



Prime Time News

July 2015

Fitchburg Senior Center
Volume V Issue 7

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CLOSED

Friday, July 3

Happy 4th of July!!!



Mysteries and Myths of the Back

Join Roger Bass, Ph. D. and Matthew Wagner, Licensed Acupuncturist, for an exploration of the motivation and money behind back surgery, as well as a discussion of minimally invasive, successful alternatives. We'll explore such topics as: why is back surgery so common; what are the success rates; what is failed back surgery syndrome; what are the risks; what are cheaper, possibly more effective methods of treatment? Q & A will follow. Wednesday, July 15 at 11:00 a.m.

Staying Healthy with Medicare's Preventive Services

Did you know that as a result of the Affordable Care Act, Medicare now covers an annual wellness visit, and many preventive screenings and services?

Preventive services like these can find health problems early, when treatment works best. These services can also help keep you from getting certain diseases or illnesses.

The best way to stay well is to live a healthy lifestyle. You can be healthier and prevent disease by exercising, eating well, keeping a healthy weight and not smoking. Taking advantage of Medicare's preventive services is just another way of taking good care of your health.

Join us for a presentation on Medicare's Preventive Services at 1:00 p.m. on Wednesday, July 22.



Fitchburg Spry Society

For those experiencing mild cognitive impairment, the Fitchburg Spry Society will offer a comfortable way to socialize with others while engaging in a variety of activities.

Group will meet at the Fitchburg Library on Fridays from 10:30 a.m.-12:00 p.m. beginning Sept. 11 to Nov. 20. For information and registration, please call Bonnie at the Alzheimer's Association. 608-203-8500

Alzheimer's Association Educational Series

July 13 - Basics: Memory Loss, Dementia & Alzheimer's

July 27- Know the 10 Warning Signs of Alzheimer's

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





HOT OFF THE PRESS!



Words that Comfort: What to Say—and Not to Say—When Others are Grieving

Everyone *means* well—but choosing the right words to express sympathy is just not easy. The phrases you think are comforting may come across differently than you intend—and add to the hurt. Don't keep walking on eggshells:

Find out how to say what you're feeling in a way that's supportive and kind. In this presentation, you'll learn about common reactions to death and loss, and get specific examples of words, phrases and actions to help comfort someone who is grieving the death of a loved one. You'll also walk away knowing the phrases and sentiments you should *avoid* when others are grieving. Wed. July 29 at 1:00 p.m. **Free**

Learning Annex Presents: Chocolate Shoppe

In 1962, Chuck Senior and Nancy Deadman opened the doors to their Chocolate House Candy and Ice Cream store. They began with 19 flavors of their homemade super-premium ice cream. The thought was that they could make their candies and a bit of ice cream to be content. As their ice cream gained in popularity in the Madison area, they began selling to local restaurants. Soon the ice cream portion became the main focus of their business. At that time, the name became Chocolate Shoppe Ice Cream. A Shoppe has recently opened right here in Fitchburg!

Dave Deadman, along with his brother Chuck, Jr. continue the business growth and development under the watchful eye of their Father, Chuck Senior. Meet Dave and hear the full story of the beginning and growth of the Chocolate Shoppe. If we're lucky, there might be some samples!

Join us Tuesday, July 21 at 2:00 p.m.



Coffee with a Cop

Stop by the Senior Center at 8:30 a.m. on Friday, July 17, 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.

Concerts At McKee



CONCERTS AT McKee

July 20: Madisala

August 17: Miles Nielsen



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

Bucky Book Swap Part II

It's getting to that point in the year where Bucky Book users are running out of the coupons they like, and need to look at restocking before the expiration date.

Come swap Bucky Book coupons with others on Monday, July 13 at 5:00 p.m. Must have a Bucky Book to play! Any questions, please call David at 270-4292.

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, **July 14 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, **July 28 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 w/ FACTv

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

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."



Navigating the Senior Center Website



More and more people are opting to use the Senior Center website to get information on all the opportunities that we offer. Plus, the website is updated continually. Did you know you can see the next month's newsletter up to 10 days before it gets to your mailbox? Now is the time to use the website to its full potential. Join website coordinator David Hill as he takes you through the entire site. Don't miss this opportunity.

