



Prime Time News

November 2015

Fitchburg Senior Center
Volume V Issue 11

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Senior Center & City Hall are **CLOSED** Thursday and Friday, November 26 & 27

Fitchburg Police serving lunch on 11/20. Call to 270-4290 to sign up!



Veterans Day Recognition

Please join us for a very special program on Wednesday, November 11 beginning at 11:00 a.m. This year's theme will pay tribute to our POWs through poems, readings, music and a flag folding ceremony. The morning will also feature fifth and sixth graders from Eagle School who participated in our Poppy Program. We will have their artwork on display and they will be joining our very own Fitchburg Singers to honor our Veterans with a variety of patriotic songs.

Lunch will immediately follow our program. Reservations are required for lunch and can be made by calling 270-4290 by noon on November 10. *Lunch for all Veterans and a guest will be paid for by the Fitchburg Senior Center Friends.*

Please indicate if you are a Veteran when making your reservation.

Honoring RSVP Drivers & Road Project Updates

On Thursday, November 12, the Fitchburg Senior Center and Retired and Senior Volunteer Program (RSVP) are celebrating the 40th Anniversary of the Driver Services program at the Fitchburg Senior Center. All Fitchburg RSVP drivers (medical and home-delivered meal drivers), passengers and people interested in learning more about the program are invited to attend. The RSVP celebration will begin at 11:30 a.m.

Prior to the RSVP celebration, beginning at 10:30 a.m., we invite you to join us for a presentation by Ahna Bizjak, Fitchburg Transportation Manager. Ahna will talk about upcoming road projects including Verona, McKee, and Lacy Roads. She will also discuss educational topics related to Rapid Flashing Beacons and bike and pedestrian path crossings.

10:30 a.m. Road Project Updates / 11:30 a.m. RSVP Driver Celebration



Daylight Savings
November 1
Turn your clocks back one hour

2016 Newsletter Renewal Time Is Now
It's not too early to get your subscription locked in for 2016. Cut out the renewal form on page 9 and take one more thing off your plate!



HOT OFF THE PRESS!



Navigating Through Senior Housing

This is an educational presentation intended to provide an overview of the housing choices available to the senior population. The goal of the presentation is to provide insight into what home health agencies, independent living, assisted living, memory care and skilled nursing communities offer. We will walk through what each type of licenses offers and what that means for regulatory requirements. Participants will have a better understanding of what questions to ask and what to look for if needing to find and/or start visiting senior housing options. Wednesday, **November 18 at 1:00 p.m.** FREE/No sign-up. Presented by The Waterford of Fitchburg.

Learning Annex

Joey Marshall, a member of the senior aerobics class, will be here at the Fitchburg Senior Center to talk about her amazing rotary mission trip to Kenya, Africa. Her trip consisted of helping install water cisterns to harvest rain water. She will also share some of the beautiful baskets and jewelry that women in the villages weave and make. Don't miss it!

Tuesday, November 17 at 2:00 p.m.



Free Indoor Walking

Every Tuesday & Thursday at 11:00 a.m. (One hour)
Starting Thursday, Nov. 12
Break Away Sports 5964 Executive Dr.



Dog Walking & Pet Sitting

Going on vacation? Not sure what to do with Fido?

Come and visit with Tara Howard who is a trusted advertiser in our newsletter. Tara will be at the Senior Center on Monday, November 23 at 1:00 p.m. See what Tara can do for your pet while you are on vacation, or for more exercise for your little buddy! Join us, no registration required. FREE program.

Real ID, Voter ID, Do I Need an ID??

John Holloway from the Department of Transportation will be at the Senior Center on Monday, November 16 at 1:00 p.m. to talk about the different identification cards available, why you may need them and how to get them. He will review some of the recent changes with identification cards and how these changes impact voting. Although Wisconsin does not have an election until February, it is important to have the information you need before you get to the polls. Program will be held on the upper level of the Senior Center. Advance registration is not necessary.



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Tara Howard /Owner
608-279-3330
katz.dawgz54@gmail.com
www.2eyez4pawz.net

Groups/Learning

Tech Education

Men's Group

Join us for our next meeting on Tuesday, **November 10 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, **Jan. 26 at 2:00 p.m.**

++No meeting in Nov. & Dec. ++

For more info log on to: www.fitchburgseniorcenter.com and click on Active Women's Group

Take and Alter Those Holiday Digital Pictures

Most people have taken hundreds, if not thousands, of digital pictures in their lives. But when it comes to enhancing, or otherwise editing those pictures, most folks are in the dark.

There will be an informational presentation at the Fitchburg Senior Center on Thursday, Nov. 19 from 1:00 to 3:00 p.m. Bring your laptops and/or tablets to share with the group. We will go over as many different editing programs as we have time for, so make sure you bring your devices and favorite editing programs.

