

GRAND OPENING!

Please join the Fitchburg Senior Center, City of Fitchburg, and Fitchburg Chamber for the official ribbon cutting of the much-anticipated patio!

Monday - September 11 - 11:30am

A brief ceremony will be held to acknowledge all who made this vision a reality with light refreshments to follow.



Not able to make the Ribbon Cutting? That's ok! Come and enjoy the patio at our National Senior Center Month celebration on Friday, September 15. The Fitchburg Senior Center Friends will have food and beer for purchase starting at 5:00pm and the Red Hot Horn Dawgs will be playing from 6:00-8:00pm.



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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: 8:00–4:00 p.m. Monday–Friday

Website: www.fitchburgwi.gov/seniorcenter

Senior Center Staff

Director, Jill McHone (she, her) 608-270-4291,
jill.mchone@fitchburgwi.gov

Assistant Director, David Hill (he, him) 608-270-4292,
david.hill@fitchburgwi.gov

Office Manager, Suzie Jones (she, her) 608-270-4290,
suzie.jones@fitchburgwi.gov

Nutrition Site/Volunteer Manager, Mandi Miller (she, her)
608-270-4293,
mandimiller@fitchburgwi.gov

Social Worker, Amy Jordan (she, her) 608-270-4295,
amy.jordan@fitchburgwi.gov

Social Worker, Sarah Folkers (she, her) 608-270-4294,
sarah.folkers@fitchburgwi.gov

Case Manager, Katie Bogucki (she, her) 608-270-4282,
katie.bogucki@fitchburgwi.gov

For more information on all programs offered through the Senior Center, please visit our City page at www.fitchburgwi.gov/seniorcenter or click on this link.

City Disclaimer Policy

The City of Fitchburg makes no claims or representations, and no warranties are implied, regarding any 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.

Functional Fitness! (M-W-F) 

Join instructors Melissa & Felicia for a great chair-based exercise class. The series runs from
Sept. 1–29. 11:15–11:45 a.m. Cost: \$20

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

In-person & Zoom, **Sept. 1–29** for a great cardio and light strength-building routine! 8:30 in-person / 8:30 Zoom / 9:45 in-person. Cost: \$30

Yoga W/ Kurt Fall Session 1 

In-person & Zoom, **September 11–October 30**. Eight weeks. \$64. Level Two/Intermediate: 9:15–10:30 a.m. Level One/Beginner: 10:45 a.m.–12:00 p.m. (Min. six)

Tai Chi

Here is a wonderful opportunity to work on your balance and strength. Leader Khiang Seow will gently guide you through safe and sound movements. No registration needed. Every **Thursday at 9:00 a.m.** \$2 donation requested.

Tuesday Indoor Pickleball 

You can register for the following Tuesday play each **Tuesday at 10:00 a.m.** A confirmation email will be sent out to those registered players prior to Tuesday play. Open play dates are listed on the registration page also.

Cardio Drumming W/ Melissa! 

Mondays, October 23–December 11. Eight weeks. 1:00–2:00 p.m.

Fridays, October 20–December 15 (skip Nov. 24). Eight weeks. 1:00–2:00 p.m.

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

Fitness In The Park: Rejuvenate Your Fitness Routine! NEW—\$6 Drop-In! 

Join Melissa for outdoor exercise classes at McKee Park Shelter every Tuesday and Thursday at 11:15 a.m. starting Tuesday, September 5, 2023. This invigorating class combines cardio, body weight strength exercises, and scenic paths for additional aerobic moves and balance routines. All fitness levels are welcome. A minimum of 12 participants needed. Eight classes: \$24 / \$6 drop-in.

Line Dancing W/ Nancy IS BACK! 

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

Our four-week line dancing series is a perfect opportunity to learn the ropes and show off your moves. The hour-long classes will take place on **September 7, 14, 21 and 28 at 11:00 a.m.** in the spacious Oak Hall Room on the upper level. Cost: \$30.

Five Animals Qigong Demo Class!

Join leader Naihua Xue for a fun experience in the art of Five Animals Qigong. Naihua would like to share her knowledge of movement. Drop-in. Coming in October!

Ballroom Basics For Balance—Thursdays, September 7–November 9, 2023. 

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

This **10-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.

