



**AARP Tax-Aide** volunteers will again offer free tax preparation on Fridays starting in February, for elderly and lower income people with simple tax returns.

Intake forms and instructions must be picked up at the Senior Center and filled out BEFORE coming for your appointment.

Please set aside at least two hours for your appointment. Your taxes will be prepared during interviews with two or three different volunteers. You will leave with a printed copy of your 2024 tax return, which will be electronically filed later that day. Spouses must come in together.

**COME PREPARED**—you will need:

- Signed and completely filled out intake forms (see above)
- Photo ID for taxpayer(s)
- Social Security card for everyone listed on your return
- Last year's (2023) federal and state tax returns
- Verification of income including, but not limited to, SA-1099, 1099-R, 1099-INT, 1099-DIV, 1099-B, W-2, 1099-G. If you have electronic copies of these forms, print them out.
- 1095-A if you obtained health insurance through the Health Insurance Marketplace
- Blank check if you want direct deposit or direct debit
- If filing for Homestead Credit, need 2024 original rent certificate without any mistakes, and/or 2024 property tax bill.



**Tax-Aide volunteers are only trained to help with simple tax returns. They CANNOT prepare:**

- Divorce finalized in 2024, or married filing separately
- Hobby income, or most self-employment income
- Rental income, or farm income
- Multiple or complex brokerage statements
- Many other less common situations

**Appointments will be taken starting Monday, February 3**

For questions about your eligibility or to make an **appointment**, call the Senior Center and ask for a Tax-Aide volunteer to contact you or request appointment: 608-270-4290.

**Digital Sherpa: Empowering Technology Skill**

Join Edgewood College student and Gilda’s Club Madison outreach intern Brandon Menningen for an engaging class designed to help you confidently navigate the digital world. Learn practical skills such as online shopping, connecting with communities through social media, using food delivery apps, and safeguarding sensitive information like passwords. Each session is customized to meet participants' unique needs, ensuring a personalized and supportive learning experience.



**Date and Time: Monday, January 27, 2025, at 10:00 a.m.**

Whether you're new to technology or looking to enhance your skills, this program will provide you with the tools to stay connected and secure in a digital age.



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**January 1 & 20.**

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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–Thursday  
8:00 a.m.–2:00 p.m. Friday

**Website:** [www.fitchburgwi.gov/seniorcenter](http://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,  
mandi.miller@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](http://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 Jan. 3–31. 11:15–11:45 a.m. \$20 (Skip 1/1 & 1/20)

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

In-person & Zoom, Jan. 3–31 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. \$30 (Skip 1/1 & 1/20)

## Yoga W/ Kurt (Mondays)

In-person & Zoom, Jan. 6–Mar. 17, 2025. Ten weeks. \$80. Level Two/Intermediate: 9:15–10:30 a.m. Level One/Beginner: 10:45 a.m.–12:00 p.m. (No class 1/20)

## 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, February 17–April 7. Eight weeks. 12:45–1:30 p.m.

Fridays, February 21–April 11. 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.

## Indoor Walking

Stay active and healthy with Indoor Walking at the Boys & Girls Club Gymnasium! Enjoy a safe, climate-controlled environment perfect for keeping fit regardless of the weather outside. It's easy to get started—just complete a one-time registration online, where you'll also find all the details you need. Whether you're looking to maintain fitness, start a new routine, or enjoy some light exercise, Indoor Walking is a great option. Don't wait—sign up and join today!

## Pickleball Injuries—Causes and Management

Join Dr. Jim Dahm, MD, a fellowship-trained orthopedic surgeon specializing in shoulder, elbow, wrist, and hand disorders, for an engaging session on pickleball injuries. Discover the most common causes, effective management strategies, and tips for prevention. Perfect for players of all levels, this discussion will help you stay healthy and active while enjoying one of the fastest-growing sports. Don't miss it on Wednesday, February 5, at 10:30 a.m. No registration required.

