



# Prime Time News

## April 2015

Fitchburg Senior Center  
Volume V Issue 4

### Look Ahead

Hot Off The Press! P.2

Tech Education/Groups P.3

Energy / COOL Stuff P.4

Book Club/Day Trips/Bike P.5

Homestead/Dementia P.6

Games—Bingo/Exercise P.7

Transportation/Health P.8

FSC Friends P.9

Extended Travel—See Insert



Look for special programs throughout May to celebrate this very special month!

Fitchburg Singers— 5/6

Enrolling in Medicare— 5/12

Pat Richter — 5/14

Dementia Friendly Kick-Off—5/15



### 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 Care will be guest presenters in addition to Donna Hutter, who will be our facilitator.

*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 \$30, but it is not required.

Register by calling the Senior Center at 270-4290 no later than April 22.



### 90's Party Featuring the Fitchburg Singers

Help us kick off Older Americans Month 2015 with a performance by the Fitchburg Singers. We will recognize all older adults 90 years and older on **Wednesday, May 6!** Celebration will begin at 11:30 a.m. by honoring those 90 plus. Lunch will be served at noon. Immediately following, the Singers will debut their new program, "A Kaleidoscope of Music from Romance to Ragtime". Program includes western style, love songs, music from other lands, dance music and songs from yesteryear.

Sign up by calling 270-4290 no later than 1:00 p.m. on May 5.

### Volunteer w/ The Energy Task Force Team



Last month the ETFT visited and made changes to three homes! U.W. student volunteers have joined the program and have cleaned six refrigerators during the month of March! 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.



# HOT OFF THE PRESS!

## Enrolling in Medicare

### What You Need To Know

If you are approaching age 65, the Senior Center and the Dane County Area Agency on Aging want to help you make informed choices about your Medicare options.

### Learn More About:

What Medicare Is—What Medicare Is Not—How To Enroll—Penalties For Late Enrollment—Prescription Benefit.

Tuesday, May 12. 5:30–8:00 p.m.

At the Fitchburg Senior Center

**Registration deadline: Wednesday, May 6.**

**Call 270-4290.**

This program is **FREE** and open to the public.

## Comprehensive Medication Review - Sign Up Now



The United Way, along with the Fitchburg Senior Center, will be providing medication reviews with a qualified and trained UW pharmacist. You can qualify for this free service if: 1. You are over 65 years old, 2. You live in Dane County, 3. Your annual income does not exceed \$35,000 for a one-person household or \$45,000 for a two-person household, 4. You can answer yes to one of the following questions: Do you take three or more medications that include prescriptions, herbals and over the counter? Do you ever feel dizzy? Have you fallen in the past year? Do you forget important dates or events? Do you go to more than one pharmacy to fill your medications? If you qualify, please call to sign up for May 5, 9:00 a.m. to 3:00 p.m. Space is limited so please call ahead. 270-4290. *\*Some medications can make you feel dizzy or even cause a fall. Some medications might interact with each other. The more medications you take, the more likely you are to have a negative drug interaction!*

## Spanish Class Offerings

### Tuesdays / April 7-May 26

Beginner Level 2                      10:00 a.m.-11:00 a.m.

Beginner Level 4                      11:15 a.m.-12:15 p.m.

If you have taken Spanish classes before, you might fit in to the Beginner 2 or Beginner 4 class. Please contact the teacher at [phyllisofmadison@gmail.com](mailto:phyllisofmadison@gmail.com) to discuss what class might be best for you. If you would like to contact Phyllis via phone, please call the Senior Center for her number.

### Wednesdays / April 8-May 27

Beginner Level 1                      12:30 p.m.-1:30 p.m.

All sessions are eight weeks. Cost \$50. Please make checks payable to the Fitchburg Senior Center. Payment due within five days of registration. Call 270-4290.

## Learning Annex Presents.....



Christina Dollhausen, Event Coordinator at the **Stoughton Opera House**, brings us history plus operating goals and objectives of this history-rich Victorian gem in Stoughton. Opened first in 1901, it was the city auditorium and hosted operas, musicals, vaudeville and temperance meetings in addition to community events and graduations. In 1955 it was closed to the public as it was in need of major repairs. In 1983 the Friends of the Stoughton Opera House was established and went to work! Its acoustical and architectural uniqueness have been maintained and play a major role in the selection process for performances.

