



Prime Time News

March 2015

Fitchburg Senior Center
Volume V Issue 3

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Extended Travel—See Insert

Pancake Breakfast

Sunday, March 22 8:00 a.m. - 12:00 p.m.
\$6 Adults / \$3 Children Up To 10 Years Old
Sponsored by the FSC Friends

Quilt Raffle

The Patchwork Quilters will be raffling four quilts at the Fitchburg Senior Center during the Pancake Breakfast. Tickets are \$2.00 each, or three for \$5.00. Tickets will be available at the front desk of the Senior Center, or from Patchwork Quilters. Quilts will be in the display case at the Senior Center prior to the raffle, so come see them! If a minimum number of tickets are not sold prior to the Pancake Breakfast, we will delay and hold the raffle at the fall fundraiser. All tickets will be eligible regardless of when they are sold.



Get Your Affairs in Order—Estate Planning & More!

On March 12 at 1:00 p.m., Attorney Mark T. Johnson will explain the various aspects of elder law that may help you, your parents, and your children. Learn how planning for incapacity, long-term care, and public benefits can advance your goals for your family's future. Bring your questions about estate planning, trusts, and disability planning for an audience-focused discussion. Attorney Johnson is a partner at the Law Offices of Christenson and Allex, LLC, in Fitchburg, which works with clients to create a positive legacy in their estate planning, business, and real estate matters. **FREE** program, no registration required.

AARP Tax Help

For those who could benefit from **FREE**, simple tax return help, this program is for you! The following dates run with 30-minute slots, so your taxes must be simple.

Fri.—March 20
Fri.—April 3

Call 270-4290 for your 30-minute appointment.

St. Patrick's Day Lunch & Entertainment



Beginning at 11:00am, please join us we enjoy traditional Irish tunes played on the accordion by local musician, Mike Briggs. Following Mike's performance we hope you will stay and enjoy a delicious corned beef dinner with all of the fixins'! Reservations are necessary for lunch and should be made by noon on Monday, March 16. Please call 270-4290.

Yoga W/ Kurt—Winter Sessions

Mar. 16-May 18 (skip 3/30) \$63—nine weeks

Level one: 10:45 a.m.—12:00 p.m.

Level two: 9:15—10:30 a.m.



Call 270-4290 to register

Payment to instructor day of first class



WHAT'S IN A NAME?

Name our coffee/refreshment station!

In the Senior Center dining room is a lovely buffet piece which was paid for by the Friends of the Fitchburg Senior Center. It holds the coffee and water servers, the cups, napkins and of course the sweet treats that are available too! Over the top of the buffet is a green awning that would look great with a name. Between now and March 19 send us your suggestion for naming the buffet. Those attending the pancake breakfast on March 22 will have an opportunity to vote for their top pick.

Men's Group

Join us for our next meeting on Tuesday, March 10 at 2:00 p.m.

For more info log on to:
www.fitchburgseniorcenter.com
and click on Men's Group on the left side.

Active Women's Group

Join us for our next meeting on Tuesday, March 24 at 2:00 p.m.

For more info log on to:
www.fitchburgseniorcenter.com
and click on Active Women's Group on the left side. Meet at the Senior Center.



And Then There Was One... A Comprehensive Guide for End of Life Preparedness



Statistics prove that most people don't have arrangements made for when they die because they just don't know where to begin, and it is difficult to think about! To help with the many decisions that need to be made, the Senior Center will be offering a two-part series related to end-of-life planning. **Topics covered include:** funeral arrangements, wills, powers of attorney, tax laws when filing as a single person, estate expenses at time of death, Social Security changes and so much more. Professionals from Park Bank, Christenson Law Firm, and Agrace Hospice will be guest presenters in addition to Donna Hutter, who will be our facilitator for workshop.

The program will be held on Wednesdays, April 29 and May 6 from 1:00-3:00 p.m. at the Senior Center (both sessions required) Cost: Free.

There is a comprehensive workbook that the facilitator will go through which can be purchased for \$20, but it is not required.

Register by calling the Senior Center at 270-4290 no later than April 20.

Deadline to register is April 22.

Learning Annex Presents: Irish Settlers of Fitchburg

Tuesday, March 17 at 1:00 p.m.

