



# Prime Time News

## June 2015

Fitchburg Senior Center  
Volume V Issue 6

### Look Ahead

Hot Off The Press! P.2

Tech Education/Groups P.3

Energy / Painting / Crafts P.4

Book Club/Nutrition P.5

Market Vouchers P.6

Games/Movies/Trips P.6

All Exercise Options P.7

Transportation/Health P.8

FSC Friends/Concerts P.9

**Special Meal Day**  
June 18. Enchilada  
Casserole and Cheese Cake.  
Call 270-4290 to sign-up!

**Sari Semple—Appalachian Story Teller**  
Join Jessica Michna as Sari Semple—live! **Wednesday, June 17 at 12:30 p.m.** In the great oral tradition of the storyteller, Sari Semple takes us back to the foothills of the Appalachian Mountains of the mid-nineteenth century. As Sari spins her tales the listener is transported to those hills. The stories blend together folklore and the gritty reality of life in the ridges and hollers of Appalachia. Young and old alike will be spell-bound by the rich tapestry of words woven by Sari. She is the First Lady of Appalachia. Please call one day in advance for lunch. 270-4290.

**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.



### Alzheimer’s Association Educational Series

- June 22- Healthy Habits for a Healthier You: Healthy Aging
  - July 13 - Basics: Memory Loss, Dementia & Alzheimer’s
  - July 27- Know the 10 Signs: Warning signs of Alzheimer’s Disease
  - August 3 – Conversations about Dementia: Tips to Help
  - August 17 – Living with Alzheimer’s: For Caregivers
- All sessions start at 2:00 p.m. Lower level Senior Center**

**Upcoming**  
Stay tuned for a “Dance for Dementia” event in the fall....



# HOT OFF THE PRESS!

## Topics in Music:

### The String Quartet

Come on over to discuss the history of the string quartet. Hal Brown, from Stoughton, will draw upon his knowledge from his Bachelor of Liberal Arts degree in Music History. Hal will use music examples from famous composers such as Haydn, Beethoven and Brahms. Be prepared to listen to some great, inspiring music!

Friday, June 26 at 11:00 a.m.  
Free. No registration.



### Coffee with a Cop

You probably know the Fitchburg Senior Center always has hot coffee ready for you in the mornings. However, the coffee on one particular day will be paired with a special treat! Please stop by the Senior Center at 8:30 a.m. on Monday, June 22, to have your morning coffee with a Fitchburg Police Officer. This is a very informal opportunity to ask questions of and get to know one of our very own officers. There is no need to sign up. We hope to see you there!

### Cupcake Decorating!



The Senior Center is collaborating with Fitchburg's Rolling Pin Bake Shop to offer a cupcake decorating class! Learn fun and creative ways to make your cupcakes the dessert everyone is talking about!

Class will be held *at the Rolling Pin* on Wednesday, June 24 from 2-4pm. All supplies will be included and you will be able to take home six fabulous cupcakes. Cost: \$27  
Payment due upon registration. Please make checks payable to the Rolling Pin. Call 270-4290 by June 17.

## 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](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.*

### Mondays / June 1-29

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

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



### Learning Annex Presents

“Travels from the “Crane World” returns to Fitchburg to share the details of a trip to India and the research sites of the International Crane Foundation, and to experience the culture and life there. Anne and Mary Lacy will show pictures and tell stories of their trip which included some "inside" tourist activities with their hosts. Join us for this wonderful program and India tea and treats, Tuesday, June 16 at 2:00 p.m.

## Fitchburg Senior Center

- E - Energy
- T - Task
- F - Force
- T - Team

Volunteers Keeping You Financially Sound In Your Home  
**270-4292**



# Groups/Learning

# Tech Education



## Men's Group

Join us for our next meeting on Tuesday, **June 9 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, **June 23 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.