## Ballroom Basics For Balance—Thursdays, January 23–March 27, 2025.

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.

**Bonus!** We are having a dance party on the evening of Friday, January 24 from 5:30–7:30 p.m. See the website registration page for more details.

## 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, January 2–23 (four classes) from 11:00 a.m.—12:00 p.m. in the spacious Oak Hall Room on the upper level. Cost: \$28 / \$8 drop-in. We require a minimum of twelve dancers to make this a go. Spread the word to your friends!

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## LGBTQ+ Elder Support Group—Verona Senior Center



1st & 3rd Tuesdays 10:00 a.m.

Contact The Verona Senior Center at 608-845-7471

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MKT-5894M-A

## 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) No registration required.

## Fitchburg Active Women's Group—New Members Always Welcomed.



**January 8: Nervous System Dysfunction: Common Signs & Solutions. Dr. Laura Konopacki.**

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 speaker schedule can be found on our website:

[www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter) No registration required.

**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.**

## Veterans Support Group

Please join Veteran (and group leader) Ray Meller and other veterans on the **third Thursday** of the month at **10:30 a.m.** Next meeting will be held on January 16. If you need transportation, please give us a call at 608-270-4290.

VETERANS  
SUPPORT GROUP

## Caregiver Support Group

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".



## Parkinson's Support Group

### Parkinson's Support

PD support group at the Courtyard of Fitchburg on the **4th Wednesday** at **1:00 p.m.** Safe and supportive environment. Call Karen Jeffers at 608-886-6711 for more info.

## 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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## Downsize With Ease Seminar: New Year, New Goals?



If one of your goals is downsizing, that's amazing! But you may be wondering where to start or what your priorities should be. Decluttering, relationship management, housing? Downsizing is a BIG goal, and the "Downsize with Ease" seminar is here to help! At the "Downsize with Ease" seminar, you'll gain valuable tips and information about the downsizing process that you can use to create a plan that fits YOUR needs. Join Jess Lex, local real estate agent, and take the first step forward in your downsizing process.

Join Jess from Jess Lex Homes on **Wednesday, January 22** at 10:30 a.m.

## Food Pantry Donations

The Senior Center accepts food donations year-round for local pantries. Needs increase over the holiday season so please consider giving. Donations can be dropped off **Monday–Friday 8:00–4:00 p.m.**



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## Lunch & Learn Series

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Commission on Aging Well

**Feb 5**  
**Call For**  
**Action!**

**Call for Action! Jackie**  
**Falch. Executive Director**  
**WISC-TV 3**

**Feb 19**  
**Fraud**  
**Scams &**  
**More**

**Tiffany Beernhart.**  
**Better Business Bureau.**  
**SW Regional Director**

**Feb 26**  
**Stoney the**  
**Road Story**

**\*Bonus Presentation\***  
**A look at Black History**  
**with Community**  
**Historians Betty Banks**  
**and Pia M. Kinney-**  
**James**



To register,  
reserve a meal  
or request a ride  
call  
(608) 270-4290  
by 9:00 AM the  
day before.



 **1st & 3rd Wednesdays**

 **12:00 PM - 1:00 PM**

 **Fitchburg Senior Center Dining**  
**Room**



## Coming Soon!

**Black History Month Display featuring:**

**Fitchburg's first Black farmers,**

**Notley & Martha Henderson**

**Display presented by the Senior Center**  
**Multi-Culture Group**



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## Joint Pain Got You Down?

Discover the latest advancements in joint injury and arthritis treatment options with Dr. Rich Merrion, D.C., owner of New Health Chiropractic & Integrated Health Care. This informative session will cover cutting-edge therapies, including joint replacement, MLS Laser Therapy, PRP (Platelet-Rich Plasma), and Human Cellular Tissue Products containing stem cells. Gain insights into how these treatments can aid recovery and improve quality of life. Join us on **Wednesday, February 19, at 1:00 p.m.** to explore these innovative approaches to pain relief and healing. This free event requires no registration—don't miss this opportunity to enhance your understanding of modern joint care!