Suggestions are also welcomed!

Join David on Thursday, July 30 at 1:00 p.m. Call 270-4290 to reserve your spot.



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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



The Energy Task Force Team

The Energy Task Force Team is done for the 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 David at the Senior Center, 270-4292.



Painting/Drawing Studio

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 July 6 and 20.



Cards With Katie

Join us for an afternoon of paper crafting on **Monday, July 13 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.

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Book Club

REACH Book Club

REACH Book will be taking a break during the months of July and August. Books for the coming year were chosen at the June meeting. We will resume in September with a discussion of the book, *A Yellow Raft in Blue Water* by Michael Dorris.

Other selections for the year are:

October— *The Invention of Wings* by Sue Monk Kidd

November— *Where'd You Go, Bernadette* by Marie Semple

December— *Mrs. Lincoln's Dressmaker* by Jennifer Chiaverini

January— *One Plus One* by JoJo Moyes

February— *The Bell Jar* (Classic) by Sylvia Plath

March— *Orphan Train* by Christina Baker Kline

April— *Remarkable Creatures* by Tracy Chevalier

May— *Just Mercy* by Bryan Stevenson

June— Choose books for the next year

Be sure to save this list for future reference. REACH Book Club meets the 2nd Thursday of each month, September thru June at the *Fitchburg Senior Center* at 1:30 p.m.

Downsizing



MADE EASY

To help Fitchburg seniors and their families accomplish life transitions with the most ease, local real estate agent Ruth Domack of First Weber Group has teamed with the Fitchburg Senior Center to provide the free seminar "Downsizing Made Easy" which will be held at the Fitchburg Senior Center on Thursday, September 17, 2015. The casual - yet educational - forum will take place from 1:00-3:00 p.m.

The seminar will include presentation and discussion of *The 5 Steps to Downsizing Made Easy* along with topics including: questions to consider before making a move, senior living options in the Fitchburg and Madison area, questions for touring senior living communities, tips for hiring various professionals related to the moving process, guidance on estate sales and estate auctions, and many other pertinent topics.

There is no charge for this seminar. For registration, please call the Fitchburg Senior Center at 270-4290



UW Ext. Nutrition w/ Tonia

Topic: What makes a meal?

Join Tonia from the UW Extension Nutrition Program on Wednesday, **July 15** at **11:30 a.m.** to find out more!

The *I Love a Mystery Book Club* will meet at the Fitchburg Senior Center at 1:30 p.m. on Thursday, July 23, 2015 (the 4th Thursday.)

Come and join other mystery fans as we discuss *The Coroner's Lunch* by Colin Cotterill. Dr. Siri Paiboun is a 72-year-old physician who is appointed to be coroner for the whole country of Vietnam. He has no training but does have curiosity and integrity. He does not let a bunch of bureaucrats tell him how to do his job. A blend of mystery and humor.



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PLATO—William Faulkner

On Fridays, 10:00 a.m.-12:00 p.m., from Sept. 25 to Dec. 4 (excluding Nov. 27, the day after Thanksgiving) a PLATO (Participatory Learning and Teaching Organization) class will meet to discuss readings from some of the novels and non-fiction of Nobel Prize in Literature recipient (1949) William Faulkner (1897-1962) at the Fitchburg Senior Center. Les Beecher, retired English teacher, will guide the discussion. Faulkner's writings are set in his contemporary American South, Mississippi, and explore race, gender, and geography as they affect the human heart and psyche.

Look Ahead—September 2

Funeral Pre-Planning Overview—with Ric from Gunderson Funeral Home. It's never too early to start the process of planning ahead, don't leave it to your kids!

Senior Center Website!

If you haven't been to our website lately, you are missing out on a lot fun stuff! Stay current with up-to-date information. Check out links, videos and pictures!
www.fitchburgwi.gov

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. If you love Bunko, show up and play! Any questions, call David at 270-4292.

\$20 Blackout Bingo!! July 9

Special sponsor, Avalon Assisted Living of Fitchburg. \$20 jackpot!
Game begins promptly at 12:30 p.m.



