



# Prime Time News

## January 2016

Fitchburg Senior Center  
Volume VI Issue 1

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Senior Center & City Hall are closed  
Jan. 1 & Jan. 18

The Fitchburg Senior Center staff would like to thank everyone for a great 2015!  
Happy New Year!  
See you in 2016!

### Policy Changes For 2016 Class Registration & Payment



As the Senior Center continues to improve on its policy and procedures, one area that needed attention was registration and payments for classes.

In the past, depending on the class and instructor, participants either paid the instructor directly or paid the Senior Center. **Starting in January, all class payments will be made out to the Senior Center and can be mailed in or dropped off at the front desk. The form you see on page 9 will be required when payment is made.** By streamlining the payment process, we are able to track class sign-ups more efficiently and let people know further in advance if the class needs to be canceled. **ALSO** beginning this month we will be taking credit card payments! At this time we can only take credit cards in person or over the phone. Online class registration is not possible yet.

We thank you in advance for your patience and cooperation as we transition into this new policy.



### AARP Tax Help

For those who could benefit from FREE, simple tax return help, this program is for you! The following dates run with 30-minute slots, so your taxes must be straightforward.

Fri.—February 26   Fri.—March 11   Fri.—March 25

Call 270-4290 for your 30-minute appointment.



### 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!

## Couples Dinner Group



This is a new group for couples who would like to meet other couples and enjoy a monthly dinner out at a restaurant in or near Fitchburg.

Our first dinner will be on Thursday, January 7 at 5:30 p.m. at Benvenutos. However, after that we will get together on the third Tuesday of each month. In February we will meet on Feb. 16 at 5:30 p.m. with the place to be announced.

To join the group, please e-mail or call Bev Davis at [bevdavis@aol.com](mailto:bevdavis@aol.com) or 608-467-3990.



## Attention 55+ Active Working Adults!

If you are looking for a way to connect with other adults who are still working, and looking for activities and social opportunities that meet your schedule, look no further! The Senior Center will begin offering a weekly game night on Thursday evenings and a once month Sunday matinee starting in January. Game night will begin Thursday, January 17 at 7:00 p.m. We will have a variety of game options to choose from. On Sunday, January 24 we will be showing the movie "Spy", starring Melissa McCarthy at 2:00 p.m. This movie is rated R and is a comedy. No registration needed for these activities. Just drop on by! We are lucky to have a new volunteer who is eager to coordinate a 55+ Active Working Adults group, and who has committed to showing up regularly regardless of how many attend.

Even if games or movies are not your "cup of tea" but you would still like to connect with working adults, we encourage you to stop by on a Thursday and share your ideas! We have some other programs in the works and are open to suggestions!



## Wizard Of Oz—February 12

Join us the Friday before Valentines! The 1910 film "Wizard of Oz" along with the 1920 film "Scarecrow" will be accompanied by live music! This is a can't-miss program. Mark it down today. 12:40 p.m. Call 270-4290 to sign-up for lunch.

*Program funded by Avalon Senior Living!*

## Winter Weather Policy



In the event of inclement weather, the Senior Center will automatically cancel both home-delivered and congregate meal programs when the Oregon Schools are closed. The cancellation of all other programs will be at the discretion of the class instructor and/or the Senior Center Director. If you have any questions about class cancellations during the winter months, please call our main line at 270-4290. In the event staff are unable to answer the phone, all cancellations will be recorded on the Senior Center voicemail message.



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# Groups/Learning



## Men's Group

Join us for our next meeting on

**Tuesday, January 12 at 2:00 p.m.**

For more info log on to:

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

and click on Men's Group on the left side.



## Active Women's Group

Join us for our next meeting on

**Tues., Jan. 26 at 2:00 p.m.**

Social Hour from 1:00-2:00 p.m. before meeting.

For more info log on to:

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

and click on Active Women's Group.

## Spanish Class Continues!

B1 - Absolute Beginners

Tuesdays 9:45-10:45 a.m.

February 16-April 5

B5 - Advanced Beginners

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

February 16 - April 5

\$50 per eight-week session. Payment due one week prior to first class. Please make checks out to the Senior Center. 270-4290

# Tech Education

## Protecting Your Data – Backup Best Practices

In this modern age most of us have a great deal of personal data in electronic form. It seems so futuristic and tidy that we often don't think about the need to protect that data. Hard drives have become incredibly reliable, but failure is still a possibility.