## iPad II

- New tips & tricks
- Latest software updates
- Cases & add-ons

All these topics and more will be discussed by the FACTv staff on Wednesday, June 24 at 10:30 a.m. Call 270-4290 to register. Free



## Community PC, LLC remote & onsite service

A Full Service Shop in Your Own Home!  
PC - Mac - Android - Linux  
Hardware - Software - Networking

We Specialize in Tech Support for Seniors!  
Ask Us About Printing Email Boxes and Our SeniorPC™

Stop Yelling & Give Us a Shout®

608-268-7178    [commpc.com](http://commpc.com)    [info@commpc.com](mailto:info@commpc.com)

## Apple Computer Classes w/ FACTv

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

## Nuts & Bolts of Home Internet



A lot of people that have taken my classes are struggling with understanding the basics. This class is designed to explain what internet into your home looks like and what a wireless router, giving you a wifi (wireless) connection in your home, can do for you. We will also cover how those two work together to give you internet movie/tv streaming to your devices. Join David Hill for this FREE class on Thursday, June 25 from 1:00–1:30 p.m.

Class is limited to 16 students. You must call to register. 270-4290



## 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.



## Painting/Drawing Studio

Starting this month the Senior Center's pastel group is expanding their drop in painting day to include all mediums of painting or drawing. Join others that share your love of art on the 1st and 3rd Monday of each month from 1:00-4:00 p.m. There will be no formal instructions, but certainly the opportunity to share ideas and enjoy the company of others! No sign up required. This month's studio will be held on June 1 and 15.



## Cards With Katie

Join us for an afternoon of paper crafting on **Monday, June 8 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.

### Comforting Solutions for In-Home Care

Do you want to remain safe and happy in your own home? From a couple of hours a week to 24/7 care, Comfort Keepers is here to help you preserve your independence. We offer flexible, affordable and interactive home care.



Ask About Our Fall Prevention/Monitoring Aids

**Companion & Homemaking Services:**  
Companionship • Meal Preparation • Light Housekeeping  
Laundry & Linens • Grooming & Dressing Guidance  
Transportation & Shopping • Respite and More...

**Personal Care Services:**  
Bathing • Incontinence Care • Toileting  
Feeding • Mobility • Transferring & Positioning • Oral Hygiene

**Skilled Care\***  
RN • Physical Therapist • Occupational Therapist  
Speech Therapist • Meals on Wheels (M-F)  
Home Modification



Specializing in Alzheimer's, Parkinson, Supportive Hospice and Legal Live-In Services  
OUR FRIENDLY & CARING COMFORT KEEPERS ARE FULLY SCREENED, BONDED AND INSURED.

For more information or to set up a FREE in-home consultation, call:  
**608-442-1898** Serving South Central Wisconsin



Each Office Independently Owned and Operated. • Contracted with Independence Health



The Dillet Company  
*Your financial future is now.* Inc.



*We'll find the best fit for your needs and budget.*

Diane Dillet, LUTCF, CLTC

- Medicare Supplemental Insurance
- Critical Illness Insurance
- Dental Insurance
- Extended Care Insurance
- Final Expense Protection

608.662.8288 • [www.dilletcompany.com](http://www.dilletcompany.com) • Fitchburg

# Book Club

## REACH Book Club

REACH Book Club will meet at 1:30 p.m. on Thursday, June 11, 2015 at the Senior Center. REACH Book Club takes a break during July and August and resumes again in September with a brand new list of books to read and discuss. We are not discussing a particular book at the June meeting. Instead we will talk about the various suggestions made by members, and vote to choose books for the next year, beginning in September.

There is no right or wrong when suggesting a book. We have read a variety of books including historical and current fiction, memoirs, classics, and mysteries over the past ten years. If you would like a list of all the books we have read and discussed, it is available in David's office.

We do not require that everyone love every book, but we do ask for opinions from all. Some of the best discussions occur when we have a diversity of reactions to the book. Come to the June meeting and participate in the selection process. If you have a favorite book and it is not on the list, you may suggest it on that day.

The complete list of books chosen for the next year will be in the July issue of *Prime Time News*.

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.

The *I Love a Mystery Book Club* will meet on Thursday, June 25, 2015 at the Senior Center at 1:30 p.m.

We will discuss the book, *Betrayed* by Lisa Scotoline. Mary DiNunzio faces two daunting changes in the 12th novel featuring the all-female Philadelphia law firm of Rosato & Associates.



# Nutrition Update

## UW Ext. Nutrition w/ Tonia

Topic: What makes a meal?

Join Tonia from the UW Extension Nutrition Program on Wednesday, June 17 at 11:30 a.m. to find out more!