Movie Day

Movie Day—Kingsman

74% Tomato Meter Rating!
Join us on Friday, July 17
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. @ 1:00 p.m.



2015 Day Trips

YES!
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!

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 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 13,27; 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, August 7. 10:00—10:45 a.m. 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 Date Change!

July 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

Caregiver Support

Thurs. July 9 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
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Fitchburg Senior Center Friends Travel Opportunities

The FSCF'S Travel Committee is at work putting together plans for both Day Trips and Extended Travel Trips for 2016.

If you have any suggestions for trips that are of interest to you, please contact Judy Broad, our Travel Coordinator, at jbst@charter.net



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 Friends News

Check out the new FSCF'S Showcase. Photos of the 2015 Pancake Breakfast as well as photos of the current FSCF'S Board of Directors.

Photos courtesy of Tom Klingele

First we would like to thank Hy-Vee Fitchburg and Chef Oscar for their support in donating 10% of the net proceeds for meals at the Market Grille by patrons who mentioned Fitchburg Senior Center Friends on June 4, and June 18.

We have several fundraisers on the agenda for the coming months:

Labor Day Weekend- 9/5, 9/6 & 9/7/2015. FSCF'S Directors and volunteers will be serving free ice cream at the Epelgarrden's Old Fashioned Ice Cream Social. Your donations will go to support Fitchburg Senior Center's "Seniors Sharing Sunday Meals Program".

On September 13, FSCF'S will be at the Epelgaarden Snack Shack . Bring the family for a picnic snack before or after picking your apples.

Thanks to Vern and Betty Forester for their support of our fundraising efforts.

Mark your calendars for our Fall Festival on Thursday, October 1. An afternoon of music and food for the entire family.. More news to come!!!

Have a Great Summer Everyone!

Thank you Fitchburg.

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David Hill, Assistant Director
Mandi Miller, Nutrition Site
Mgr/Volunteer Manager
Amy Jordan, Social Worker
Sarah Folkers, Social Worker
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July 2015

