



Prime Time News

October 2015

Fitchburg Senior Center
Volume V Issue 10

Look Ahead

Five new programs! P.2

SEE FLYER INSERT !!!!

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Travel/FSC Friends P.9



Walk To End Alzheimer's

When: Sunday October 11.

Time: 9:00 a.m.

Where: James Madison Memorial High School (201 S. Gammon Road)

Length: Two miles

Why? To support and raise awareness about Alzheimer's Disease AND about Dementia Friendly Fitchburg. Call Mandi at 270-4293 to join!



Fitchburg Senior Center Friends

Fall Fest—Thursday, Oct 1, 3:00-6:30 p.m.
\$5 brat/\$4 hotdog meals & live music!



What's It Worth?

Come to the Fitchburg Library to have one item appraised, or just to watch this entertaining program! Examples of accepted items include fine art, costume jewelry, glassware, toys, clocks, and musical instruments.

Registration for appraisals is required.

Please call 608-729-1763 or stop by the Library. Sunday, October 4 at 1:30 p.m. A co-sponsored program between the Fitchburg Senior Center and Fitchburg Library.

Flu Shots Oct. 16

Mark your calendars for an easy in & out flu shot on Friday, October 16 from 9:00–11:00 a.m. in the lower level of the Senior Center. Home Health United vaccination is \$31 for injection, Medicare B/Medicaid accepted as payment. You will need to present your card. \$33 for intranasal.



Falls Prevention Class Coming This Month

Our Falls Prevention class, which is an abbreviated version of the evidence-based No Falls Class we have offered in the past, incorporates balance, flexibility and strengthening exercises that are proven to reduce falls. If you have had balance problems, have fallen or are fearful of falling and do not have a medical condition that would limit participating in group exercise, then this might be the class for you! Classes held on Wednesdays, Oct. 14–Dec. 9 (no class 11/11) from 12:30-1:30 p.m. Fee is \$35 and is due upon sign-up. Please make checks payable to the Senior Center. Call 270-4290 for registration and other information.



HOT OFF THE PRESS!

Edward Jones Financial Advisor **Todd Berge** is hosting a free college savings presentation titled, "**College - Getting There from Here,**" at 1:00 p.m. on **Tuesday, October 20.**

The presentation will include:

- Questions to consider as grandparents establish a college savings goal for their children & grandchildren

- Strategies to help your children and grandchildren reach their college savings goals

- Features and benefits of investing in 529 college savings plans

Call 270-4290 to register. **FREE**



Learning Annex

Jodi Farritor from the Epic Implementation Service Team will discuss the history of Epic, its growth, and its unique position in the medical tech world. Many have driven by the massive campus in Verona and marveled at its size and beauty. Learn more about the facilities and operations. There will be plenty of time for questions.

Tuesday, October 20, at 2:00 p.m.

Making A Good Brain Great



Attention Seniors Who Want to Improve Mood, Memory, and Focus!

Join us for an informative presentation that will cover:

- How to charge your brain's battery
- Exercises to improve memory
- Diet for improved brain function.....and much more!

Join Dr. Konopacki from Body Wave Chiropractic on Wednesday, October 28 at 1:00 p.m. No registration required.



Alzheimer's Disease: Legal & Financial Planning Program (Oct 12 & 19)

This program will cover information for families and individuals dealing with Alzheimer's Disease or a related dementia.

(Two part series) Topics covered will include:

- Making legal plans that fit your needs
- Legal documents you'll need and what they mean
 - How to find legal and financial assistance
 - Practical strategies for long-term plan of care
 - Tax deductions and credits
- Government programs that can help pay for care

Mondays, October 12 & 19 at 2:00 p.m.

Call 270-4290 to register for this **FREE** program.

Wisconsin Department of



Homestead Credit Education

The Wisconsin Department of Revenue (DOR) is teaming up with the Fitchburg Senior Center to host an educational seminar on the Homestead Credit program on October 21.

The **Homestead Credit** program is designed to help low-income, elderly renters and property owners in the State of Wisconsin.

This is a great opportunity to learn more about the Homestead Credit program, and meet representatives from the Wisconsin Department of Revenue.

October 21. 1:00-2:00 p.m.

Groups/Learning



Men's Group

Join us for our next meeting on Tuesday, **October 13 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, **October 27 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.

