



Prime Time News

August 2015

Fitchburg Senior Center
Volume V Issue 8

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Alzheimer's Association Educational Series

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

Healthy Living with Diabetes

The Fitchburg Senior Center is pleased to be offering another session of the six-week self-management workshop series, *Healthy Living with Diabetes*. Sessions go 2 ½ hours each and are led by two trained facilitators, at least one of whom is living with diabetes. The workshops help adults with type 2 diabetes or pre-diabetes increase their self-management skills in nutrition, exercise and medication, and their confidence in managing their diabetes.

Subjects covered include techniques to deal with symptoms, appropriate exercise, healthy eating, and working more effectively with health care providers. Classes are highly participative and build mutual support as participants brainstorm and problem-solve together.

The class is limited to 15 participants and will run on Wednesdays from 1:00 – 3:30 p.m. starting on September 16. There is a \$20 deposit required for the textbook; if you do not wish to keep the book after the class is over, you can return it to receive your deposit. To register, or if you have further questions, please contact Sarah Folkers at 270-4294.

Save the Date!

Only Leaves Should Fall—Falls Prevention Seminar
Wednesday, Sept. 23rd 1:30-4:30p.m. Fitchburg Sr. Ctr.

Ride the Trails on a Golf Cart!

Tuesday, August 11 (rain date August 13)



This is the 11th year for this great program where we are able to use donated carts from Tiziani Golf Corporation to enjoy our areas' beautiful bike trails. This year we will take the Badger State Trail from Fitchburg to Belleville. Our group will meet behind Sub Zero and depart promptly at 10:00 a.m. and return by 3:30 p.m. We will be on the trail for approximately 1.5 hours each way (a bit longer than past years). In Belleville we will dine at Borland's Restaurant before returning home. Cost for the trip is \$10 and includes lunch. Lunch choices are: Hamburger, Cheeseburger, or Chicken Strip Basket. Please indicate your choice when making your reservations. *Thank you to the Fitchburg Senior Center Friends for sponsoring this trip. Please make checks payable to them.*



HOT OFF THE PRESS!

Downsizing



MADE EASY

Downsizing Made Easy

Three speakers will present “Downsizing Made Easy” on Thursday, September 17 from 1:00-3:00 p.m. at the Fitchburg Senior Center. The five areas that will be covered are: 1. Create a plan that fits your lifestyle, 2. Communicate with your family and friends, 3. Surround yourself with highly-qualified professionals, 4. Dealing with a house full of possessions and 5. Celebrate your new lifestyle.

The speakers include Ruth Domack from First Weber, Lori Peppard from Seques, and Carrie Kirkpatrick from A Place for Mom. All three speakers are experienced professionals working with older adults and helping them transition to new housing.

Please register through the Fitchburg Senior Center by calling 270-4290. There is no fee for this presentation.



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., Sept. 11 - Nov. 20. For information and registration, please call Bonnie at the Alzheimer's Association. 608-203-8500

Learning Annex

Tuesday, August 18, at 2:00 p.m.

We are proud to feature local author Dorothy Kruse as this month’s presenter at the Learning Annex.

As a wife, mother, fishing master , jokester and writer, Dorothy has seen it all! In her book, **“Hammer Tacks, Not Ticks”** Dorothy opens up about the life and times of raising a family and vacationing in the lush North Woods of Wisconsin and other places made magical by the memories created there.

Dorothy was born in Dalton, Wisconsin in 1931 and currently lives in Oregon, WI with her husband of sixty years, Charlie.

UW Ext. Nutrition w/ Tonia



Topic: Cooking for one or two.

Join Tonia from the UW Extension Nutrition Program on Wednesday, August 19 at 11:30 a.m. to find out more!

Cards With Katie



Join us for an afternoon of paper crafting on Monday, August 10 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

Final Concert At McKee

August 17: Miles Nielsen



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

Groups/Learning

Tech Education

Men's Group

Join us for our next meeting on Tuesday, **August 11 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, **August 25 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.

