



Prime Time News

May 2021

Fitchburg Senior Center
Volume XVI Issue 5

If you would like to learn how to use the programs website:
(www.fscprograms.com) call David at 270-4292 today.

Our Guide to Re-Opening safely Emergency Order #15

To sum it up, nothing has really changed. This order went into effect on April 7. While it has loosened some restrictions for outdoor activities (no masks necessary if maintain six-foot distancing), indoor regulations remain the same. **You must wear a mask and maintain six-foot distancing. Our staff are not allowed to ask for proof of vaccination. This is a personal choice and cannot be a requirement to participate in Senior Center activities.** Therefore, we **CANNOT** guarantee that all who come to the Center will be vaccinated. It will also be a personal choice of when you feel comfortable returning to the Senior Center.

Here are steps we are taking to safely ease back into our opening in May:

- ◆ Doors will be open from 8:00 a.m.—4:00 p.m. If you need to meet with staff, appointments are strongly encouraged.
- ◆ For programs offered during the month of May, advanced registration will be required.
- ◆ Rooms will be pre-arranged to allow for six-foot distancing. Chairs/tables should not be moved.
- ◆ A select number of programs will be offered in-person and on Zoom. Check our website www.fscprograms.com or give us a call 270-4290 for the latest updates.
- ◆ Building will be sanitized each morning and surfaces will be re-sanitized throughout the day.

In-Person Programs!

Below is a listing of programs available in-person through [pre-registration](#) only. Class sizes will be limited.
Call or click the link above to register.

Aerobics M/W/F 8:30 a.m. & 9:45 a.m. May 3–28. Cost: \$30. Zoom available for 8:30 a.m. only

Boot Camp W/ Melissa 10:00 a.m. May 4,18,25 & June 1. Cost: \$20

Tai Chi—Thursdays 9:00 a.m. Cost: \$2 donation. May 6–27

Men's Group—May 13 at 2:00 p.m.

Massage w/ Greg & June—call 270-4290

Caregiver Support—May 13 at 10:00 a.m.

Foot care—call for dates/times

Outdoor Walking Group survey— go to www.fscprograms.com



SENIOR CENTER

**LITTLE
JOHN'S**

MAY DRIVE-BY



Fitchburg Senior Center Invites YOU!

**It won't be long now, but before we open, come say hello
and try a meal from Little John's!**

When: Wednesday May 19th

Time: 12:00 - 1:00pm

Where: Fitchburg Senior Center Covered Drop Off

Cost: Pay What You Can!

Meal: BBQ Meatloaf, Roasted Potatoes, Glazed Carrots and Apple Crumble

Call for Reservations: 270-4290

**FEEL
GOOD
FOOD**





All New Outdoor Boot Camp W/ Melissa!

Join the fun for our very first outdoor boot camp! This will be a Tuesday morning series held at the McGaw Park Shelter. This class will be a combination of cardio, body weight strength and usage of the great paths for additional aerobic moves and balance routines.

Four weeks on Tuesdays: May 4, May 18, May 25 and June 1.
(No class on May 11) 10:00 - 11:00 a.m.

Registering for either the outdoor boot camp or aerobics gets you a free spot in our first-ever fitness test! More details coming!

Healthy Living with Chronic Pain

Did You Know?

- ◆ 100 Million Americans suffer from chronic pain
- ◆ One in TEN Americans has experienced pain every day for three months or more
- ◆ 1.5 BILLION+ is the number of people worldwide who suffer from chronic pain

You are not alone. Let's help each other learn & manage.

Upcoming workshop:

FREE By Phone

Tuesdays: 10:00 – 11:00 a.m.

May 4–June 8



wiha
Wisconsin Institute
for Healthy Aging

Space is limited. Please call Deanna Truedson-McKillips to register today. 608-669-7352

fscprograms.com

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

In-person & Zoom, May 3 through May 28 for 12 classes of great cardio and light strength building! Please register here—→([CLICK](#)) or call 270-4290. Cost: \$30

Summer Series In-Person & Zoom Yoga W/ Kurt!!