This class will give you a good understanding of how to setup and run backup jobs and the type of backup media that will work best for you. 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.

Come on down to this fun and educational event and get some peace of mind about your precious data.

**Thursday, January 21 at 1:00 p.m.**

Call 270-4290 to register. Free program



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[info@commpc.com](mailto:info@commpc.com)

## Ukulele Group Learning

Come learn with the group!  
Easy and fun!

Tues: Dec. 29– Feb. 23. 1:15–2:45 p.m. Eight weeks. Call 270-4292



## Don't Forget!

For weekly updates, visit our web page at [www.fitchburgseniorcenter.com](http://www.fitchburgseniorcenter.com) and then click on the You Tube link to our channel to view "What's Happening at the Fitchburg Senior Center."



# Art

# Travel

Fitchburg Senior Center *Friends*



## Cards With Katie

Join us for an afternoon of paper crafting on **Monday, January 11 at 1:00 p.m.** Stamp - cut - punch - glue - and have fun playing with paper.

For more details go to [www.StampLadyKatie.com](http://www.StampLadyKatie.com) or log on to the Senior Center webpage. Cost \$11.50  
Payment due to the Senior Center one week prior to class. 270-4290

## Art With Nancy



Have you ever tried to record part of your urban environment? Join the latest Fitchburg Acrylic painting class and learn how to do just that with the help of Nancy Macgregor, local artist and painting instructor. Her class runs seven Thursday mornings from Jan. 7-Feb. 18.

The cost will be \$120. Beginning painters and more accomplished are welcome. See how much fun it is to paint with a group. Payment due to the Senior Center one week prior to class. 270-4290.

## Travel-2016—Mayflower Tours

### Gulf Shore Breezes- February 21-28

Motor coach Tour including Huntsville, Birmingham, Mobile and Perdido Beach, Alabama

Clarksville and Nashville, Tennessee  
\$1,449 per person/double occupancy

### Tulip Time on the Rhine and Mosel River

#### Cruise-April 15-25

Keukenhof Gardens during tulip time  
Shore excursions to Cologne, Cochem, Strasbourg and Lucerne; Canal cruise in Amsterdam

\$4,524-\$5,524 per person/double occupancy depending on deck selection

### (New) Pella Tulip Time—May 4-6

Motor coach tour including Dubuque Iowa Botanical Garden, open-air wagon tour of Pella, Iowa, famous Grandstand show, Tulip time parade, visit to Amana Colonies.

### Canadian Rockies-July 21-29

Calgary, Glacier National Park Lodge, Banff National Park, Jasper National Park, Lake Louise, Glacier Skywalk

\$3,649 per person/double occupancy

**For brochures and more information, please contact Judy Broad at 271-9077**



## UW Ext. Nutrition w/ Tonia

**Topic:** Cooking for one or two!

Join Tonia from the UW Extension Nutrition Program on **Wednesday, Jan. 27 at 11:30 a.m.**



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## REACH Book Club

REACH Book Club will meet on **January 14** at **1:30 p.m.** at the Fitchburg Senior Center. We will discuss the book, *One Plus One* by JoJo Moyes. It is the story of Jess, a single parent, who is struggling hard to make ends meet. She has two children - her daughter Tanzie, who is just eight, and her stepson, Nicky, who is a teen. They are amazing kids but with their own imperfections. When Tanzie is offered the opportunity to gain a scholarship to the school of her dreams, Jess works hard to seize the chance, but in the process she fumbles. What follows is a hilarious series of disasters, which result in a journey of a lifetime. This creates the opportunity to change all their lives.

Discussion questions available in David's office.

**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)

**June -** Choose books for the next year

The *I Love a Mystery Book Club* will meet on **Thursday, January 28, 2016** at **1:30 p.m.** at the **Fitchburg Senior Center.** (the 4th Thursday). We will discuss the book, *Fool's Puzzle* by Earlene Fowler. Leaving behind memories of her late husband, Benni Harper is making a fresh start. She becomes director of a folk-art museum. While setting up an exhibit of handmade quilts, she stumbles upon the body of a brutally stabbed artist.

## 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, removing old paint, no throw-away light bulbs, batteries, checking outside water faucets and more!

**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





### Thank You!

To the Fitchburg/Verona Rotary for their donation in the amount of \$400 to the Senior Center. Money was used for holiday meals to the homebound, Christmas gifts to those in need and other special needs our senior clients might have.