Coffee with a Cop

Stop by the Senior Center at 9:30 a.m. on Friday, August 14 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.

Fitchburg Singers!!

Fall practice begins Wed. Sept. 2 at 1:00p.m. New singers welcome!

2 EYEZ 4 PAWZ

Pet Sitting & Dog Walking Service

Tara Howard
Owner

608-279-3330
katz.dawgz54@gmail.com

Apple Computer Classes w/ FACTv

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

Life After Cable..

Want to know how David has more than enough shows and movies to watch than ever? This, after cutting cable TV! Come learn more about Netflix and Hulu Plus. Friday, August 28 at 1:00 p.m. Space limited, call 270-4290 today!



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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."





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.



Advance Care Planning: It's time to make your wishes known!

The best time to plan is before a medical crisis occurs. An advance care plan provides information about your treatment wishes to your family and health care providers in case illness or injury prevents you from telling them yourself. Meriter-Unity Point Health offers FREE visits with a trained advance care planning facilitator. At these visits, you will have the opportunity to consider your treatment preferences and appoint and complete documentation for a Power of Attorney for Health Care. To schedule an individual appointment, call Nursing Services at 417-6010 or email Paula Kufahl at pkufahl@meriter.com.

Appointments are available Monday - Friday from 8:00 a.m. until 4:30 p.m.

Funeral Pre-Planning Overview Presented by Gunderson's Funeral Home

**Wednesday September 2nd
1:00p.m. At the Senior Center.**

It's never too early to start the process of planning ahead. Don't leave it to your kids!



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

Diane Dillett, LUTCF, CLTC

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

Book Club

REACH Book Club

REACH Book Club will be taking a break during the month August. We will resume on September 10, 2015. We will discuss the book, *A Yellow Raft in Blue Water* by Michael Dorris.

Books for the coming 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

Some books are more popular than others and there may be a waiting list at the library. You can put books on hold now and suspend them until later. If you aren't sure how to do this, ask one of the helpful Fitchburg librarians or send an email to dmullaly@att.net and I will send you directions for the procedure.

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 at the Fitchburg Senior Center at 1:30 p.m. on Thursday, August 27, 2015 (the 4th Thursday.) We will discuss two books, the last book written by Tony Hillerman, *The Shape Shifter* and one by his daughter, Anne Hillerman. Anne carries on the Leaphorn/ Chee series with the book, *Spider Woman's Daughter*.



PLATO - Novels Old and New

1:00-3:00 p.m.



September 21 and 28

The Circle by Dave Eggers

October 5 and 12

My Name is Asher Lev by Chaim Potok

October 19

The Sound of Things Falling by Juan Gabriel Vasquez

October 26 and November 2

Whiter Than Snow by Sandra Dallas

November 9

The Best Exotic Marigold Hotel by Deborah Moggach (also known as These Foolish Things)

November 23

The Moon is Down by John Steinbeck

For more information about PLATO contact:

Louise Fowler

Phone: 608-262-5823

Email: plato-slp@dcs.wisc.edu



PLATO - William Faulkner

On Fridays, 10:00 a.m. -12:00 p.m., from Sept. 25 to Dec. 4 (excluding Nov. 27,) 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.

And Then There Was One...

A Guide for End of Life Preparedness

Wednesdays, Sept. 30 & Oct. 7 -1:00-3:00 p.m.

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.

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 September 23rd.



Dance for Dementia!!

September 19th, 2015

Dementia Friendly Fitchburg will be partnering with Gold's Gym in Fitchburg to help raise awareness and funds for this initiative!

Why are we dancing? Research published in the New England Journal of Medicine shows that frequent DANCING dramatically reduces the occurrence of dementia and Alzheimer's disease!

So! Shake a leg! Don't wait – start building your cognitive reserve NOW. More details to follow in Sept. newsletter. Questions and registration?

