

Brat Lunch



- **Friday, August 16, 2024 from 11:00 a.m. - 1:00 p.m.**
- **Drive Thru or Dine In**
- **Fitchburg Senior Center**
- **5510 Lacy Road**
- **Cost: \$5 (cash only please)**
- **Includes: Brat, Bun, Chips, Water, Cookie & Condiments**
- **Bring a Friend - All are welcome**
- **This "Friend-raiser" sponsored by:**



If you LOVE mysteries, you'll LOVE *this* program!

"THE PARADOX OF SMALLTOWN CRIME"

- Presented by David Benjamin
- Author of nineteen books, Honored with 36 Book Awards
- Benjamin's award-winning, four-book, Jim Otis mystery series is set in the fictional town of Hercules, Wisconsin. The newest book in the series comes out this August.
- Find Out -Why authors turn small villages into settings of mystery and murder
- Find Out -Why readers love small town sleuthing and crime solving
- Program Date: **Thursday, August 22, 12:30-1:30 p.m.**
- Fitchburg Senior Center, 5510 Lacy Road, Fitchburg
- Presented one hour before the Center's "Mystery Book Club"



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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

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



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 August 2–30. 11:15–11:45 a.m. Cost: \$20

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



In-person & Zoom, August 2–30 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.

Outdoor Walking



Join our Outdoor Walking Group and take a step towards a healthier lifestyle! We offer two distance options to suit your fitness level. This group-led program is perfect for those seeking motivation and accountability through the support of others. We meet every **Tuesday and Thursday at 9:00 a.m.** at the Senior Center. The first two walks will provide all the details you need. Embrace the fresh air, make new friends, and walk your way to better health. Don't miss out—join us! For weather cancellation notices, please register online to stay up to date. Updates come via email.

Manicures by Vaunce & Lytonia

Just like a salon but no cost and lots of laughs!

Tuesdays, August 13 & 27

10:30am–1:30pm

608-270-4290 appointment needed

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, August 8–29 from 11:00 a.m.— 12:00 p.m. in the spacious Oak Hall Room on the upper level. Cost: \$30 / \$8 drop-in. The summer months are difficult to fill indoor sessions. We require a minimum of twelve dancers to make this a go. Spread the word to your friends!

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 third ride is scheduled for **Wednesday, August 7 at 10:00 a.m.**

You can choose between two ride options: either **6-8 miles** or **10-12 miles**. It is 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! Visit our programming page and look for Summer Rides For Joe. Please arrive **15 minutes** prior to the start time of **10:00 a.m.**

Ballroom Basics For Balance



Thursdays, September 19–November 21, 2024. See programming website for full details.

Community Night Out

At Community Night Out you'll get the chance to meet neighbors and first responders, and help celebrate our partnership with our community and make it even stronger. As evidence of this partnership, you'll even get a chance to leave a handprint behind on one of our squads.



- ◆ Visit from UW Health Med Flight
- ◆ Free food
- ◆ Display booths from many great community partners

Join us **Wednesday, August 14** at McKee Farms Park from **5:00–8:00 p.m.** for the Fitchburg PD Community Night Out.

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.



August 14: Food Wants vs Food Needs. 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.

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.**

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.**

THE Courtyard at FITCHBURG
ASSISTED LIVING & MEMORY CARE

Visit Fitchburg's
NEWEST
Senior Living Community

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

7 Deadly Mistakes in Funeral Planning **(R)**

Don't leave the burden behind for your family. There are hundreds of decisions that will have to be made in a very short amount of time. Don't make the seven deadly mistakes in funeral planning. Melissa Theisen from Gundersen Funeral Home will walk you through the basics of advanced planning to provide your family with peace of mind so you are prepared. **Wednesday, August 7 at 1:00 p.m.**



Farmer's Market Vouchers

\$45 in vouchers

To Be Eligible:

Age 60 +
Live in Dane County
Income below \$27,861 for 1- person household
\$37,814 for 2-person household

To apply call the Area Agency on Aging
Shannon Gabriel, Dietician 608-261-5678

Transportation Available to Fitchburg
Farmer's Market
3pm-4:30pm
*July 25 *August 15 *August 29



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

SUMMER LUNCH & LEARN!

