Prime Time News

May 2015
Fitchburg Senior Center
Volume V Issue 5

Look Ahead

Hot Off The Press! P.2
Tech Education/Groups P.3
Energy / Thanks / Crafts P.4
Book Club/Day Trips/Bike P.5
Care Planning/ Movie Day P.6
Games—Bingo/Exercise P.7
Transportation/Health P.8
FSC Friends & Travel P.9

GET INTO THE ACT
OLDER AMERICANS MONTH
MAY 2015

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 adults 90 years and older on **Wednesday, May 6!** Celebration will begin at 11:30 a.m. by honoring those 90+. 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.

Older Americans Month—Pat Richter! May 14

Join us for a very special event to honor Older Americans, with former Badger, NFL player and U.W. Athletic Director Pat Richter! Lunch will be served at 12:00 p.m. and you must call one day prior by 1:00 p.m. to make a reservation. 270-4290. Our new Mayor, Steve Arnold, will kick the program off at 12:30, followed by Pat Richter at 12:40. Lunch will be held in the lower level dining room. The program will be taking place in the City Hall council chambers—please make note of the location.

CLOSED

Memorial Day
Monday, May 25

Live Theatre

Jessica Michna as Sari Semple—live! Wednesday, **June 17 at 12:30 p.m. More details to come, join us!**

SAVE THE DATE

Movie info: A linguistics professor and her family find their bonds tested when she is diagnosed with Alzheimer's Disease.

Kick off Event for:

Dementia Friendly Fitchburg

What: Showing of: STILL ALICE
When: May 15 @ 6pm
Where: BioPharmaceutical Technology Center (BTC)
5445 East Cheryl Parkway

FREE Community Event!

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.

Spanish Class Offerings

Tuesdays / June 2-30

Beginner Level 3	10:00 a.m.-11:00 a.m.
Beginner Level 5	11:15 a.m.-12:15 p.m.

If you have taken Spanish classes before, but are a new enrollee please contact the teacher at 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.

Mondays / June 1-29

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

All sessions are 5 weeks. Cost $32. *Please make checks payable to the Fitchburg Senior Center. Payment due upon sign up. Call 270-4290.*

Back Pain: Causes and Solutions w/ Matt Wagner

Back pain is a major concern for a surprisingly large percentage of the population. It's a painful condition that impacts quality of life, speeds up the aging process, and decreases mobility. You may find the actual causes of back pain quite surprising. Acupuncture has helped millions of back pain sufferers and is recognized by the World Health Organization (WHO) as an effective treatment. Join us for a talk on the causes and solutions of back pain, and explore acupuncture as an effective and minimally invasive treatment option.

Join us on Tuesday, May 19 at 11:00 a.m. for this informative and free program.

No sign-up required.

Learning Annex Presents—Gilda's Club

Kirsten Norslien, Program Director for Gilda's Club in Middleton, will fill us in on the operations, activites and goals of the Club.

Not only does Gilda's Club offer support for those with cancer, but it also provides support for the entire family throughout their journey with cancer. Gilda's Club is truly a place where people, young and old, can share their experiences, questions, and feelings while sharing a cup of coffee. It's good to know we have this resource for the community right in our back yard!

Join us on Tuesday, May 19 at 2:00 p.m.

Tech Education

Groups/Learning

TV's And Beyond

Are you confused about all the new technology with tv's these days? Are you excited and want more information before pulling the trigger? Sign up for this cutting-edge program that will focus on 4k tv's and beyond. Limited to 18 participants. FREE. Wednesday, May 20 at 11:00 a.m.

Call 270-4290 right away.

How To Track Your Exercise

I don't consider myself a data junkie, but it's certainly cool when I can log in to my Garmin account and find out when I first biked each Spring for the last three years. With the low snow fall this year, I rode 15 more times this April than the last three Aprils combined! Ok, maybe that's not your thing, but how about accurately monitoring your steps with the latest tech—Fitbit come to mind?
Join me, David on Thursday, May 21 at 1:00 p.m. to see first-hand how your exercise can be tracked and transferred to your smart phone, tablet or PC. The class is limited to 16 participants.
You must call and register at 270-4290.