Call Mandi at 270-4293.

Games, Movie & Travel

Bunko Wednesdays

The Senior Center is adding Bunko as a regular game option! From beginner to pro, all player levels welcome!! Bunko will be scheduled for every Wednesday at 1:00 p.m.

If you love Bunko or want to learn to play, stop over! Any questions, call David at 270-4292.

\$20 Blackout Bingo!! August 13

Special sponsor—Comfort Keepers.

\$20 jackpot!

Game begins promptly at 12:30 p.m.



Movie Day

2nd Best Exotic Marigold Hotel

78% Rating by Rotten Tomato!

Join us on Friday, August 21 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.



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.



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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—Fall Sessions



Sept. 14—Oct. 26. \$49—Seven 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 14. 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!

August 21

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. August 13 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.



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FSC 2016 Travel Planning



Please attend the September 16th Travel Show at FSC and help us decide which trips to support for 2016.

Motor coach tours to Copper Harbor and the Apostle Islands, Washington D.C. during cherry blossom time, and a value tour to the Gulf Shore Breezes will be presented. In addition, previews of trips to Spain, Portugal, the Canadian Rockies and Glacier National Park, and the Romantic Rhine and Mosel River Cruise will be made by travel company staff.

Based on your input, final selections of tours for 2016 travel will be made so please try to attend!

The Travel Show will be held in the FSC Dining Room, from 2:00-4:00 p.m.

Fitchburg Senior Center Friends News

The Fitchburg Senior Center Friends (FSCF) is starting a scholarship program for all Fitchburg seniors, 50 and older, or other seniors who are active in the life of the Fitchburg Senior Center. Application forms are available from the receptionist and a separate application must be submitted for each class or event. Application and award information is confidential.

Scholarships will be awarded to applicants who have an annual income of less than \$23,540 (one person) or \$31,860 (two people) and scholarships will cover the full program costs up to \$150. There is a limit of \$150 per person for all awards made in a calendar year. The awards will be paid directly to the Senior Center for programs it sponsors, or sent with the application/reservation to the company providing the program.

Scholarships will be awarded for, but not limited to the following:

- Exercise classes/Writing classes/Tech classes/
- Art and craft classes/Day Trips
- Trips sponsored by Theater Bus

The FSCF is hoping this program will encourage and allow more seniors to participate and enjoy programs, activities and events that are sponsored by or supported by the Fitchburg Senior Center. Please contact Senior Center staff about receiving a scholarship.



Labor Day Weekend-Sept. 5,6 & 7

FSCF Directors and Senior Center volunteers will be serving free ice cream at Eplegaarden's Old Fashion Ice Cream social. Your donations will go to support Fitchburg Senior Center "Sharing Sundays Meal Program". Also, on September 13, FSCF will be at the Eplegaarden 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.

Save the Date.....



Friends Fall Festival - Thursday, October 1st

You're invited to Avalon's
The Dog Days of Summer
 Fun for all generations
FREE event!
 Food & Drinks • Music
 Face Painting • Yard Games
 Dogs Welcome!
 (Please use leashes!)
 Kona Ice Truck
 Snow Cones
 KONA ICE
 RSVP to 608.274.4350 no later than August 12

Community Picnic
 Sunday, August 16
 11 a.m. - 3 p.m.
 Avalon Assisted
 Living Community
 2879 Fish Hatchery Rd
 Fitchburg, WI 53713
 avalonalcommunity.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



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Mandi Miller, Nutrition Site
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Sarah Folkers, Social Worker
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Estate Planning and Administration
Elder Law and Special Needs Planning