Don't worry if you don't have an editing program. By the time you leave, you will have a general knowledge of what's available and what your skill level is.

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 people with disabilities.

Please call 270-4290 to register. FREE!



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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.

Fitchburg FACTv Presents:

Talking Fitchburg: A conversational show to keep Fitchburg up to date on what's going on in the community. Monday-Friday, live at 9:00 a.m. on COM Ch. 985, AT&T Ch. 99, or Live Streaming at www.fitchburgwi.gov

Art

Medicare

Canvas Painting Class!

For this class each painter will create a beautiful painting of the winter scene pictured here (colored version at the Senior Center). No artistic experience is needed and all supplies are included! You will be using acrylic paint on 16 x 20 canvases. Instructor will be walking you through the painting step-by-step. These paintings turn out colorful and whimsical and they are so much fun to do!



**Wednesday, November 18 from
1:00—3:00 p.m. Cost: \$38**

**Please pay upon sign-up. Checks payable to the
Fitchburg Senior Center.**

***Instructor Bio:** My name is Sara Lenz. I am currently teaching children's art classes out of my home and at different Recreation Departments in the Madison area. I am also working as an instructor for Vino and Van Gogh painting parties.*

Holiday Silk Scarves



Need gift ideas? Do you want them hand-made? Come create a colorful silk scarf using materials to dye the fabric in a microwave for easy yet beautiful scarves. You will make one scarf in this class. No art background necessary. Bring an apron, rubber gloves, an old towel and your imagination for creative fun. INSTRUCTOR: Nancy Welch has a degree in art and teaches playful art classes.

Friday, Dec. 11 from 1:00-3:00 p.m. \$ 30.

Cards With Katie

Join us for an afternoon of paper crafting on **Monday, November 23 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 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 could result in extra money in your pocket!

Another way to save money on prescriptions is the Extra Help program. Extra Help reduces your 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/month, and your assets are below \$12,140, you may qualify for Extra Help.

If you have coverage through a Medicare Advantage Plan, you are also able to make changes to your coverage during open enrollment. For help with Advantage plans, please call the Medigap Helpline at 1-800-242-1060. 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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REACH Book Club

REACH Book will meet on November 12 at 1:30 p.m. We will discuss the book, *Where'd You Go, Bernadette* by Marie Semple. "Bernadette Fox is notorious. To her Microsoft-guru husband, she's a fearlessly opinionated partner; to fellow private-school mothers in Seattle, she's a disgrace; to design mavens, she's a revolutionary architect, and to 15-year-old Bee, she is a best friend and, simply, Mom. Then Bernadette disappears. It began when Bee aced her report card and claimed her promised reward: a family trip to Antarctica. But Bernadette's intensifying allergy to Seattle—and people in general—has made her so agoraphobic that a virtual assistant in India now runs her most basic errands. A trip to the end of the earth is problematic. To find her mother, Bee compiles email messages, official documents, secret correspondence—creating a compulsively readable and touching novel about misplaced genius and a mother and daughter's role in an absurd world."

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*)

The *I Love a Mystery Book Club* will not meet in November or December. We will resume meeting on Thursday, January 28, 2016 (the 4th Thursday at 1:30 p.m.). We will discuss the book, *A Test of Wills* by Charles Todd. Inspector Ian Rutledge left a brilliant career in Britain's Scotland Yard to fight World War I. Now back home, his first case is the murder of a retired army colonel, a friend of the Prince of Wales.



Energy Services for Dane County



Are high energy costs getting you down? The Home Energy Plus Program may be able to help! Who qualifies for energy assistance? Households whose total gross income falls below the following (for the three months immediately preceding the month of application): \$6,400 for a one-person household; \$8,370 for a two-person household. Grants are also determined based on energy costs and dwelling type. If you need help making an appointment or getting to the appointment site, please call the Fitchburg Senior Center at 270-4290 and ask to speak with one of the Social Workers.

To make an appointment for yourself, please call Energy Services at 333-0333.



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



“Share the Love” Subaru Grant!

Sharing Sundays is back! Paid for by a grant from the Meals on Wheels Association, Sharing Sundays is a noon meal held at the Senior Center for older adults that are low income and are socially isolated. If you or someone you know meets this criteria, please contact Amy or Sarah at 270-4290 to sign up. Space is limited. Also, if you need transportation, please indicate that when signing up.

This month’s meal will be held on Sunday, November 8.

Donations gladly will be accepted.

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 p.m.
 Bunko—Wed. @1:00 p.m.
 Cribbage—Fri. @ 1:00 p.m.