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																										
<div style="border: 1px solid red; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; font-size: small;">Jun 2015</p> <table style="width: 100%; border-collapse: collapse; font-size: x-small;"> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div> <div style="border: 1px solid red; padding: 5px;"> <p style="text-align: center; font-size: small;">Aug 2015</p> <table style="width: 100%; border-collapse: collapse; font-size: x-small;"> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div>	M	T	W	T	F	S	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						M	T	W	T	F	S	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							<p style="font-size: 2em; color: blue; font-weight: bold;">1</p> <p>8:30 AM Aerobics 9:45 AM Aerobics 10:00 AM Bike Club 11:00 AM F-Fitness 1:00 PM Bunko</p>	<p style="font-size: 2em; color: blue; font-weight: bold;">2</p> <p>8:30 AM Tai Chi 10:00 AM FSC Friends 12:30 PM Bingo!! 1:00 PM Sheepshead</p>	<p style="font-size: 2em; color: blue; font-weight: bold;">3</p> <p style="text-align: center; font-weight: bold; color: red;">CLOSED</p>
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<p style="font-size: 2em; color: blue; font-weight: bold;">6</p> <p>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 Open Art</p>	<p style="font-size: 2em; color: blue; font-weight: bold;">7</p> <p>8:30 AM Quilters 9:00 AM Pickleball 9:30 AM Shop-Walmart 10:00 AM Bike Club 12:45 PM Euchre 1:00 PM Mahjong</p>	<p style="font-size: 2em; color: blue; font-weight: bold;">8</p> <p>8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:00 AM Bike Club 11:00 AM F-Fitness 1:00 PM Bunko</p>	<p style="font-size: 2em; color: blue; font-weight: bold;">9</p> <p>8:30 AM Tai Chi 10:00 AM Caregiver Support 12:30 PM Bingo!! 1:00 PM Sheepshead</p>	<p style="font-size: 2em; color: blue; font-weight: bold;">10</p> <p>8:30 AM Aerobics 10:00 AM Zumba 11:00 AM F-Fitness 2:00 PM Scrabble</p>																																																																																										
<p style="font-size: 2em; color: blue; font-weight: bold;">13</p> <p>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 2:00 PM Basic Memory Loss 5:00 PM Bucky Book Swap</p>	<p style="font-size: 2em; color: blue; font-weight: bold;">14</p> <p>8:30 AM Quilters 9:00 AM Pickleball 9:30 AM Shop-Woodmans 10:00 AM Bike Club 10:00 AM Hookers 10:45 AM Library Shuttle 2:00 PM Men's Group</p>	<p style="font-size: 2em; color: blue; font-weight: bold;">15</p> <p>8:30 AM Aerobics 9:45 AM Aerobics 10:00 AM Bike Club 11:00 AM F-Fitness 11:00 AM Mysteries of the Back 11:30 AM U.W. Nutrition 1:00 PM Bunko</p>	<p style="font-size: 2em; color: blue; font-weight: bold;">16</p> <p>8:30 AM Tai Chi 10:30 AM Blood Pressure 12:30 PM Bingo!! 1:00 PM Sheepshead</p>	<p style="font-size: 2em; color: blue; font-weight: bold;">17</p> <p>8:30 AM Aerobics 8:30 AM Coffee w/ Cop 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</p>																																																																																										
<p style="font-size: 2em; color: blue; font-weight: bold;">20</p> <p>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 Open Art 1:00 PM Pastels 7:00 PM Concert at McKee</p>	<p style="font-size: 2em; color: blue; font-weight: bold;">21</p> <p>8:30 AM Quilters 9:00 AM Pickleball 9:30 AM Shop-Target 10:00 AM Bike Club 12:45 PM Euchre 2:00 PM Learning Annex</p>	<p style="font-size: 2em; color: blue; font-weight: bold;">22</p> <p>8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:00 AM Bike Club 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Medicare Services</p>	<p style="font-size: 2em; color: blue; font-weight: bold;">23</p> <p>8:30 AM Tai Chi 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Mystery Book Club</p>	<p style="font-size: 2em; color: blue; font-weight: bold;">24</p> <p>8:30 AM Aerobics 10:00 AM Zumba 11:00 AM F-Fitness 2:00 PM Scrabble</p>																																																																																										
<p style="font-size: 2em; color: blue; font-weight: bold;">27</p> <p>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</p>	<p style="font-size: 2em; color: blue; font-weight: bold;">28</p> <p>8:30 AM Quilters 9:00 AM Pickleball 9:30 AM Shop-HyVee/Aldis 10:00 AM Bike Club 10:00 AM Hookers 2:00 PM Women's Group</p>	<p style="font-size: 2em; color: blue; font-weight: bold;">29</p> <p>8:30 AM Aerobics 9:45 AM Aerobics 10:00 AM Bike Club 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Words that Comfort</p>	<p style="font-size: 2em; color: blue; font-weight: bold;">30</p> <p>8:30 AM Tai Chi 12:30 PM Bingo!! 1:00 PM Navigating Senior Ctr. Website 1:00 PM Sheepshead</p>	<p style="font-size: 2em; color: blue; font-weight: bold;">31</p> <p>8:30 AM Aerobics 10:00 AM Zumba 11:00 AM F-Fitness 2:00 PM Scrabble</p>																																																																																										



July 2015

Senior Dining



Fellowship, Food & Fun

Salad Option Thursdays

2nd - Spinach
 9th - Chef
 16th - Taco
 23rd - Garden
 30th - California Cobb
 (Salads are dine-in only)

Reservations must be made by 12:00 the day before by calling 270-4290

Wednesday 1

Tomato Barley Soup
 Turkey & Cheese on Rye w/Mayo
 Tomato/Lettuce
 Fresh Apple
 Cake
VO- Cheese & Rye

Thursday 2

*BBQ Rib
 Potato Salad
 Corn on Cob
 Watermelon
 Corn Bread
 Sweet Potato Pie
V.O: Veggie Sausage

Friday 3

CLOSED



Monday 6

*Brat
 Sauerkraut
 Chunky Applesauce
 Bar
VO-Veggie Dogs

Tuesday 7

Shrimp Pasta Salad
 Mixed Greens w/Diced Tomato
 Fruit Cup
 W.W. Bread
 Ice Cream
VO-Pasta Salad