## 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!



## Coming Soon.....

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

## 2 EYEZ 4 PAWZ

Pet Sitting & Dog Walking Service

Tara Howard  
Owner

608-279-3330

katz.dawgz54@gmail.com





## Senior Farmers Market Vouchers

You may be eligible to receive vouchers for use in purchasing \$25 worth of locally-grown fruits, vegetables and herbs at Farmers Markets and roadside farm stands in Wisconsin during the 2015 season.

The Fitchburg Senior Center will hold distribution on **Friday, June 12 from 11:30 a.m. –12:30 p.m.** Vouchers will be given on a first-come, first-served basis. You must be a resident of Dane County and at least 60 years of age. The 2015 gross income limit for a one-person household is \$1,815/mo. (\$21,780/year); for a two-person household it is \$2,456/mo. (\$29,472/year). Please bring a photo ID with proof of age, as well as proof of all sources of income (2014 income tax or homestead credit form, Social Security statement, or subsidized housing review letter). Only one set of vouchers per household is allowed. Household is defined as anyone, related or not, living together sharing expenses. Vouchers cannot be mailed to you. If you have questions, please call the Fitchburg Senior Center at 270-4290 and ask to speak with one of the Social Workers.

# Games, Movie & Travel

## Bunko Wednesdays

The Senior Center is adding Bunko as a new game option! However, we need knowledgeable players to make it work. Bunko will be scheduled for every Wednesday at 1:00 p.m. starting June 10. If you love Bunko, show up and play! Any questions, call David at 270-4292.

## \$20 Blackout Bingo!! June 11

Special sponsor, Sylvan Crossings.  
\$20 jackpot!

Game begins promptly at 12:30 p.m.



# Movie Day

## Movie Day—Selma

99% Tomato Meter Rating!  
Join us on Friday, June 19  
at 12:40 p.m.  
Free popcorn!



## Drop-In Activities!!!!

Dominos—2nd & 4th Mon. @ 1:00 p.m.

Social Bridge—Mon. @ 10:00 a.m.

Paint/Draw Studio—1st & 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

Bunko—Wed. @1:00pm (starts June 10)



## 2015 Day Trips

# YES!

Titelton 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!

# Exercise Opportunities



## 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. Tuesdays & Wednesdays at 10:00 a.m. start.



## 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.

## Yoga W/ Kurt—Summer Sessions



July 13,17; Aug. 3,10,17. \$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

## 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.



## 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 9-10:30 a.m. Free! No sign up required! Outdoor court coming soon! Call for details. 270-4290

## Zumba Gold w/ Jackie



The next eight-week session starts Friday, June 12. 10:00—10:45 a.m. Cost is \$44. Payment due upon sign up. Make checks payable to the Senior Center. 270-4290



**DISCOVER *the difference***

The Waterford at Fitchburg

5440 Caddis Bend  
Fitchburg, WI 53711  
t 608-270-9200 f 608-270-9222

waterfordatfitchburg.com



Jim Krogstad LUTCF, CEBS  
Owner

608-576-4125 Cell  
608-274-7680 Home/Fax  
Jim77k@gmail.com

James Krogstad Insurance

2838 Dover Circle  
Fitchburg, WI 53711

*Individual Life / Medical / Dental / Medicare Supplement / Part D*

## Car Concierge Auto Delivery

*You fly, let me drive!*

Vehicle Delivery Service in Continental U.S.

**Specializing in Snowbirds**  
*But will deliver anywhere in USA*

608.692.8322 • Timdybevik77@gmail.com  
www.carconciiergeautodelivery.com

Bonded Dybevik Enterprises, LLC Insured



**PHIL SVEUM**  
*Housing Solutions on Your Terms*



**SUCCESS**

5500 E. Cheryl Pkwy, Suite 106  
Fitchburg, WI 53711  
*At the Agora.*

608.288.3339  
psveum@cbsuccess.com

**www.cbsuccess.com**

# 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 Date Change!

**June 19**

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

### Caregiver Support

Thurs. June. 11 at 10:00 a.m.

### 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 with Matthew Wagner,  
Monday mornings.

One hour sessions \$45.  
Call 270-4290 to schedule an appointment.