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

AUGUST 7 & 21 MEET YOUR FITCHBURG ALDERS!!!

SEPTEMBER 4 - JOURNEY MENTAL HEALTH.

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

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

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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

SNAP A PHOTO TO VIEW OUR WEBSITE

Friday Fun Day!

Jump-start your weekend with Friday Fun Day! Join us on **August 30** 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. Summer schedule: 8/6, 8/20 from **1:00–2:30 p.m.** Fitchburg Room upstairs at the Senior Center. Contact Ric at rbainter@gmail.com

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



Did you know in August...

August 9: International Day of the World's Indigenous Peoples, a United Nations observance that recognizes the rights, culture, and land of indigenous people.

August 12–13: Tisha B'av, a Jewish day of fasting & mourning to remember tragedies that have affected Jewish people throughout history.

August 15: Independence Day of India (1947), also known as Swatantrata Diwas.

August 13–15: Obon, a Japanese custom to honor the spirits of one's ancestors.

August 19: Raksha Bandhan, a Hindu festival that celebrates the bond between siblings

August 26: Women's Equality Day, which commemorates American women gaining the right to vote in 1920.

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

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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*Some restrictions apply.

Fitchburg Senior Center Friends (FSCF) & Travel

During June, the Fitchburg Senior Center Friends were pleased to provide \$200.72 to support local seniors.

Looking for something to do?

Are you recently retired, have been retired awhile, or are new to Fitchburg? Looking for a way to put your talents, skills, and great ideas to good use? Come join us on the Fitchburg Senior Center Friends Board! We're seeking two new members to help in supporting and promoting the mission and programs of the Fitchburg Senior Center. Come join us! If you have questions about what board members do, contact FSC Director Jill McHone at 608-270-4291 or via email at jill.mchone@fitchburgwi.gov.



Thank you to all the folks who attended the Travel Show on July 11. We're enthused that so many are planning their 2025 tours with us. If you missed it, brochures about all the tours are available in the entry of the Center across the hall from Suzie's desk. The following tours are on the calendar for next year: Mediterranean Coastal Journey; Mackinac Island, Michigan; Alaska Land and Cruise; French Canada; and Turkey. There is a little room on the last couple of 2024 tours—Danube River Cruise and Yellowstone National Park. Don't miss out on your chance for adventure. Contact the Travel Committee at travel@fscfriends.org

- Collette Travel Mediterranean Coastal Journey to Spain, France & Italy March 22 - April 6, 2025
- Mackinac Island June 13 - June 21, 2025
- Alaska Discovery Land & Cruise July 2 - July 13, 2025
- Mayflower Travel Autumn In French Canada September 12 - September 19, 2025
- Treasures of Turkey October (dates to determined)



“Because of the interest shown in our September 2025 Canada trip, Friends of the Fitchburg Senior Center Travel Committee will be hosting our Mayflower Representative, Judy O'Brien, on August 13, 2024 at 10:30 a.m. in the Prairie View Room, to once again present the Autumn In French Canada trip through her words and pictures. Come hear about this very educational and thrilling trip visiting our neighbor to the North.”

For more information, our website is: <https://www.fscfriends.org>. Brochures are available at the Senior Center Travel Wall Display .



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**. You must register for this program. If you have any questions, please fill out the space provided on the registration page. Minds in Motion is brought to you by the ADRC of Dane County, Wisconsin Alzheimer's Disease Research Center and the Fitchburg Senior Center.

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

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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	Game Day!! August 30 at 12:30 p.m.
Cribbage 1:00	Euchre 12:45		Sheepshead 1:00	

Make-a-Card Club News!