## 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 [rbainter1@gmail.com](mailto:rbainter1@gmail.com) if you have any questions.



## Culture & Awareness Corner W/ Suzie— Did you know January is.....

2025 Happy New Year!

National Blood Donor Month, National Glaucoma Awareness Month, Financial Wellness Month, National Soup Month, Thyroid Awareness Month, and Stalking Awareness Month.



**January 1st: New Year's Day & Polar Bear Plunge Day**

**January 16th: Martin Luther King Jr. Day** –come check out our MLK display in the dining room all month!

*Brought to you by the Center's Multi-Culture Group.*

**January 20th: Inauguration Day**

**January 27th: International Holocaust Remembrance Day**

**January 29th: Chinese New Year**

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](mailto:Suzie.jones@fitchburgwi.gov)

Stay tuned for more next month.

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\*Some restrictions apply.





Happy New Year to everyone from the Fitchburg Senior Center Friends!

The Friends were pleased to provide \$709.00 in November to support Senior Center participants, programs, and activities.



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



## Senior Travel

Happy New Year everyone! We know the weather is unpredictable these days. Perhaps getting away on our Mediterranean trip, March 22 to April 6, 2025 would lift your spirits! How could it not? Think about this -- enjoying the coastline and countries of Spain, France and Italy. Remember too that planning your trip through the Fitchburg Senior Center includes a Pre-Travel Meeting explaining some of the travel features and a chance for you to ask questions; being picked up right at the Senior Center and taken to the airport in comfort; a travel representative at the airport to make departure easier; transfer at foreign airports, including bags, to your lodging; and then the warm Mediterranean. Later in the year, we offer trips to Mackinac Island, Alaska, French Canada and Turkey. Check out our Travel Wall across from the receptionist desk in the Senior Center for more information.

## Have you ever hitchhiked across Wisconsin—or any other state?

Imagine thumbing a ride from Madison, Wisconsin, all the way to Tampa, Florida (1,322 miles). Or picture crossing the country from Washington, D.C. to Los Angeles (2,622 miles), and back again, before the Interstate Highway System was even completed.

**Our speaker, Bill Humbert, has done all of this and more!** A new member of the Fitchburg Senior Center, Bill and his wife, Linda, recently relocated from Park City, UT. At 75, Bill continues to run his business, RecruiterGuy.com, as a Consultant, Speaker, and Author of three books.

Bill's stories of hitchhiking adventures span an astonishing 15,000 miles across the United States between May 1969 and May 1971, all while he was a full-time college student at Assumption University in Worcester, MA. With his captivating style, Bill will take you along for the ride—literally! His tales will have you laughing at quirky encounters, shivering with goosebumps from suspenseful moments, and marveling at the power of proper goal setting, which has driven his success both on the road and in his career.

Bill has spoken on three continents (Europe, Africa, and North America) to diverse audiences, including passengers on a Viking River Cruise, business professionals in South Africa, and countless groups across North America. Now, he's bringing his remarkable hitchhiking adventures to Fitchburg!

**Join us on Tuesday, January 14, 2025, at 1:00 p.m.** to hear Bill's inspiring and entertaining stories. Don't miss this unique opportunity to journey through the past and uncover timeless lessons for the future. **No registration required.**

*P.S. The accompanying photo is from Bill's senior yearbook at Assumption—back when his hitchhiking adventures first began!*



**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!

**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–Friday onsite & home delivered. Requested donation is \$5.00 per meal for those over 60. Call 608-270-4290 for further details on the meal program qualifications and registration.