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Men's Group

Join us for our next meeting on Tuesday, **May 12 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, **May 26 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.

Apple Computer Classes

Wednesday, June 17 from 10:00 a.m. to 12:00 p.m.- Apple Computer Class 1

Location: FACTv Office

Price: $15.00

Students: 6

Thursday, July 23 from 10:00 a.m. to 12:00 p.m. - Video Production- Shooting & Editing with your Mobile Device

Location: City Hall

Price: $10.00

Students: 20

Thursday, August 20 from 10:00 a.m. to 12:00 p.m. - Apple Computer Class 2

Location: FACTv Office

Price: $15.00

Students: 6

Call the Senior Center at 270-4290 to register.
Please make checks payable to FACTv

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

The Energy Task Force Team

The Energy Task Force Team is winding down for Spring/Summer. However we still need to recruit new volunteers for the fall. The focus of this program is energy conservation. 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.

2015 Fitchburg Spring Cleaning Events

Clean Sweep, Shred Day, Electronic Recycling and Med Drop.
Saturday, May 9 from 8:00-10:00 a.m.
Go to: http://www.city.fitchburg.wi.us/DocumentCenter/View/4504 for further details or call 270-4264.

Cards With Katie

Join us for an afternoon of paper crafting on **Monday, May 11 at 1:00 p.m.**

Stamp – cut – punch – glue – and have fun playing with paper. For more details go to www.StampLadyKatie.com or log on to the Senior Center webpage. Cost $10. Payment to instructor day of class. 270-4290 to register.

Patchwork Quilters

A special thank you to the Fitchburg Senior Center Friends for allowing us to sell tickets at the Annual Pancake Breakfast. Thank you also to all who purchased tickets or donated time and or money to make our raffle such a huge success. Money will be used for sewing machine cleaning and repairs, and supplies that are not received through donations from the community. Thank you, Patchwork Quilters.

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Book Club & More

REACH Book Club

REACH Book Club will meet at 1:30 p.m. on Thursday, May 14 at the Senior Center. We will discuss the book, ***Henry's Sisters*** **by Cathy Lamb.** "*Henry's Sisters* is a novel about family and forgiveness, about mothers and daughters, and about gaining the wisdom to look ahead while still holding tight to everything that matters most."

REACH Book Club takes a break during July and August, so May will be our last book discussion for this year. We need suggestions for next year. If you have a suggestion, bring it to the REACH May meeting, drop it off at David's office, or email the title and author of the book to dmullaly@att.net. These suggestions will be compiled into a list of possible choices for next year. We also include one book that is considered a classic in our list of choices. When suggesting a book, an important factor is the availability. Newer books are usually harder to get from the library and it might be better to wait until it is less popular. Also, consider whether the book has issues that promote a lively discussion. At the June meeting we will discuss the various suggestions and vote to choose books for next year.

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* will meet on Thursday, May 28, 2015 at the Senior Center at 1:30 p.m.

We will discuss the book, ***Dark of the Moon*** by John Sanford. This mystery is the first of Sanford's books with Virgil Flowers as the main character.

Bike Club

If you are interested in joining others on weekly bike rides starting and finishing from the Senior Center, call David at 270-4292 to find out more.

YES!

2015 Day Trips

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!

Yoga W/ Kurt—Summer Sessions

June 1,8,15,22 and 29. $35—five weeks

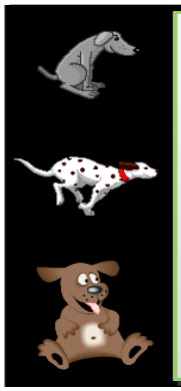
Level one: 10:45 a.m.—12:00 p.m.

Level two: 9:15—10:30 a.m.