In-person & Zoom simultaneously. 11 weeks. June 7–August 30. Level Two—9:15–10:30 a.m. Level One—10:45 a.m.—12:00 p.m. (skip June 21 & August 23). Cost: \$88. To register call 270-4290, email Suzie at suzie.jones@fitchburgwi.gov or more class details at www.fscprograms.com

Men's Group

The Men's Group is back in-house. If you are interested in joining on the second Tuesday of every month at 2:00 p.m., email Suzie at suzie.jones@fitchburgwi.gov. Your information will be forwarded on to the group leader, Jim Sosnouski. Group limit of 12.

Two Zoom Book Clubs

The Senior Center (regular) Book Club meets on the second Thursday of each month at 1:30 p.m.
The Mystery Book Club meets on the fourth Thursday at 1:30 p.m.
Email Suzie at suzie.jones@fitchburgwi.gov to get involved!

Uke Group (F.U.N.)

Interested in joining the fun? The Uke group has been meeting on Mondays and Tuesdays at 1:30 p.m. via Zoom. However, updates to in-person coming. Email David at david.hill@fitchburgwi.gov to get the latest!

Caregiver Support In–Person

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

2021 Senior Farmers' Market Vouchers

The Area Agency on Aging (AAA) of Dane County offers vouchers to seniors for use in purchasing \$25 worth of fruits, vegetables or herbs at farmers' markets and roadside farm stands in Wisconsin during the 2021 season (June through October). Vouchers will be distributed on a first come/first serve basis to Dane County residents age 60 or older who have gross incomes under \$23,828 per year (\$1,986/month) for a one-person household, or \$32,227 (\$2,686/month) for a two-person household. Only one set of vouchers will be distributed per household.

Past participants will receive an application in the mail along with instructions for this year's program. For those who have never participated in the program and wish to apply, contact AAA Dietitian Shannon Gabriel at 261-5678. Vouchers will be distributed to approved applicants via USPS starting June 1. If you have questions, you can also call the Fitchburg Senior Center at 270-4290 and ask to speak with a Social Worker.



Hello Fitchburg!

We are excited to announce 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 and ask for an interpreter. 270-4290.

Nosotros estA'mos emocionado 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.

Transportation Options for Now...

Transit Solutions is committed to making sure older adults have what they need during this challenging time. Below are services that the Senior Center and Transit Solutions are collaborating to provide:

Shopping/Errands - The bus can take you for groceries or to general shopping locations. Rides are limited to two passengers at a time. You may also schedule a ride to the bank or pharmacy.

Grocery Delivery - If you are able to order your groceries online, Transit will pick up your order and deliver to your home.

Medical Appointments - During the shut-down, you still have transportation options for medical appointments. If you need a ride, call the Dane County Transportation Call Center at 242-6489.

The Social Work Picture

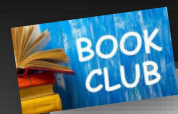
If you are having difficulty with essential daily activities, call the Fitchburg Senior Center and ask to speak with a Social Worker. They are happy to talk through your concerns over the phone, and if necessary and circumstances permit, can arrange a home visit. In-person appointments at the Fitchburg Senior Center are also available. You must call either Amy Jordan (270-4295) or Sarah Folkers (270-4294) to schedule an appointment. Walk-in appointments are not available at this time.

Home Delivered Meals & Little Johns!

Starting in May, we will be delivering to MOST of our home delivered meal routes on Wednesdays. We hope to be delivering to everyone on Wednesdays by June. Please sit tight if you are not delivered a meal on Wednesday, we're working on it! In the meantime, our Social Workers will be completing home delivered meal reassessments. These assessments are done annually to make sure that everyone who is getting meals delivered still qualifies for the program.