**SprintPrint**  
*Promises Delivered... Since 1987*

• Full Color & Spot Color Printing •  
• Digital Color Output • Volume Copying •

2790 S. Fish Hatchery Road, Madison, WI  
(608) 277-7500 • www.sprintprint.com

## Concerts At McKee

June 15: Dead Horses

July 20: Madisala

August 17: Miles Nielsen



All shows start at 7:00 p.m. / Food at 6:00 p.m.

## Fitchburg Senior Center Friends News

The Dementia Friendly Fitchburg Kick-off Event was supported by a grant from FSCF. We thank Mandi Miller, Volunteer Program Manager at the Senior Center, for spearheading this event. We look forward to continuing our support of this topic that affects so many of our seniors and their families.

Thanks to all who participated in our Mother's Day fundraising event with Fitchburg Farms. All of the funds we raised will help support seniors with special needs in our community.

Congratulations to Judy Broad, our new Volunteer Travel Coordinator. Judy and her Travel Committee are already planning Extended Travel and Day Trips for 2016.

We welcome our newest members of FSCF Board of Directors, John Haberle and Craig B. Davis. John has been an active volunteer at the Senior Center as well as our many fundraising events. He serves as the agency manager for the Verona Area Special Olympics and is responsible for fundraising that supports their many programs. Craig is currently active in the Men's Group and Plato. Craig brings a career as an environmental scientist and academic that will add to our ability to enhance services to the Fitchburg Senior Center.

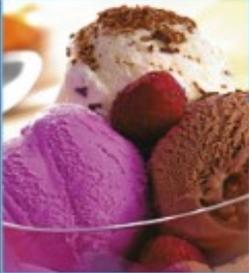
Stop by the Senior Center and see our updated Showcase. Photos of our 2015 Pancake Breakfast ( we hope you were there) as well as the 2015-2016 FSCF Board of Directors will be on display. See the members of the Board who are working for the success of the programs at the Fitchburg Senior Center.

Don't forget to check out the Hy-Vee-Fitchburg Senior Center Friend's fundraiser insert and take advantage of another opportunity to support FSCF's efforts to continue to be of service to your Fitchburg Senior Center. Thank you Fitchburg!!!

### 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."



**Summer Ice Cream Social and Barbershop Quartet!**

**Tuesday, June 23 at 6:30pm**

- Live music by Capitol Chordsmen
- This event is also our Father's Day Celebration!

RSVP to 608-274-4350 by June 22

Avalon Assisted Living Community  
2879 Fish Hatchery Rd, Fitchburg, WI 53713 [avaloncommunity.com](http://avaloncommunity.com)

### 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 or have it emailed to you. Call Dave for details.

Fitchburg Senior Center  
5510 East Lacy Road  
Fitchburg, WI 53711  
608-270-4290

[www.fitchburgwi.gov](http://www.fitchburgwi.gov)



Accredited by the Wisconsin  
Association of Senior Centers

PRSRST STD  
U.S. POSTAGE PAID  
Madison, WI  
Permit 2295

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



ADDRESS SERVICE REQUESTED



## Financial solutions are around the corner.



**Todd D Berge**  
Financial Advisor  
2990 Cahill Main  
Suite 102  
Fitchburg, WI 53711  
608-271-5100

**Edward Jones**  
MAKING SENSE OF INVESTING

Member SIPC



Want to know your home's value? Call or e-mail

Ruth Domack, Realtor  
608-444-6060  
domackr@firstweber.com

*A Fitchburg resident for over 35 years . . .*



*The human side of real estate.*



## HOME TOWN PHARMACY

Our family caring for your family

*"Where everybody knows your name"*

Small Town Service - All Insurance Accepted - Medical Equipment

"I was blown away when Thad was waiting with my prescription and took the time to listen to my particular situation. That is service!" – Erik L.

