



Prime Time News May 2016

Fitchburg Senior Center
Volume VI Issue 5

CLOSED May 30

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Bike Club

Join us at Fitchburg Cycles at 12:00 p.m. on May 5. Learn what it takes to change a tire, get proper seat height, and a great opportunity to meet others in the Senior Center biking club. Bike on over and be part of this great program. Right next to the Great Dane, 2970 Cahill Main.

Any questions, contact David at 270-4292.



Fitchburg Senior Housing Expo

Thursday, June 9 from 12:30—4:30 p.m.

FREE to all visitors and a chance to win a 40" TV and Roku Stick!! Our housing sessions will emphasize:

1. How to stay independent at home
2. Understanding community levels of care
3. County resources
4. Home care resources
5. Fitchburg housing options



Celebrating Older Americans Month!

Please join us on **Wednesday, May 11** as we celebrate the following: The reauthorization of the Older American's Act, Older American's Month, all of our seniors 90 years and older and the Fitchburg Singers!! We will begin our celebration at 11:30 a.m. by recognizing seniors 90 years and older with a group photograph and small gift. Following the photo will be a delicious lunch served at noon and then entertainment by our very own Fitchburg Singers. For 30 years the Fitchburg Singers have entertained audiences all over Dane County. For the last 15, they have become known for their themed programs. This year they carry on that tradition with an American theme, "This Land Is Your Land..in Song". They take us on a musical journey with familiar state songs about our beautiful America. **Call 270-4290 one day in advance for the noon lunch. If you are 90 years or older, please let us know when you make your reservation.**

New!

Try Out Our New Massage Therapist—Denny Ginko

Denny has been a massage therapist for over 20 years, traveling across 49 states. Denny's focus is on **therapeutic/deep tissue** massage. Denny's goal is to meet you where you are that day, calm the nerves, deepen the breath, break up soft tissue adhesions, create inner space, and leave you feeling lighter, more mobile, and energized. If that sounds good to you, call the front desk at the Senior Center today to schedule an appointment with Denny. 270-4290. Pricing is located on page 8.

New Offerings For You!

RUMBA

Learn to dance Rumba

1:00 – 2:00 p.m.



Come join the fun of dancing. Our next session of lessons will be Rumba. (May 6–June 10, skipping May 27). You will finish the classes with basic steps and the skills to feel confident on a “real” dance floor. Our classes are fun, non-threatening, and great for dancers with limited or no dance experience. Men: you will actually learn, step-by-step, how to lead your partner. Women: “NO more leading” ~ you will learn to follow. \$25 per person for five weeks of lessons and the dance afterwards. Please bring a pair of comfortable, clean, smooth-soled shoes to wear in the gym. \$5 open dance from 2:00 – 3:00 p.m. Call Mike & Deb Moe at 608-655-3250 or email mmoea@aol.com if you have questions. Register and pay by calling the Senior Center, 270-4290.



Have you thought about your heart today? That amazing little pump works so hard to help power you through your day. Come join us for a presentation from 50 For Heart, a nonprofit organization working in our community building awareness of the power of our amazing human heart. You will learn tips on how just 50 minutes a day can improve heart health and win the battle against heart disease, the leading cause of death in the U.S. Join health coach Michael Hammond on **Monday, May 23 at 10:30 a.m.**

No sign-up.

Learning Annex

Learning Annex—

Leigh Mills—Channel 15 News!

Leigh Mills, NBC Channel 15 evening anchor, has been at channel 15 for 12 years. Originally from Ohio, Leigh loves spending time with her family and outdoor activities including biking, running and horseback riding. Leigh is also very involved in community activities. Hear more about the life of a TV anchor and some of the favorite and most memorable events she has covered.

Tuesday, May 17 at 2:00 p.m. No sign-up req.



Senior Games—Cribbage—June 6

Get your competitive edge on by joining in the 2016 Senior Games! Cribbage will be played at the Fitchburg Senior Center on Monday, June 6 at 1:00 p.m. Register at www.WiSeniorGames.org

Ukulele Group Performance!!!!!!!!!!!!

