

Let's **Celebrate!**

National Senior Center Month

FEATURING

Red Hot Horn Dawgs

Madison's Party Band

Music from 6:00 p.m. -8:00 p.m.

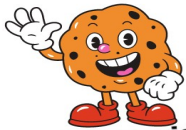


When: Thursday, September 19

Where: 5510 Lacy Road

Fitchburg Senior Center

Time: 5:00 p.m. – 8:00 p.m.



Cookies provided by
 The Waterford at
 Fitchburg & Quarry
 Ridge Communities!



THE CITY OF

Fitchburg
 SENIOR CENTER

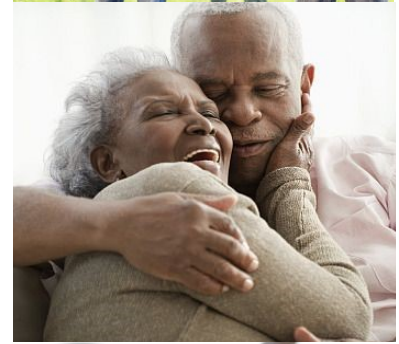
Beer



**Beer & Pulled Pork
 Sandwiches for
 purchase from the
 Friends!**



Fitchburg Senior Center Friends



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Fall Recycling Event! Saturday, Sept. 14 from 8:00-11:00 a.m.
 Held at the City Hall Campus 5520 Lacy Road. See the City website for more details.

Minds In Motion: Sessions For The Brain, Body & Soul



This program is for people with thinking and memory changes, mild cognitive impairment, and/or early diagnosis of dementia symptoms. Come join us for light exercise & movement, brain stimulating activities and connecting with others. The program will be offered the **third Tuesday of the month from 10:00–11:00 a.m.** We look forward to seeing you at the kick-off session on **Tuesday, September 17.** Minds in Motion is brought to you by the ADRC of Dane County, Wisconsin Alzheimer's Disease Research Center and the Fitchburg Senior Center.

Mission Statement

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

Vision Statement

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

Directory

Phone: 608-270-4290

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

Website: www.fitchburgwi.gov/seniorcenter

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

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

R

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 **September 4–30**. 11:15–11:45 a.m. Cost: \$20

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

In-person & Zoom, **September 4–30** for a great cardio and light strength-building routine! 8:30 a.m. in-person / 8:30 a.m. Zoom / 9:45 a.m. in-person. Cost: \$30

Yoga W/ Kurt (Mondays)

In-person & Zoom, **Sept. 9–Oct 21, 2024**. 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

Leader Khiang Seow will gently guide you through safe and sound movements. No registration needed. **Every Thursday at 9:00 a.m.** \$2 donation requested.

Tuesday Indoor Pickleball

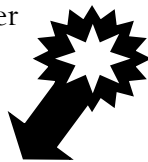
You can register for the following Tuesday play each **Tuesday at 10:00 a.m.**

Cardio Drumming W/ Melissa!

Mondays, October 7–November 25. Eight weeks. 12:45–1:30 p.m.

Fridays, October 4–November 22. Eight weeks. 12:45–1:30 p.m.

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

National Falls Prevention Week!

September 23–27 is a time to raise awareness of the importance of reducing falls as we age. Many falls happen at home where we spend most of our time without thinking about safety. Please join us on **Tuesday, September 24 at 11:00 a.m.** for an informative presentation by Jeff Dostalek, Deputy Chief for Fitch-Rona EMS, as he shares simple changes you can make to your home, both inside and out, that will help prevent falls. On **Thursday the 26th at 9:00 a.m.** we encourage you to learn techniques for good balance through Tai Chi with Khiang. This is a free opportunity for balance but also for self-care. **Drop-In**

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.

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, September 3–24**. **75-minute classes starting at 10:00 a.m.** **Cost: \$50**. It is critical that you are able to attend all four classes.

Line Dancing W/ Nancy Vidlack

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

Thursdays, September 5–26 from 11:00 a.m.– 12:00 p.m. in the spacious Oak Hall Room on the upper level. Cost: \$30 / \$8 drop-in. We require a minimum of twelve dancers to make this a go. Spread the word to your friends!

Ballroom Basics For Balance—Thursdays, September 19–November 21, 2024.

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

This **ten-week series** for only \$60 will be **1 hour 15 minutes** on **Thursdays at 6:00 p.m.** **No partner required.**

Payment is due within one week of registration. Payments can be dropped off at the Senior Center or sent in to the Fitchburg Senior Center, 5510 Lacy Road. 53711.

Rides For Joe—See our programming website for full details. Wednesday, September 4, 2024 at 10:00 a.m.