We are happy to announce our new partnership with Little Johns! Home delivered meal clients are now receiving extra meals on Tuesdays and Fridays thanks to this unbelievably generous organization. If you haven't heard of this nonprofit group, a short synopsis is this: Little Johns is proudly serving as the community's home for healthy, chef-quality, and affordable meals created while decreasing local food excess.

We hope to be inviting folks back in for lunch starting in June, so hang on a little longer and we'll all be sharing a meal again soon!



REACH Book Club

REACH Book Club will meet on May 13, 2021 at 1:30 p.m. via Zoom to discuss *The Weight of Ink* by Rachel Kadish. "Set in London of the 1660s and of the early twenty-first century, *The Weight of Ink* is the interwoven tale of two women of remarkable intellect: Ester Velasquez, an emigrant from Amsterdam who is permitted to scribe for a blind rabbi, just before the plague hits the city; and Helen Watt, an ailing historian with a love of Jewish history."

June 10, 2021 Choose books for next year. If you have a suggestion for next year send the name of the book and the author to dmullaly5771@gmail.com. We will compile a list of books to read next year from the suggestions.

Reach Book Club does not meet in July or August.



The I Love a Mystery Book Club will meet on May 27, 2021 at 1:30 p.m. via Zoom to discuss the book, *The Lost Man* by Jane Harper. Two brothers meet in the remote Australian outback when the third brother is found dead. A powerful and brutal story of suspense set against the formidable landscape of Australia.



Outdoor Walking Group Survey

Are you interested in joining other like-minded healthy exercisers? If so, log on to www.fscprograms.com and fill out the survey. We want to know what the level of interest might be in offering this group.

Senior Center Staff

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



For general questions, email us at:

FitchburgSeniorCenter@fitchburgwi.gov



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

Transportation Available For COVID-19 Vaccine Appointments

Transportation will be provided free for adults aged (50+) who live in their own home or apartment in Dane County to get to their COVID-19 vaccine appointment.

These rides are intended for those who truly have no other means of transportation. Wheelchair-accessible options are available.


Call (608) 512-0000 Ext. 3



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Foot Care In-House

Do you need your toenails trimmed? The Senior
Center has foot care. **May 4 & 18**
Call 270-4290 to make an appointment.

COVID-19 Vaccine For The Homebound

[CLICK HERE](#) to see the qualifications. Or visit
www.fscprograms.com

Contact Jodi Johnston for details.

Call 608 438 7437

info@cremationsocietyofmadison.com

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FITCHBURG SENIOR CENTER FRIENDS NEWS—MAY 2021

A special “thank you” to the HY-VEE MARKET GRILLE and everyone who participated in our PANCAKE BREAKFAST PLUS fundraiser on April 25.

HY-VEE and the FRIENDS also partnered on a successful project to encourage the use of reusable shopping bags through the month of April. We hope you purchased one or more red bags with the message “Does this bag make my heart look big?”

Our group spent \$770 for special needs last month.

Interested in learning more about the Friends? Contact Marcia Griskavich at 608-277-8118.

FITCHBURG SENIOR CENTER FRIENDS

and

Mayflower Tours

Present:

UPCOMING TOURS
BLACK HILLS & BADLANDS

September

NEW ENGLAND & CAPE COD

October

COSTA RICA

February

Questions? Email or Call Kathy S. 608-274-2768



FITCHBURG CENTER
Farmers Market AT AGORA
THURSDAYS, MAY-OCTOBER | 3PM - 6PM
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<small>Sponsored By</small> 	<small>Woods Hollow</small> Strawberry Fest June 17th	<small>Lions Club</small> Kids Fest July 15th	<small>VRBC</small> Pig Roast August 19th	<small>EAGLE School</small> Fall Fest September 16th
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MAY 2021