This month's Learning Annex will be a tribute to the Irish settlers of Fitchburg! Nearly fifty thousand Irish immigrants came to the United States in the mid-nineteenth century and of those fifty thousand, seventy-six Irish families had settled in the Town of Fitchburg by 1860. Presenters, Bill and Carol Kinney, will talk about the Fox, Stoner Prairie and Irish Lane settlements and so much more. Did you ever wonder where all of the room names came from in the Senior Center? Come and find out! Historical photos will be on hand too. *Please note time change*



Am I safe using the Internet?

This is a question a great many people are asking these days. One needn't search very far to find dozens of examples of hacking, theft, and online fraud. It's enough to make anyone too afraid to use the Internet.

But the benefits of utilizing online resources are just too much to pass up in this complicated modern world. So what can be done?

You can start by visiting the Fitchburg Senior Center on **March 26 from 1:00-3:00 p.m.** for an entertaining and informational presentation on **Internet Security**. You don't need to know anything about the Internet or security to participate. This is a general information presentation with tips for all levels of users.

This event is being presented by Dave St. Amant of Community PC, LLC. Dave is the owner of Community PC, which is a mobile tech support company, based in Fitchburg, specializing in services for seniors and the disabled.

Come on down to this fun and educational event and greet spring with a new confidence about your Internet use. You must call to reserve your spot. 270-4290



FACTv Tech Class:

Social Media

FACTv will dive into tablets for the second addition of the tech class series. We will review iPads and Android based interfaces. Bring your tablet questions to the class and be ready to learn some tips and tricks for these devices.

Cost: \$5. Thurs. Mar. 19 from 11:00 a.m.—12:00 p.m. Payments to Fitchburg Factv. Registration required, call 270-4290.



Google Chromecast— what is it?

Have you seen the commercials about how you can watch Netflix and You Tube from your tablet, smartphone or laptop to your HDTV? Well, it's true! Assistant Senior Center Director David Hill will guide you through the basics of the device and how you can start watching from your own HDTV (with Wifi internet) in under ten minutes and at a cost of only \$35. Join us on Wednesday, March 25 from 11:00-11:30 a.m. **MUST** call to register, class is limited to 15 students.

Cost: FREE. 270-4290



Is internet tv really here? Can we cut the cable cord forever!
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UW Ext. Nutrition w/ Tonia
Topic: Truths and myths of eggs! Join Tonia from the UW Extension Nutrition Program on Wednesday, March 18 at 11:30 a.m. to find out more!



Fitchburg Senior Center Energy Task Force Team

Who are we? A group of volunteers who are available to provide Fitchburg Seniors with energy-saving measures.

What can we do for you? Volunteers can make simple but effective changes in your home: changing furnace filters, cleaning refrigerator coils, removing old paint, no throw-away light bulbs, and batteries.

Making Connections! The Task Force Team will also be able to identify possible resources for further improvement through Focus on Energy, MG&E and others. Referrals can be established by our team!

Reminder calls! We can make reminder calls to you when it's time to replace that furnace filter or when it's time for the team to clean the refrigerator coils—don't pass this option up!

Is there a cost? No; however, donations are welcomed and appreciated.

Call to make an appointment today. 270-4292

P.L.A.T.O. Learning

Novels Old & New—Spring 2015

(Mondays) - runs through April 27, 1:00 p.m.

Henry David Thoreau's Walden—Spring 2015

Kick off is Friday, March 6 from 10:00 a.m.—12:00 p.m. Session is 10 weeks. No class Good Friday.

For information and/or a membership packet for both programs listed above, contact
P.L.A.T.O. Liaison Wendy Kerr at 262-5823.



Fitchburg Historical Society Presents: Molly Fifield Murray, outreach and education manager at the UW-Madison Arboretum, will describe the history of the arboretum, that unique living laboratory just north of Fitchburg, at the FHS general meeting at 1:30 p.m. on Sunday, April 19 at the Fitchburg Public Library, 5530 Lacy Road.

Comforting Solutions for In-Home Care

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Book Club & More

REACH Book Club

REACH Book Club will meet at 1:30 p.m. on Thursday, March 12, at the Senior Center. We will discuss the book, *The Traitor's Wife* by A. Pataki. Everyone knows Benedict Arnold-the Revolutionary War general who betrayed America and fled to the British as history's most notorious turn-coat. This book is a riveting historical novel about Peggy Shippen Arnold, the cunning wife of Benedict Arnold and mastermind behind America's most infamous act of treason. Peggy Shippen is half Benedict Arnold's age when she seduces the war hero during his stint as military commander of Philadelphia. Blinded by his young bride's beauty and wit, Arnold does not realize that she harbors a secret: loyalty to the British. *The Traitor's Wife* brings these infamous figures to life, illuminating the sordid details and the love triangle that nearly destroyed the American fight for freedom.