Koru Mindfulness W/ Stuart 

Koru is designed to introduce you to the practice of mindfulness and get you well on your way to developing this important skill. During this class you will be introduced to the practice of mindfulness and learn several skills, including meditation for managing stress and enriching your life. Mindfulness is about developing the ability to be fully attentive to all the moments of your life, and reducing the amount of time you spend worrying about the future or fretting about the past.

Stuart Johnston (class leader) is recently retired after 25+ years as a mental health counselor at Luther College in Decorah, Iowa.

The four-week session will be held on **Tuesdays, September 5–26. 75–minute classes starting at 10:00 a.m. Cost: \$50.** It is critical that you are able to attend all four classes.

The Sappho Group—a 50+ Lesbian Women’s Social Gathering



Description: This confidential group is open to 50+ lesbian women - out, in, single, partnered, married, and with all sorts of family definitions and beliefs. The meetings provide a chance to talk with new friends and old and to plan outings to gay and other group events. It will also include community building projects.

Meetings are on the second Friday of each month. First date: October 13 at 9:00 a.m. Any questions, please call 608-270-4290.

Men’s Group—New Members Always Welcomed



The Men’s Group meets the second **Tuesday of each month at 2:00 p.m.** Meeting location will be at the Senior Center. If you have any questions, please call 608-270-4290. Men’s past minutes can be found on our website: www.fitchburgwi.gov/seniorcenter No registration required.

Fitchburg Active Women’s



Group—New Members Always Welcomed

Group meets the second **Wednesday of each month at 2:15 p.m.** Informal coffee klatch social at 1:15 p.m. before the meeting. All meetings held at the Senior Center. Any questions, call 608-270-4290. Further program info and **2023 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.

Diversity & Inclusion Programs



The Fitchburg Senior Center is committed to improving its efforts to be more inclusive and will be increasing efforts to meet the needs of our growing and changing demographics. Our goal is to ensure we are an agency where all are truly welcome.

Community, Connection & Cognitive Aging

The City of Fitchburg’s Healthy Neighborhood Initiative Committee recently awarded a grant to support activities offered through New Bridge Madison’s Diversity & Inclusion program.

The project titled, “Community, Connection & Cognitive Aging”, will focus on dementia and related health issues specifically facing Black and Latinx/e older adults. Programs will be offered at the Senior Center.

Please watch upcoming newsletters for more details or give us a call at 608-270-4290.

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 **2nd Thursday of each month at 10:00 a.m.** Email Suzie at suzie.jones@fitchburgwi.gov to get connected to our group leaders.

Memory Café—Oregon Senior Ctr.



The second Wednesday of the month at the **Oregon Senior Center from 1:30–2:15 p.m.** This is a place where individuals with memory loss and their care partners get together in a relaxing setting to share common interests and socialize. While participants enjoy an engaging activity, caregivers have the opportunity to meet and get support. If you would like to attend, please call 608-835-5801.

Gardening, Mindfulness, And Nutrition - Oh My!



Summers are for sunshine, walks in the park, and...time outside in the garden! Gardening is a wonderful activity that not only stimulates the brain but can also provide fresh produce and herbs. Join us for a discussion about the health benefits of gardening and learn more about nutrition and tips/strategies for healthy eating that can boost heart health, memory, and more. Plus an opportunity to get your hands dirty and start some plants that you can take home! Join UW Medical Students on **Tuesday, September 19 at 11:00 a.m.** Registration required, gardening supplies available for first 20 people.



Diabetes Education W/ Pharmacist Matt Huppert



The pharmacist at Fitchburg Family Pharmacy wants to help you control and maintain your diabetes numbers. Matt Huppert is opening up class times to help you understand diabetes, create health goals and establish a relationship with your local pharmacy. We will be providing this four-week educational class at the Fitchburg Senior Center on Thursdays starting **September 7, 2023 from 10:30–11:30 a.m.** Please register to be enrolled for this class. This class is **FREE** of charge with your Medicare or Medicaid number or \$120 without. **A FEW SPOTS LEFT!**

Share Your Skillset With Others



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

How To Register—See Page 2



Joe Fahey Travels Presents: The Great Pyramids Of Giza



The Great Pyramids of Giza, near Cairo, Egypt, stand as iconic marvels of ancient engineering and cultural significance. Built for Pharaohs Khufu, Khafre, and Menkaure, these towering monuments showcase human ambition and precision. The Pyramid of Khufu, the largest, held the record as the tallest man-made structure for millennia. Their celestial alignment and intricate design reveal advanced astronomical and mathematical knowledge. Serving as monumental tombs, these pyramids offer a glimpse into ancient Egypt's religious beliefs. With their timeless grandeur, the Great Pyramids of Giza remain a captivating testament to human history and achievement.

