here To Explore



Program Scholarships

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

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

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

Program Cancellation Policy

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

Photo Disclaimer

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

Functional Fitness! (M-W-F)



Join instructors Melissa & Felicia for a great chair-based exercise class. The series runs from **May 1–31 (Closed 27th)**. 11:15–11:45 a.m. Cost: \$20

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



In-person & Zoom, **May 1–31 (Closed 27th)**. 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, **June 3–Aug. 26, 2024 (no class Aug.5)**. 12 weeks. \$96. 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. 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.** Open play dates are listed on the registration page also. You can check your spot on the roster on the current registration form up to the day of play.

Cardio Drumming W/ Melissa!



July dates to be posted in the June newsletter



Outdoor Walking Survey

Explore the captivating pathways that stem directly from the Senior Center! Yes, it's true, and we're eager to gauge your interest in joining a walking group. Participate in our survey online and voice your opinions. Head over to our programming page, navigate to the exercise classes category, and complete the survey. If you're seeking motivation and a touch of accountability to get moving, this survey is designed with you in mind!



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, May 9–30 at 11:00 a.m.** in the spacious Oak Hall Room on the upper level. Cost: \$30 / \$ 8 drop-in.

Ballroom Basics For Balance



New dates coming in June

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, May 7–28**. 75–minute classes starting at **10:00 a.m.** Cost: \$50. It is critical that you are able to attend all four classes.

Living Well With Arthritis



"It is estimated that 58 million adults have arthritis in the United States. This number is only expected to grow as our nation's population ages. Join Dr. Leah Grinvalsky, PT, DPT of Aegis Therapies, in partnership with The Waterford at Fitchburg, as we discuss risk factors and management strategies for living with arthritis" **Wednesday, May 29 at 1:00**–Fitchburg Senior Center. No registration required.

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.



May 8: From Landfill to Lifestyle! 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**. **Fourth Wednesday** at **1:00 p.m.**

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.

**BIENVENIDOS ADULTOS MAYORES
LATINOS AL CENTRO PARA PERSONAS
MAYORES DE FITCHBURG**

**LUNES
10:30 A.M.**

**¡ÚNASE A NOSOTROS PARA SOCIALIZAR,
ACTIVIDADES Y MÁS!**

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



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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 Thurs. of each month** at **10:00 a.m.**

THE Courtyard
at FITCHBURG
ASSISTED LIVING & MEMORY CARE

Visit Fitchburg's
NEWEST
Senior Living Community

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

Summer Rides For Joe—The Best Group Ride Around!



In memory of Joe Imilkowski, a long-time Fitchburg resident and passionate biker, the summer rides promise to be both fun and meaningful. All participants are required to wear helmets for safety reasons, and the rides will start and end at the Fitchburg Senior Center. The first ride is scheduled for **Wednesday, May 1, at 10:00 a.m.**

Whether you are a seasoned biker or just starting, the summer bike rides in Fitchburg are an excellent way to stay active, explore the city's hidden gems, and connect with nature. So, dust off your bike, grab your helmet, and get ready for a thrilling biking adventure this summer. You can choose between two ride options: either 6-8 miles or 10-12 miles. However, it's essential to register before the ride.

This year we have a fast track registration system. Fill out the form, sign waiver day of ride and off you go! Please arrive **15 minutes prior** to the start time of **10:00 a.m.**

LUNCH & LEARN SERIES

Expand your knowledge and benefit your wellbeing!

May 1 - Oral/Dental Hygiene. Affordable Dental

• Wednesdays 12:00 p.m.

May 15 - Gardening Tips & Tricks. Felly's Greenhouse

• Fitchburg Senior Center Dining Room

June 5 - We All Scream For Ice Cream. Craig Culver

• To register, reserve a meal or sign up for a ride call 608-270-4290 the day prior by 9:00 a.m.

June 19 - Learn About Your Local Cable Channel. Fitchburg's FACTV Dept.

June 26 - Advanced Care Planning - UW Hospital



Dr. Zorba Paster (On Your Health) Trusted For Debunking Medical Myth, Addresses Key Nutrition And Health Misconceptions On Wednesday, May 22 At 1:00 P.M.

