



Prime Time News

March 2016

Fitchburg Senior Center
Volume VI Issue 3

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FREE Hearing Screenings

Connect Hearing is providing FREE 15-minute screenings. To make your appointment, call 270-4290. Wednesday, March 23 from 1:00–4:00 p.m.

Pancake Breakfast—Sunday, March 20

8:00 a.m.—12:00 p.m.

\$6 Adults / \$3 Children up to 10 years

Pancakes, scrambled eggs, sausage and beverages. Please come to support the Fitchburg Senior Center. Any questions, please call 270-4290.



Stoughton Norwegian Dancers

The Fitchburg Senior Center is proud to welcome the Stoughton Norwegian Dancers on Wednesday, March 9 at 10:15 a.m. The Stoughton Norwegian Dancers is a group made up of Stoughton High School students who perform authentic Scandinavian dances. The group began in 1953, with the first performance in Stoughton's own Syttende Mai (Norwegian Independence Day) parade. Today, they share their talents all across the United States, entertaining young and old and hopefully leaving behind an increased awareness of Norwegian heritage. Performance will be held on the upper level of the Senior/Community Center.



Protect Your Assets

March 16 at 6:00 p.m. Call for more details. Super popular program!

Downsizing Made Easy

Topics including: 1) questions to consider before make a move, 2) what are the senior living options in the Fitchburg and Madison area, 3) how to tour senior living communities, 4) tips for hiring various professionals related to the moving process, 5) guidance on what to keep, what to sell and what to contribute to charities. Mar. 24 at 1:00 p.m. Call 270-4290 to pre-register. Free program!





Ballroom Dancing!!!!

If you can walk they can teach you to dance! Under the guidance of instructors Mike & Deb Moe, the Senior Center is offering a five week session on Fridays, April 1-April 29 from 1:00-2:00 p.m. Each 5 week session will concentrate on 1 dance style. Following each lesson Mike & Deb will host an Open Dance from 2:00-3:00 p.m. for participants and the general public.

Cost for the five week session is \$25 per person and includes the Open Dance. If not registered for the class, Open Dance is a \$5 drop in. Registration and payment to the Senior Center. *Couples and singles welcome for the lessons and the open dance.*

Did you know that more than half of women over age 50 have issues with bladder or bowel control?

The Fitchburg Senior Center is partnering with the UW School of Medicine & Public Health to offer women who have bladder or bowel issues to participate in an upcoming workshop. Watch for more details in April's newsletter!



Attention Active Working Adults!

Still working, but looking for evening activities and social opportunities? We continue to offer game night on Thursdays as well as a Thursday evening movie each month. Stop by the Center on March 3, 10, 17, & 24 at 7:00 p.m. for game night. On Thursday, Mar. 31st at 7:00 p.m. the movie: *Learning To Drive* with Patricia Clarkson and Ben Kingsley.



Learning Annex—Gordon Flesch

In 1956, Gordon Flesch was a pioneer in bringing modern business technology to businesses in the greater Madison area. He revolutionized the way companies did business by helping them gain efficiencies and become more profitable. More than just an equipment reseller, the Gordon Flesch Company came to be known for its business solutions expertise and commitment to providing service that's second to none.

Come listen to Patrick Flesch, third generation of the Gordon Flesch family. Don't miss it!

Tuesday, March 15 at 2:00 p.m.

Retiree Rebels

Ditch the Rocking Chair !

Have you had the retirement talk? Not the one about money, the one about what to do with your life after you retire?

Carol Larson and Mary Helen Conroy, co-founders of RetireeRebels.com, will talk about that first, possibly rocky, year of retirement, and the next steps.

Join the discussion and share your experiences, questions and advice.

Join Carol and Mary Helin on Thursday, April 7 from 1:00-3:00 p.m. at the Senior Center (upper level).



Pickleball National Champion Coming To Fitchburg!

Dave Weinbach is a National Champion in 35+ singles and doubles in pickleball!

Dave will be at the Senior Center on Tuesday, March 15 at 1:30 p.m to give a clinic and to play with you on the court! Join us. No cost.



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Groups/Tax Help



Men's Group

Join us for our next meeting on

Tuesday, Mar. 8 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



Tues., Mar. 22 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
and click on Active Women's Group.