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Tech Education

Craigslist Like A Pro

Do you have stuff you don't want to just give away, but don't know how to sell it? David Hill will guide you through an actual ad placement during class, step-by-step! With over 200 items placed or sold on Craigslist, David will get you to the start and finish with confidence!

Class size is limited, so call today to reserve your spot. 270-4290. Friday, October 23 at 10:30 a.m.

Am I safe using the Internet?

This is a question a great many people are asking these days. One needn't search very far to find dozens of examples of hacking, theft, and online fraud. It's enough to make anyone too afraid to use the Internet.



But the benefits of utilizing online resources are just too much to pass up in this complicated, modern world. So what can be done?

You can start by visiting the Fitchburg Senior Center on **Thursday, Oct. 29 1:00-3:00 p.m.**

This event is being presented by Dave St. Amant of Community PC, LLC. Dave is the owner of Community PC, which is a mobile tech support company based in Fitchburg, specializing in services for seniors and the disabled.

You must call to reserve your spot. 270-4290

Fitchburg Historical Society

Our speaker for November 1 will be retired U.W. Professor and Fitchburg resident, Bill Tishler. Bill was with the UW Department of Landscape Architecture for 42 years, teaching and researching. He was also instrumental in finding and preserving some of the more than 60 historic buildings that are now at Old World Wisconsin.

Join us on Sunday, November 1 at 1:30 p.m. at the Fitchburg Public Library.



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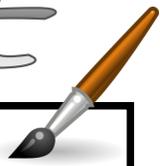
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Art



Medicare/Med

Oil Pastel Class

Tuesdays starting Oct. 13. 1:00-4:00 p.m. Learn about the different materials and techniques when using Oil Pastels. During each class you will learn new techniques and have time to work on the project of your choice with individual help as needed. **Cost:** \$145.00 for eight classes, \$25.00 for individual classes, or use my supplies at \$30.00 per class. Supply list will be sent when you sign up for the class. Call instructor Mary McCormick-Wixon at 347-4742 to register.



Cards With Katie

Join us for an afternoon of paper crafting on **Monday, October 12 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

Medicare Part D Open Enrollment Gives Opportunity to Save Money

Open enrollment for 2016 Medicare Part D plans is **October 15 - December 7, 2015**. This is the time that Medicare beneficiaries who are enrolled in Part D plans can review their plan to determine if it will still be the most cost-effective in 2016. Because insurance companies can change their premiums, deductibles and co-pays, switching to a different plan often results in extra money in your pocket!

Another way to save money on prescription drugs is the Extra Help program. Extra Help reduces your drug costs by decreasing premiums, deductibles and co-pays for medications based on your income and assets. If you are single and your income is less than \$1,471 per month, and your assets are below \$12,140, you may qualify for Extra Help.

For help with either Medicare Part D or the Extra Help program, call the Fitchburg Senior Center at 270-4290 and ask to speak with a Social Worker.



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UW Ext. Nutrition w/ Tonia

Topic: Enhancing Food Flavor.

Join Tonia from the UW Extension Nutrition Program on **Wednesday, Oct. 14 at 11:30 a.m.**



Med Reviews October 13

The United Way, along with the FSC, will be providing medication reviews with a qualified and trained pharmacist. You can qualify for this free service if: 1. You are over 65 years old with household income less than \$45,000; 2. You live in Dane County; 3. You take three or more medications that include prescriptions, herbals and over-the-counter.

Please call 270-4295 to sign up.

REACH Book Club



REACH Book will meet on October 8, 2015. We will discuss the book, *The Invention of Wings* by Sue Monk Kidd. "The story follows Hetty 'Handful' Grimke, a Charleston slave, and Sarah, the daughter of the wealthy Grimke family. The novel begins on Sarah's eleventh birthday, when she is given ownership over Handful, who is to be her handmaid. *The Invention of Wings* follows the next thirty-five years of their lives. Inspired in part by the historical figure of Sarah Grimke (a feminist, suffragist and, importantly, an abolitionist), Discussion questions available in David's office.

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

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 (This book is the choice for Madison's *2015 Go Big Read*)

REACH Book Club meets the 2nd Thursday of each month, September thru June at the *Fitchburg Senior Center* at 1:30 p.m. All are welcome. The only requirement is a love of books and a willingness to discuss them.