- "Fat makes you fat": Caloric balance, not just fat intake, influences weight.
- "Eating late causes weight gain": Total daily calories matter most.
- "Regular detox is necessary": The body naturally detoxifies; extreme detox methods can harm.
- "All carbs are bad": Differentiate between whole and refined carbs.
- "Avoid cholesterol-rich foods": Dietary cholesterol has minimal impact on blood cholesterol for most.
- "Drink eight glasses daily": Hydration needs vary; thirst is a better indicator.
- "Gluten-free is universally healthier": Not for everyone.
- "Natural sweeteners are superior": Consume in moderation.
- "Spot reduction of fat": Exercise and diet contribute uniformly.



Novation Senior Commons
 Novation is ideally located in Fitchburg, WI, minutes from Downtown Madison & the Beltline. Each resident has full access to a community lounge, fitness center & sunroom. 1 & 2 bedroom homes available!

608-422-0595
 2675 Novation Pkwy
 Madison, WI 53713
 Novation@BearProperty.com
 NovationSeniorCommons.com

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Food Pantry Donations

The Senior Center accepts food donations year-round for local pantries. Donations can be dropped off **Monday—Friday 8:00 a.m.—4:00 p.m.**



How To Register—See Page 2



Friday Fun Day!

Jump start your weekend with Friday Fun Days! Two times per month, beginning June 14, join us for board games and more. Enjoy hassle-free transportation and unlimited fun from 1:00 - 3:00 p.m. on June 14 and 28, 2024. All games provided—let the good times roll!



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.

Share Your Skillset With Others



If you have a skillset that you're passionate about and would like to share with others, David Hill welcomes you to reach out to him via email at david.hill@fitchburgwi.gov.

A BIG Thank You!
To Therese Strome and her Tax Team from AARP, for planning and implementing tax help from February through April for our residents! Thank you!!!

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



May is the time when the flowers bloom, the birds sing, and the world awakens from its winter slumber." - Unknown

Did you know in May...?

Asian & Pacific American Heritage Month

Jewish American Month

National Lyme Disease & Mental Health Awareness Month

May 5: Cinco De Mayo

May 12: Happy Mother's Day

May 27: Happy Memorial Day

May 6-10: Teacher Appreciation Week

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.



CRIBBAGE

MONDAYS & WEDNESDAYS AT 1:00

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

2024 TRIPS INCLUDE:

● **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 - limited
spots available**

SEPTEMBER 18 - 27, 2024

**Stop by the Senior Center to
check out our travel display!**

Why Books?

Presented by David Benjamin, author of 18 books and winner of 32 book awards!

Enjoy this interactive program all about the love of books! Bring a memory of your favorite books and/or your favorite authors. When did your love of reading begin? **Tuesday, June 11 at 1:00 p.m.** Registration appreciated, but not required.



SAVE THE DATE
AGING ADVOCACY DAY 2024
Tuesday, May 14, 2024 | Madison, WI

For more information and to register (deadline 4/29) <https://gwaar.org/aging-advocacy-day-2024>

Join us for the 8th annual Aging Advocacy Day!
Advocates from around the state will gather to help educate state legislators about issues affecting older adults and caregivers in Wisconsin!
No experience necessary; training is provided.

Morning training at the Best Western Premier Park Hotel, 22 S. Carroll St., Madison; and **Afternoon visits** with your legislators/key staff members at the Wisconsin State Capitol.

We will also be working with local aging network partners to schedule and host follow up in-district meeting opportunities over the summer of 2024.

Make a difference. Let your voice be heard.

Contact: Janet Zander
1414 MacArthur Rd.
Madison, WI 53714
janet.zander@gwaar.org
(608) 228-7253

#WIAgingAdvocacyDay
#WIAAD24

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UW Medical Students Present: Five Daily Habits To Happiness

Did you know that in less than 30 minutes, you can boost your happiness? In this interactive session, UW-Madison Medical Students Xander and Emily will discuss and demonstrate five straightforward daily habits that can promote happiness. These include: practicing gratitude, reflection techniques, exercise, meditation, and acts of kindness. These techniques aim to enhance your mood, foster wellness, promote health, and strengthen relationships with others. Join us at the Senior Center on **Friday, May 24 at 1:00 p.m.**



Want to have the last word?

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 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.