Call 270-4290 to register

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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Advance Care Planning: It's About the Conversation

What if a sudden illness or injury left you unable to speak for yourself? Who would you want to speak for you? What would you want them to know about your values and wishes? Advance care planning is a process that helps you think about your health care values and goals; consider health care choices you may have to make in the future; talk about your choices with your doctor and your loved ones; and make a written plan for the future (Advance Directive).

A representative from Honoring Choices Wisconsin will be at the Fitchburg Senior Center on **Tuesday, June 16 at 1:00 p.m.** Join us in a thought-provoking conversation to help make your wishes known. Learn vocabulary, reflect on your values, choose a health care agent, explore goals for treatment, and take the first steps toward completing an Advance Directive.

This program is free, but sign-up is appreciated. Call 270-4290.

UW Ext. Nutrition w/ Tonia

Topic: How to add flavor without sodium!
Join Tonia from the UW Extension Nutrition Program on Wednesday, **May 20 at 11:30 a.m.** to find out more!

Coming This Summer.....

Downsizing made easy with volunteer & First Weber Realtor—Ruth Domack.
More details coming soon!

Movie Day

Movie Day—"The Good Lie" w/ Reece Witherspoon!

87% Tomato Meter Rating!
Join us on Friday, May 15
at 12:40 p.m.
Free popcorn!

Important Note

The Dane County Department of Human Services is administering the Senior Nutrition Program Survey for us this year.
If you dined at our meal site or received a home delivered meal this year, you will be receiving a survey in the mail in early June.
Please take a few minutes to complete the survey and return it in the enclosed self-addressed, stamped envelope. Your input is important—your confidential answers will help us determine if our meal program meets your needs.
Thanks!

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!

Groups

Caregiver Support—Thurs. May. 14 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!! May 14

Special sponsor, Oak Park Place.
$20 jackpot!
Game begins promptly at 12:30 p.m.

Exercise Classes

Aerobics With Diane Fronek

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

Call the Senior Center at 270-4290 to find out when the next eight-week series begins.

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Transportation Services

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 Date Change!

May 22

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.

Extend Travel w/ FSC Friends

"SHADES OF IRELAND" May 16-25, 2015
2nd Offering, August 15-24, 2015.

Unless there's a cancellation, the May trip is full. But we're doing the same trip from August 15-24. 10 days, 13 meals. Air from /to Madison , WI. $3699 Double Occupancy. Call Collette @ 1-800-581-8942 x 3134 Melanie. Reservation # 644553 or 665535.

"NATIONAL PARKS OF THE SOUTHWEST" September 30-October 11, 2015.

This trip is filling up fast. Get your reservations in now! 12 days, 17 meals. Air from/to Madison-$3639. Call Mayflower Tours @ 1-800-728-0724 x 525.

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.

Fitchburg Senior Center Friends News

The Board of Directors of the Fitchburg Senior Center Friends hosted the Board of Directors of the Friends of the Fitchburg Library for a "Meet and Greet" social gathering on Friday, April 10.

Alice Jensen, President of the Friends of the Fitchburg Library, introduced her Board of Directors and gave a brief outline on their role in support of the Fitchburg Library, Peter Eaton, President of the Fitchburg Senior Center Friends, introduced his Board of Directors and discussed their role in support of the Fitchburg Senior Center. Jill McHone, Director of the Fitchburg Senior Center, introduced her staff, who each gave a brief description of the role they play at the Senior Center. This was the first meeting of the Board of Directors of both organizations. In many different ways, both Boards are instrumental in the raising of funds in support of the City agencies they serve.

Many thanks to the Catering Department of the Fitchburg Hy-Vee for their generous support in providing the appetizers for this "Meet and Greet".

The Fitchburg Farms Mother's Day Fundraiser continues through April 27. Be sure to pick up your flowers on 5/4/15.