Join us as Joe shares first hand knowledge and a video picture show of this recent trip he took. **Thursday, September 28 at 1:00 p.m.** No registration required.

Papercraft Class With Christine—“Bird In Autumn”



Participants will decorate and take home two small tin boxes (the size of an Altoids Mint tin). We'll cover the top with an Audubon bird print. The interior will be lined with either felt or patterned paper (felt is nice if the box is for jewelry). We'll cover the sides with black and gold washi tape. Rich warm autumn colors will be used throughout. These boxes make lovely gifts, but when you see how nicely they turn out, you probably will want to keep them for yourself! More pictures and details on the registration website.

Tuesday, October 17 from 1:00-3:00 p.m.

\$7 class fee for materials, payable at the class. Class size is limited to the first eight registered participants.

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Change how you see senior living.

Madison's newest Life Plan Community is coming to the heart of Terravessa, a multigenerational neighborhood in Fitchburg.

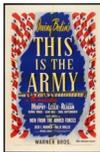
Currently in the planning phase, The Cesta will offer active adults luxury Entrance Fee Apartment Homes, fine dining, and unmatched amenities.

We'd love to meet you & share more!
Connect with Nikki at 608.216.3326 or scan the QR code



History Of The Hollywood Musical— Sept. Series (New Day—Fridays)

This series will look at the evolution of the American movie musical. Each week, we will watch and learn about an important film in the musical genre with an introduction to each film that will include important historical points, fun facts and short biographies of the stars. Join us for a trip through Hollywood musical history starting with **This Is The Army**, on Friday, September 8 at 1:00 p.m. No registration required.



September 8: This Is The Army

September 15: Thank You Lucky Stars

September 22: The Gang's All Here

September 29: Going My Way



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 Syene Room. We are a non-critical group offering encouragement and support to keep one another writing. No registration required.



Fitchburg Ukulele Network

We are a drop-in strumming group that has been meeting for several years. We welcome new strummers. You bring your ukulele, and we provide the music projected to a screen. It helps if you know a few basic chords, but you are also welcome to just listen or sing along with us. We meet every week on **Tuesday** at **1:00 p.m.** in the Fitchburg Room upstairs at the Senior Center starting Tuesday, September 12. Contact Ric at rbainter1@gmail.com for further information. No registration is needed.



It's Never Too Late to Fall In Love!

Join us at the Senior Center to watch the nation's first ever Golden Bachelor! Gerry Turner, a 71 year old retired restaurateur and doting father and grandfather from Indiana will be handing out roses each week in hopes of finding "his person". Watch October's newsletter for more details!



Case Manager Corner W/ Amy—

Are you a named agent on a Power of Attorney? These documents are also referred to as Advance Directives. There is one for health and one for finances. The state document for financial is automatically invoked upon signing. This gives the agent authority to act on behalf of subjects that are signed off on which could include property, annuities and taxes. If your estate is considerable it would be wise to seek legal advise at the time of creation. The Health Care Power of Attorney allows two agents to be named. The agents only have power when the document becomes "activated." This activation requires signatures from two physicians or one physician and one psychologist. The document also needs to be witnessed by two people who are unrelated. Social Workers are able to not only help fill out those forms but be witnesses as well. Anyone related to the care of the individual such as an RN or MD are not allowed to be witness to these documents. If you don't have a POA and become incapacitated, the alternative is guardianship which is costly. Consider who YOU want to address your needs at critical times. Both the healthcare and financial documents are available online and in the Social Work office.



Culture & Awareness Corner W/

Suzie— Hola Septiembre (Hello September)
... Sabías? (Did you know?)

It's National Hispanic Month

National Suicide Prevention Month

- 911 - In case of emergency
- (800) 273-8255-National Suicide Lifeline
- (608) 280-2600 - Dane County 24-hour Crisis Line

(4) Labor Day

(7) National Beer Lovers Day

(10) National Grandparents Day

(15-17) Rosh Hashanah

In Fitchburg, it is our goal to be mindful of EVERYONE! These are just a few special celebrations observed. If you have something dear to heart and would like me to share, just shoot me an email at Suzie.jones@fitchburgwi.gov. Stay tuned for more next month.