Join us at the Fitchburg Senior Center on **Tuesday, May 14 at 1:00 p.m.**



What is Healthy Living with Chronic Pain?

This workshop is designed to help people with chronic pain learn coping skills, increase confidence, and minimize the adverse affects of pain. These small group workshops are led by two trained facilitators and meet one hour per week for six weeks over a conference call. No computer needed! Participate from the comfort of your home. This over-the-phone workshop needs to be scheduled by **May 13, 2024**. Dates: **May 23—June 27, 2024**. **Suggested donation of \$15**. Call Julie at 608-332-1077 or at Deanna 608-327-7285. This program made possible by the Area Agency on Aging.



Encompass Health - Fitchburg Newest Inpatient Rehabilitation Hospital

Explore Fitchburg's newest healthcare cornerstone: Encompass Rehab Hospital, in collaboration with SSM Health. As a part of the nationwide Encompass Health network—with over 160 facilities—it is a beacon of advanced rehabilitation. Join us on **Thursday, June 20 at 1:00 p.m.** to delve into cutting-edge technologies, tailored care plans, and convenient on-site services like pharmacy, dialysis, and wound care that set Encompass Health apart from other rehabs in the area. Experience a fresh perspective on healthcare—don't miss out! Registration appreciated for presentation material amount, but not mandatory.



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Fitchburg Senior Center Friends (FSCF)

The Fitchburg Senior Center Friends were pleased to provide \$301.32 in March to support Senior Center participants, programs, and activities.



Another annual pancake breakfast was a success! And we couldn't have done it without our supporters.

- Thank you to all who volunteered their time and assistance. Your help with advance preparations and the many tasks the day of the breakfast was much appreciated.
- Thank you to all who attended the Pancake Breakfast. We hope you enjoyed a delicious breakfast, spending time with old friends, meeting new friends, and supporting the Fitchburg Senior Center Friends.
- Thank you to the businesses that provided monetary and other donations to the Pancake Breakfast: Benvenuto's; Don's Home Furniture; Fields Jaguar Land Rover Volvo Madison; Gunderson Funeral Home; Oak Bank; The Courtyard; and Wisconsin Bank and Trust.



Thank you to those who attended our May 2 travel presentation about the September 2025 trip to French Canada. There may still be a few openings on the August/September Danube River Cruise. For information, contact the Friends travel committee at travel@fscf.org.

Spades

Every Tuesday at 10:30 - join the fun!

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



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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.

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](tel:6087704733)

Massage & Reflexology

Gregory Newman LMT,NCTMB. Mon. Mornings/Wed. Afternoons. Call Greg at [608-770-4633](tel:6087704633)

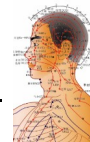
Cost:

\$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.

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.





Gunderson

LIFE CELEBRATION CENTERS

Celebrating 100 Years of Caring for Your Family

Drop-In Games & More - New Players Always Welcomed

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

Make-a-Card Club News!

There will be two changes for our group starting in May. Instead of Friday, we will be meeting on Tuesday, and our location will be the art room (which is where we began meeting two years ago). What is the same? The time: 12:15-2:00 p.m. Friendly people gathering to make a variety of cards using our abundant supplies! A bonus card is yours for every card made. Join us on Tuesday, May 7 and Tuesday, May 21.



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!



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, May 9, 2024 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *The Storied Life of A.J. Fikry* by Gabrielle Zevin. 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, May 23, 2024 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *Old Bones* by Preston & Child.

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.**



WHAT'S YOUR STORY

STORYTELLING

- **Storytelling is an important part of connection in people's lives and their communities, and it helps people feel less alone.**
- **When we talk about events, characters, themes, feelings and ideas, we are using storytelling techniques. Would you like to work on your storytelling techniques?**

- **Join storyteller, Alice Pauser on Wednesday, May 8 at 1:00 p.m. for a free introductory into storytelling.**
- **Formal classes will start the following week, Wednesday, May 15 at 1:00 p.m. and run twice a month. Cost \$10 per class. Visit our programming page for more details and to register!**

YOUR STORY IS
IMPORTANT!

STORYTELLING IS
FUN!

CONNECTING WITH
OTHERS IS
IMPORTANT!