"Blaze a Trail" is the theme for Older Americans Month (May 2016). The Fitchburg Ukulele Network-FUN~ is the Senior Center's newest musical activity. We are blazing a trail by learning to play the ukulele and having a ball doing it. Come help us on our journey as we give our first public performance. We will be in the dining room in the lower level. Come join us and sing-along.

Tuesday, May 17 at 12:15 p.m.



Ukulele Group

The Tuesday Uke group will continue to meet at 1:00 p.m. Players with some experience are welcome, as we are still learning too.

Groups



Men's Group

Join us for our next meeting on
Tuesday, May 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



Tues., May 24 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.

Couples Dinner Group

The next Couples Dinner will be held at Haveli's,
with a special buffet just for this group, on May
17. If you would like to join, please contact Bev
Davis at Bevbdavis@aol.com or 466-3990.

Wednesday Nite @ the Lab will return in June.

Paid TV



Future Of Paid TV?

Do you know who actually owns the TV shows you watch? Ever wonder how much it costs for cable providers to air TV programs? How about internet TV—Netflix, Hulu and many more being added everyday; how do they compete for content? All those questions and more will be presented by David Hill on **Wednesday, May 25 at 10:30 a.m.** Get to know the big TV/Cable players involved and make your viewing decision on what best works for you and your budget! Limited classroom space, call 270-4290 and register for this FREE class today!



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Art

Travel

The Sights of Summer Canvas Painting Class!



For this class each painter will create a beautiful painting of the Memorial Union chairs pictured here (you pick the colors). No artistic experience is needed and all supplies included! You will be using acrylic paint on 16 x 20 canvases. Instructor, Sara Lenz, 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!

Monday, May 16 from 1:00 - 3:00 p.m. Cost: \$44
Please pay upon sign-up. Checks payable to the Senior Center.



Cards With Katie

Join us for an afternoon of paper crafting on **Monday, May 9 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. You must call 270-4290 to register.

Extended Travel opportunities:

Pella Tulip Time-May 4-6 (A few seats are available for immediate registration.)

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-Tour is full

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

Coming in 2017:

Heritage of America- Spring

Nova Scotia and the Canadian Maritimes-

Summer

California Rail Discovery- Fall

Rediscover Cuba- Fall

We want to expand day trips in 2017. Anyone interested in serving on a small group to select and help plan day trips, please let me know.

Judy Broad- 271-9077



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REACH Book Club

REACH Book Club will meet on Thursday, May 12, 2016 at 1:00 p.m. at the Fitchburg Senior Center to discuss the 2015-16 *Go Big Read* choice, *Just Mercy* by Bryan Stevenson. *Go Big Read* is UW-Madison's common-reading program. It has thousands of people reading, talking and sharing their reactions and opinions about a common book.

REACH Book Club will be participating by discussing Stevenson's book which focuses on one of his first cases of injustice. Bryan Stevenson's book raises tough and important questions about inequalities in the criminal justice system. Discussion questions available in David's office.

REACH Book Club takes a break during July and August. Books for the coming year are chosen from member suggestions. If you have a book to recommend, email the title and author to dmul-laly@att.net, drop it off in David's office or bring it to the May meeting. We will choose books for next year at the June meeting.

June - Choose books for the next year

July - August - No discussions

Mystery Book Club

The *I Love a Mystery Book Club* will meet on Thursday, May 26, 2016 at 1:30 p.m. at the Fitchburg Senior Center. (the 4th Thursday). We will discuss the book, *Vanishing Act* by Thomas Perry.



Don't Forget!

For weekly updates, visit our web page at www.fitchburgwi.gov/621/Senior-Center

and then click on the YouTube link to our channel to view "What's Happening



Health

Senior Farmers Market Vouchers

You may be eligible to receive vouchers for use in purchasing \$25 worth of locally-grown fruits, vegetables and herbs at Farmers Markets and roadside farm stands in Wisconsin during the 2016 season.