Thank you for your support!

**Happy New Year!**  
*Make a resolution to learn more about your long-term care options.*  
 Call Sarah at 608-729-4894 today to schedule a tour!  
*You are welcome to stay for a complimentary lunch.*



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# 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—looking for players—call.

**\$20 Blackout Bingo!! Jan.14**  
 Special sponsor—Sylvan Crossings of Fitchburg!  
 \$20 jackpot!  
 Game begins promptly at 12:30 p.m.




**Movie Day— The Intern**  
 Come see Robert De Niro in this smash hit! Friday, January 22 at 12:40 p.m. 2hr. run time.

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**SCHOLARSHIP PROGRAM**

The Fitchburg Senior Center Friends (FSCF) encourages you to participate in its scholarship program. If you have an interest in attending any of the programs listed below, or others supported or sponsored by the Senior Center, please contact the receptionist or any Senior Center staff person. They will help you with the qualification and application process. Scholarships will be awarded for, but not limited to the following:

- Exercise classes-Art and craft classes
- Writing classes -Day trips
- Electronic equipment classes

# 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—Winter Sessions



Jan. 4—Mar. 14. \$70—10 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.  
Beginners welcome.

## Pickle Ball—NEW HOURS

Every Tuesday. Advanced Play 8:30-10:30 a.m.  
Beg./Inter. 10:30 a.m.—12:30 p.m. Open play 1:00-3:00 p.m. in the upper level Oak Hall Room.  
Free!

## Zumba Gold w/ Jackie



The next eight-week session starts Friday, January 8, 10:00—10:45 a.m. Cost is \$50. 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**  
**January 15**  
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. Jan. 14 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,**  
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**One hour sessions \$45.**  
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### Class Registration/Payment

Class: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City & Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Cash: \_\_\_\_\_

Check: \_\_\_\_\_

**Program Cancellation Policy:** Class payments must be received seven days prior to the start of class. Certain classes require a minimum attendance. If your cancellation puts the class attendance under the minimum, a refund may not be possible.

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



### 2016 Officers and Directors

Mary Cochems-President

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Bob Hillner-Treasurer

Sue Sheets-Secretary

Judy Breunig

Judy Broad

Judy Christie

Joanne Danielsen

Craig Davis

Mary DeVaal

Peter Eaton

John Haberle

Lee Ihlenfeldt

Sherry Klinkner

Tom Swant

Wishing All of you

A Healthy, Happy and Prosperous

New Year!



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Class starting Feb.17. More details coming.

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# JANUARY

Senior Dining



Fellowship, Food & Fun



**Reservations must 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

**Salad Option Thurs**

(Salads are dine-in only)  
 7<sup>th</sup> - Garden  
 14<sup>th</sup> - Taco  
 21<sup>st</sup> - Chef's Tuna  
 28<sup>th</sup> - Chicken Ranch