Fitchburg Hometown Pharmacy  
(Hatchery Hill Shopping Center, Fish Hatchery Rd.)  
608-274-3784

### Estate Planning and Administration Elder Law and Special Needs Planning

**Iris M. Christenson**

2997 Yarmouth Greenway Dr., Ste.100  
Fitchburg, WI 53711

**Johanna J. Allex**

(608) 273-8609

**Mark T. Johnson**

[www.christensonallexlaw.com](http://www.christensonallexlaw.com)



Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
1	2	3	4	5																																																																																				
8:30 AM Aerobics 9:00 AM Yarn Group  9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness	8:30 AM Quilters 9:00 AM Pickleball 9:30 AM Shop-Walmart  12:45 PM Euchre 1:00 PM Mahjong	8:30 AM Aerobics 9:45 AM Aerobics 11:00 AM F-Fitness 1:00 PM Singers	8:30 AM Tai Chi 10:00 AM FSC Friends 12:30 PM Bingo!! 1:00 PM Sheepshhead	8:30 AM Aerobics 10:00 AM Zumba 11:00 AM F-Fitness <u>11:00 AM Shop - Copps/Maple Grove</u> 2:00 PM Scrabble																																																																																				
8	9	10	11	12																																																																																				
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	8:30 AM Quilters 9:00 AM Pickleball 9:30 AM Shop-Woodmans 10:00 AM Hookers 10:45 AM Library Shuttle 2:00 PM Men's Group	8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 11:00 AM F-Fitness 1:00 PM Bunko	8:30 AM Tai Chi 10:00 AM Caregiver Support 12:30 PM Bingo!! 1:00 PM Sheepshhead 1:30 PM Book Club	8:30 AM Aerobics 10:00 AM Zumba 11:00 AM F-Fitness 2:00 PM Scrabble																																																																																				
15	16	17	18	19																																																																																				
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 7:00 PM Concert at McKee	8:30 AM Quilters 9:00 AM Pickleball 9:30 AM Shop-Target 12:45 PM Euchre 1:00 PM Adv. Care Planning 2:00 PM Learning Annex	8:30 AM Aerobics 9:45 AM Aerobics 11:00 AM F-Fitness 11:30 AM U.W. Nutrition <u>12:30 PM Sari Semple Live Show!</u> 1:00 PM Bunko 1:00 PM Singers	8:30 AM Tai Chi 10:30 AM Blood Pressure 12:30 PM Bingo!! 1:00 PM Sheepshhead  <b>Special Meal - Sign Up!</b>	8:30 AM Aerobics 10:00 AM Zumba 11:00 AM F-Fitness <u>11:00 AM Shop-Copps/Fish Hatchery</u> 12:40 PM Movie Day 2:00 PM Scrabble  Diabetic Footcare																																																																																				
22	23	24	25	26																																																																																				
8:30 AM Aerobics 8:30 AM Coffee w/ a Cop  9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos	8:30 AM Quilters 9:00 AM Pickleball 9:30 AM Shop-HyVee/Aldis 10:00 AM Hookers 2:00 PM Women's Group	8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:30 AM iPad II 11:00 AM F-Fitness 1:00 PM Bunko	8:30 AM Tai Chi 12:30 PM Bingo!! 1:00 PM Internet Nuts & Bolts 1:00 PM Sheepshhead 1:30 PM Mystery Book Club	8:30 AM Aerobics 10:00 AM Zumba 11:00 AM F-Fitness 11:00 AM Topics in Music 2:00 PM Scrabble																																																																																				
29	30	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p style="text-align: center; margin: 0;">May 2015</p> <table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <thead> <tr> <th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td> </tr> </tbody> </table> </div> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p style="text-align: center; margin: 0;">Jul 2015</p> <table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <thead> <tr> <th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> </tr> <tr> <td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> </tr> <tr> <td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td> </tr> <tr> <td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td> </tr> <tr> <td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td> </tr> </tbody> </table> </div> </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	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		
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																																																																																		
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																																																																																				
8:30 AM Aerobics 9:00 AM Yarn Group  9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness	8:30 AM Quilters 9:00 AM Pickleball Shop-Walmart																																																																																							