A GOOD STORY CAN
RESULT IN A BETTER
DAY!



Alice Pauser,
storytelling
champion on
multiple occasions
at The Moth in
Madison &
Milwaukee!

Party on the Patio

Come mingle, relax, and enjoy the ambiance of our new outdoor space! Our very own FUN (Fitchburg Ukelele Network) will be providing some background tunes as you enjoy the festivities of the patio. Refreshments will be served.

Also, patio pavers still available for engraving. See Jill, Director, for more information about how you can leave a lasting legacy!

Friday, May 31 from 12:30-1:30 p.m.



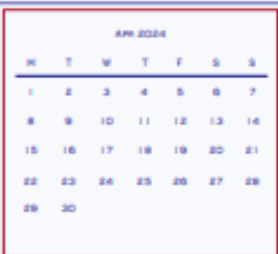


MAY 2024

		1	2	3
<p>PB= Plant Based SF= Sugar Free WG= Whole Grain MO=Meatless SO=Salad Option *Contains Pork</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>Call 270-4290 by 9:00 a.m. to reserve a meal for the following day.</p>		<p>Chicken Salad Sandwich Coleslaw Baby Carrots & Ranch Fresh Fruit Mix Cherry Apple Bar</p> <p>MO: Mediterranean Veggie Sandwich NCS: Cantaloupe SO: Sunflower Crunch</p>	<p>*Lasagna Steamed Broccoli Italian Vegetable Mix WG Bread Diced Pears Snickerdoodle Cookie</p> <p>MO: PB Spaghetti NCS: SF Cookie SO: *Italian Salad</p>	<p>*BBQ Rib Sandwich *Hoppin John Beans Rosemary Potatoes Peaches Birthday Cake</p> <p>MO: PB Sausage NCS: Red Grapes</p>
6	7	8	9	10
<p>BBQ Chicken Sandwich Italian Veggie Blend Cauliflower Mandarin Oranges Pudding</p> <p>MO: PB BBQ Chicken NCS: SF Pudding SO: *Spinach Salad</p>	<p>Breakfast Tacos Tri Cut Potatoes Asparagus Tips Banana Assorted Danish</p> <p>MO: Veg/Egg Scramble NCS: Honey Dew SO: *Turkey Club</p>	<p>*Ham & Cheese Pinwheel 3 Bean Medley Tomato Cucumber Salad Orange Wedges Nutty Buddy Bar</p> <p>MO: Veggie Pinwheel NCS: SF Wafer SO: * Cobb Salad</p>	<p>Fajita Casserole Fiesta Corn Blend *Hoppin John Beans Cantaloupe Oatmeal Raisin Cookie</p> <p>MO: Beyond Taco NCS: SF Cookie SO: Southwest Chicken</p>	<p>*Creamy Potato w/ Bacon Soup WG Dinner Roll Side Salad Fruit Medley Yogurt</p> <p>MO: Butternut Squash NCS: Cantaloupe</p>
13	14	15	16	17
<p>*Brat on a Bun w/ Sauerkraut *Baked Beans Potato Salad Peanut Butter Brownie</p> <p>MO: PB Sausage NCS: Peanuts SO: Chicken Almond</p>	<p>Meatball Sub Green Beans Crinkle Cut Carrots M&M Cookie</p> <p>MO: PB Meatball NCS: SF Cookie SO: *Italian</p>	<p>Chicken Alfredo Sliced Beets Steamed Broccoli Fresh Cut Fruit Rice Krispie Treat</p> <p>MO: Veggie Alfredo NCS: SF Wafer SO: *Chicken Bacon</p>	<p>*Macaroni Pasta Salad Tomato Cucumber Salad Baby Carrots & Ranch Cantaloupe Super Donut</p> <p>MO: Veg Pasta Salad NCS: Banana SO: Garden Veg</p>	<p>Baked Cod w/Dill Cream Sauce WG Bread Paco Vegetables Peas and Carrots Sliced Peaches Red Velvet Cookie</p> <p>MO: PB Shrimp NCS: Red Grapes</p>
20	21	22	23	24
<p>*Ham & Cheddar Sandwich Raw Broccoli w/ Ranch Tropical Fruit Mix Nutty Buddy Bar</p> <p>MO: Mediterranean Veggie Sandwich NCS: Peanuts SO: *Chef Salad</p>	<p>Lemon Herb Chicken w/ Wild Rice Prince Charles Veg Carrots Fresh Cut Fruit Peanut Butter Pie</p> <p>MO: PB Chicken NCS: Peanuts SO: Chicken Caesar</p>	<p>*Pulled Pork Sandwich Mixed Vegetables *Baked Beans Sliced Peaches Sugar Cookie</p> <p>MO: BBQ Jackfruit NCS: SF Cookie SO: *Cobb Salad</p>	<p>Grilled Hamburger Fiesta Corn Blend Cheesy Garlic Potatoes Lemon Cookie</p> <p>MO: Black Bean Patty NCS: SF Cookie SO: Southwest Chicken</p>	<p>Chili Mac Casserole Capri Vegetables Peas w/ Pearl Onions Cantaloupe Blueberry Muffin</p> <p>MO: Beyond Chili NCS: Blueberries</p>
27	28	29	30	31
	<p>Chicken Pot Pie Roasted Garlic Mashed Potatoes Cranberry Sauce Chocolate Cookie</p> <p>MO: Bean & Veg Pie NCS: SF Pudding SO: Garden Veg</p>	<p>Chicken Broccoli Rice Prince Charles Veg Carrots Honey Dew Cherry Gel Cup</p> <p>MO: PB Chicken w/ Rice NCS: SF Jello SO: *Chicken Bacon</p>	<p>*Hot Dog on a Bun Corn *Baked Beans Fruit Medley Peach Crumb Bar</p> <p>MO: PB Sausage NCS: SF Wafer SO: Sunflower Crunch</p>	<p>Tuna Salad Sandwich 3 Bean Medley Raw Broccoli w/Ranch Fresh Fruit Mix Cookie</p> <p>MO: Mediterranean Veggie Sandwich NCS: SF Cookie</p>