Use the month of August to finish cards for the summer and get started on cards for fall! There are beach themes, florals and a bin of stamps dedicated to autumn. Gather together on Tuesday, August 13 and Tuesday, August 27, from 12:15 to 2:00 p.m. in the art room. For every card you make, you get a handmade bonus card, and how useful is that?!

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, Aug. 7, 14, 21 & 28. 1:00—4:00 p.m.**
This is not a series, but individual learning classes.

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!

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, August 22, 2024 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *The Lost Ones* by Sheena Kamal.

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.**

AUGUST 2024

* * = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>9:00 AM FSC Friends</p> <p>9:00 AM Outdoor Walking</p> <p>9:00 AM Tai Chi **</p> <p>9:30 AM Informal Quilting</p> <p>9:30 AM Shop-Pick N Save</p> <p>12:30 PM Bilingual Bingo</p> <p>12:30 PM Chess Club</p> <p>1:00 PM Sheephead</p>	<p>2</p> <p>9:00 AM Ping Pong</p> <p>11:00 AM Informal Writing Group</p> <p>11:00 AM Wood Carving</p> <p>11:15 AM F-Fitness**</p> <p>8:30 & 9:45 a.m. Aerobics **</p>
<p>5</p> <p>9:00 AM Yam Group</p> <p>10:00 AM Bridge</p> <p>11:00 AM St. Vincent Pantry</p> <p>11:15 AM F-Fitness**</p> <p>1:00 PM Cribbage</p> <p>1:00 PM Ping Pong</p> <p>8:30 & 9:45 a.m. Aerobics **</p>	<p>6</p> <p>8:30 AM Quilters</p> <p>9:00 AM Outdoor Walking</p> <p>9:30 AM Shop-Walmart</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>7</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>8:30 & 9:45 a.m. Aerobics **</p>	<p>8</p> <p>9:00 AM Cross Stitch</p> <p>9:00 AM Outdoor Walking</p> <p>9:00 AM Tai Chi **</p> <p>9:30 AM Informal Quilting</p> <p>9:30 AM Shop-Pick N Save</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 Sheephead</p> <p>1:30 PM Book Club**</p>	<p>9</p> <p>9:00 AM Ping Pong</p> <p>11:00 AM Informal Writing Group</p> <p>11:00 AM Wood Carving</p> <p>11:15 AM F-Fitness**</p> <p>8:30 & 9:45 a.m. Aerobics **</p> <p>Footcare**</p>