Wednesday 8

BBQ Chicken
 Baked Potatoes
 Green Beans
 Apricots Half
 W.W. Bread
VO-Potato w/Cheesy Broccoli

Thursday 9

Chicken Broccoli
 Rotini Salad
 V-8 Juice
 Fresh Fruit
 Dinner Roll
VO-Cheese Rotini

Friday 10

Roast Beef/Gravy
 Red Potato
 Roasted Vegetables
 Peach Slices
 Multi Grain Bread
VO-Veggie Patty

Monday 13

*Augratin Potatoes w/Diced Ham
 Mixed Vegetables
 Diced Peaches
 Multi Grain Bread
 Ice Cream
VO-Augratin w/Soy

Tuesday 14

Pizza Casserole
 Italian Green Beans
 Pear Slices
 Croissant
 Pie
VO- Veggie Casserole

Wednesday 15

Chicken Salad w/Lettuce on Bun
 German Cucumbers
 Fresh Orange
 Cookie
VO- Cheese Sandwich

Thursday 16

Three Cheese Lasagna
 California Mix
 Grape Juice
 Bread Stick
 Sherbet

Friday 17

Philly Cheese
 Steak Sandwich
 Potato Salad
 Carrot Coins
 Fresh Fruit Mix
 Cookie
VO-Black Bean Burger

Monday 20

Meat Sauce over Spaghetti Noodles
 Buttered Peas
 Pear Slices
 Garlic Bread
VO- Veggie Sauce

Tuesday 21

Sweet & Sour
 Chicken
 Rice & Oriental Mix
 W.W. Bread
 Strawberry Shortcake
VO-Veggie Sweet & Sour

Wednesday 22

*Meatloaf w/Gravy
 Baked Potatoes
 Sour Cream
 Salad w/ Tomato
 Banana
 Rye Bread
VO-Veggie Loaf

Thursday 23

Chicken Macaroni
 Salad w/Lettuce
 Three Bean Salad
 Orange
 W.W. Roll
 Lemon Dessert
VO-Pasta Salad w/Cheese

Friday 24

Potato Crusted
 Breaded Fish
 Potato Puffs
 Broccoli Flowerets
 W.W. Bread
 Cookie
VO- Veggie Lasagna

Monday 27

Chicken Cacciatore
 Egg Noodles
 Sugar Snap Peas
 Diced Peach
 Multi Grain Bread
 Sherbet
VO- Veggie Sauce

Tuesday 28

Roast Pork w/Gravy
 Mashed Potatoes
 Veg Medley
 Chunky Applesauce
 W.W. Bread
VO- Soy in Gravy

Wednesday 29

Chicken Cordon Blue
 Roasted Potatoes
 Corn
 Fresh Fruit
 W. W. Dinner Roll
 Blueberry Pie
V.O: Cheese Tortellini

Thursday 30

Sloppy Joe on Bun
 Broccoli Flowerets
 Coleslaw
 Mandarin Oranges
VO- Veggie BBQ

Friday 31

Stuffed Green Pepper Soup
 Ham & Swiss w/Lettuce
 Croissant
 Fresh Fruit
 Cookie
VO- Soup, Broccoli Salad

Fitchburg Senior Center Energy Task Force Team

presents:

Refrigerator Coil Cleaning



The Fitchburg Senior Center Energy Task Force is proud to offer another season of refrigerator coil cleaning for our Fitchburg Seniors with the help of the U.W. Morgridge Center student volunteers starting in August!

This is a FREE service that is part of our mission to reduce energy waste in Fitchburg! If you are currently living in a home or condo, and unable to move and clean your refrigerator, you will qualify.

Space is limited. Please call David Hill at 270-4292 or email: david.hill@fitchburgwi.gov



Summer Writers' Workshop



Experienced published writer and teacher of writing, *Ester Hauser Laurence Prudlo*, will share some tips and help you learn to evaluate your own work.

2nd/4th Wednesdays 1:30- 3:30 pm

July 8 & 22

August 12 & 26

September 9 & 23

Fitchburg Senior Center

Topics Covered

- Dramatizing
- Character Creation
- Self Evaluation
- Story Elements
- And More!

Call 270-4290 to register. *Workshop is free!*

Bring paper or a notebook and a pen