Discussion questions are available in David's office. Future selections:

April—*Crossing to Safety* by Wallace Stegner

May—*Henry's Sisters* by Cathy Lamb

June - We will select books for next year

REACH Book Club meets the 2nd Thursday of each month, September thru June at the *Fitchburg Senior Center* at 1:30 p.m.

The I Love a Mystery Book Club -Thursday, March 26, at the Senior Center at 1:30 p.m.

We will discuss the book, *Endless Night* by Agatha Christie. This book has been praised as one of Agatha Christie's most unusual forays into psychological suspense. This novel of fate, chance, and the nature of evil was a personal favorite of the author's.



Save the date



April 29 & May 6. 1:00-3:00 p.m.:
End of Life Readiness Workshop,
two-part series.

May 12. 5:30-8:00 p.m.: What you
need to know about enrolling in
Medicare.

YES!

2015 Day Trips

Maggie Mae & The Heartland Country Band
Barn Dance. Tuesday, June 16. \$86. Payment
due by May 1.

Titletown During Training. Thursday, August
13. \$98. Payment due before July 9.

More information can be found at the Fitchburg Senior Center. To sign-up, call Badger Bus at 1-800-416-2049 today!

Don't Forget!



For weekly

updates, visit our web page at www.fitchburgseniorcenter.com and then click on the You Tube link to our channel to view "What's Happening at the Fitchburg Senior Center."

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Wisconsin Homestead Credit: Do you qualify?



This program is designed to soften the impact of property taxes and rent on persons with lower incomes. The benefit available may take the form of an income tax credit or a direct refund. The credit is based on the relationship of your household income to the amount of your allowable property taxes and/or rent for the calendar year. If you meet all of the qualifications, including total household income of less than \$24,680 for 2014, you must complete a Wisconsin Homestead Credit Claim (Schedule H or H-EZ) to determine the amount of any benefit available. You must submit a copy of your 2014 property tax bill (if you owned and occupied your home) or an original rent certificate signed by your landlord (if you rented your home) along with your Schedule H or H-EZ. The filing deadline for a 2014 claim is April 15, 2019. Please note that you may meet all of the qualifications but still not qualify for any benefit. For a complete list of qualifications, please call the Fitchburg Senior Center at 270-4290 and ask to speak with one of the Social Workers.

News from Mandi!

News From Energy Dave

Men's Support Group

Potential Topics:

- ◇ Aging
- ◇ Caregiving
- ◇ Illness
- ◇ Relationships
- ◇ Wellness
- ◇ And more



Leader Marty Zupan is a licensed professional counselor (LPC). A quick one-on-one meeting is required with Marty before joining. For more information on this wonderful opportunity, call Mandi directly at 270-4293 or email: Mandi.miller@fitchburgwi.gov



Volunteer w/ The Energy Task Force Team

In the month of February, the Energy Task Force Team made changes to three individuals' homes. A mailbox was hung, pipe insulator sleeves were installed, and light bulbs were replaced with energy efficient options. These are some of the simple things the team does. If you are handy around the house, and would like to be part of the team, please call Dave at the Senior Center, 270-4292.

\$20 Blackout Bingo!! March 12

Special sponsor, Sylvan Crossings.
\$20 jackpot!

Game begins promptly at 12:40 p.m.



Groups

Exercise Classes

Caregiver Support—Thurs. Mar. 12 at 10:00

Drop-In Activities!!!!

- Dominos—2nd & 4th Mon. @ 1:00 p.m.
- Social Bridge—Mon. @ 10:00 a.m.
- Pastels—3rd Mon. @ 1:00 p.m.
- 500—1st & 3rd Tues. @ 12:45 p.m.
- Mahjong—1st Tues. @ 1:00 p.m.
- Bingo—Thurs. @ 12:30 p.m.
- Sheepshead—Thur. @ 1:00 p.m.
- Scrabble— Fri. @ 2:00 p.m.
- 500—1st & 3rd Tues. @12:45 in place of Euchre.
- Bunko—Feb. 25 from 2:00-5:00 p.m.

Aerobics With Diane Fronck

Diane teaches Mondays and Wednesdays at 9:45 a.m.; Fridays at 8:30 a.m. is Diane on video. Class focuses on cardio, strength, and flexibility. Cost is \$20 per month.