<p>12</p> <p>9:00 AM Yam Group</p> <p>10:00 AM Bridge</p> <p>11:00 AM St. Vincent Pantry</p> <p>11:15 AM F-Fitness**</p> <p>1:00 PM Cribbage</p> <p>1:00 PM Ping Pong</p> <p>8:30 & 9:45 a.m. Aerobics **</p>	<p>13</p> <p>8:30 AM Quilters</p> <p>9:00 AM Outdoor Walking</p> <p>9:30 AM Shop-Target</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>14</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>8:30 & 9:45 a.m. Aerobics **</p>	<p>15</p> <p>9:00 AM Outdoor Walking</p> <p>9:00 AM Tai Chi **</p> <p>9:30 AM Informal Quilting</p> <p>9:30 AM Shop-Pick N Save</p> <p>12:30 PM Bilingual Bingo</p> <p>12:30 PM Chess Club</p> <p>1:00 PM Sheephead</p>	<p>16</p> <p>9:00 AM Ping Pong</p> <p>11:00 AM Informal Writing Group</p> <p>11:00 AM Wood Carving</p> <p>11:15 AM F-Fitness**</p> <p>8:30 & 9:45 a.m. Aerobics **</p>
<p>19</p> <p>9:00 AM Yam Group</p> <p>10:00 AM Bridge</p> <p>11:00 AM St. Vincent Pantry</p> <p>11:15 AM F-Fitness**</p> <p>1:00 PM Cribbage</p> <p>1:00 PM Ping Pong</p> <p>8:30 & 9:45 a.m. Aerobics **</p>	<p>20</p> <p>8:30 AM Quilters</p> <p>9:00 AM Outdoor Walking</p> <p>9:30 AM Shop-Walmart</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>21</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>8:30 & 9:45 a.m. Aerobics **</p>	<p>22</p> <p>9:00 AM Outdoor Walking</p> <p>9:00 AM Tai Chi **</p> <p>9:30 AM Informal Quilting</p> <p>9:30 AM Shop-Pick N Save</p> <p>12:30 PM Bilingual Bingo</p> <p>12:30 PM Chess Club</p> <p>1:00 PM Sheephead</p> <p>1:30 PM Mystery Book Club</p>	<p>23</p> <p>9:00 AM Ping Pong</p> <p>11:00 AM Informal Writing Group</p> <p>11:00 AM Wood Carving</p> <p>11:15 AM F-Fitness**</p> <p>8:30 & 9:45 a.m. Aerobics **</p> <p>Footcare**</p>
<p>26</p> <p>9:00 AM Yam Group</p> <p>10:00 AM Bridge</p> <p>11:00 AM St. Vincent Pantry</p> <p>11:15 AM F-Fitness**</p> <p>1:00 PM Cribbage</p> <p>1:00 PM Ping Pong</p> <p>8:30 & 9:45 a.m. Aerobics **</p>	<p>27</p> <p>8:30 AM Quilters</p> <p>9:00 AM Outdoor Walking</p> <p>9:30 AM Shop-HyVee/Aldi</p> <p>11:00 AM Bid Whist/Spades</p> <p>12:45 PM Euchre</p> <p>Pickleball Pre-Register</p>	<p>28</p> <p>10:00 AM Art Studio</p> <p>11:15 AM F-Fitness**</p> <p>1:00 PM Cribbage</p> <p>8:30 & 9:45 a.m. Aerobics **</p>	<p>29</p> <p>9:00 AM Outdoor Walking</p> <p>9:00 AM Tai Chi **</p> <p>9:30 AM Informal Quilting</p> <p>9:30 AM Shop-Pick N Save</p> <p>12:30 PM Bilingual Bingo</p> <p>12:30 PM Chess Club</p> <p>1:00 PM Sheephead</p>	<p>30</p> <p>9:00 AM Ping Pong</p> <p>11:00 AM Informal Writing Group</p> <p>11:00 AM Wood Carving</p> <p>11:15 AM F-Fitness**</p> <p>12:30 PM GAME DAY!!</p> <p>8:30 & 9:45 a.m. Aerobics **</p>