## Wellness

**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.

### Massage Therapy Services

**June Newman**, LMT, NCTMB—Available: Mondays and Thursdays (Afternoons). Contact: 608-770-4733

**Gregory Newman**, LMT—Available: Mondays (Mornings) & Wednesdays (Afternoons). Contact: 608-770-4633

**Rates:** \$35 for 30 minutes / \$50 for 45 minutes / \$60 for 60 minutes / \$70 for 75 minutes



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## Drop-In Games &amp; 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	
Cribbage 1:00	Bid Whist 11:00		Chess 12:30	
	Euchre 12:45		Sheepshead 1:00	

## Make-a-Card Club News!

Greetings in 2025! Speaking of greetings, isn't that what cards are all about? Let's get off to a sweet start by working on Valentines! Our dates are **Tuesday January 14** and **28** from **12:15–2:00 p.m.** in the art room. Enjoy many stamps that have endearing and clever phrases, stamps that are heart-themed, and classic floral bouquets. Combine these with a variety of colorful paper and make a winning valentine! Materials are also available for all-occasion cards. A donation of \$1 is asked for each card you make. For each card you craft, reward yourself with a pre-made bonus card. Delectable deal!



## 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. **Wednesdays** from **10:00 a.m.–12:00 p.m.** Open to intermediate artists at no charge.



## Wood Carvers—Starter Kits Available!

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



## 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.**



## 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. **(January 8, 15, 22 & 29)** All materials will be provided, but you may bring your own. **\$30.00 (per class)** includes all supplies. **Wednesdays** from **1:00–4:00 p.m.**



**REACH Book Club** will meet next on **Thursday, January 9, 2025 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *The Boston Girl* by V.E. Schaub. For a list of upcoming books, visit: [www.fitchburgwi.gov/seniorcenter](http://www.fitchburgwi.gov/seniorcenter) and click on groups with websites.



REACH Book Club meets the **Second 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, January 23, 2025 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *The Last Devil to Die* by Richard Osman.

# JANUARY 2025

\* \* = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																											
<div>1</div> <div><div>Dec 2024</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></td><td></td><td></td><td>1</td></tr><tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr><tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr><tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr><tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr><tr><td>30</td><td>31</td><td></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	31						<div>2</div> <div><div>Jan 2025</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></td><td></td><td>1</td><td>2</td></tr><tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr><tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr><tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</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			<div>3</div> <div>CLOSED - Happy New Year!</div>	<div>4</div> <div>9:00AM FSC Friends 9:00AM Tai Chi 9:30AM Informal Quilting <u>9:30 AM Shop-Pick N Save</u> 12:30 PM Bilingual Bingo 12:30 PM Chess Club 1:00 PM Sheephead</div>	<div>5</div> <div>8:30 AM /9:45 Aerobics** 9:00 AM Ping Pong 11:00 AM Informal Writing 11:00 AM Wood Carving 11:15 AM Functional Fitness**</div>
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**Suggested minimum donation: \$5.00**

**Meal reservations: call 270-4290 by 9:00 a.m. the day before**

**PB = Plant Based SF = Sugar Free**



**WG = Whole Grain**

**MO = Meatless Option**

**SO = Salad Option \*Contains Pork**

Meals provided by AtlantisValley Foods.

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.