The *I Love a Mystery Book Club* will meet at the Fitchburg Senior Center at 1:30 p.m. on Thursday, October 22, 2015 (the 4th Thursday). We will discuss the book, *Billy Boyle* by James R. Benn. Billy Boyle, a young Irish-American cop from Boston, has just made detective when World War II breaks out. His "Uncle Ike" is Dwight D. Eisenhower, and he wants Billy to be his personal investigator.



PLATO - Novels Old and New

Mondays: 1:00-3:00 p.m.

Now through Nov. 23.



PLATO - William Faulkner

On Fridays, 10:00 a.m. -12:00 p.m.

Now through Dec. 4 (excl. Nov. 27,)

For more information on both programs and registration for PLATO contact:

Louise Fowler

Phone: 608-262-5823

Email: plato-slp@dcs.wisc.edu



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—(going on right now)**, 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, Project Home and others. Referrals can be established by our team!

Is there a cost? No; however, donations are welcomed and appreciated.

Call to make an appointment today. 270-4292

Bucky Book Swap

**Tuesday,
Oct. 27 at 5:00 p.m.
Trade Coupons!
Join Us!**

Area Agency On Aging—Survey

We need your comments to help the Area Agency of Dane County shape their next three year Aging Plan for senior residents of our county. We are ask you to take a few minutes to review the goals drafted by older adults and professional in aging services and provide comments to us using a short, computer survey called a survey monkey. To access the survey, go to <https://www.surveymonkey.com/r/HN5R87D>

Games & Movie

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.
- Cribbage—Fri. @ 1:00 p.m.

\$20 Blackout Bingo!! Oct. 8

Special sponsor and advertiser in our newsletter—Comfort Keepers!

\$20 jackpot!

Game begins promptly at 12:30 p.m.



Movie Day—Woman In Gold

52% Rating by Rotten Tomato
Join us on Friday, October 16
at 12:40 p.m. Run time: 1 hr. 50 min.

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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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.

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



Nov. 2 start date. \$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.

Payment to instructor on day one.



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

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! Both tennis courts are now lined at Swan Creek for outdoor play!

Zumba Gold w/ Jackie



The next eight-week session starts Friday, October 23. 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

October 16

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. Oct. 8 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,
Friday afternoons.

One hour sessions \$45.

Call 270-4290 to schedule an appointment.



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FSC 2016 Travel Planning



Brochures with details of the 2016 tours are available in the travel display area on the ground floor across from the reception desk. Please call Judy Broad, Travel Coordinator, with questions or concerns at 608-271-9077.

Gulf Shore Breezes, the first tour of the season, departs on February 20—just when you are in need of some warmer weather! This eight-day tour by motor coach is very reasonably priced and includes three days at the Perdido Beach Resort, as well as other sites in Alabama and Tennessee.

Check it out!

Avalon Assisted Living Community invites you

Around the World

As we get lost in the music from Madison Symphony Orchestras' traveling string quartet, **HeartStrings**.

All are welcome to this Free Event!
RSVP to Sarah at (608) 274-4350.

Wednesday, October 14th at 1:30 p.m.

2879 Fish Hatchery Rd, Fitchburg, WI 53713
www.avalonalcommunity.com



Fitchburg Senior Center Friends News

If you were at Eplegaarden over the Labor Day weekend, or Grandparents Day on Sept. 13, you saw the directors and volunteers serving ice cream and snacks. Your donations went to support the “Sunday Sharing Meals” program at the Fitchburg Senior Center. Thanks to Vern and Betty Forest for their generous support.

Speaking of support, so far this year, FSCF has provided over \$3,000.00 to Fitchburg seniors and programs.

Get Ready!!!!



Our First Annual Fall Festival is on October 1 from 3:00–6:30 p.m. at the Senior Center. We will be serving brats or hot dogs . Meals include chips, apple (from Eplegaarden of course), cookie and beverage. Brats meals are \$5.00. Hot dogs meals are \$4.00.

Take-out meals are available!!

Bring the family and join your friends and neighbors. And not to be missed is the music from Pat Stone and her Blue Accordion.

Congratulations to Lee Ihlenfeldt who became our newest member of the FSCF Board of Directors. A long-time resident of Fitchburg, Lee has been a volunteer for many years at both our Pancake Breakfast and Pig Roast. If you go to Vilas Zoo, you'll see Lee running the carousel.