MAY 2024

* * = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>10:00 AM Art Studio</p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Cribbage</p> <p>1:00 PM Singers</p> <p><u>8:30 & 9:30 a.m. Aerobics **</u></p>	<p>2</p> <p>9:00 AM FSC Friends</p> <p>9:00 AM Tai Chi **</p> <p>9:30 AM Informal Quilting</p> <p><u>9:30 AM Shop-Pick N Save</u></p> <p>12:30 PM Bilingual Bingo</p> <p>12:30 PM Chess Club</p> <p>1:00 PM Sheepshead</p>	<p>3</p> <p>9:00 AM Ping Pong</p> <p>9:45 AM Aerobics**</p> <p>11:00 AM Informal Writing Group</p> <p>11:15 AM F-Fitness **</p> <p><u>8:30 & 9:30 a.m. Aerobics **</u></p>
<p>6</p> <p>9:00 AM Yam Group</p> <p>10:00 AM Bridge</p> <p><u>11:00 AM St. Vincent Pantry</u></p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Cribbage</p> <p>1:00 PM Ping Pong</p> <p><u>8:30 & 9:30 a.m. Aerobics **</u></p>	<p>7</p> <p>8:30 AM Quilters</p> <p><u>9:30 AM Shop-Walmart</u></p> <p>11:00 AM Bid Whist/Spades</p> <p>12:45 PM Euchre</p> <p>Foot Care**</p> <p>Pickleball Pre-Register</p>	<p>8</p> <p>10:00 AM Art Studio</p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Cribbage</p> <p>2:00 PM Women's Group</p> <p><u>8:30 & 9:30 a.m. Aerobics **</u></p>	<p>9</p> <p>9:00 AM Cross Stitch</p> <p>9:00 AM Tai Chi **</p> <p>9:30 AM Informal Quilting</p> <p><u>9:30 AM Shop-Pick N Save</u></p> <p>10:00 AM Caregiver Support **</p> <p>12:30 PM Bilingual Bingo</p> <p>12:30 PM Chess Club</p> <p>1:00 PM Sheepshead</p> <p>1:30 PM Book Club**</p>	<p>10</p> <p>9:00 AM Ping Pong</p> <p>9:45 AM Aerobics**</p> <p>11:00 AM Informal Writing Group</p> <p>11:15 AM F-Fitness **</p> <p><u>8:30 & 9:30 a.m. Aerobics **</u></p> <p>Footcare**</p>
<p>13</p> <p>9:00 AM Yam Group</p> <p>10:00 AM Bridge</p> <p><u>11:00 AM St. Vincent Pantry</u></p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Cribbage</p> <p>1:00 PM Ping Pong</p> <p><u>8:30 & 9:30 a.m. Aerobics **</u></p>	<p>14</p> <p>8:30 AM Quilters</p> <p><u>9:30 AM Shop-Target</u></p> <p>11:00 AM Bid Whist/Spades</p> <p>12:45 PM Euchre</p> <p>2:00 PM Men's Group**</p> <p>Pickleball Pre-Register</p>	<p>15</p> <p>10:00 AM Art Studio</p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Cribbage</p> <p>1:00 PM Singers</p> <p><u>8:30 & 9:30 a.m. Aerobics **</u></p>	<p>16</p> <p>9:00 AM Tai Chi **</p> <p>9:30 AM Informal Quilting</p> <p><u>9:30 AM Shop-Pick N Save</u></p> <p>12:30 PM Bilingual Bingo</p> <p>12:30 PM Chess Club</p> <p>1:00 PM Sheepshead</p>	<p>17</p> <p>9:00 AM Ping Pong</p> <p>9:45 AM Aerobics**</p> <p>11:00 AM Informal Writing Group</p> <p>11:15 AM F-Fitness **</p> <p><u>8:30 & 9:30 a.m. Aerobics **</u></p>