\$20 Blackout Bingo!! Nov. 12

Special sponsor and advertiser in our newsletter—The Waterford!

\$20 jackpot!

Game begins promptly at 12:30 p.m.



Movie Day—Jurassic World!!!!

71% Rating by Rotten Tomato
 Join us on Friday, November 20
 at 12:40 p.m. Run time: 2 hrs. 3 min.

See it on the **BIG** screen!!

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Exercise Opportunities



Indoor Walking

Tuesday and Thursday from 11:00 a.m.–12:00 p.m. for an hour of healthy walking!
Break Away - 5964 Executive Dr.



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



Winter session coming soon. Check back in the December 2015 newsletter.



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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

November 20

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. Nov. 12 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!

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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 pick up the newsletter for free or have it emailed to you. Call Dave for details.

**Renew For 2016
Now!**

Avalon Assisted Living Community invites you to an

Invitation to Dance

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, November 4th at 1:30pm

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



UW Ext. Nutrition w/ Tonia

Topic: Dining Out.

Join Tonia from the UW Extension Nutrition Program on **Wednesday, Nov. 25 at 11:30 a.m.**



Fall Festival 2015

We're celebrating the success of our first Annual Fall Festival held on October 1 at the Fitchburg Senior Center. Many thanks to all of our attendees. Also, our fundraising events could not be successful without the support we get from all of the volunteers who make it happen. In addition to FSCF Board members and the FSC Staff, we especially want to thank the following volunteers who helped with the Fall Festival:

Ruth Domack	Bonnie Riley	Roger Elver
Goman Sharara	Paulette Gardner	Judy Vivion
Bonnie Francois	Christy Lewis	Berdie Kaegli
Sylvia Lewis	Diane Fronck	Walter Kaegli
	Dave Klinkner	

Congratulations to Co-chairs John Haberle and Tom Swant, with assistance from Mary DeVaal and Sherry Klinkner. We couldn't have done it without you!

We bid a fond farewell to departing Board member Denny Olin who was recognized for his past service on the Board with a Letter of Appreciation and a heartfelt thanks from all of the Board members in attendance at our October Board of Directors Meeting.

The Board welcomes our newest Board member, Judy Christie. A two-year resident of Fitchburg, Judy is an active participant in many of the Senior Center activities, such as aerobics, pickle ball, bike group and cribbage group. Judy is also a volunteer at St. Mary's Care Center and has co-facilitated an Organ Transplant Group for three years. We're looking forward to seeing Judy at our next Board meeting.

Thank You Fitchburg

Fitchburg Senior Center
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www.fitchburgwi.gov



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



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Estate Planning and Administration
Elder Law and Special Needs Planning

November 2015

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
2 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	3 8:30 AM Quilters 9:00 AM Pickleball 9:30 AM Shop-Target 12:45 PM Euchre 1:00 PM Mahjong	4 8:30 AM Aerobics 9:45 AM Aerobics 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers	5 8:30 AM Tai Chi 10:00 AM FSC Friends 12:30 PM Bingo!! 1:00 PM Sheepshead	6 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																																																																																				
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16 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	17 8:30 AM Quilters 9:00 AM Pickleball 9:30 AM Shop-Target <u>11:00 AM Indoor Walking</u> 12:45 PM Euchre 2:00 PM Learning Annex	18 8:30 AM Aerobics 9:45 AM Aerobics 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Nav. Senior Housing 1:00 PM Singers	19 8:30 AM Tai Chi 10:30 AM Blood Pressure <u>11:00 AM Indoor Walking</u> 12:30 PM Bingo!! 1:00 PM Sheepshead	20 8:30 AM Aerobics <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																																																																																				
23 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 <u>1:00 PM Pet Sitting 101</u>	24 8:30 AM Quilters 9:00 AM Pickleball 9:30 AM Shop-HyVee/Aldis 10:00 AM Hookers <u>11:00 AM Indoor Walking</u>	25 8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 11:00 AM F-Fitness 11:30 AM U.W. Nutrition 1:00 PM Bunko	Closed	Closed																																																																																				
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November