**Friday 1**

**CLOSED**



# January 2016

## Senior Center Activity Calendar

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |    |    |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |
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| <div style="display: flex; justify-content: space-around;"> <table border="1" style="border: 2px solid red; padding: 5px;"> <caption style="text-align: center;">Dec 2015</caption> <thead> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> </thead> <tbody> <tr><td></td><td>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>31</td><td></td><td></td><td></td></tr> </tbody> </table> <table border="1" style="border: 2px solid red; padding: 5px;"> <caption style="text-align: center;">Feb 2016</caption> <thead> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> </thead> <tbody> <tr><td>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></td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </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 | 31 |  |  |  | M | T | W | T | F | S | S | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 |  |  |  |  |  |  | <b>1</b><br><br><div style="text-align: center; font-size: 24pt; font-weight: bold;">             CLOSED<br/>             - Happy<br/>             New<br/>             Year!           </div> |
| M  | T   | W  | T   | F   | S  | S  |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |
|  | 1   | 2  | 3   | 4   | 5  | 6  |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |
| 7  | 8   | 9  | 10  | 11  | 12 | 13 |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |
| 14   | 15  | 16   | 17  | 18  | 19 | 20 |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |
| 21   | 22  | 23   | 24  | 25  | 26 | 27 |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |
| 28   | 29  | 30   | 31  |   |    |    |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |
| M  | T   | W  | T   | F   | S  | S  |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |
| 1  | 2   | 3  | 4   | 5   | 6  | 7  |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |
| 8  | 9   | 10   | 11  | 12  | 13 | 14 |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |
| 15   | 16  | 17   | 18  | 19  | 20 | 21 |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |
| 22   | 23  | 24   | 25  | 26  | 27 | 28 |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |
| 29   |   |  |   |   |    |    |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |
| <b>4</b>   | <b>5</b>  | <b>6</b>   | <b>7</b>  | <b>8</b>  |    |    |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |
| 8:30 AM Aerobics<br>9:00 AM Yarn Group<br>9:45 AM Aerobics<br>10:00 AM Bridge<br>11:00 AM F-Fitness<br>1:00 PM Open Art  | 8:30 AM Pickleball<br>8:30 AM Quilters<br>9:30 AM Shop-Walmart<br>11:00 AM Indoor Walking<br>12:45 PM Euchre<br>1:00 PM Mahjong   | 8:30 AM Aerobics<br>9:45 AM Aerobics<br>11:00 AM F-Fitness<br>1:00 PM Bunko<br>1:00 PM Singers                                       | 8:30 AM Tai Chi<br>10:00 AM FSC Friends<br>11:00 AM Indoor Walking<br>12:30 PM Bingo!!<br>1:00 PM Sheepshead                            | 8:30 AM Aerobics<br>10:00 AM Zumba<br>11:00 AM F-Fitness<br>1:00 PM Cribbage<br>2:00 PM Scrabble  |    |    |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |
| <b>11</b>  | <b>12</b>   | <b>13</b>  | <b>14</b>   | <b>15</b>   |    |    |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |
| 8:30 AM Aerobics<br>9:00 AM Yarn Group<br>9:45 AM Aerobics<br>10:00 AM Bridge<br>11:00 AM F-Fitness<br>1:00 PM Dominos   | 8:30 AM Pickleball<br>8:30 AM Quilters<br>9:30 AM Shop-Woodmans<br>10:00 AM Hookers<br>10:45 AM Library Shuttle<br>11:00 AM Indoor Walking<br>2:00 PM Men's Group               | 8:30 AM Aerobics<br>9:00 AM Footcare<br>9:45 AM Aerobics<br>11:00 AM F-Fitness<br>1:00 PM Bunko                                      | 8:30 AM Tai Chi<br>10:00 AM Caregiver Support<br>11:00 AM Indoor Walking<br>12:30 PM Bingo!!<br>1:00 PM Sheepshead<br>1:30 PM Book Club | 8:30 AM Aerobics<br><u>10:00 AM Shop-Copps/Fish Hatchery</u><br>10:00 AM Zumba<br>11:00 AM F-Fitness<br>1:00 PM Cribbage<br>2:00 PM Scrabble<br>Diabetic Footcare |    |    |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |
| <b>18</b>  | <b>19</b>   | <b>20</b>  | <b>21</b>   | <b>22</b>   |    |    |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |
| <div style="font-size: 24pt; font-weight: bold;">             CLOSED -<br/>             MLK Day           </div>   | 8:30 AM Pickleball<br>8:30 AM Quilters<br>9:30 AM Shop-Target<br>11:00 AM Indoor Walking<br>12:45 PM Euchre<br>2:00 PM Learning Annex   | 8:30 AM Aerobics<br>9:45 AM Aerobics<br>11:00 AM F-Fitness<br><u>11:00 AM Voter I.D. Program</u><br>1:00 PM Bunko<br>1:00 PM Singers | 8:30 AM Tai Chi<br>10:30 AM Blood Pressure<br>11:00 AM Indoor Walking<br>12:30 PM Bingo!!<br>1:00 PM Sheepshead                         | 8:30 AM Aerobics<br>10:00 AM Zumba<br>11:00 AM F-Fitness<br><u>12:40 PM Movie Day</u><br>1:00 PM Cribbage<br>2:00 PM Scrabble                                     |    |    |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |
| <b>25</b>  | <b>26</b>   | <b>27</b>  | <b>28</b>   | <b>29</b>   |    |    |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |
| 8:30 AM Aerobics<br>9:00 AM Yarn Group<br>9:45 AM Aerobics<br>10:00 AM Bridge<br>11:00 AM F-Fitness<br>1:00 PM Dominos   | 8:30 AM Pickleball<br>8:30 AM Quilters<br>9:30 AM Shop-HyVee/Aldis<br>10:00 AM Hookers<br>11:00 AM Indoor Walking<br>1:00 PM Women's Group Social Hour<br>2:00 PM Women's Group | 8:30 AM Aerobics<br>9:00 AM Footcare<br>9:45 AM Aerobics<br>11:00 AM F-Fitness<br>11:30 AM UW Nutrition<br>1:00 PM Bunko             | 8:30 AM Tai Chi<br>11:00 AM Indoor Walking<br>12:30 PM Bingo!!<br>1:00 PM Sheepshead<br>1:30 PM Mystery Book Club                       | 8:30 AM Aerobics<br>10:00 AM Zumba<br>11:00 AM F-Fitness<br>1:00 PM Cribbage<br>2:00 PM Scrabble  |    |    |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |

# Volunteer Drivers paint a brighter picture for Seniors and Veterans



We all know people who can no longer drive; people whose family or friends are unable to help them or live in a different state. People, who because of limited incomes, cannot afford cab fares. Maybe they need meals delivered to their home or have issues that require regular appointments (kidney dialysis, warm-water swimming, post-surgical physical therapy, chemotherapy, etc.). Or maybe they are a veteran, seeking employment, housing or military benefits.

These are all-too-real situations for thousands of people 60+ years and veterans/veteran's family members across the nation. Situations that can leave people isolated, alone, and struggling to maintain their independence. Thankfully, we live in a compassionate society. In Dane County, **Retired and Senior Volunteer Program (RSVP)'s Driver Services program is part of a transportation safety net serving seniors and veterans/veteran's families** to help them live on their own, longer.

This program partners with Senior Centers and programs in communities across Dane County to schedule rides for seniors and veterans and provide home-delivered meals. Volunteer drivers receive mileage reimbursement and extra liability insurance. Passengers receive the help they need to live independently. In the words of our passengers:

*"I don't have to rely on family for appointments, pulling them away from work and daily duties. Yet I can't afford a cab."*

*"I would not have been able to attend physical therapy without you! I grow to become independent with it and your service."*

*"I cannot drive any longer due to macular degeneration and live in the country so I don't know what I would do without this program."*

**Driving as little as one hour per month** can drastically change this picture for people who are hurting, healing, and alone. You would receive mileage reimbursement and extra accident liability insurance. Please consider driving for RSVP and then call! If you're interested in driving for seniors and home-delivered meals call Gene Kundert, 608-441-7896; and for veterans and their families call Tom Poppe, 608-238-7901.

# Do you have the ID you need to vote in 2016?



Concerned that you may not be ready for the elections because of a move, change of address, or lack of an appropriate ID? **Please attend a discussion on Voter ID at the Senior Center on January 20, 2016 at 11:00 a.m.**

The spring elections (County Board, Supreme Court Justice, Presidential Primary, etc.) are scheduled for February 16 and April 5, 2016. Talk to your friends and neighbors. Make sure every eligible Wisconsin voter has the documentation they need to vote!

**If you have a US Passport, a Wisconsin driver's license or a WI state ID card** that expired after November 4, 2014, you can use it to vote in the elections that will occur in February, April and November 2016. **Your address does not have to be current.** Out-of state-ID's will **not be** accepted.

If you **don't** have a Wisconsin ID you can get one at the Division of Motor Vehicles office located at 4802 Sheboygan Avenue, or 2001 Bartillon Drive in Madison. If you need a ride, contact the Fitchburg Senior Center to arrange one. You will need to bring with you:

**Proof of citizenship, name and date of birth** (If your name does not match your birth certificate, bring proof of a name change.) *If you don't have all the proof you need, DMV will help verify your information.*

**-Proof of Wisconsin Residency**

**-Proof of Identity**

**-Your Social Security number**

For full details go to <http://wisconsindot.gov/Pages/dmv/license-drvs/how-to-apply/id-card.aspx>

If you vote by permanent absentee ballot, you are exempt from the voter photo ID requirement. **Voters who have a disability or are elderly can request to be added to the permanent absentee ballot list** by mailing a letter to the Fitchburg city clerk. It must include the voter's name, address and signature and a statement that the voter is "indefinitely confined" which means getting to the polls would be difficult. It does not mean homebound. For more information see <http://bringit.wisconsin.gov/are-there-exceptions-new-law>

**If you live in a nursing home or other care facility**, you can be visited by a representative of your local clerk's office. Check with your care facility staff or the city clerk. You will not need a voter photo ID; staff vouch for your identity.