FSCF has been fortunate to have many Board members contribute to its success. Bob Rottman, a past President who is leaving the Board after six years of service, has exemplified that commitment and has contributed his time and talents in ways too numerous to mention. Thank you Bob! You'll be missed.

2016 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 2016 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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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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Wisconsin Association of Senior Centers

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Estate Planning and Administration
Elder Law and Special Needs Planning

October 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;">Sep 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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</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;">Nov 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></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</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							<p style="text-align: right; font-size: 2em; color: blue;">1</p> <p>8:30 AM Tai Chi 10:00 AM FSC Friends 12:30 PM Bingo!! 1:00 PM Sheepshead 3:00 PM -6:30 PM FSC Friends Fall Fest</p>	<p style="text-align: right; font-size: 2em; color: blue;">2</p> <p>8:30 AM Aerobics <u>10:00 AM Shop - Cops/Maple Grove</u> 10:00 AM Zumba 11:00 AM F-Fitness 1:00 PM Cribbage 2:00 PM Scrabble</p>
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<p style="text-align: right; font-size: 2em; color: blue;">5</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="text-align: right; font-size: 2em; color: blue;">6</p> <p>8:30 AM Quilters 9:00 AM Pickleball 9:30 AM Shop-Walmart 12:45 PM Euchre 1:00 PM Mahjong</p>	<p style="text-align: right; font-size: 2em; color: blue;">7</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 Singers</p>	<p style="text-align: right; font-size: 2em; color: blue;">8</p> <p>8:30 AM Tai Chi 10:00 AM Caregiver Support 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Book Club</p>	<p style="text-align: right; font-size: 2em; color: blue;">9</p> <p>8:30 AM Aerobics 10:00 AM Zumba 11:00 AM F-Fitness 1:00 PM Cribbage 2:00 PM Scrabble</p>																																																																																									
<p style="text-align: right; font-size: 2em; color: blue;">12</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="text-align: right; font-size: 2em; color: blue;">13</p> <p>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</p>	<p style="text-align: right; font-size: 2em; color: blue;">14</p> <p>8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:00 AM Bike Club 11:00 AM F-Fitness 11:30 AM UW Nutrition 1:00 PM Bunko</p>	<p style="text-align: right; font-size: 2em; color: blue;">15</p> <p>8:30 AM Tai Chi 10:30 AM Blood Pressure 12:30 PM Bingo!! 1:00 PM Sheepshead</p>	<p style="text-align: right; font-size: 2em; color: blue;">16</p> <p>8:30 AM Aerobics 9:00 AM Flu Shots <u>10:00 AM Shop-Cops/Fish Hatchery</u> 10:00 AM Zumba 11:00 AM F-Fitness 12:40 PM Movie Day 1:00 PM Cribbage 2:00 PM Scrabble Diabetic Footcare</p>																																																																																									
<p style="text-align: right; font-size: 2em; color: blue;">19</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="text-align: right; font-size: 2em; color: blue;">20</p> <p>8:30 AM Quilters 9:00 AM Pickleball 9:30 AM Shop-Target 12:45 PM Euchre 1:00 PM Financing College 101 2:00 PM Learning Annex</p>	<p style="text-align: right; font-size: 2em; color: blue;">21</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 Homestead Credit 1:00 PM Singers</p>	<p style="text-align: right; font-size: 2em; color: blue;">22</p> <p>8:30 AM Tai Chi 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Mystery Book Club</p>	<p style="text-align: right; font-size: 2em; color: blue;">23</p> <p>8:30 AM Aerobics 10:00 AM Zumba 11:00 AM F-Fitness 1:00 PM Cribbage 2:00 PM Scrabble</p>																																																																																									
<p style="text-align: right; font-size: 2em; color: blue;">26</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="text-align: right; font-size: 2em; color: blue;">27</p> <p>8:30 AM Quilters 9:00 AM Pickleball 9:30 AM Shop-HyVee/Aldis 10:00 AM Hookers 2:00 PM Women's Group 5:00 PM Bucky Book Swap</p>	<p style="text-align: right; font-size: 2em; color: blue;">28</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="text-align: right; font-size: 2em; color: blue;">29</p> <p>8:30 AM Tai Chi 12:30 PM Bingo!! 1:00 PM Sheepshead</p>	<p style="text-align: right; font-size: 2em; color: blue;">30</p> <p>8:30 AM Aerobics 10:00 AM Zumba 11:00 AM F-Fitness 12:30 PM Bob the Bird!! 1:00 PM Cribbage 2:00 PM Scrabble</p>																																																																																									