Monday 3 Tuna Salad on bed of lettuce Sicilian Pasta Salad Corn Salad Fruit Cup Cookie MO – Egg salad NCS – SF cookie	Tuesday 4 Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Banana Strawberry Cake MO – Chickpea Joe NCS – SF Jell-o	Wednesday 5 Honey Baked Chicken Broccoli Yams Macaroni salad Pears Vanilla ice cream cup MO – Veggie honey soy NCS – SF ice cream	Thursday 6 Chicken Caesar Salad w/ Parmesan, croutons & Caesar dressing Copper Penny salad Apple sauce Rice Pudding MO– Hummus/Pita NCS – SF pudding	Friday 7 BBQ Ribs Cheesy Potatoes Pickled Beets Dinner roll Mandarin oranges Sherbet MO– Black Bean Burger NCS – SF ice cream
Monday 10 Chicken a la King Brown Rice Green Beans Corn Salad Fruit Cocktail Sherbet MO – Soy a la king NCS – SF ice cream	Tuesday 11 Taco Pasta Casserole Broccoli Cauliflower Peaches Blueberry Crisp MO– Bean/Cheese Burrito NCS – spiced apples	Wednesday 12 *Italian Sausage with pepper and onion Coney Bun Roasted potatoes Stewed Tomatoes Mandarin orange Italian Ice MO – Veggie Dog NCS – SF ice cream	Thursday 13 Chicken Broccoli Rice Cass. Carrot Coins Black Eyed Pea Salad Tropical fruit Lemon Cake MO – Soy veg rice NCS – SF cookie	Friday 14 Tuscan Tortellini Pasta Mixed greens Dinner roll Mixed Fruit Pudding Sugar Cookie MO – Veggie Pasta NCS – SF cookie
Monday 17 Hot Dog Coney Bun Calico Beans Green Beans Chunky Apple Sauce Candy cookie MO – Veggie Dog NCS – SF ice cream	Tuesday 18 Lemon Dill Fish Tartar Sauce Baked potato Coleslaw Sour Cream WW Bread Ambrosia MO – Grain burger NCS – banana	Wednesday 19 Egg Salad On WW Bread Beets Tomato Cuc. Salad Banana Pineapple Upside Down Cake NCS – Pineapple	Thursday 20 Meat Spaghetti Wax Beans Mixed Green Salad Dressing Peaches Brownie MO – Marinara Sauce NCS – SF Jell-o	Friday 21 *Pork Loin in Gravy Mashed Potatoes Peas WW Bread Mandarin Oranges Apple Crisp MO – Multigrain Burger NCS – spiced apples
Monday 24 Cheeseburger w/ Lettuce/tomato slice Green Beans Potato Salad Fruit Cocktail Lemon Italian ice MO– Black Bean Burger NCS – SF ice cream	Tuesday 25 BBQ Chicken Baked Sweet Potato WW Bread Banana Dreamsicle whip MO – BBQ Veg-balls NCS– mandarin oranges	Wednesday 26 Greek Chicken Pasta Salad Carrot Raisin Salad 4 bean salad Pineapple Apple Crisp MO– Veggie Greek pasta NCS – SF pudding	Thursday 27 Fish Sandwich: w/ Cheese Tartar Sauce Yams Pea salad Pears Banana Bars MO – Multigrain Burger NCS – Banana	Friday 28 *Meatballs in Marinara Over Penne Broccoli Salad Banana Cheesecake Brownie MO – Veggie meatballs NCS – SF cookie
Monday 31  Memorial Day REMEMBER AND HONOR Closed	 <p>Meals provided by: Dane Count Consolidated Food Service <i>All menu items are prepared in kitchens that are not allergen-free.</i> <i>We cannot guarantee that food allergens will not be transferred through cross-contact.</i> No substitutions allowed. Please note: Guests on a NAS diet should not be receiving: gravy, ketchup, mustard or other condiments. *contains pork</p> <p>NOTE: We will be delivering meals to MOST of our meal routes on Wednesdays starting in May. We hope to be delivering to EVERYONE by June.</p>			

Senior Dining



Fellowships, Food & Fun

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

www.fitchburgwi.gov
www.fscprograms.com



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tschumacher@fitchburgfamilyrx.com

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