**Tuesday, April 21 at 2:00 p.m.**



**We now have one computer in the fireplace room for web surfing. Come try it out!**

# Tech Education



# Groups/Learning

## iPad Class

iPad tips and tricks and everything in-between is back! Jeremy and the gang from FacTv will be at the Senior Center on **Thursday, April 30 from 10:30 a.m.–12:00 p.m.** Don't miss out! Have you been to one of the classes, but still need more help? Did you just get a new iPad? This class is for you too! Call 270-4290 to register for this FREE class.

Space is limited!



**Interested in tracking your exercise mileage from your gps enabled device? Keep an eye out for the class with David in May!**



## Sling Tv—what is it?

Wish you could cut the expensive cable cord? Do you only have over the air, but wish you could pick and choose your favorite channels?

Could Sling Tv be the answer?

Join us on Wednesday, April 29 from 1:00-1:30 p.m. **MUST** call to register, class is limited to 15 students.

Cost: FREE. 270-4290



## Men's Group

Join us for our next meeting on Tuesday, **April 14 at 2:00 p.m.**

For more info log on to: [www.fitchburgseniorcenter.com](http://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, **April 28 at 2:00 p.m.**

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

## Take and Alter Digital Pictures



Most people have taken hundreds, if not thousands, of digital pictures in their lives. But when it comes to enhancing, or otherwise editing, those pictures most folks are in the dark.

There will be an informational presentation at the Fitchburg Senior Center on Thursday, April 23 from 1:00 to 3:00 p.m. Bring your laptops and/or tablets to share with the group. We will go over as many different editing programs as we have time for, so make sure you bring your devices and favorite editing programs.

Don't worry if you don't already have an editing program. By the time you leave, you will have a general knowledge of what's available and what your skill level is.

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 people with disabilities.

Please call 270-4290 to register. **FREE!**



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## 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

### Canvas Painting Class!

For this class each painter will create a beautiful painting of the picture you see here (you pick the colors). No artistic experience is needed and all supplies included! You will be using acrylic paint on 16 x 20 canvases. Instructor will be walking you through the painting step by step. These paintings turn out colorful and whimsical and they are so much fun to do!



**Thursday, April 30 from 1:00 p.m.-3:00 p.m. Cost: \$44**

**Please pay upon sign up. Checks payable to the Senior Center.**

***Instructor Bio:** My name is Sara Lenz. I am currently teaching children's art classes out of my home and at different Recreation Departments in the Madison area. I am also working as an instructor for Vino and Van Gogh painting parties. I love working with children and adults, and view every one of my students as an artist!*

### Cards With Katie

Join us for an afternoon of paper crafting on Monday, April 13 at 1:00 p.m.



stamp - cut - punch - glue - and have fun playing with paper. For more details go to [www.StampLadyKatie.com](http://www.StampLadyKatie.com) or log on to the Senior Center webpage. Cost \$10. Payment to instructor day of class. 270-4290 to register.

**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, April 9, 2015 at the Senior Center. We will discuss the book, *Crossing to Safety* by Wallace Stegner. This novel "traces the lives, loves, and aspirations of two couples who move between Vermont and Wisconsin. It is a work of quiet majesty, deep compassion, and powerful insight into the alchemy of friendship and marriage. The story unfolds the lives of two couples who meet at the beginning of the husbands' professional lives as newly hired English instructors at the University of Wisconsin in 1938." Readers will recognize some familiar Madison areas and landmarks. Discussion questions are available in David's office.

We're close to the end of our year and it's time to think about books for next year. We will not meet in July or August but will resume meeting in September 2015. At the June meeting we will choose books for next year from suggestions made by members. If you have a suggestion, bring it to the REACH meeting or email the title and author of the book to [dmullaly@att.net](mailto:dmullaly@att.net) or drop it off at

David's office.