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.—March 11 Fri.—March 25

Call 270-4290 for your 30-minute appointment.

Ukulele Group



*The Tuesday Uke group will continue to meet in March and April (1:00 p.m.). Strummers welcome players with some experience as we are still learning too, but at a different level.
*Thursday afternoon intro/beginners group for March and April at 1:00 p.m. Emphasis on learning 16 basic chords. Call 270-4290 to register.

Sell It !!

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 is back and 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. **If you have taken this class before, please wait until part two is introduced.** 270-4290.
Wednesday, March 30 at 10:30 a.m.



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Couples Dinner Group

The couples outings have been wildly popular. Bev contacts the group by email. If you would like to get on the list for upcoming dates, please email or call Bev at bevbdavis@aol.com or 608-467-3990.



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Art

Travel

Acrylic Art W/ Nancy

Join artist/instructor Nancy Macgregor and area art students as they learn how to depict Sky, Clouds, & Water in Acrylics. This next session is seven Thursday mornings starting March 10 -April 21 in the Swan Creek room art studio. For the last four years, Nancy has been teaching various acrylic painting techniques to Senior Center participants and others who are interested in honing their painting skills. This session will concentrate on learning to do glazes and thick applications of paint for atmospheric effects. No previous learning is required, as they have a friendly mix of experienced and beginning artists.

For questions about the class,

E-mail: n.macgregor@tds.net or 608-824-0038
\$120.00 paid to the Senior Center, or register by phone: 608-270-4290. Credit Cards accepted.



Watercolors W/ Mary Ann Inman

Wednesdays. February 24—March 30
(six weeks) 10:00 a.m.-12:30 p.m. \$120.

NEW Checks will need to be made out to Fitchburg Senior Center.

Cards With Katie

Join us for an afternoon of paper crafting on **Monday, March 14 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 \$11.50.

Payment due to the Senior Center one week prior to class. 270-4290



Day Trips: Please let us know your ideas for day trips !



Extended Travel opportunities:

(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; \$577 per person double; \$676 single

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

(New) Arkansas Autumn Foliage October 4-9

Motor coach tour including Hot Springs National Park; travel on the Arkansas Missouri Scenic Railroad and Branson's hottest shows; \$1,349 per person/double occupancy

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

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REACH Book Club

REACH Book Club will meet on **March 10, 2016 at 1:30 p.m.** at the Fitchburg Senior Center. We will discuss the book, *Orphan Train* by Christina Baker Kline. Between 1854 and 1929, so-called orphan trains ran regularly from the cities of the East Coast to the farmlands of the Midwest, carrying thousands of abandoned children whose fates would be determined by pure luck. Would they be adopted by a kind and loving family, or would they face a childhood and adolescence of hard labor and servitude? Moving between contemporary Maine and Depression-era Minnesota, *Orphan Train* is a powerful tale of upheaval and resilience, second chances, and unexpected friendship. Discussion questions available in David's office.

We are close to the end of our year and will choose books for next year at the June meeting. If you have suggestions for next year, either drop them off in David's office or email them to dmulaly@att.net.

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, March 24, 2016 at 1:30 p.m. at the Fitchburg Senior Center.** (the 4th Thursday). We will discuss the book, *Raven Black* by Ann Cleeves. It is a cold January morning and Shetland lies beneath a deep layer of snow. Trudging home, Fran Hunter's eye is drawn to a splash of color on the frozen ground, ravens circling above. It is the strangled body of her teenage neighbor, Catherine Ross and so begins the mystery.

Heath/Planning



Caregiver Stress: Take Care of Yourself

Caregivers will gain a better understanding of Alzheimer's disease, the changes and how these may affect their caregiving journey. Learn what stress is, how to identify stress and initiate an action plan to lessen caregiving stress. Brought you by the Alzheimer's Association of South Central Wisconsin.
Monday, March 14 at 2:00 p.m.
Free. Call 270-4290 today to register.

Advance Care Planning: It's About the Conversation

What if a sudden illness or injury left you unable to speak for yourself? Who would you want to speak for you? What would you want them to know about your values and wishes? Advance care planning is a process that helps you think about your health care values and goals; consider health care choices you may have to make in the future; talk about your choices with your doctor and your loved ones; and make a written plan for the future (Advance Directive).