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Chicken-Ala-King Biscuit Italian Green Beans Apricots Lemon Bar VO-Veggie Ala-King	Lemon Baked Fish Baked Potato Veg. Blend Banana W.W. Bread VO: Cheese Sauce over Baked Potato	*Pork Cutlet w/ Mushroom Gravy Mashed Potato Broccoli Flowerets Cinn. Applesauce Multi Grain Bread Cake VO: Hummus Wrap	Sloppy Joe on Bun Capri Mix Coleslaw Fruit Cup V.O. Veggie Sloppy Joe	Tuna Noodle Cass. Baby Carrots Apple Juice Fruit Salad W.W. Bread VO: Vegetarian Casserole
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Meat Sauce over Spaghetti California Mix Pineapple Garlic Bread V.O: Veggie Spaghetti Sauce	Cheeseburger Onion Slice Corn Grape Juice Confetti Cake V.O. Veggie Burger on Bun	*BBQ Rib Red Potatoes Squash Peaches W.W. Bread Apple Pie V.O: Veggie Sausage	Vegetable Barley Soup Philly Cheese on Bun Fresh Orange Ice Cream VO: Hummus Wrap	*Pork Roast Gravy Brown Rice Green Beans Fruit Cup Multi Grain Bread Brownies VO: Brown Rice & Beans
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
*Meat Balls in Gravy Egg Noodles Buttered Squash Pear's Blueberry Pie VO-Veggie Noodle Casserole	Hearty Bean Soup Chicken Salad on W.W Bread w/Lettuce Tomato Juice Fruit Cocktail Cookie VO: Cheese Sandwich	*Meatloaf Baked Potato Broccoli Flowerets Fruited Jell-O W.W. Bread VO: Broccoli Cheese Sauce over Baked Potato	Mac & Cheese Beets Pineapple/Orange Mix Multi Grain Bread Cookie	Roasted Turkey Mashed Potatoes w/Gravy Green Beans w/Almonds Fresh Fruit Cup Dinner Roll Pumpkin Pie V.O. Soy Dog
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Pepper Steak w/Onions Rice Oriental Mix Apple Slices W.W. Bread VO Veggie Pepper Mixture	Open Face Hot Roast Beef Sandwich/Gravy Mashed Potatoes Brussel Sprout Cantaloupe VO: Veggie Burger	Baked Chicken Baked Potato Green Beans Orange White Bread V.O. Baked Pot w/Veggie Cheese Sauce	<div style="border: 1px solid black; padding: 10px;"> <p style="color: green; font-weight: bold; font-size: 1.2em;">Closed</p> <div style="border: 1px dashed black; padding: 5px; display: inline-block;"> <p style="color: orange; font-style: italic;">a time to give thanks</p> <p style="font-size: 0.8em; color: green;">HAPPY THANKSGIVING</p> </div> </div>	
Monday 30	<p style="color: green; font-weight: bold;">Thursday Salad Option</p> <p style="color: green;">5th - Garden</p> <p style="color: green;">12th - Taco</p> <p style="color: green;">19th - Chef's Tuna Salad</p> <p style="color: green;">25th - Chicken Ranch</p> <p style="color: green;">(Salads are dine-in only)</p> <p style="color: green; font-weight: bold; font-size: 1.1em;">Reservations <u>must</u> be made by 12:00 the day before by calling 270-4290</p> <p style="color: green;">*Meal has pork product</p> <p style="color: green; font-size: 0.9em;">Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION</p>			
*Scalloped Potatoes W/Ham Brussel Sprouts Apricots W.W. Bread Ice Cream VO: Scalloped Potato Casserole				



Congratulation to the new Officers for 2015-2016

Mary Cochems-President

Bob Davis-Vice President

Bob Hillner-Treasurer

Sue Sheets-Secretary

Mark your Spring calendar for a FSFS sponsored bus trip to:

Pella Tulip Fest and Iowa Treasurers

May 5-7, 2016

Highlights: open air wagon tour of Pella, Iowa; Melengeracht Canal; Central Park with its' 20,000 tulips; Grandstand show featuring Dutch dancing and singing, Parade of Provinces, spectacular street scrubbing, Tulip Time parade w/ floats, bands, and residents in authentic Dutch costume; Pella Historic Village; Scholte House & Museum & Gardens; largest working grain mill in the U.S.

Also featured will be a stop on the way to Pella to see a pristine monastery where Trappist Monks live and Mike and Karen's "Prettiest Farm in Iowa". On the way home, a stop in Iowa's Amana Colonies with a mouth-watering traditional communal lunch at the Ox Yoke Inn that brings you back to the 1800s.

Cost: Approximately \$600.00

Contact Sue Sheets at 835-3267 or suesheets@charter.net if you are interested or have questions. Don't miss this exciting and unique travel adventure.

HyVee.
MARKET GRILLE



**HELP SUPPORT THE FITCHBURG
SENIOR CENTER FRIENDS**

THURSDAY, DECEMBER 10 | 6 A.M. TO 10 P.M.

Mention the Fitchburg Senior Center when you join us for breakfast, lunch or dinner and 10% of all Hy-Vee Market Grille proceeds will be donated to the Fitchburg Senior Center Friends.



FITCHBURG | 2920 Fitchrona Road | (608) 273-5131

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