Dr. Zorba Paster On Your Health



Join Dr. Zorba Paster, renowned physician and health advocate, for an engaging lecture on longevity and healthy living. Discover the key factors that contribute to a longer, happier, and more fulfilling life. The workshop consists of two parts:

Part I - Dr. Paster will discuss the boosters and busters of longevity in a one-hour presentation.

Part II - Engage in a hands-on workshop to learn the initial steps for achieving your personal best.

Dr. Paster's lectures are interactive and entertaining, blending humor, real-life stories, and relatable examples to make the topic accessible and enjoyable. Don't miss this opportunity to gain valuable insights and practical tips for optimizing your well-being.



Thursdays, September 14 & 21 at 1:00 p.m.

Fitchburg Senior Center Offers Program to Reduce Falls in Older Adults



One in four older adults has a fall each year, according to the Centers for Disease Control and Prevention (CDC), and Wisconsin leads the nation in fall-related deaths for people age 60 and older. But the good news is that falls are not a normal part of aging and can be prevented. The Stepping On program, offered in Fitchburg by the Fitchburg Senior Center and Safe Communities of Madison-Dane County, has been researched and proven to reduce falls by 31% and will take place on

Mondays, September 11–October 23, 2023. 12:45 – 2:45 p.m. Cost: \$35.

In just seven weekly, two-hour sessions, Stepping On gives participants strategies for avoiding falls including balance and strength exercises, home safety check suggestions, medication review, and more. Guest experts include a physical therapist, pharmacist, low vision expert, and a community safety officer who visit over the course of the seven sessions providing falls prevention information and strategies for avoiding a fall. The workshop is designed specifically for people age 60 and older who have fallen and/or have a fear of falling. Participants can expect to leave with increased strength, better balance, and a feeling of confidence and independence.

Think Of Our Medical Loan Closet Before Buying New!

Did you know that the Fitchburg Senior Center offers a remarkable service to the community through its medical loan closet? This invaluable resource provides individuals in temporary need of medical equipment, such as walkers, wheelchairs, canes, and commodes, with the opportunity to borrow these items at no cost for up to 30 days. It's a compassionate initiative aimed at supporting individuals during their post-treatment phase. Whether you're recovering from an injury, surgery, or any other medical condition, the loan closet at Fitchburg Senior Center is ready to assist you. Contact us today at 608-270-4290.

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Summer Rides In Memory Of Joe Imilkowski—Sept. 6, 2023

Hosted by the City of Fitchburg Bike Committee. These rides offer an excellent opportunity to pedal along the award-winning trails and soak in the natural beauty of Fitchburg. You'll also get to meet new people, share your love for biking, and make lasting memories.

All participants are required to wear helmets for safety reasons, and the rides will start and end at the Fitchburg Senior Center. Even if you have registered and filled out the release form, this must be done for each monthly ride. The final ride of the season is scheduled for **Wednesday, September 6 at 10:00 a.m.** Ride route will take bikers out on the bridge to McFarland and back! 20 miles.



BollyBeats Fitness Class—Free Demo September 6—Full Series Starting September 13

BollyBeat is a refreshing & energizing Bollywood inspired dance-fitness class, full of authentic Bollywood flair! BollyBeat integrates fitness with dynamic choreography set to upbeat Bollywood music. Participants enjoy creative expression through joyful movement while building cardio endurance, neuro-motor coordination, agility and balance. Expect easy to follow cardio routines that are safe and fun. Enjoy burning calories alongside a happiness boost. No dance experience necessary, just attitude!

Manisha Bhargava is a Board Certified and Mayo Clinic certified Health & Wellness Coach, a certified Radical Remission Cancer Coach, an experienced Yoga teacher at the E-500 hour level and a Bollywood dance-fitness instructor. This class is a collaboration through the Senior Center & Recreation Department. See registration page for more details!

PC Specialist Dave St. Amant In House! Tuesday, September 26 at 1:00 p.m.

Dave St. Amant has been helping our Fitchburg Seniors with computer problems for years! But, what does he actually do in this process and how the heck does he fix computers remotely? Extra bonus: SPAM—what you need to know!

Dave will be covering this always important topic in this program. Don't miss out, register today!