A representative from Honoring Choices Wisconsin will be at the Fitchburg Senior Center on **Wednesday, April 13 at 1:00 p.m.** Join us in a thought-provoking conversation to help make your wishes known. Learn vocabulary, reflect on your values, choose a health care agent, explore goals for treatment, and take the first steps toward completing an Advance Directive.



UW Ext. Nutrition w/ Tonia

Topic: Challenges and Solutions!

Join Tonia from the UW Extension Nutrition Program on **Wednesday, March 15 at 11:30 a.m.**

"If music be the food of love, play on."

-William Shakespeare

3/9 at 1:30pm: MSO HeartStrings Quartet

3/17 at 7:00pm: VFW Volunteer Community Band

3/24 at 1:30pm: Karen Wickham, Patsy Cline tribute artist

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Games & Movie

Drop-In Activities!!!!

Dominos—2nd & 4th Mon. @ 1:00 p.m.

Social Bridge—Mon. @ 10:00 a.m.

Cross Stitch—Thurs. @ 8:30 a.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!! Mar. 10

Special sponsor—Ruth Domack of
First Weber Reality

\$20 jackpot!

Game begins promptly at 12:30 p.m.



Movie Day— I'll See You In My Dreams

Fri. Mar. 18 at 12:40 p.m.
1:37 run time. 92% Rating

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



SCHOLARSHIPS

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."



Exercise Opportunities



Indoor Walking

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

Yoga W/ Kurt—Winter Sessions

Mar. 28—May. 23. \$63—9 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.



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.



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.

Ping Pong Fridays!

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

March 4—April 22 (Eight weeks). 10:00—10:45 a.m. \$50. Call 270-4290 to register and pay.



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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
March 18
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.

Caregiver Support
Thurs. Mar. 10 at 10:00 a.m.

Rate Increase. Please Read On Page 3

Massage Therapy
June Newman
LMT,NCTMB.
Mon./Thurs. Afternoons

Massage/Reflexology
Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Cost:
\$30 for 30 min.
\$50 for 60 min.
\$70 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 will no longer be held at the Senior Center. Matt continues to build on his private practice. Call if you would like his contact info.

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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.

Return to: 5510 E. Lacy Rd. Fitchburg, WI 53711



Fitchburg Senior Center *Friends*

We hope to see you at the **Pancake Breakfast**

Sunday, March, 20

8:00 a.m. - 12:00 p.m.

\$6.00 - Adults \$3.00 - Children up to 10

REGISTER NOW FOR THE

Pella Tulip Time Tour

May 4-6, 2016

Friends Website up and running!

fscfriends.org

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. **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.

Fitchburg Senior Center
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www.fitchburgwi.gov