The Fitchburg Senior Center will hold distribution on **Friday, June 3 from 10:00 – 11:30 a.m.** Vouchers will be given on a first-come, first-served basis. You must be a resident of Dane County and at least 60 years of age. The 2016 gross income limit for a one-person household is \$1,832/mo. (\$21,978/year); for a two-person household it is \$2,470/mo. (\$29,637/year). Please bring a photo ID with proof of age, as well as proof of all sources of income (2015 income tax or homestead credit form, Social Security statement, or subsidized housing review letter). Only one set of vouchers per household is allowed. Household is defined as anyone, related or not, living together sharing expenses. Vouchers cannot be mailed to you. If you have questions, please call the Fitchburg Senior Center at 270-4290 and ask to speak with one of the Social Workers.

Over The Counter Medications

Over-the-counter medications may seem safe, but some can put you at risk for a fall or hospitalization. We want to learn about how older adults think about over-the-counter medication safety. The University of Wisconsin - Madison School of Pharmacy is looking for people to participate in a 90 minute focus group at the Fitchburg Senior Center on Wednesday, May 18 from 10:00-11:30 a.m. You will receive \$20 for attending the focus group. Drinks and snacks will be provided. Interested?

Contact the study coordinator, Jamie Stone, at (608) 262-3312.

Effective Communication Strategies

This program helps families facing Alzheimer's explore effective communication strategies and learn how to decode messages through attitude, tone of voice, facial expressions and body language. No registration required. Join us!

May 9 at 2:00 p.m.

Avalon Assisted Living Community invites you

Americana

Season
Finale!

Wednesday, May 11th at 1:30 p.m.

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

All are welcome to this Free Event!

RSVP to Sarah at 608.729.4894

AVALON
Assisted Living Community

2879 Fish Hatchery Road
Fitchburg, WI 53713
avaloncommunity.com



Games / Movies & More

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—2nd & 4th Tues. @ 1:00 p.m.

Bingo—Thurs. @ 12:30 p.m.

Sheepshead—Thur. @ 1:00 p.m.

Scrabble—Fri. @ 2:00 p.m.

Open Ping Pong—Every Fri. 8:30 a.m.—3:00 p.m.

Bunko—Wed. @ 1:00 p.m.

Cribbage—looking for players—call.

\$20 Blackout Bingo!! May 12

Special sponsor—Oak Park Place

\$20 jackpot!

Game begins promptly at 12:30 p.m.



Bucky Book Swap II

Still have unused Bucky Book Coupons? Want to get a few of the ones you already used? Come over to the Senior Center on May 19 at 1:30 p.m. and get the most out of your book as possible.

Join in the fun!

Any questions, call David at 270-4292.

SENIOR CENTER LIBRARIES REMINDER

The Senior Center has two libraries. The books and DVDs shelved next to the fireplace belong to the Senior Center. The books inside the door are from the Dane County Library Service and these books are replaced on the fourth Friday of each month. Please use the check out and return sheets.

The Dane County Library Home Service Program supplies materials by mail to qualified individuals who are unable to use the library due to an ongoing physical condition. Anyone interested in participating in this program should call (608) 266-9297 weekdays, 8:00 a.m. - 4:00 p.m., for additional information or email driscoll@dcls.info.

Movie Day—Spotlight

Fri. May 20 at 12:40 p.m.. 2:09 run time.

96% Rotten Tomatoes Rating



Exercise Opportunities

Open Ping Pong

Do you like playing ping pong? Has it been years since your last go around? Well, here is your chance to get back into it.
Friday open play: 8:30 a.m.–3:00 p.m.
Call David at 270-4292 for more details



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.

Yoga W/ Kurt



Classes are currently in session. Call 270-4290 to find out more details on the start of the new sessions!



Tai Chi

Tai Chi Thursdays

8:30 a.m.

Cost—\$2 drop-in.

Zumba Gold w/ Jackie

May 6–June 24 (Eight weeks).
10:00–10:45 a.m. \$50.

Call 270-4290 to register and pay.



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!



Jim Krogstad LUTCF, CEBS
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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
May 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

Massage
Denny Ginko
Call for dates/times

Cost:
\$30 for 30 min.
\$50 for 60 min.
\$70 for 90 min.
Cancellations must be made 24 hrs in advance to avoid being charged.
Call 270-4290

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!**

Caregiver Support
Thurs. May 12 at 10:00 a.m.