		1	2	3
		<b>CLOSED</b> 	*Creamy Potato & Bacon Soup WG Dinner Roll Side Salad Sliced Peaches Nutty Buddy Bar  MO: Minestrone NCS: SF Wafer SO: Caesar	Spaghetti *Bolognese Italian Vegetables Peas & Onions Diced Pears Snickerdoodle  MO: PB meatballs NCS: SF Cookie
6	7	8	9	10
*BBQ Pulled Pork on aWG Bun California Vegetables *Hoppin John Beans Diced Pears Cherry Crunch Bar  MO: PB BBQ Sausage NCS: SF Pudding SO: *Cobb	Sausage and Egg Breakfast Scramble* Roasted Potato Capri Vegetables Tropical Fruit Apple Muffin  MO: Veg Egg Bake NCS: Cantaloupe SO: Greek	Meatloaf w/Gravy & Mashed Potatoes Corn Fresh Fruit Mix WG Bread with Oreo Cheesecake  MO: Impossible Loaf NCS: Cantaloupe SO: *Italian	Chicken on a WG Bun Lettuce, Tomato & Onion & Mayo Capri Vegetables Paco Vegetables Oatmeal Cookie  MO: PB Chicken NCS: Cantaloupe SO: Chicken Almond	Turkey Sausage Kale Soup w/ crackers WG Din Roll Tomato & Cuc Salad Cantaloupe Nutty Buddy  MO: Vegetable Soup NCS: Peanuts
13	14	15	16	17
Spaghetti and Meatballs Italian Vegetable Blend Orange Wedges Tapioca Pudding  MO: PB Meatballs NCS: SF Pudding SO: Garden Vegetable	BBQ Pulled Chicken Roasted Potatoes Corn Mixed Fruit Cornbread Chocolate Cookie  MO: Barbecue Tofu NCS: SF Cookie SO: Caesar	*Oven Baked Ham with Gravy Green Beans Stuffing Scalloped Potatoes Pumpkin Pie  MO: Smoked Tempeh NCS: SF Jell-O SO: Chicken Almond	Chicken Noodle Soup Saltine Packet Honeydew Melon 3 Bean Medley Peanut Butter Brownie  MO: Minestrone NCS: Cantaloupe SO: *Spinach	Roasted Turkey with Gravy & WG Roll Mashed Potatoes Corn Cranberry Sauce Rice Krispie Treat  MO: PB Chicken NCS: Cantaloupe
20	21	22	23	24
<b>CLOSED</b> 	*Brat on a WG Bun Ketchup & Mustard Hot Sauerkraut Veg. Baked Beans Potato Salad Chip Cookie  MO: PB Sausage NCS: SF Cookie SO: *Chef	Cod w/ Dill Sauce WG Din Roll California Vegetables Roasted Potatoes Banana Nutty Buddy Bar  MO: PB Meatballs NCS: SF Wafer SO: *Turkey Club	*Italian Lasagna Italian Vegetable Mix WG Bread Salad w/ Tomato, Cuc, Carrot & Onion Sugar Cookie  MO: Veg Lasagna NCS: SF Cookie SO: *Italian	Chili Mac Casserole Capri Vegetables Peas and Onions Cantaloupe Pudding  MO: Beyond Chili NCS: SF Pudding
27	28	29	30	31
Cabbage Roll Green Beans California Blend Fruit Medley Red Velvet Cookie  MO: PB Cabbage Roll NCS: SF Cookie SO: Southwest Chicken	Chicken Alfredo Sliced Beets 5 Way Vegetables Fresh Cut Fruit Rice Krispie Treat  MO: Veg Alfredo NCS: SF Wafer SO: Garden	Teriyaki Meatballs w/ Brown Rice Stir-Fry Vegetables Broccoli Salad Honeydew Melon Fortune Cookie MO: PB Meatballs NCS: SF Cookie SO: Caesar	Creamy Chicken Chili Cornbread Tomato Cuc Salad Orange Wedges Pudding  MO: Veg Chili NCS: SF Pudding SO: *Cobb	Hamburger w/ Cheese, Lettuce, Tomato, Onion, Capri Vegetables Paco Blend Nutty Buddy Bar  MO: Black Bean Burger NCS: Red Grapes



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

## Winter Weather Policy



If the City of Fitchburg closes due to severe weather conditions, the Senior Center will be closed.

If Oregon Schools are closed due to severe weather conditions, home delivered and congregate meals will be automatically cancelled. All other program cancellations will be determined by the Senior Center Director.

For up to date cancellations and closures during the winter months, please call the Senior Center main line at 608-270-4290.

## Salad Option Monday- Thursday!



You Have Options

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



### \*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

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



## THE Waterford at Fitchburg

COMMUNITY

Find your joy here.

5440 Caddis Bend, Fitchburg, WI 608-270-9200 [waterfordatfitchburg.com](http://waterfordatfitchburg.com)

# 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