## June 2015

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Breaded Fish Cheesy Potatoes Buttered Broccoli Flowerets Fruit Cocktail Multi Grain Bread Marg Pie Tartar Sauce VO- Hash Brown Cass	*Meatloaf w/Gravy Baked Potatoes Sour Cream/Butter Tossed Salad w/ Diced Tomato & Dressing Pear Slices Rye Bread/Marg. <b>VO-Veggie Loaf</b> Cake to Cambridge.	*Augratin Potatoes w/Diced Ham Buttered Mixed Vegetables Diced Peaches Multi Grain Bread Marg Cake <b>VO-Augratin w/Soy Meat</b>	Sweet & Sour Chicken Rice Buttered Oriental Mix Fresh Strawberries W.W. Bread/Marg. Choc Ice Cream Cup <b>VO- Soy Casserole</b>	Meat Ball Sub Sandwich Three Bean Salad Fresh Orange Lemon Dessert <b>VO-Cheese Sub</b>
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Chicken Broccoli Rotini Salad V-8 Juice Sliced Peaches Dinner Roll/Marg. <b>VO-Cheese Broccoli Rotini Salad</b>	Sloppy Joe on Bun Buttered Broccoli Flowerets Coleslaw Fresh Fruit Vanilla Ice Cream Cup <b>VO-Soy BBQ</b>	Beef Tips in Gravy Mashed Potatoes Buttered Carrot Coins Diced Pears W.W. Bread/Marg. <b>VO- Veggie Lasagna</b>	BBQ Chicken Baked Potatoes Sour Cream/Butter Buttered Green Beans Apricots Half W.W. Bread/Marg.  <b>VO-Scalloped Potatoes w/Soy Meat</b>	Brats on Soft Bun Baked Beans German Cucumber Salad Orange Juice Ketchup/Mustard Raspberry Sherbet <b>Special Meal: Mt Horeb VO- Veggie Dog</b>
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Chicken Cacciatore Egg Noodles Buttered Sugar Snap Peas Mandarin Oranges Multi Grain Bread Marg. Strawberry Ice Cream Cup <b>VO-Soy Meat Sauce</b>	Stuffed Green Pepper Soup/Crackers Tuna Salad w/Lettuce Leaf Med. Croissant Fresh Fruit Cookie <b>VO-Meat Free Soup, Broccoli Salad w/Cheese</b>	Chunky Chicken Salad (w/red & green grapes, nuts & celery) on Lettuce Leaf Copper Penny Salad Sm. Croissant/Marg Strawberry Shortcake w/Whipped Topping <b>VO- Chunky Cheese Salad w/fruit, celery &amp; nuts</b> Special Meal: Oregon	Enchilada Casserole Salsa & Sour Cream Pinto Beans Shredded Lettuce w/Tomato Chunk & Shredded Carrots w/ French Dressing, Banana, Cheese Cake <b>VO-Cheese Enchilada Casserole</b> Special Meal: Oregon	*Ham Slice ½ Baked Sweet Potato/Butter Pickled Beets Fruit Cocktail Multi Grain Bread Marg. <b>VO- Cheese Sandwich w/Mayo Pkt.</b>
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Meat Sauce Spaghetti Noodles Parmesan Pkt Mixed Greens w/ Diced Tomato & Dressing Pear Slices Garlic Bread <b>VO-Soy Meat Sauce</b>	Turkey Roast w/Gravy Mashed Potato/Gravy Buttered California Blend Peach Slices W.W. Bread/Marg. Bar <b>VO- Veggie Lasagna</b>	*BBQ on W.W. Bun Potato Salad Buttered Veg Medley Fruit Cup Cookie  <b>VO-Soy Sloppy Joe</b>	Beef Noodle Casserole Buttered Carrots Apple Juice Rye Bread/Marg. Cherry Crisp <b>VO-Soy Noodle Cass.</b>	*Ham Salad w/Leaf Lettuce & Tomato Slice Pea Salad Mandarin Oranges W. W. Bun Ice Cream Treat <b>VO- Egg Salad Sandwich</b>
Monday 29	Tuesday 30	Wednesday 31		
Hamburger on Bun Lettuce/Onion Buttered Green Beans Pineapple Ketchup Mustard Blueberry Pie <b>VO-Veggie Patty</b>	Baked Fish/Tartar Sauce Rice Pilaf Buttered Broccoli Banana W.W. Bread/Marg. Jello w/Topping  <b>VO- Rice Pilaf w/Soy</b>	*Brat Sauerkraut Bun Chunky Applesauce Ketchup Mustard Cookie <b>VO-Veggie Dogs</b>	*Meal has pork product. Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION <b>Salads</b> <b>4<sup>th</sup> – Chef</b> <b>11<sup>th</sup> – Taco</b> <b>18<sup>th</sup> – Garden 25<sup>th</sup> - California</b>	