August 2024



Fellowship, Food & Fun

				1	2				
<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>PB= Plant Based SF= Sugar Free WG= Whole Grain MO=Meatless SO=Salad Option *Contains Pork</p> <p>Call 270-4290 by 9:00 a.m. to reserve a meal for the following day.</p>						<p>Taco Bar Hoppin John Beans Honeydew Churro</p> <p>MO: Beyond Taco NCS: SF Wafer SO: Southwest Chicken</p>		<p>Grilled Chicken Sandwich Roasted Root Vegies California Vegies Cheesecake</p> <p>MO: PB Chicken NCS: SF Jello</p>	
5	6	7	8	9					
<p>*Spaghetti & Meatballs Peas & Pearl Onions Capri Vegetables Mixed Fruit Medley Pudding</p> <p>MO: Beyond Meatballs NCS: SF Pudding SO: Chicken Caesar</p>	<p>Sloppy Joe on a Bun Diced Carrots Green Beans Diced Pears Rice Krispie</p> <p>MO: Beyond Joes NCS: SF Wafer SO: *Turkey Club</p>	<p>Turkey & Swiss Sandwich 3 Bean Medley Fresh Fruit Mix Chocolate Chip Cookie</p> <p>MO: Veg Pinwheel NCS: SF Cookie SO: * Cobb</p>	<p>Garlic Herb Chicken Potato Casserole WG Dinner Roll Corn Sliced Peaches Nutty Buddy Bar</p> <p>MO: PB Chicken NCS: SF Wafer SO: *Bacon Bleu</p>	<p>BBQ Pulled Chicken Prince Charles Blend Roasted Potatoes Cantaloupe Cornbread w/ Butter Red Velvet Cookie</p> <p>MO: BBQ Jackfruit NCS: SF Cookie</p>					
12	13	14	15	16					
<p>Grilled Turkey Burger on a Bun Potato Salad California Blend Sugar Cookie</p> <p>MO: Black Bean Burger NCS: SF Cookie SO: Sunflower Crunch</p>	<p>Breakfast Scramble Roasted Potatoes Asparagus Raisin Bread Orange Wedges Apple Juice</p> <p>MO: PB Sausage Patty NCS: None SO: Garden</p>	<p>Macaroni & Cheese Capri Vegetables Baked Beans Cantaloupe Brownie</p> <p>MO: Veg Baked Beans NCS: SF Jello SO: Chicken Almond</p>	<p>*Italian Sandwich Coleslaw Broccoli Salad Honeydew Oatmeal Cookie</p> <p>MO: Mediterranean Sandwich NCS: SF Cookie SO: *Italian</p>	<p>Crab Cake Good Grains Rice Pilaf w/ Vegetables Fruit Medley Fiesta Corn Blend Cherry Apple Bar</p> <p>MO - PB Shrimp NCS - SF Wafer</p>					
19	20	21	22	23					
<p>Chicken Lasagna Side Salad Italian Vegetables Rice Krispie Treat</p> <p>MO: PB Spaghetti NCS: SF Jello SO: *Cobb</p>	<p>Turkey & Provolone Sandwich Tomato Cuc Salad 3 Bean Medley Orange Wedges Snickerdoodle</p> <p>MO: Mediterranean Sandwich NCS: SF Cookie SO: Chicken Caesar</p>	<p>French Toast Casserole Turkey Sausage Patties Juice Roasted Potatoes Banana Cinnamon Roll</p> <p>MO: PB Breakfast Sausage NCS: SF Wafer SO: Spinach*</p>	<p>*Teriyaki Meatballs with Brown Rice Peas Stir-fry Vegetables Honeydew Salted Caramel Cookie</p> <p>MO: Beyond Teriyaki NCS: SF Cookie SO: *Turkey Club</p>	<p>Baked Cod W/ Dill Cream Sauce WG Bread Paco Vegetables Corn Sliced Peaches Nutty Buddy Bar</p> <p>MO: PB Shrimp NCS: Peanuts</p>					
26	27	28	29	30					
<p>*Brat on a Bun Sauerkraut *Baked Beans 5 Way Vegie Blend Brownie</p> <p>MO: PB Sausage NCS: Planters Peanuts SO: Chicken Almond</p>	<p>Meatball Sub Green Beans Coleslaw M&M Cookie</p> <p>MO: PB Meatball Sub NCS: SF Cookie SO: *Italian</p>	<p>Blackened Chicken Alfredo Sliced Beets California Blend Fresh Cut Fruit Rice Krispie Treat</p> <p>MO: Veg Alfredo NCS: SF Wafer SO: *Chicken Bacon</p>	<p>*Macaroni Club Pasta Salad Tomato Cuc Salad Carrots w/ Ranch Cantaloupe Super Donut</p> <p>MO: Veg Pasta Salad NCS: Banana SO: Garden</p>	<p>Meatloaf W/ Gravy Mashed Potatoes Capri Vegetables Cranberry Sauce WG Bread Sliced Peaches Lemon Cookie</p> <p>MO: Impossible loaf NCS: SF Cookie</p>					

Fitchburg Senior Center
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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

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



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Hours:

9am-6pm, Mon-Fri

9am-1pm, Sat