Looking For Players



Do you like playing either Rummikub or Five Crowns - both!?!?

If so, email David at david.hill@fitchburgwi.gov

Want to learn, we can make that happen!



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.



September 11: From Grass to Garden—Master Gardener, Rita Thomas. Group meets the second Wednesday of each month at 2:00 p.m. Informal coffee klatch social at 1:15 p.m. before the meeting. All meetings held at the Senior Center. Any questions, call 608-270-4290. Program info and 2024 speaker schedule can be found on our website: www.fitchburgwi.gov/seniorcenter No registration required.

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



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.**

Edward Jones®



Stephanie Blankenheim

Financial Advisor

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

> edwardjones.com

MKT-5894M-A

Caregiver Support



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

THE Courtyard at FITCHBURG

ASSISTED LIVING & MEMORY CARE

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

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

Save the Date: Your Voice, Your Choice: Who Will Speak For You If You Can't?



If you had a health crisis, who would speak for you? Would they know the type of care you want? Have you completed a Power of Attorney for Health Care to ensure people know your preferences? Come meet with UW Health's Advance Care Planning Team to receive **free personalized assistance** creating or reviewing a Power of Attorney for Health Care. Attendees are welcome to bring their loved ones to the appointment as well. Make sure the people who matter to you know what matters most.

Please note that we do not assist with any financial related documents.

October 1 & 8 from 9:30 a.m.—2:30 p.m. Overflow date: October 23. Please call to register for a 30 minute timeslot: 608-270-4290. You can also register online.

LUNCH & LEARN!

BROUGHT TO YOU BY JANICE HUGHES, COMMISSION ON AGING WELL MEMBER

SEPTEMBER 4 - JOURNEY MENTAL HEALTH.

SEPTEMBER 18 - MYRA MCNAIR - ANESIS THERAPY. MENTAL WELLNESS.

OCTOBER 2 - FIRE SAFETY, FITCHBURG DIVISION CHIEF

12:00PM - SENIOR CENTER DINING ROOM
TO RESERVE LUNCH CALL 608-270-4290 THE DAY PRIOR BY 9AM.

Farmer's Market Transportation

Transportation Available to Fitchburg Farmer's Market
3pm-4:30pm
Sept. 12th & Sept. 26th

Call the Fitchburg Senior Center a day prior to schedule a ride - 608-270-4290

The UPS Store

Print and Business Services

2935 S. Fish Hatchery Rd. #3
Fitchburg, WI 53711
(608)288-0957 store2831@theupsstore.com
15% off any print services!

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Novation Senior Commons

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

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

MAINTENANCE-FREE 55+ AFFORDABLE LIVING

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SNAP A PHOTO TO VIEW OUR WEBSITE

BEAR PROPERTY MANAGEMENT

Friday Fun Day!

Jump-start your weekend with Friday Fun Day! Join us on **September 27** for board games and more. Enjoy hassle-free transportation and unlimited fun from **12:30–2:00 p.m.** All games provided—let the good times roll! DJ Todd will be here once again playing smooth tunes!! Come on over!



Informal Memoir Writing Group



Interested in recording your memories for yourself or your family? You are invited to join the informal memoir writing group that meets every **Friday** from **11:00 a.m. to 12:30 p.m.** in the McCoy Conference Room. We are a non-critical group offering encouragement and support to keep one another writing. No registration required.

Fitchburg Ukulele Network



We are a drop-in strumming group that has been meeting for several years. We welcome new strummers. You bring your ukulele, and we provide the music projected to a screen. It helps if you know a few basic chords, but you are also welcome to just listen or sing along with us. Every Tuesday from **1:00–2:30 p.m.** Fitchburg Room upstairs at the Senior Center. Contact Ric at rbainter@gmail.com if you have any questions.

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

Welcome to the start of Fall...



- Sept. 4: Labor Day
- Sept. 11: National Patriot Day
- Sept. 15: Rosh Hashanah: Jewish New Year
- Sept. 15-Sept. 16: Mawlid Al-Nabi-Arabic for the “birthday of the prophet”, is an observance of the day when the Islamic prophet Muhammad was born.
- Sept. 15-Oct. 15: National Hispanic Heritage Month
- National Suicide Prevention Awareness Month
- National Ovarian Cancer Awareness Month
- Prostate Cancer Awareness Month
- National Sickle Cell Month
- Hunger Action Month
- National Literacy Month



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

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

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

RLC RESORT LIFESTYLE COMMUNITIES®
Quarry Ridge

All-inclusive 55 and over Senior Living Community

2851 Fitchrona Road, Fitchburg, WI 53719
www.QuarryRidgeRetirement.com
Facebook.com/QuarryRidgeRetirement

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55+

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On-site professional management!
THE HIGHLINE SENIOR APARTMENTS

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*Some restrictions apply.