<p>20</p> <p>9:00 AM Yam Group</p> <p>10:00 AM Bridge</p> <p><u>11:00 AM St. Vincent Pantry</u></p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Cribbage</p> <p>1:00 PM Ping Pong</p> <p><u>8:30 & 9:30 a.m. Aerobics **</u></p>	<p>21</p> <p>8:30 AM Quilters</p> <p><u>9:30 AM Shop-Walmart</u></p> <p>11:00 AM Bid Whist/Spades</p> <p>12:45 PM Euchre</p> <p>Foot Care**</p> <p>Pickleball Pre-Register</p>	<p>22</p> <p>10:00 AM Art Studio</p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Cribbage</p> <p><u>8:30 & 9:30 a.m. Aerobics **</u></p>	<p>23</p> <p>9:00 AM Tai Chi **</p> <p>9:30 AM Informal Quilting</p> <p><u>9:30 AM Shop-Pick N Save</u></p> <p>12:30 PM Bilingual Bingo</p> <p>12:30 PM Chess Club</p> <p>1:00 PM Sheepshead</p> <p>1:30 PM Mystery Book Club</p>	<p>24</p> <p>9:00 AM Ping Pong</p> <p>9:45 AM Aerobics**</p> <p>11:00 AM Informal Writing Group</p> <p>11:15 AM F-Fitness **</p> <p><u>8:30 & 9:30 a.m. Aerobics **</u></p> <p>Footcare**</p>
<p>27</p> <p>CLOSED</p>	<p>28</p> <p>8:30 AM Quilters</p> <p><u>9:30 AM Shop-HyVee/Aldi</u></p> <p>11:00 AM Bid Whist/Spades</p> <p>12:45 PM Euchre</p> <p>Pickleball Pre-Register</p>	<p>29</p> <p>10:00 AM Art Studio</p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Cribbage</p> <p><u>8:30 & 9:30 a.m. Aerobics **</u></p>	<p>30</p> <p>9:00 AM Tai Chi **</p> <p>9:30 AM Informal Quilting</p> <p><u>9:30 AM Shop-Pick N Save</u></p> <p>12:30 PM Bilingual Bingo</p> <p>12:30 PM Chess Club</p> <p>1:00 PM Sheepshead</p>	<p>31</p> <p>9:00 AM Ping Pong</p> <p>9:45 AM Aerobics**</p> <p>11:00 AM Informal Writing Group</p> <p>11:15 AM F-Fitness **</p> <p><u>8:30 & 9:30 a.m. Aerobics **</u></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



RSVP Ride Request Now Online

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

www.fitchburgwi.gov/seniorcenter

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

Salad Option Monday- Thursday!



You Have Options

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



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

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



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