Future selections:

May—*Henry's Sisters* by Cathy Lamb

June – We will select books for next year

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

## Fitchburg Cycles and Your Bike!



On Tuesday, April 21 at 10:00 a.m. the Fitchburg Senior Center will be teaming up with Fitchburg Cycles. Join us at Fitchburg Cycles to learn what it takes to change a tire, feather your gears to run smoothly, and the kick-off to the bike season. This event is also a great opportunity to meet others in the Senior Center biking club. Bike on over and be part of this great program. Right next to the Great Dane, 2970 Cahill Main. Any questions, contact David at 270-4292.

# 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](http://www.fitchburgseniorcenter.com) and then click on the You Tube link to our channel to view "What's Happening at the Fitchburg Senior Center."

The *I Love a Mystery Book Club* will meet on Thursday, April 23, 2015 at the Senior Center at 1:30 P.M.

We will discuss the book, *The Silver Pigs* by Lindsey Davis. It is a detective story set in Imperial Rome in 70 A.D.





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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.



### UW Ext. Nutrition w/ Tonia

**Topic:** Eating fast food, best choices when eating out. Join Tonia from the UW Extension Nutrition Program on Wednesday, April 15 at 11:30 a.m. to find out more!

### Tuesday, June 16 at 1:00 p.m.

Honoring Choices Wisconsin will discuss the benefits of advance care planning through open and honest conversations. More info in May!

## Acrylic Art w/ Nancy

### Acrylic Painting: New mediums and supports

Artist Nancy Macgregor will take you behind the scenes of famous Acrylic artist Stephen Quiller to show you the techniques he has been perfecting in his gorgeous Colorado mountain landscapes. Try some new products such as Fluid and Metallic Acrylics and use them on supports such as watercolor board and masonsite. See the evidence of brilliant colors and transparent mediums. This class will run Thursday mornings from 9:30 a.m. to 12:00 p.m. for eight weeks, April 9 through May 28. The cost is \$115.00. Contact Nancy at 608-824-0038 or [nancymac@copper.net](mailto:nancymac@copper.net) for questions and registration. Come and join us if you are new to painting or experienced.

### Dementia Friendly

As we move forward with the Dementia Friendly Fitchburg initiative, I need a little help.

To better understand how Dementia affects someone, I am looking to talk to people who have an early diagnosis of Dementia. I am also interested in connecting with caregivers caring for someone with Dementia/Alzheimer's Disease. I'd like to hear your experiences as you navigate your way through the diagnosis.

If you can help, please contact me:

Mandi M. Miller

Mandi.Miller@fitchburgwi.gov

270-4293

# Groups

# Exercise Classes

Caregiver Support—Thurs. Apr. 9 at 10:00 a.m.



## 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.

Euchre—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.

Euchre—1st & 3rd Tues. @12:45

## \$20 Blackout Bingo!! April 9

Special sponsor, Independent Living.

\$20 jackpot!

Game begins promptly at 12:30 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 10:00-10:45am. Cost is \$44. Payment due upon sign up. Make checks payable to the Senior Center. 270-4290



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# Transportation Services <sup>P.8</sup>

**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!**

**April 17**

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,  
Monday mornings.

One hour sessions \$45.

Call 270-4290 to schedule an appointment.



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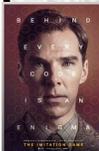
## Games Worth Playing

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 are available or check

[www.WiSeniorGames.org](http://www.WiSeniorGames.org).

Registration opens April 1.

## Movie Day—"The Imitation Game"



93% Tomato Meter Rating!  
Join us on Friday, April 17 at  
12:40 p.m.  
Free popcorn!



## Fitchburg Senior Center Friends News

*Please support the upcoming*

*FSCF fundraiser:*

### **Mothers' Day Flower Fundraiser**

with Fitchburg Farms (a local Fitchburg business)

**Order by April 27<sup>th</sup> and pick up on May 4<sup>th</sup>**

All profits go to support Special Needs Fund.

Please pick up a brochure for details and order form from the FSC receptionist, fill out the attached order form and leave the completed form and payment with the receptionist.

Thank you

**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 arrive between 9-10:30am. Free!

No sign up required!

**\*\* No pickle ball April 7th due to the elections \*\***

## 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.

## VFW Band Performance

April 23 • 7pm • 2879 Fish Hatchery Road

608-729-4890 • [avalonalcommunity.com](http://avalonalcommunity.com)

RSVP by April 20th



Fitchburg Senior Center  
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