Fitchburg Senior Center Friends (FSCF)

The Fitchburg Senior Center Friends were pleased to provide \$461.25 in July to support Senior Center participants, programs, and activities.



Thank you to everyone who stopped by our brat lunch on August 16. Proceeds will be used to continue our support of the Senior Center.

We hope to see you at the National Senior Center event On September 19 as we all celebrate our incredible Fitchburg Senior Center.

It's not too late to join the Friends board. Meet new people, have fun, and help in supporting and promoting the mission and programs of our senior center. Contact FSC Director Jill McHone at 608-270-4291 or via email at jill.mchone@fitchburgwi.gov.



Our July trip to Montana and Glacier National Park was great fun. If you weren't able to go, but have that wanderlust feeling, there are a few openings remaining on our 2024 trips – a Danube River Cruise and Yellowstone National Park. Trips for 2025 are already open for registration. There are some truly incredible experiences:

Mediterranean Coastal Journey, March 22 - April 6, 2025

Mackinac Island, June 13 - 21, 2025

Alaska Discovery Land & Cruise, July 2 - 13, 2025

Autumn in French Canada, September 5 - 12, 2025 *Please note the September 12 - 19 trip is full.

Treasures of Turkey, October 2025 (dates to be determined)

Many thanks to those who attended our August 13 Danube pre-travel meeting, which included a presentation of the 2025 Autumn in French Canada trip. There will be another travel show in November 2024. The exact date will be announced soon.

If you can't make any travel shows, you can find information about all upcoming trips in our brochures on the travel wall in the hallway across from Suzie's desk. Or, contact the travel committee at travel@fscfriends.org.



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

A Space For The Stressed



This confidential group is open to eight participants interested in exploring and reducing stressors, building connections, and learning tools to navigate stress.

The meetings will last one hour each week for ten weeks starting in mid-September. This group is being offered by Alison Stangler, a Graduate Student in the Counselor Education Program at UW-Whitewater. Alison is in her final Internship year of graduate school and is placed at Madison Psychotherapy and Wellness in Monona. Part of her final experience includes creating and coordinating a group experience. She is excited to spend time at the Fitchburg Senior Center.

Tuesdays starting September 17 from 11:00 a.m.—12:00 p.m.

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:608-770-4733)

Massage & Reflexology

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

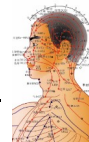
Cost:


\$35 for 30 min.
\$50 for 45 min.
\$60 for 60 min.
\$70 for 75 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 - At The Senior Center!

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Bridge 10:00	Outdoor Walking 9:00	Cribbage 1:00	Outdoor Walking 9:00	Ping Pong 9:00
Ping Pong 1:00	Spades 11:00		Bingo 12:30	Game Day!! Sept. 27 at 12:30 p.m.
Cribbage 1:00	Bid Whist 11:00		Chess 12:30	
	Euchre 12:45		Sheepshead 1:00	

Make-a-Card Club News!

Remember special people and occasions in fall by making cards with our materials: rich shades of rust, gold and red; leaves of many sizes; and humorous stamps depicting pumpkins, a witch, and a spider. The spider, with the word "Eeek," actually became a birthday card for a person turning a notable age! Meeting dates will be Tuesday, September 10 and Tuesday, Sept. 24, from 12:15-2:00 p.m. in the art room.



Busy Hands And Chatting With Friends



Tuesday 8:30–11:00 a.m., we meet as a quilting group. Our charity quilts are donated to RSVP. We sew quilt tops from donated fabric, then tie and bind to complete them. Quilting experience is not necessary. There are always ways to help and everyone is welcome. Our morning is ended sharing coffee, sweets and conversation in the dining room.

Thursday mornings, 9:30 a.m.–12:00 p.m., a group of us get together to work on our individual projects. Join us with your own handiwork - embroidery, applique, knitting, etc. There is plenty of space if you want to bring your own sewing machine or if you need to lay out a quilt top. It is a great way to exchange ideas and make friends. No registration required. Just drop in!

Independent Art Studio

Bring your own supplies, work in any medium and at your own pace under the guidance of an experienced and encouraging instructor. **Wednesdays from 10:00 a.m.–12:00 p.m.** Open to intermediate artists at no charge. Email Sally with any questions: sallyprobasco@gmail.com. No registration necessary.