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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*

The FSCFRIENDS will be funding the replanting of all the planters around the main entrance to the Senior Center again this spring. Thanks to Lois Hirsch for performing this task to beautify our building.

The Pancake Breakfast was a great success again this year. Thanks to all who supported the Friends by joining us for breakfast. We had 390 come!! Thanks to all the following volunteers that helped with the breakfast on Sunday, March 20: **Bob Hillner, Lee Ihlenfeldt, Rosie Weiland, Craig Davis, Larry Noyce, Sue Awve, Al & Anne Becker, Susan Hoerchner, Sarah Folkers, Cam Montemayor, Goman Sharara, Mary Cochems, Bonnie Riley, Ron Salinas, Bob & Jane Davis, Mary & Dennis DeVaal, Judy & Dan Breunig, Judy & Michael Christie, Walt & Berdie Kaegi, Ed Letourneau, Char Reott, John Haberle, Pat Eaton, Cindy & Jaime DeRusso, Judy Broad, Judith Hirsch, Sharon Trimbaum, Mike & Judy Vivian, Pauline Gardner, Roger Elver and Joanne Danielsen, Scotty & Sue Sheets.** If anyone worked and your name isn't on the list please let Sue Sheets know at 835-3267.

Tired of paying over \$80 a month for cable TV? Give David at the Senior Center a call and discover all the great new ways to watch TV for cheaper! 270-4292.

Fitchburg Senior Center
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www.fitchburgwi.gov



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



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May 2016

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
<p>Sloppy Joe on Bun Buttered Broccoli Flowerets Coleslaw Fruit Cup Ice Cream</p> <p>VO-Soy BBQ</p>	<p>Potato Beef Casserole Buttered Carrots Apple Juice W.W. Bread/Marg. Cookie</p> <p>VO- Soy Potato Cass. Cake for Cambridge</p>	<p>Stuffed Green Pepper Soup/Crackers Sl. Turkey & Cheese on Rye w/Mayo Pkt. Lettuce/Tomato Sl. Fresh Orange Cake</p> <p>VO-Meat Free Soup, Tuna Salad Sandwich</p>	<p>*Ham Slice Yams. Buttered Green Beans Banana Multi Grain Bread Marg.</p> <p>VO- Cheese Sandwich w/Mayo Pkt.</p>	<p>Mediterranean Pasta Salad W/ Chicken, Nuts & Red Peppers Assorted Spring Green Salad & Tomato Wedges Fresh Fruit French Bread w/Dipping Oil Dressing Mediterranean Lemon Cake Special Meal: Madison VO-Pasta Salad w/Cheese</p>
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
<p>Hamburger on Bun Lettuce/Onion Buttered Corn Pineapple Ketchup Mustard Blueberry Pie</p> <p>VO-Veggie Patty</p>	<p>Meat Sauce W.W. Spaghetti Noodles Parmesan Pkt Mixed Greens w/ Diced Tomato & Dressing Pear Slices Garlic Bread.</p> <p>VO- Tomato Sauce W/Zucchini</p>	<p>Egg Bake (w/Red Peppers, Tomatoes, Onions & Mozz. Cheese), Sausage Patty Hash Brown Patty Ambrosia Salad Blueberry Muffins w/Butter Special Meal: Fitchburg VO-Veggie Sausage</p>	<p>Chicken Broccoli Rotini Salad V-8 Juice Peach Slices Dinner Roll/Marg.</p> <p>VO-Cheese Broccoli Rotini Salad</p>	<p>Lemon Baked Fish/Tartar Sauce Baked Potato w/sour Cream & Butter Coleslaw Apple Crisp W.W. Bread/Marg. Special Meal: Mt. Horeb VO- Rice Pilaf w/Soy</p>
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
<p>Salisbury Steak Brown Rice Buttered Carrots Fruit Cocktail Rye Bread/Marg.</p> <p>VO-Salisbury Veggie Patty</p>	<p>*Brat/Bun Sauerkraut Chunky Applesauce Ketchup Mustard Cookie</p> <p>VO-Veggie Dogs</p>	<p>Pizza Casserole Buttered Italian Green Beans Apple Juice Small Croissant/Marg. Strawberry Short Cake w/Topping</p> <p>VO- Sliced Cheese</p>	<p>Three Cheese Lasagna Buttered California Mix Fresh Orange Bread Stick/Marg. Sherbet</p>	<p>Turkey Roast w/Gravy Mashed Potato/Gravy Buttered Broccoli Fruit Cup W.W. Bread/Marg. Bar</p> <p>VO- Veggie Lasagna</p>
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
<p>Meat Sauce over Spaghetti Noodles Buttered Peas Apricots Garlic Bread Parmesan Pkt</p> <p>VO-Soy Meat Sauce</p>	<p>*Augratin Potatoes w/Diced Ham Buttered Mixed Vegetables Banana Rye Bread/Marg. Choc. Ice Cream</p> <p>VO- Augratin w/Veggies</p>	<p>Chicken Salad w/Walnuts Red/Green Grape and Apple (Leaf Lettuce Site only) Broccoli & Cauliflower Salad Mixed Melon Grape Juice Cloverleaf Roll/Butter Special Meal: Stoughton VO-Egg Salad on leaf lettuce</p>	<p>Roast Beef/Gravy Roasted Red Potato w/Marg. Roasted Vegetables Jell-O w/Pear Slices Multi Grain Bread Marg.</p> <p>VO-Veggie Patty</p>	<p>American Chop Suey Rice Buttered Oriental Mix Fresh Apple W.W. Bread/Marg. Bar</p>
Monday 30	Tuesday 31	<p>Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION Salad Option Thursdays – Dine in only 5th – Garden 12th – Taco 19th – Chef’s Tuna 26th – Chicken Ranch <u>Reservations must be made by 12:00 the day before by calling 270-4290.</u></p>		
<p>Closed</p>	<p>Chicken Cacciatore Egg Noodles Buttered Brussel Sprouts Diced Peaches Multi Grain Bread Marg. Sherbet</p> <p>VO-Soy Meat Sauce</p>			