Functional Fitness

Monday, Wednesday and Friday from 11:00-11:30 a.m. Class is chair-based and focuses on strength, range of motion and balance. Cost is \$10 per month.

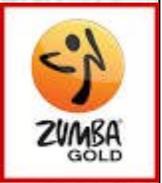
Tai Chi Thursdays 8:30 a.m.

Cost—\$2 drop-in. Pay instructor. Beginners welcome.



Zumba Gold w/ Jackie

The next 8-week session starts Friday, April 10th, and meets from 10-10:45am. Cost is \$44. Payment due upon sign up. Make checks payable to the Senior Center. 270-4290



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Transportation Services ^{P.8}

Meals—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. at 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 Fridays. Call the Senior Center to schedule a ride. Check calendar for trip destinations.

Medical Appointments—Cost is a donation. Transportation provided by RSVP volunteer drivers. Call the Senior Center at 270-4290 **at least 5 business days in advance** to schedule a ride.

Shuttle Service— This service is used for **medical ride requests that require wheelchair transport**. Requested donation is \$10 round-trip. Call 270-4290 **3 business days in advance** to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

Health, Help & Renewal

Footcare/Fingernail—Home Health United. Offered 2nd & 4th Wednesday of each month. Cost is \$20 & \$10. Call the Center for an appointment. **Must provide 2 towels.**

Pre and Diabetic Footcare
Every 3rd Friday!

March 20

The cost of this clinic is \$28. Please call 270-4290 to schedule an appointment.

Blood Pressure—Ruth Mueller, R.N. B.S. Offered at no charge the third Thursday of each month 10:30-11:30 a.m. No appt. needed.

Massage Therapy

June Newman
LMT,NCTMB.
Mon./Thurs.
Afternoons

Massage/Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Massage Therapy

Megan Markey
Friday Mornings

Cost:

\$25 for 30 min.
\$45 for 60 min.
\$65 for 90 min.
Sign up at
270-4290.

Cancellations must be made 24 hrs in advance to avoid being charged.

Social Services

Senior Center Help

- ◆ Home visits
- ◆ Loan Closet
- ◆ Meals on Wheels
- ◆ Home Health
 - ◆ Insurance
- ◆ Medicare/Part D
 - ◆ Medicaid
- ◆ **Call Amy Jordan or Sarah Folkers at 270-4290 today!**

Acupuncture

Acupuncture with Matthew Wagner,
Tuesday afternoons.

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Call 270-4290 to schedule an appointment.



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Games Worth Playing

Get ready! It's coming! The Wisconsin Senior Games offers competitive events for seniors 50 +. From June 6 - 20, events are held in Madison and the surrounding area. Registration books will be available March 30 or check www.WiSeniorGames.org.

Registration opens April 1.

Movie Day—"Birdman"

Possible movie of the year!
Join us on Friday, March 20 at
12:40 p.m.!

Free popcorn and a warm room!





Taking five or more prescriptions a day?

Researchers at the UW School of Pharmacy are studying how people manage their medicines on a daily basis. If you answered yes to the question above and would like to be a part of this study, please call the Senior Center at 270-4290. To participate, you agree to one interview lasting between 45-60 minutes. Interview can be held in your home or at the Senior Center. Compensation for participation is \$20.

Fitchburg Senior Center Friends

News

Please support the upcoming FSCF fundraiser:

The Annual Pancake Breakfast

Sunday, March 22 from

8:00 a.m. - 12:00 p.m.

Still \$6 and \$3 (10 and under).

Remember, all proceeds go directly to support the activities and projects of the Fitchburg Senior Center that are not funded by tax dollars.

Seniors Helping Seniors

Pickle Ball

Join us every Tuesday from 9:00 a.m. to 3:00 p.m. in the upper level Oak Hall Room. Most players come between 9-10:30am. Free! No sign up required!



2015 Newsletter Subscription \$10

Name: _____

Address: _____

City & Zip: _____

Phone: _____

The cost to have the *Prime Time*, the Senior Center's monthly newsletter, delivered to your home for the year 2015 is \$10. Please complete this form and return it with payment to the Senior Center. Checks should be made out to the Fitchburg Senior Center. You can also pickup the newsletter for free.

St. Patrick's Day Lunch
Monday, March 17th • 12:00

Free Event

Followed by bingo with beer and prizes
RSVP to Sarah no later than March 13

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