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March 2016



	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	*Scalloped Potatoes W/Ham Buttered Brussel Sprout Apricots Half W.W. Bread/Butter Vanilla Ice Cream VO: Scalloped Potato Casserole Cake for Cambridge	Lasagna Buttered California Blend Tropical Fruit Salad W.W. Roll/Butter Frosted Cake VO: Vegetarian Lasagna	Chicken & Dumplings Buttered Peas & Onions Mandarin Oranges Enriched White Bread/Butter Sugar Cookie VO: Hummus Wrap w/Tomato, Cucumbers & Leaf Lettuce	Mac & Cheese Buttered Broccoli Flowerets Pear Half Dinner Roll/Butter Apple Pie
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Swiss Burger on Bun Onion Slice Buttered Corn Coleslaw Fruit Cup Ketchup /Mustard VO: Veggie Burger	Turkey Roast w/Gravy Stuffing Squash V-8 Juice Sliced Peaches Chocolate Ice Cream VO: Veggie Dog w/Bun/Potato Salad	Beef Stew Pineapple Tidbits Biscuit/Marg. Vanilla Pudding w/Topping VO: Vegetarian Casserole	Meat Sauce over Mostaccioli Penn Pasta Parmesan Cheese Buttered Brussel Sprout Apricots Half Garlic Bread VO: Veggie Spaghetti Sauce	Potato Crusted Fish on Bun w/Shredded Lettuce/Tartar Sauce Buttered Carrots Pea Salad Fresh Fruit V.O. Cheese Sandwich Sub.
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
*Meat Ball Sub Sandwich Buttered Peas & Carrots Tropical Fruit Salad Carnival Cookie VO: Wrap w/Cucumbers, Tomato, & Cheese	*BBQ Pork on W.W. Bun Three Bean Salad Banana Pumpkin Bar VO-Veggie BBQ	Chili Fresh Apple Orange Juice Corn Bread/Butter Jell-O Cake VO: Veggie Chili	Corn Beef Boiled Potatoes/Butter Cabbage/Carrots Cinnamon Sliced Apples Rye Bread/Butter Shamrock Cookie S.M. St. Pats Day VO: Veggie Patty	Tuna Noodle Cass. Buttered Baby Carrots Apple Juice Tropical Fruit Salad White Bread/Butter VO: Vegetarian Casserole
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Chicken Alfredo over Fettucine Noodles Buttered Winter Blend Mandarin Oranges W.W. Bread/Butter Vanilla Ice Cream V.O. Veggie Alfredo	*Sliced Ham Sweet Potato Nuggets Buttered Brussel Sprout Sliced Peaches Butterscotch Pudding w/Topping V.O. Veggie Dog w/Bun	Sloppy Joe on Bun Buttered Capri Mix Coleslaw Fruit Cup V.O. Veggie Sloppy Joe	Roast Beef Mashed Potatoes/Gravy Buttered Spinach Pineapple/Mand. Orange Mix W.W. Roll/Butter VO: Veggie Burger	Lemon Baked Fish Baked Potato w/Butter & Sour Cream Buttered Veg. Blend Banana W.W. Bread/Butter Tartar Sauce VO: Veggie Cheese Sauce over Baked Potato
Monday 28	Tuesday 29	Wednesday 30	Thursday 31	
Philly Cheese Steak on Bun Buttered Italian Green Beans Fresh Orange Brownies VO: Hummus Wrap w/Peppers & Tomato	Chicken-Ala-King Biscuit Buttered Mixed Vegetables Apricots Half Lemon Bar VO-Veggie Ala-King	Vegetable Barley Soup Crackers – 2 pkt. Turkey & Cheese on Croissant Fruit Cup Candy Cookie Mayo Pkt. VO: Cheese on Croissant	*Meatloaf Baked Potato w/Butter & Sour Cream Buttered Broccoli Flowerets Fruit Cocktail in Jell-O W.W. Bread/Butter VO: Broccoli Cheese Sauce over Baked Potato	Salad Thursdays – Dine In Only 3 rd – Garden 10 th – Taco 17 th – Chef's Tuna 24 th – Chicken Ranch 31 st – Italian To order any meal, please call 270-4290