Wood Carvers

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



Exploring Watercolor



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

- ◆ You will learn about materials, and a variety of Watercolor painting techniques.
- ◆ Each class will have demonstrations, individual instruction, and lots of time to paint.
- ◆ All materials will be provided, but you may bring your own.
- ◆ You can sign up for individual classes that fit your schedule.
- ◆ \$30.00 per class includes all supplies.
- ◆ **Wednesdays, Sept. 4, 11, 18 & 25. 1:00–4:00 p.m.**
This is not a series, but individual learning classes.

REACH Book Club will meet next on **Thursday, September 12, 2024 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *The Curiosities* by Susan Gloss. 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, September 26, 2024 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *Lost Hills* by Lee Goldberg.

Bring Your Needles And Thread!!



Make new "Pals" at the FSC while completing your cross stitch projects. Lots of help offered along with many opinions. **Second Thursday of the month. 9:00 a.m.–3:30 p.m.**

SEPTEMBER 2024

* * = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																				
2 Labor Day - CLOSED	3 8:30AM Quilters 9:00AM Outdoor Walking <u>9:30AM Shop-Walmart</u> 11:00 AM Bid Whist/Spades 12:45 PM Euchre FootCare** Pickleball Pre-Register	4 8:30AM & 9:45AM Aerobics** 10:00AM Art Studio 11:15 AM F-Fitness** 1:00PM Cribbage 1:00PM Singers	5 9:00 AM FSC Friends 9:00 AM Outdoor Walking 9:00 AM Tai Chi 9:30 AM Informal Quilting 9:30 AM Shop-Pick N Save 12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheephead	6 8:30AM & 9:45AM Aerobics** 9:00AM Ping Pong 11:00 AM Informal Writing Group 11:00 AM Wood Carving 11:15 AM F-Fitness**																																																																																				
9 8:30AM & 9:45AM Aerobics** 9:00AM Yam Group 10:00 AM Bridge <u>11:00 AM St. Vincent Pantry</u> 11:15 AM F-Fitness** 1:00 PM Cribbage 1:00 PM Ping Pong	10 8:30AM Quilters 9:00AM Outdoor Walking <u>9:30AM Shop-Target</u> 11:00 AM Bid Whist/Spades 12:45 PM Euchre 2:00PM Men's Group** Pickleball Pre-Register	11 8:30AM & 9:45AM Aerobics** 10:00AM Art Studio 11:15 AM F-Fitness** 1:00PM Cribbage 2:00PM Women's Group	12 9:00 AM Cross Stitch 9:00 AM Outdoor Walking 9:00 AM Tai Chi 9:30 AM Informal Quilting 9:30 AM Shop-Pick N Save 10:00AM Caregiver Support 12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheephead 1:30 PM Book Club**	13 8:30AM & 9:45AM Aerobics** 9:00AM Ping Pong 11:00 AM Informal Writing Group 11:00 AM Wood Carving 11:15 AM F-Fitness** Footcare**																																																																																				
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September