Senior Dining



Fellowship, Food & Fun

	Salad Option Thursdays		Thursday 1	Friday 2
Reservations must be made by 12:00 the day before by calling 270-4290 *Meal has pork product	1st - Spinach 8th - Garden 15th - Taco 22nd – Chef’s Tuna Salad 29th – Chicken Ranch (Salads are dine-in only)		Vegetable Lasagna Tossed Salad w/Diced Tomato’s Dressing Fruit Cup Garlic Bread Jell-O w/Topping	Hearty Bean Soup Chicken Salad on W.W Bread w/Lettuce Tomato Juice Fruit Cocktail Cookie VO: Cheese Sandwich
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Chicken & Dumplings Peas & Onions Mandarin Oranges Bread Sugar Cookie VO: Hummus Wrap	Pepper Steak Rice Oriental Mix Apple Slices W.W. Bread VO Veggie Pepper Mixture	*Scalloped Potatoes W/Ham Brussels Sprouts Apricots Bread Cake VO: Scalloped Potato Casserole	Mac & Cheese Broccoli Flowerets Pear Half Dinner Roll Apple Pie	Baked Chicken Baked Potato Green Beans Fresh Orange Bread V.O. Baked Pot w/Veggie Cheese
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Swiss Burger on Bun w/Onion Slice Corn Coleslaw Tropical Fruit Salad VO: Veggie Burger	Turkey Roast w/Gravy Stuffing Squash V-8 Juice Ice Cream VO: Veg Sausage/ Potato Salad	Potato Crusted Fish on Bun w/Shredded Lettuce/Tatar Sauce Carrots Pea Salad Fresh Fruit V .O. Veggie Soup & Cheese Sub.	Meat Sauce over Mostaccioli Brussels Sprouts Apricots Garlic Bread VO: Veggie Sauce	Beef Stew Pineapple Biscuit Vanilla Pudding VO: Vegetarian Casserole
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
*Meatloaf Red Potatoes Peas Applesauce W.W. Bread VO: Veggie Patty	*BBQ Pork on Bun Three Bean Salad Banana Pumpkin Bar VO-Veggie BBQ	Chili Crackers Fresh Apple Orange Juice Bread Jell-O Cake VO: Veggie Chili	Chicken-Ala-King Biscuit Italian Green Beans Pears Lemon Bar VO-Veggie Ala-King	*BBQ Ribs Sweet Potatoes Ham Flavored Greens Tropical Fruit Salad Corn Bread Banana Cream Pie V.O: Veggie Sausage
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
*Meat Ball Sub Sandwich Buttered Peas & Carrots Fruit Cup Carnival Cookie VO: Veggie Wrap	Chicken Alfredo Winter Blend Mandarin Oranges Bread Ice Cream Cup V.O. Veggie Alfredo	*Sliced Ham Sweet Potato Nuggets Brussels Sprouts Peaches Pudding V.O. Cheese Sandwich	Roast Beef Mashed Potatoes/Gravy Buttered Spinach Pineapple/Orange W.W. Roll VO: Veggie Burger	Baked Chicken Breast Cheesy Potatoes Root Vegetables Ambrosia Salad Halloween Cookie V.O: Cheesy Potato Cass.

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION



**Thinking
about cutting
the cable cord?**

**Wonder if you
need an expensive
antenna or a
cheap one?**



**Loan both from the Senior Center
and find out before you buy.
Call David at 270-4292**



Beginner Spanish



Eight-week class held on Mondays

11:00 a.m. -12:00 p.m.

Classes run Oct. 5—Nov. 23.

Cost: \$50

Payment due upon sign-up. Please make checks payable to the Fitchburg Senior Center. Minimum of eight needed to hold the class.

Instructor: Phyllis Hasbrouck

Halloween W/ Bob The Bird!



Join Jim Cozzi & Bob The Bird on Friday, October 30 at 12:30 p.m. Bob has been on the Today Show and places like Vegas, Door County, children's hospitals and more! Don't miss this unique opportunity to visit with Bob and his Fitchburg owner, Jim Cozzi! Please call 270-4290 the day before if you would like to have lunch at 12:00 p.m.