Featured Staff

THE CITY OF Fitchburg
SENIOR CENTER

608-270-4290 to learn more!
5510 Lacy Road, Fitchburg

Mandi Miller
NUTRITION & VOLUNTEER
COORDINATOR

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Fitchburg Senior Center Friends (FSCF)

The Fitchburg Senior Center Friends were pleased to provide \$1,041.95 in July to support Senior Center participants and activities.

Join the Friends Board!

- Needed: People who are looking for a way to contribute to our Senior Center
- For: Fitchburg Senior Center Friends Board
- Why: Great ideas, talents, and skills support our Senior Center activities and programs
- When: Now - it's never too late to join u
- How: Call Jill McHone at 608-270-4291; email her at jill.mchone@fitchburgwi.gov; pick up info from Suzie at the front desk

There's no commitment in making an inquiry. Thank you for considering this!

Let's celebrate! We hope to see you on September 15 to celebrate National Senior Center month. Be sure to stop in to the Senior Center if you'd like to purchase a beer and food from the Friends.

We like to travel! Our **2023 trips** are full, and folks are already signing up for the 2024 trips. If you are interested in any of the 2024 trips below, stop by the senior center to pick up information or visit our FSCFriends Facebook page. You can also call Jack at 608-235-5267 or Lucy at 608-658-4091.



Trip Dates	Destination
March 10 - 17, 2024	Winter in the Desert Oasis - Palm Springs, Death Valley, Zion National Park
May 10 - 16, 2024	Holland, MI Tulip Festival
July 14 - 21, 2024	Montana & Glacier National Park
August 29 - September 8, 2024	Danube Explorer River Cruise
September 18 - 27, 2024	Yellowstone, the Grand Tetons & Mt. Rushmore

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*Some restrictions apply.

RSVP Ride Request Now Online

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

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, Rich. Every **Friday** from **11:15 a.m.—12:00 p.m.** Rich will always be located in the dining room.

Meal Program

Monday through Friday onsite & home delivered. Meal minimum donation is \$4.50 for those over 60 as meals are not FREE. Call 608-270-4290 for further details on the meal program qualifications.

Massage Therapy



June Newman
LMT,NCTMB. Mon./Thurs.
Afternoons. Call June at **608-770-4733**

Massage & Reflexology

Gregory Newman
LMT,NCTMB.
Mon. Mornings/Wed.
Afternoons. Call Greg at **608-770-4633**

Cost:

\$35 for 30 min.
\$50 for 45 min.
\$60 for 60 min.
\$80 for 90 min.

Cancellations must be made 24 hrs in advance to avoid being

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

Make-a-Card Club News!

Hello, crafters! Our two sessions in September will be on **Friday 9/15** and **9/29**. Starting time will be at **12:15 p.m.**, and note the new **ending time** for this month, at **2:00 p.m.** Our focus will be an autumn theme, but as always, all categories will be available. Remember to pick a bonus card for every card you make!



Independent Art Studio with Mary

Ann Bring your own supplies, work in any medium and at your own pace under the guidance of an experienced and encouraging instructor. Mary Ann Inman has taught drawing and painting for more than 20 years. Participants are encouraged to take at least one beginning class. **Wednesdays from 10:00 a.m.—12:00 p.m.** Open to intermediate artists at no charge. Email Mary Ann with any questions: inman_ma@yahoo.com No registration necessary.



Bid Whist & Spades!

Bid Whist and Spades are popular trick-taking card games that have been enjoyed for generations. Both games require strategic thinking and teamwork, making them great for social gatherings. Join us at the Fitchburg Senior Center every Tuesday at 10:30 a.m. No registration required.



Thursday Bilingual Bingo

We offer bilingual bingo every **Thursday** at **12:30 p.m.** Quarter per card, two card limit. Play lasts one hour. \$6 final blackout!



Fitchburg Singers—Come Sing W/Us!

The Fitchburg Singers practice the **1st & 3rd Wednesday** at **1:00 p.m.** The Singers typically sing a variety of pre rock and roll oldies. For a better idea, visit: Fitchburgsingers.org and view past performances.



Busy Hands And Chatting With Friends



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

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

REACH Book Club will meet next on

Thursday, September 14, 2023 at 1:30 p.m. at the Fitchburg Senior Center for a discussion of the book, *The Personal Librarian* by **Marie Benedict & Victoria Christopher Murray** For a list of upcoming books, visit: www.fitchburgwi.gov/seniorcenter and click on groups to join.