2024

2	3	4	5	6
 Closed	Chicken Sandwich Paco Vegetables California Vegies Cake MO: PB Chicken NCS: SF Cookie SO: Grilled Chicken	*BBQ Rib Sandwich *Hoppin John Beans Rosemary Potatoes Peaches Nutty Buddy Bar MO: PB Sausage NCS: SF Wafer SO: *Cobb Salad	*Lasagna Green Beans Italian Vegetables WG Bread Diced Pears Cookie MO: PB Spaghetti NCS: SF Cookie SO: *Italian Salad	Chicken Salad Sandwich Coleslaw Carrots w/ Ranch Fresh Fruit Mix Cherry Crunch Bar MO: Mediterranean Veg NCS: Cantaloupe
9	10	11	12	13
Turkey Burger on a Bun Steamed Broccoli Mixed Vegetables Chocolate Cookie MO: Black Bean Burger NCS: SF Cookie SO: Sunflower Crunch	*Ham & Cheese Sandwich 3 Bean Medley Tomato Cuc Salad Cantaloupe Nutty Buddy Bar MO: Mediterranean Veg NCS: SF Wafer SO: * Turkey Club	Breakfast Scramble Roasted Potatoes Asparagus Croissant Orange Wedges WG Blueberry Muffin MO: PB Sausage Patty NCS: Banana SO: Garden Salad	Fajita Casserole Fiesta Corn Blend Pinto Beans Cantaloupe Oatmeal Cookie MO: Beyond Taco NCS: SF Cookie SO: Southwest Chicken Salad	*Potato & Bacon Soup WG Dinner Roll Side Salad Fruit Medley Yogurt MO: Squash Bisque NCS: Cantaloupe
16	17	18	19	20
Hamburger on a Bun Corn Cheesy Garlic Herb Potatoes WG Apple Muffin MO: Black Bean Patty NCS: Honeydew SO: Cobb Salad	*Spaghetti & Meatballs Peas & Carrots Steamed Broccoli Mixed Fruit Medley Garlic Breadstick Cheesecake MO: Beyond Meatballs NCS: SF Pudding SO: Chicken Caesar	Tuna Sandwich Potato Salad Broccoli w/ Ranch Fresh Fruit Mix Chocolate Cookie MO: Mediterranean Veg NCS: SF Cookie SO: *Spinach Salad	*Hot Dog on a Bun Red Potatoes *Baked Beans Fruit Medley Cherry Gel Cup MO: PB Sausage NCS: SF Jello SO: Grilled Chicken	Chili Mac Casserole Capri Vegetables Peas & Pearl Onions Cantaloupe Lemon Cookie MO: Beyond Chili NCS: SF Cookie
23	24	25	26	27
Turkey & Provolone Sandwich Broccoli w/ Ranch 3 Bean Medley Nutty Buddy Bar MO: Mediterranean Veg NCS: SF Wafer SO: *Chef Salad	Lemon Chicken over Wild Rice Prince Charles Veg Rosemary Potatoes Fresh Cut Fruit Chocolate Cookie MO: PB Chicken Breast NCS: SF Cookie SO: Italian Salad	Chicken Caesar Wrap Tomato Cuc Salad Carrots w/ Ranch Mixed Fruit Medley Lemon Bar MO: Veggie Wrap NCS: SF Wafer SO: Garden Salad	Baked Cod with Dill Cream Sauce WG Bread Paco Vegetables Peas and Carrots Sliced Peaches Red Velvet Cookie MO: PB Shrimp NCS: Red Grapes SO: *Turkey Club	French Toast Casserole Turkey Sausage Patties Juice Roasted Potatoes Banana Cinnamon Roll MO: PB Sausage NCS: SF Wafer
30	<p style="text-align: center;">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> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  <small>• Mike Swanson company</small> </div> <div style="text-align: center;"> <p>PB= Plant Based SF= Sugar Free WG= Whole Grain MO=Meatless SO=Salad Option *Contains Pork Call 270-4290 by 9:00 a.m. to reserve a meal for the following day.</p> </div> <div style="text-align: right;"> <p>Senior Dining</p>  <small>Fellowship, Food & Fun</small> </div> </div>			

Fitchburg Senior Center
 5510 East Lacy Road
 Fitchburg, WI 53711
 608-270-4290
www.fitchburgwi.gov/seniorcenter



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- *Turkey Club**
 Salad Mix, Tomato, Cheddar, Mozzarella, Bacon, Turkey
- *Italian**
 Salad Mix, Tomato, Banana Pepper, Black Olives, Salami, Mozzarella
- *Bacon & Bleu**
 Kale Rainbow Lettuce (rainbow kale, shaved Brussels sprouts, Napa cabbage, red cabbage, radicchio, carrots), Bleu Cheese Crumbles, Tomato, Bacon
- Garden Vegetable**
 Salad Mix, Broccoli, Carrot, Cauliflower, Radish, Tomato, Chickpeas
- *Spinach Salad**
 Spinach, Mushrooms, Tomato, Hard Boiled Egg, Bacon
- Chicken Caesar**
 Romaine, Chicken, Parmesan, Hard Boiled Egg
- *Chicken & Bacon Salad**
 Salad Mix, Chicken, Bacon, Cheddar, Mozzarella
- *Chef**
 Salad Mix, Ham, Turkey, Hard Boiled Egg, Tomato, Cheddar

- *Check the main menu to find out when the salad you want is on!**
- *Cobb**
 Salad Mix, Chicken, Tomato, Feta, Bacon, Hard Boiled Egg
- Greek**
 Salad Mix, Kalamata Olive, Tomato, Feta, Chickpeas
- Sunflower Crunch**
 Kale Rainbow Lettuce (rainbow kale, shaved Brussels sprouts, Napa cabbage, red cabbage, radicchio, carrots), Salad Mix, Edamame Beans, Almonds, Sunflower Seeds, Dried Cranberries
- Southwest Chicken**
 Salad Mix, Cajun Chicken, Black Bean Corn Salsa, Cheddar, Mozzarella
- Grilled Chicken Almond**
 Salad Mix, Chicken, Almonds, Cheddar, Mozzarella, Dried Cranberries
- Gyro Salad**
 Salad Mix, Beef & Lamb Gyro Meat, Tomato, Kalamata Olive, Feta, Banana Peppers, Tzatziki Sauce

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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