May 2016

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																	
2	3	4	5	6																																																	
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	8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Walmart 10:00 AM FSC Friends 12:45 PM Euchre 1:00 PM Mahjong	8:30 AM Aerobics 9:45 AM Aerobics 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers	8:30 AM Cross Stitch 8:30 AM Tai Chi 12:00 PM Bike Club - Fitch Cycles 12:30 PM Bingo!! 1:00 PM Sheepshead	8:00 AM Ping Pong 8:30 AM Aerobics <u>10:00 AM Shop - Cops/Fish Hatchery</u> 10:00 AM Zumba 11:00 AM F-Fitness 2:00 PM Scrabble																																																	
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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 Communication Strategies	8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Woodmans 10:00 AM Hookers 10:45 AM Library Shuttle 2:00 PM Men's Group	8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 11:00 AM F-Fitness 12:30 PM 90's Party - Singers 1:00 PM Bunko	8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Caregiver Support 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Book Club	8:00 AM Ping Pong 8:30 AM Aerobics 10:00 AM Zumba 11:00 AM F-Fitness 2:00 PM Scrabble																																																	
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Aging Mastery Program®

Join the adventure!



Aging Mastery Program®

National Council on Aging

**New
Start
Date!!!**

The Fitchburg and Oregon Senior Centers will be co-sponsoring the Aging Mastery Program® soon!

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.

By participating in this ten week program, you will:

- Gain impactful changes in your health behaviors, financial well-being and enrichment later in life.
- Increase your knowledge in the following areas: exercise, sleep, healthy eating and hydration, financial fitness, medication management, advance planning, healthy relationships, fall prevention and community engagement.
- Get REAL incentives and rewards for taking small steps that can improve your well-being.

Limited spots available: Sign up now!

AMP will launch on Wednesday, June 1st. Registration deadline is May 27th. It will take place weekly at the Fitchburg Senior Center from 1:30 to 3:30 PM.

This program is valued at \$100 but will only cost you \$25. Scholarships and transportation available. *Make checks payable to the Fitchburg Senior Center



Please RSVP to the Fitchburg Senior Center at 270-4290 or email at Jill.Mchone@fitchburgwi.gov Please respond by May 27th if you are interested.