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 28, 2023 at 1:30 p.m.** at the Fitchburg Senior Center for a discussion of the book, *Razorblade Tears* by Sara Paretsky.

Food Pantry Donations

The Senior Center continues to take food donations for local pantries. Food items can be dropped off **Monday—Friday 8:00 a.m.—4:00 p.m.**



TUESDAY SALAD OPTION:

Dine in only!

September 5th: Chicken Caesar Salad

September 12th: Southwest Chicken Salad

September 19th: Turkey Club Salad*

September 26th: Grilled Chicken Almond Salad

PB= Plant Based SF= Sugar Free WG= Whole Grain

Senior Dining



Fellowship, Food & Fun



1

Macaroni & Cheese
Capri Vegetable Blend
Baked Beans
Mixed Fruit
Blueberry Cheesecake

**MO: Veg Baked Beans
NCS: Banana**

4



CLOSED

5

Grilled Chicken Breast
Mashed Potatoes
Gravy
3 Bean Medley
Sliced Peaches
WG Dinner Roll
M&M Cookie

**MO: Grilled Tofu
NCS: SF Cookie**

6

Rigatoni & Bolognese
Parmesan Cheese
Mixed Fruit
Brownie

**MO: PB Meatballs
NCS: SF Pudding**

7

French Toast Sticks
Syrup
Turkey Sausage
Patties
Egg White Patty
Cantaloupe
Asparagus tips
Juice

**MO: PB Sausage
NCS: None**

8

Turkey Sausage Kale
Soup
WG Dinner Roll
Tomato & Cucumber
Salad
Pineapple Tidbits
Planters Peanuts

MO: Garden Veg Soup

11

Sausage and Egg
Breakfast Scramble*
Roasted Potatoes
Peas and Pearl
Onions
Tropical Fruit
Blueberry Muffin

MO: Veg Egg Bake

12

Teriyaki Chicken
Breast
Brown Rice
Stir Fry Vegetables
Mandarin Oranges
Peanut Butter Pie

**MO: Teriyaki Tofu
NCS: SF Jell-O**

13

Chicken Noodle Soup
Pineapple Tidbits
Quinoa Salad
Sugar Cookie

**MO: Minestrone
NCS: SF Cookie**

14

Roasted Pork Loin*
Gravy
Sliced Beets
Corn
Baked Beans
WG Dinner Roll
Chocolate Chip Cookie

**MO: Mac & Cheese
NCS: Pineapple Tidbits**

15

Baked Cod in
Dill Cream Sauce
Whole Grain Roll
Capri Vegetables
Baked Potato & Sour
Cream

**Rice Krispie Bar
MO: PB Shrimp
NCS: Banana**

18

Barbecue Pulled
Pork*
Barbecue Sauce
Good Grains Rice
Pilaf w/ Vegetables
Baby Lima Beans
Banana
Cherry Apple Bar

**MO: BBQ Jack Fruit
NCS: Red Grapes**

19

Swedish Meatballs
Whole Grain Roll
Mashed Potatoes
California Vegetables
Sliced Beets
Chocolate Cake

**MO: PB Meatballs
NCS: SF Pudding**

20

Turkey Tetraxini
Carrots
Green Beans
Mandarin Oranges
Kringle

**MO: PB Herb Chicken
NCS: Cantaloupe**

21

Salisbury Steak
Paco Vegetables with
Roasted Potatoes
Prince Charles
Vegetables
Sliced Peaches
WG Bread
Nutty Buddy

**MO: Beyond Burger
NCS: SF Chocolate**

22

Italian Sausage &
Peppers*
over WW Spaghetti
Broccoli
Applesauce
M&M Cookie

**MO: PB Italian Sausage
NCS: SF Cookie**

25

Cabbage Rolls
Green Beans
Parisian Carrots
Juice
Sugar Cookie

**MO: PB Cabbage Roll
NCS: SF Cookie**

26

Brisket Burnt Ends
Roasted Root Veggies
Good Grains Rice Pilaf
Cornbread
Cantaloupe
Yogurt

**MO: PB Sausage
NCS: Fruit Cup**

27

Grilled Chicken Breast
Baked Beans
Mixed Vegetables
WG Bread
Coleslaw
Lemon Cake

**MO: Grilled Tofu
NCS: SF Jell-O**

28

Whole Grain Three
Cheese Calzone with
Marinara
Italian Vegetables
Garden Pasta Salad
Mixed Fruit
Cookie