August 2015

Senior Dining



Fellowship, Food & Fun

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
*Ham Slice Yams Green Beans Banana Multi Grain Bread VO- Cheese Sandwich	Meat Spaghetti Mixed Greens w/Tomato Pear Slices Garlic Bread. VO-Soy Meat Sauce	Turkey Roast/Gravy Mashed Potato/Gravy California Blend Peach Slices W.W. Bread Cake VO- Veggie Lasagna	Chicken Broccoli Rotini Salad V-8 Juice Pineapple Small Croissant VO-Cheese Broccoli Rotini Salad	BBQ Rib Cheesy Potatoes Coleslaw Mixed Fresh Fruit Dinner Roll Jello V.O: Veggie Sausage
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Beef Casserole Buttered Carrots Apple Juice Rye Bread Cookie VO-Soy Noodle Cass.	Baked Fish Rice Pilaf Buttered Broccoli Banana W.W. Bread Cherry Crisp VO- Rice Pilaf w/Soy	Tuna Salad w/Leaf Lettuce & Tomato Slice on W. W. Bun Pea Salad Mandarin Oranges Ice Cream Treat VO- Hummus Wrap	Shrimp Pasta Salad Mixed Greens w/ Diced Tomato Fruit Cup W.W. Bread Ice Cream VO-Pasta Salad w/Cheese	Roast Beef/Gravy Red Potato Roasted Vegetables Peach Slices Multi Grain Bread VO-Veggie Patty
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
*Brat/ Bun Sauerkraut Tomato Juice Chunky Applesauce VO-Veggie Dogs	Chicken Salad on W.W. Bun w/Lettuce German Cucumbers Orange Cookie VO- Cheese Sandwich	Pizza Casserole Buttered Italian Green Beans Grape Juice Small Croissant Strawberry Short Cake VO- Soy Casserole	*Augratin Potatoes w/ Ham Mixed Vegetables Diced Peaches Multi Grain Bread Choc. Ice Cream VO-Augratin w/Soy Meat	*BBQ Rib Baked Beans Coleslaw Mixed Fresh Fruit Jalapeno Corn Bread Peach Cobbler V.O: Veggie Sausage
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Tomato Barley Soup Turkey/Cheese Lettuce/Tomato on Rye Apple Bar VO- Cheese on Rye	Three Cheese Lasagna California Mix Pear Slices Bread Stick Sherbet	*Roast Pork w/Gravy Mashed Potatoes Carrot Coins Fruit Cocktail W.W. Bread VO-Veggie Patty	Beef Stroganoff Egg Noodles Peas Banana Multi Grain Bread Pudding VO-Veggie Stroganoff	*BBQ on W.W. Bun Potato Salad Buttered Corn Fresh Fruit Mix Cookie VO-Soy Sloppy Joe
Monday 31	Salad Option Thursdays 6 th - Chef 13 th - Taco 20 th - Garden 27 th - California Cobb (Salads are dine-in only) Reservations <u>must</u> be made by 12:00 the day before by calling 270-4290 *Meal has pork product. Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION			
Chicken Mac Salad Three Bean Salad Fresh Orange W.W. Roll Lemon Dessert VO-Pasta Salad w/Cheese				

August 2015

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
3 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	4 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	5 8:30 AM Aerobics 9:45 AM Aerobics 10:00 AM Bike Club 11:00 AM F-Fitness 1:00 PM Bunko	6 8:30 AM Tai Chi 10:00 AM FSC Friends 12:30 PM Bingo!! 1:00 PM Sheepshead	7 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																																																																																				
10 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 Cards w/ Katie 1:00 PM Dominos	11 8:30 AM Quilters 9:00 AM Pickleball 9:30 AM Shop-Woodmans 10:00 AM Bike Club 10:45 AM Library Shuttle 2:00 PM Men's Group	12 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	13 8:30 AM Tai Chi 10:00 AM Caregiver Support 12:30 PM Bingo!! 1:00 PM Sheepshead	14 8:30 AM Aerobics 9:30 AM Coffee w/ a Cop 10:00 AM Zumba 11:00 AM F-Fitness 2:00 PM Scrabble																																																																																				
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