The Board is seeking nominations to fill two Board of Directors vacancies. If you are interested in joining this dynamic group of volunteers, please contact Peter Eaton at 608.852.3779.

Plans are in the works for a new Fall Fundraiser.

Our Events Committee is in the final stages of this new and exciting event bringing together the Fitchburg community for a good time and good eating. More to come in next month's issue.

Fitchburg Senior Center
5510 East Lacy Road
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www.fitchburgwi.gov

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David Hill, Assistant Director
Mandi Miller, Nutrition Site Mgr/Volunteer Manager
Amy Jordan, Social Worker
Sarah Folkers, Social Worker
Susan Hoerchner, Office Asst.

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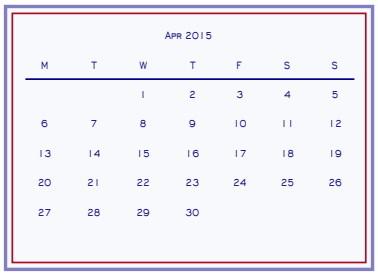
May 2015

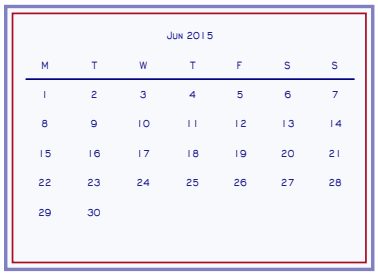
Senior Center Activity Calendar

COA=Commission On Aging

Hookers=Rug Hookers



Apr 2015						
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			



Jun 2015						
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:30 AM Aerobics 10:00 AM Zumba 11:00 AM F-Fitness 11:00 AM Shop Pick N Save 2:00 PM Scrabble
4 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness	**5** 8:30 AM Quilters 9:00 AM Pickleball 9:30 AM Shop-Target 12:45 PM Euchre 1:00 PM Mahjong	**6** 8:30 AM Aerobics 9:45 AM Aerobics **11:00 AM 90's Party** 11:00 AM F-Fitness **12:30 PM Singers In Concert!**	**7** 8:30 AM Tai Chi 10:00 AM FSC Friends 12:30 PM Bingo!! 1:00 PM Sheepshead	**8** 8:30 AM Aerobics 10:00 AM Zumba 11:00 AM F-Fitness 2:00 PM Scrabble
11 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos	**12** 8:30 AM Quilters 9:00 AM Pickleball 9:30 AM Shop-Woodman's 10:00 AM Hookers 10:45 AM Library Shuttle 2:00 PM Men's Group	**13** 8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 11:00 AM F-Fitness	**14** 8:30 AM Tai Chi 10:00 AM Caregiver Support 12:30 PM Bingo!! **12:30 PM Older Americans Month - Pat Richter** 1:00 PM Sheepshead 1:30 PM Book Club	**15** 8:30 AM Aerobics 10:00 AM Zumba 11:00 AM F-Fitness 11:00 AM Shop-Copps/Fish Hatchery **12:40 PM Movie Day** 2:00 PM Scrabble
18 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Pastels	**19** 8:30 AM Quilters 9:00 AM Pickleball 9:30 AM Shop-Walmart 12:45 PM Euchre 2:00 PM Learning Annex	**20** 8:30 AM Aerobics 9:45 AM Aerobics 11:00 AM F-Fitness 11:30 AM U.W. Nutrition 1:00 PM Singers	**21** 8:30 AM Tai Chi 10:30 AM Blood Pressure 12:30 PM Bingo!! 1:00 PM Sheepshead	**22** 8:30 AM Aerobics 10:00 AM Zumba 11:00 AM F-Fitness 2:00 PM Scrabble Diabetic Foot Care - Date Change this month only.
25 **CLOSED** **Memorial Day**	**26** 8:30 AM Quilters 9:00 AM Pickleball 9:30 AM Shop-HyVee/Aldis 10:00 AM Hookers 2:00 PM Women's Group	**27** 8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 11:00 AM F-Fitness	**28** 8:30 AM Tai Chi 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Mystery Book Club	**29** 8:30 AM Aerobics 10:00 AM Zumba 11:00 AM F-Fitness 2:00 PM Scrabble