NCS: SF Cookie

29

Crab Cake
Good Grains Pilaf with
Vegetables
Potato Salad
Orange
Nutty Buddy

**MO: PB Shrimp
NCS: Planters Peanuts**

SEPTEMBER 2023

* * = PRE-REGISTER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																											
<div style="border: 1px solid red; padding: 5px; margin: 10px auto; width: 200px;"> <p style="text-align: center; font-size: small;">Aug 2023</p> <table style="width: 100%; text-align: center; border-collapse: collapse;"> <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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</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 style="border: 1px solid red; padding: 5px; margin: 10px auto; width: 200px;"> <p style="text-align: center; font-size: small;">Oct 2023</p> <table style="width: 100%; text-align: center; border-collapse: collapse;"> <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								<p>8:30 AM Aerobics **</p> <p>9:00 AM Ping Pong</p> <p>9:45 AM Aerobics**</p> <p>11:00 AM Informal Writing Group</p> <p>11:15 AM F-Fitness **</p> <p>1:00 PM Bunko</p>
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We have a NEW Caterer!



Starting in September 2023, AtlantisValley Foods will become the new Dane County Senior Nutrition Program caterer! AtlantisValley Foods is a family-owned and operated company located in Cottage Grove, WI. As a company, they opened their doors back in 2009 and grew their operation to produce 30,000+ food products per week in order to provide a variety of food services such as Micro-Markets, Cafeteria/Dining Catering, Office Coffee, Vending, and other related catering services for businesses and institutions. In addition to their daily operations, they are known as a Dane County Food Waste Fighter due to donating 59,502 pounds of prepared food in 2022 and 33,886 pounds in 2021 to the River Food Pantry.

What an amazing way to nourish our local community!

We are very excited to be partnering with AtlantisValley Foods to continue to provide you with nutritious and delicious lunches. Together we'll continue to serve approximately 400 home delivered and congregate meals per day. Take a look at the new menu! We hope that you enjoy trying out some of the new lunch offerings. If you have any questions or concerns related to this change, please contact Mandi Miller at 270-4293. *Bon appétit!*

Senior Dining



Fellowship. Food Fun



Bingo Fundraiser



Thursday, September 21

12:30-2:00 pm

Open to the public

Come win great prizes!

Come to the Fitchburg Senior Center located at 5510 Lacy Rd, Fitchburg, WI 53711 and play a rousing round of bingo for a great cause.

Suggested donation \$10, but pay what you can.

Larger donations welcome.

Funds go to the Fitchburg Parkinson's & Care Partner Support Group



Fitchburg Senior Center
 5510 East Lacy Road
 Fitchburg, WI 53711
 608-270-4290
 8:00-4:00 p.m. M-F
www.fitchburgwi.gov/seniorcenter



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

FITCHBURG CENTER
Farmers Market
 THURSDAYS, MAY-OCTOBER | 3PM - 6PM
 5511 E. CHERYL PARKWAY, FITCHBURG
 FITCHBURGMARKET.COM

Sponsored By:
 Lions Club Strawberry Fest June 15th
 Lions Club Kids Fest July 20th
 Open Doors for Refugees Pig Roast August 17th
 EAGLE School Fall Fest September 21st

Home Safety Adaptations
Handyman, Remodeling
Home Maintenance
 Call Us Today,
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(608) 806-7477
 Free Home Assessments

Matt@GoldenHomeManagement.com
 www.GoldenHomeManagement.com
 Certified Aging-In-Place Specialists

THEY'RE BA-ACK

Salad Option Tuesday's

Call a day in advance by 9:00 a.m. : 270-4290!
 Join us for lunch on a Tuesday & ask for the SALAD option!

SEPTEMBER Salads!

Every Tuesday!

Chicken Caesar Salad 9/05/23
 Dressing: Caesar
 Meal items with this: Peaches, dinner roll & Cookie

Southwest Chicken Salad 9/12/23
 Dressing: Ranch
 Meal items with this: Mandarin oranges, dinner roll & peanut butter pie

Turkey Club Salad: 9/19/23
 Dressing: French
 Meal items with this: Dinner roll, apple & chocolate cake

Grilled Chicken Almond Salad 9/26/23
 Dressing: Ranch
 Meal items with this: Cornbread, cantaloupe & Yogurt

*Limited to dine in only.

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