March 2016

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																										
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; font-size: small;">Feb 2016</p> <table style="width: 100%; text-align: center; font-size: x-small;"> <tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td></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							<p style="font-size: 2em; color: #4a7ebb;">1</p> <p>8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Walmart 11:00 AM Indoor Walking 12:45 PM Euchre 1:00 PM Mahjong</p>	<p style="font-size: 2em; color: #4a7ebb;">2</p> <p>8:30 AM Aerobics 9:45 AM Aerobics 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers</p>	<p style="font-size: 2em; color: #4a7ebb;">3</p> <p>8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM FSC Friends 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead</p>	<p style="font-size: 2em; color: #4a7ebb;">4</p> <p>8:00 AM Ping Pong 8:30 AM Aerobics <u>10:00 AM Shop - Copps/Fish Hatchery</u> 10:00 AM Zumba 11:00 AM F-Fitness 2:00 PM Scrabble</p>
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<p style="font-size: 2em; color: #4a7ebb;">7</p> <p>8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Open Art</p>	<p style="font-size: 2em; color: #4a7ebb;">8</p> <p>8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Woodmans 10:00 AM Hookers 10:45 AM Library Shuttle 11:00 AM Indoor Walking 2:00 PM Men's Group</p>	<p style="font-size: 2em; color: #4a7ebb;">9</p> <p>8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 11:00 AM F-Fitness 1:00 PM Bunko</p>	<p style="font-size: 2em; color: #4a7ebb;">10</p> <p>8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Caregiver Support 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Book Club</p>	<p style="font-size: 2em; color: #4a7ebb;">11</p> <p>8:00 AM Ping Pong 8:30 AM Aerobics 10:00 AM Zumba 11:00 AM F-Fitness 2:00 PM Scrabble</p>																																										
<p style="font-size: 2em; color: #4a7ebb;">14</p> <p>8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos 2:00 PM Caregiver Stress</p>	<p style="font-size: 2em; color: #4a7ebb;">15</p> <p>8:30 AM Quilters 9:30 AM Shop-Target 11:00 AM Indoor Walking 11:30 AM U.W. Nutrition 12:45 PM Euchre <u>1:30 PM Pickleball Clinic</u> 2:00 PM Learning Annex</p>	<p style="font-size: 2em; color: #4a7ebb;">16</p> <p>8:30 AM Aerobics 9:45 AM Aerobics 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers <u>6:00 PM Protecting Assets</u></p>	<p style="font-size: 2em; color: #4a7ebb;">17</p> <p>8:30 AM Cross Stitch 8:30 AM Tai Chi 10:30 AM Blood Pressure 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead</p>	<p style="font-size: 2em; color: #4a7ebb;">18</p> <p>8:00 AM Ping Pong 8:30 AM Aerobics <u>10:00 AM Shop-Copps/Fish Hatchery</u> 10:00 AM Zumba 11:00 AM F-Fitness 12:40 PM Movie Day 2:00 PM Scrabble Diabetic Footcare</p>																																										
<p style="font-size: 2em; color: #4a7ebb;">21</p> <p>8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Open Art</p>	<p style="font-size: 2em; color: #4a7ebb;">22</p> <p>8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-HyVee/Aldis 10:00 AM Hookers 11:00 AM Indoor Walking 1:00 PM Women's Group Social Hour 2:00 PM Women's Group</p>	<p style="font-size: 2em; color: #4a7ebb;">23</p> <p>8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 11:00 AM F-Fitness 1:00 PM Bunko</p>	<p style="font-size: 2em; color: #4a7ebb;">24</p> <p>8:30 AM Cross Stitch 8:30 AM Tai Chi 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Downsizing 1:00 PM Sheepshead 1:30 PM Mystery Book Club</p>	<p style="font-size: 2em; color: #4a7ebb;">25</p> <p>8:00 AM Ping Pong 8:30 AM Aerobics 10:00 AM Zumba 11:00 AM F-Fitness 2:00 PM Scrabble</p>																																										
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Energy Task Force Team 2016



Presents....Dryer vent checks and cleaning. A clogged vent not only makes your dryer work harder, but it costs you more money!

Our retired volunteers are skilled and more than happy to check your vent.



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



Wednesday Nite @ The Lab



UW Alumni's Wednesday Nite@ the Lab video lectures are coming to the Senior Center starting in March! Previously recorded lectures will be shown by volunteer facilitators on the 3rd Thursday of every month beginning at 1:00 p.m. To kick off this new program, Volunteer Facilitator, Kelly K. Burnett will be featuring the lecture, America's Macroeconomic Policies and the Global Economy - Thursday, March 17 at 1:00 p.m. Speaker is Menzie Chinn, Professor of Public Affairs & Economics, UW-Madison. This lecture focuses on the US macroeconomic outlook and the impact of the US monetary and fiscal policies on global financial markets and economic developments. Lecture is approximately 45 minutes with a guided discussion to follow. Registration is encouraged. Please call 270-4290 to sign up. In April, Volunteer Facilitator, Judith Hirsch will be showing the lecture, The Bionic Ear— Beyond Hearing Aids.

We are still recruiting volunteer facilitators for this program. If you would like to learn more, please call Jill at 270-4290 or email jill.mchone@fitchburgwi.gov



The Fitchburg Senior Center in collaboration with the Oregon Senior Center is pleased to announce it will be offering the Aging Mastery Program® in April. Funded by a grant through the National Council on Aging, The Aging Mastery Program® (AMP) encourages *mastery*—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.



National Council on Aging

Watch for more details and registration information in April's newsletter

By participating in this program, you will:

- **Make and maintain small but impactful changes in your behaviors, financial well-being and enrichment in later life.**
- **Get REAL incentives and rewards for taking small steps to improve your well-being.**
- **Meet new friends, provide support and encouragement and become more involved in your community.**