May 2015

Senior Dining

Fellowship, Food & Fun

Reservations:		Salad Option Thursdays		Friday 1
Must be made by 12:00 the day before by calling 270-4290		**7th - Chef** **14th - Taco** **21st - Garden** **23rd – Garden** **28th - California Cobb** **(Salads are dine-in only)**		Sloppy Joe on Bun Buttered Broccoli Flowerets Coleslaw Mandarin Oranges Ice Cream **VO-Soy BBQ**
Monday 4	**Tuesday 5**	**Wednesday 6**	**Thursday 7**	**Friday 8**
Vegetable Soup Tuna Salad w/Lettuce Leaf Croissant Pear Slices Cookie **VO-Egg Salad w/Leaf Lettuce**	*Ham Slice ½ Baked Sweet Potato Pickled Beets Fresh Fruit Piece Multi Grain Bread **VO- Veggie Lasagna**	Spaghetti Mixed Greens w/ Tomato Banana Garlic Bread Cake **VO-Soy Meat Sauce**	Turkey Roast w/Gravy Mashed Potato/Gravy Buttered California Blend W.W. Bread Peach Slices **VO-Cottage Cheese**	Chicken Pasta Salad Spring Green Salad Fresh Fruit French bread W Balsamic Dip Lemon Cake **VO-Pasta Salad w/Cheese**
Monday 11	**Tuesday 12**	**Wednesday 13**	**Thursday 14**	**Friday 15**
Beef Noodle Casserole Carrots Apple Juice Rye Bread Cherry Crisp **VO-Soy Casserole**	Hamburger on Bun Lettuce/Onion Green Beans Mandarin Oranges Blueberry Pie **VO-Veggie Patty**	Stuffed Green Pepper Soup Chicken Broccoli Rotini Salad Fresh Fruit Roll **VO-Meat Free Soup, Broccoli Salad w/Cheese**	Egg Bake (w/Red Peppers, Onions & Cheese) Turkey Sausage Hash Brown Patties Tomato Juice Cutie Orange Blueberry Muffins **VO-Veggie Sausage**	*Ham Salad w/Leaf Lettuce & Tomato Pea Salad Pineapple W. W. Bun/Butter Ice Cream Treat **VO- Egg Salad Sandwich**
Monday 18	**Tuesday 19**	**Wednesday 20**	**Thursday 21**	**Friday 22**
Baked Fish Rice Pilaf Buttered Broccoli Grape Juice W.W. Bread Cookie **VO- Rice Pilaf w/Soy**	*Brat Sauerkraut Bun Chunky Applesauce Jello w/Topping **VO-Veggie Dogs**	Pizza Casserole Green Beans Banana Croissant Strawberry Short Cake **VO- Soy Casserole**	Chicken Salad w/Leaf Lettuce on a Bun German Cucumbers Fresh Orange Cookie **VO- Cheese Sandwich**	Roast Beef/Gravy Red Potato Roasted Vegetables Peach Slices Multi Grain Bread **VO-Veggie Patty**
Monday 25	**Tuesday 26**	**Wednesday 27**	**Thursday 28**	**Friday 29**
 Happy Memorial Day!	Meat Sauce over Spaghetti Noodles Buttered Peas Fresh Apple Garlic Bread **VO-Soy Meat Sauce**	Shrimp Pasta Salad Mixed Greens w/ Diced Tomato Fruit Cup W.W. Bread Ice Cream **VO-Pasta Salad w/Cheese**	Cheese Lasagna California Mix Pear Slices Bread Stick Sherbet	* Pork w/Gravy Mashed Potatoes Corn Fruit Cocktail W.W. Bread Pudding w/Topping **VO-Baked Potato w/Broccoli Cheese Sauce**

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION