



Prime Time News

January 2017

Fitchburg Senior Center
Volume VI Issue 1

Look Ahead

Norwegian Dancers P.2

Back Pain/Spanish P.2

Smart Phone Class! /Groups P.3

Tax 101 / Med Disposal P.4

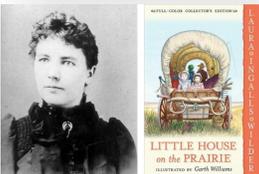
Book Club/Uke/Travel P.5

Activities / Games P.6

New Exercise Dates P. 7

Payments / Friends P.9

 Find Us On Facebook



Laura Ingalls Wilder— Jessica Michna Live Theatre

Laura Ingalls Wilder is the author of the “Little House” series of books, on which the TV series “Little House on the Prairie” was based. Born in Pepin, WI in 1867, Wilder’s family moved many times. She became a teacher at age 15 and was married by age 18.

Michna portrays many of Wilder’s fun moments growing up, as well as her sad stories. Michna researches each of her subjects and answers questions about the characters after her presentation.

February 17 at 12:40 p.m.

AARP Tax Help

For those who could benefit from FREE, simple tax return help, this program is for you! The following dates run with 45-minute slots, so your taxes must be straightforward. Tax preparers will be using all new software this year, so you must bring all paperwork to this appointment!

Fri.—February 17 Fri.—February 24 Fri.—March 24 Fri.—March 31

Call 270-4290 for your 45-minute appointment.

CLOSED

Jan 2 & 16

Remember to pick up your newsletter or visit our website at:

<http://www.fitchburgwi.gov/621/Senior-Center>



Downsizing the Easy Way:

Fulfill Your New Year’s Resolution Early!!

Mark your calendar for Thursday, January 12, 2017 at 10:00 a.m. at the Fitchburg Senior Center. Learn how to get rid of your stuff, get your house ready to sell, and/or learn the various housing options for older adults. Your presenters are Marianne Gariti, owner of Moving Forward; Carrie Kirkpatrick from A Place for Mom; and Ruth Domack from First Weber, Inc. Make your reservation at the Fitchburg Senior Center Front Desk or call 270-4290.

New Offerings For You!



Stoughton Norwegian Dancers

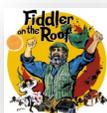
The Fitchburg Senior Center is proud to welcome the Stoughton Norwegian Dancers on **Wed., Jan. 11 at 10:30 a.m.** The Stoughton Norwegian Dancers is a group made up of **Stoughton High School** students who perform authentic Scandinavian dances. The group began in 1953, with the first performance in 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.

Gentle Posture Exercises for Back Pain



Dr. Laura Konopacki from Body Wave Chiropractic in Fitchburg will introduce you to a series of gentle posture exercises, and explain how they can help your back pain. Done regularly, these exercises can help pain, tension and fatigue.

Join us on Wednesday, January 25 at 11:00 a.m.



Fiddler On The Roof— Behind The Scenes

Tamara Brognano, Four Seasons Theatre Outreach Coordinator, will lead a program that introduces the audience to the short stories and collaboration of Broadway artists that resulted in the creation of Fiddler on the Roof. Singers and a pianist will perform songs from the show to illustrate the different stories from this iconic musical.

Friday, February 10 at 1:00 p.m.
Upper level—Senior Center

Beginner Spanish

Tuesdays 10:15 to 11:15 a.m. 2/28—4/18.

Eight Weeks. Cost \$50

Call 270-4290. If you would like to join please ask Senior Center staff for the teacher's contact info to determine if it would be a good fit for you.

Intermediate Spanish

Tuesdays 9:00 to 10:00 a.m. 2/28—4/18.

Eight Weeks. Cost: \$50

Want to brush up on the Spanish that you learned years ago?

This class has had a total of 72 lessons so far, and has learned these tenses: present, present perfect, simple future, present progressive. They know a lot of vocabulary about food, families, daily life, and school.

If you would like to join please ask Senior Center staff for the teacher's contact info to determine if it would be a good fit for you. Call 270-4290.



P.L.A.T.O. Learning

Novels Old & New—2017

Novels kicks off the new season starting February 20, and runs through April 24, 1:00 p.m.

Virginia Woolf's "To The Lighthouse"— 2017

Kick-off is Friday, February 17 and runs through May 5. 10:00 a.m.—12:00 p.m.

For information and/or a membership packet for both programs listed above, contact liaison Wendy Kerr at 262-5823.

Groups



Men's Group

Join us for our next meeting on

Tuesday, January 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., Jan. 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.

Dine Out



Couples Dinner Group

Jan. 17 we will be going to Delaney's at 449 Grand Canyon Drive, Madison. Any couple who would like to join us should e-mail Bev Davis at bevbdavis@aol.com or call 608-467-3990.

Tech W/ David



Cutting The Cable Cord— Home Visit

Are you stressing over your budget and coming to the conclusion that cable TV is something you could do without? If you have the Charter bundle, you can eliminate cable and stick with phone and internet. Worried trees and other houses might be a reception problem for an antenna? Call David at 270-4292. These questions and hands on help are services offered to you for free. Save money, save time and most importantly, discover a better way to watch TV.

Getting the Most out of Your Smart Phone



Your Smart Phone is a more powerful computer than the ones we used to put men on the moon. It will also do many more things than those computers were capable of, yet they are simpler to use. Most people are unaware of everything it can do for you.

Come to the Fitchburg Senior Center on **January 30 at 10:30 a.m.** for a fun and informative class on all the cool (and stupid) things your smart phone will do.

This event is being presented by Dave St. Amant of Community PC, LLC. Dave is the owner of Community PC, a mobile tech support company, serving Dane and Rock counties. He and his staff understand the needs of seniors and the disabled and want to help you get the most out of the information age.

Call 270-4290 to reserve a spot for this very popular class. Free.



Community PC, LLC
remote & onsite service

A Full Service Shop in Your Own Home!

PC - Mac - Android - Linux
Hardware - Software - Networking

We Specialize in Tech Support for Seniors!

Ask Us About Printing Email Boxes and Our SeniorPC™

Stop Yelling & Give Us a Shout®

608-268-7178

commpc.com

info@commpc.com

Tax Q&A

TAX Q&A

January 25 at 1:00 p.m.

Session I – Deductions, pensions, charitable donations, social security benefits, filing jointly vs. separately, and more.

Discussion led by William Ferguson, retired CPA and Attorney. Bill is currently a member of SCORE and also does tax consulting for a firm in Madison.

Advanced sign-up recommended. FREE!
Please call 270-4290.

Cards With Katie

Join us for an afternoon of paper crafting on **Monday, January 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.

Proper Medication Disposal: It's up to You!



Did you know that unintentional poisoning from medications surpassed deaths from automobile crashes in Dane County last year? Misuse or abuse of prescription, over-the-counter or illicit drugs are the major cause. Pain medication, when misused, can be especially fatal. The

Fitchburg Senior Center is part of the Dane County Transitions of Care Coalition, a group comprised of several organizations who want to keep all residents of Dane County safe. We are currently partnering with several organizations to safely dispose of unused medications by providing community members with blue disposal bags that include disposal instructions as well as MedDrop locations. For your added convenience, the Fitchburg Police Department has a MedDrop box that is open from 7:30 a.m. - 4:30 p.m., Monday through Friday. The bags are available for ALL community members, not just older adults. If you have further questions, or would like a MedDrop bag for yourself or a loved one, please call the Fitchburg Senior Center at 270-4290.

U.W. Nutrition

January 11 at 11:30 a.m. Learn about great tips and tricks about eating healthy!

Car Concierge Auto Delivery

You fly, let me drive!

Vehicle Delivery Service in Continental U.S.

Specializing in Snowbirds
But will deliver anywhere in USA

608.692.8322 • Timdybevik77@gmail.com
www.carconciiergeautodelivery.com

Bonded Dybevik Enterprises, LLC Insured



2 EYEZ 4 PAWZ

**Pet Sitting & Dog Walking
Service**

Tara Howard /Owner

608-279-3330

katz.dawgz54@gmail.com

www.2eyez4pawz.net





Book Clubs

REACH Book Club

REACH Book Club will meet on January 12, 2016 at 1:30 p.m. at the Senior Center with a discussion of the book, *In the Lake of the Woods* by Tim O'Brien. *In the Lake of the Woods* is O'Brien's portrayal of a historian or biographer's attempt at piecing together the mystery of the disappearance of Kathy Wade. Kathy's husband, John, recently lost a primary election to become Minnesota's Democratic candidate for the U.S. Senate. His involvement in the My Lai Massacre in Vietnam was revealed to the public, leaving him drained and disillusioned. In an attempt to relax and leave the limelight, he and his wife hole up in a cottage in a remote region of Minnesota lake country. One morning, after a temporary lapse of judgement and memory the night before, John Wade wakes to find his wife missing. It is here that the puzzle begins.

Upcoming selections are:

Feb. 9: *Leaving Time* by Jodi Picoult

Mar. 9: *Station Eleven* by Emily St. John

Apr. 13: *The Kitchen House* by Kathleen Grissom

May 11: *The Children's Blizzard* by David Laskin

REACH Book Club meets the **2nd Thursday** of each month, September thru June at the *Fitchburg Senior Center* at **1:30 p.m.**



Mystery Book Club

January 26 at 1:30 p.m. We will discuss the book, *Crocodile on the Sand Bank* by Elizabeth Peters, an Amelia Peabody mystery. In this first adventure, Amelia is a 32-year-old confirmed spinster who is travelling the world for the first time. Her scholarly father recently died, leaving her his not-inconsiderable fortune. Her adventures are the basis of a charming mystery with a strong independent woman, Amelia, as the main character.

Travel



Extended Travel opportunities: Arizona Spring Training Getaway

Escape the March cold weather for six days in Arizona! The March 19-24 trip sponsored by Premier Travel includes:

- ◆ Two Spring Training Baseball Games
- ◆ Phoenix City Tour including the Hall of Fame Fire Museum
- ◆ Sightseeing in Tucson to include the Arizona-Sonora Desert Museum, Mission San Xavier del Bac and Tram Tour in the Sabino Canyon Recreational area.
- ◆ Heard Museum of Native American Culture
- ◆ Old West Farewell Dinner

Cost is only \$1,895 per person twin room; add \$600 for single room

Seats are available but reservations should be made soon!

Questions or information requests can be sent to Judy Broad at JBST@charter.net or by phone 271-9077.



++++Day Trips++++

Super fun days are scheduled for 2017!
Stop by the Senior Center to pick up fliers today!

Ukulele Network



The Tuesday Uke Group continues to strum at 1:00 p.m.

For questions call Judy at 608-514-3274.

Musical Heritage of Guadeloupe

Dr. Jerome Camal, UW Assoc. Professor

Sun. Jan. 22 at 2:00 p.m.

Fitchburg Public Library, Meeting Room B

Call 608.274.4350 today to schedule a tour and enjoy a complimentary lunch!



Avalon Assisted Living Community
 2879 Fish Hatchery Rd
 Fitchburg, WI 53713
avaloncommunity.com



DISCOVER *the difference*

The Waterford at Fitchburg

5440 Caddis Bend
 Fitchburg, WI 53711
 t 608-270-9200 f 608-270-9222

waterfordatfitchburg.com

Fun Zone

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.
- Ping Pong—Fri. 9:00 a.m.
- Bunko—Wed. @1:00 p.m.
- Open Art—3rd Mon. @ 1:00 p.m.



\$20 Blackout Bingo!! Jan. 12

Special Sponsor:

Sylvan Crossings

Game begins promptly at 12:30 p.m.



Movie Day—Sully



Join us for this smash hit movie.
 85% Rotten Tomatoes!

Friday, January 20 at 12:40 p.m.



Comfort Keepers
 a *sodexo* brand

REMAIN INDEPENDENT IN THE PRIVACY & COMFORT OF YOUR OWN HOME

ACCREDITED BUSINESS

COMFORTING SOLUTIONS FOR IN-HOME CARE™

Screened, Bonded & Insured • Light Housekeeping
 24-hour Care Available • Transportation Services
 Skilled Nursing • Bathing & All Personal Care
 Respite Care • Homemaking Services • Live In Services

DANE COUNTY 442-1898

Each office independently owned and operated.

comfortkeepers.com/madison-wi



CHRISTENSON JOHNSON^{LLC}
 ATTORNEYS AT LAW

Your life . . . planning for what's next

Iris M. Christenson Mark T. Johnson

2997 Yarmouth Greenway Dr., Ste. 100
 Fitchburg, WI 53711
 608-273-8609 ♦ cjlawwi.com

Estate Planning and Administration
 Elder Law and Special Needs Planning

Exercise Opportunities



Ping Pong

Friday – 9:00 a.m. Drop-in.
Play in matches, it's fun!



Aerobics With Diane Fronek

Diane teaches Mondays and Wednesdays at 8:30 & 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 Session 1

Jan. 9, 23, 30 Feb. 6, 13 & 20

\$42—Six weeks

Level I 10:45 a.m.—12:00 p.m.

II: 9:15—10:30 a.m.

Call 270-4290. Payment due upon signup.



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.



HOLIDAY STRESS RELIEF

Drop in on January 3 at 9:00 a.m. for a time of rejuvenation and get the year off to a positive start. Spend 45 minutes “letting go” of the stress in your life and leave relaxed, and ready to face the New Year with renewed vigor.

Lead by a trained professional.

Suggested donation: Minimum \$5

2nd Run!

Easy Yoga Plus—Eight Weeks!

Learn ways to “age gracefully” through becoming aware of what your mind, body and spirit are telling you. You will leave class more relaxed and more in tune with what is required to keep yourself vibrant as you age.

Jan. 10—Feb. 28 from 9:00—10:00 a.m.

Cost is \$70. Call 270-4290 to register and pay.



Pickle Ball

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.



Tai Chi Thursdays

8:30 a.m. Cost—\$2 drop-in.
Beginners welcome.

WOW!!

Core Class

Class is intended to maintain and improve strength, balance and posture. There will be a focus on core strength and weight-bearing exercises for upper and lower body. Participants must be able to get up and down from the floor for mat exercises.

Thursdays / 8:45-9:45 a.m. MAX 8 students.

Four weeks / Dec. 29 - Jan. 19 Cost: \$25

Zumba Gold

Thursdays/ 10:00-10:45 a.m.

8 weeks/ Dec. 29-Feb. 16. Cost: \$50

Call 270-4290 to register and make payment.



Free Indoor Walking

Every Tuesday & Thursday at 11:00 a.m.
(One hour)

Break Away Sports 5964 Executive Dr.

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 & 4th Monday. Cost is \$20 & \$10. Call the Center for an appointment.

Must provide 2 towels.



Pre and Diabetic Footcare
Jan. 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
- ◆ Three Month Loan Closet
- ◆ Meals on Wheels
- ◆ Home Health
- ◆ Insurance
- ◆ Medicare/Part D
- ◆ Medicaid
- ◆ **Call Amy Jordan or Sarah Folkers at 270-4290 today!**

Chair Massage W/ Gary Kuzynski

1st & 3rd Wednesday mornings
15 minutes = \$11
30 minutes—\$22

Call 270-4290 to register.



Caregiver Support

If you are caring for a loved one with dementia, you are not alone.

Join us on Thursday, Jan. 12 at 10:00 a.m. Jane De Broux, the Dane County Caregiver Program Coordinator, will be coming to the January meeting for a brief update on new and existing resources for caregivers in Dane County.

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.



1. The Friends of Fitchburg Senior Center contributed \$101.00 for scholarships in November, 2016 to enable seniors to attend activities.
2. A big Thank You is sent to Lalita Sankaran for donating leather goods, and to those who purchased them to benefit our Senior Center.
3. Friends of the Fitchburg Senior Center paid for 56 meals for Veterans and their guests, who participated in the festivities at our center on Veterans' Day.
4. Clients received Thanksgiving meals courtesy of Fitchburg Senior Center Friends donation of \$200.
5. Friends of the Senior Center approved funding for emergency meals when winter prohibits Meals on Wheels deliveries. They are not delivered when the Oregon Schools close, as the Fitchburg Senior Center closes.



2017 Newsletters

will no longer be mailed out. If you would like a hard copy of the newsletter, please stop by the Senior Center. Also, you can obtain the newsletter by visiting our website:

www.fitchburgwi.gov/621/Senior-Center



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.

Fitchburg Senior Center
5510 East Lacy Road
Fitchburg, WI 53711
608-270-4290



PRSR STD
U.S. POSTAGE PAID
Madison, WI
Permit 2295

www.fitchburgwi.gov

Accredited by the Wisconsin
Association of Senior Centers

Jill McHone, Director
David Hill, Assistant Director
Mandi Miller, Nutrition Site
Mgr/Volunteer Manager
Amy Jordan, Social Worker
Sarah Folkers, Social Worker
Susan Hoerchner, Office Asst.
Katie McMullen—U.W. Intern.



WASC
Wisconsin Association of Senior Centers

Medical Insurance Solutions for Seniors

2935 S. Fish Hatchery Road, #107
Fitchburg, WI 53711

Phone: 608-662-8288
Fax: 866-838-7749

Diane Dillett, CLTC, LUTCF
diane@dillettcompany.com
www.dillettcompany.com

Sprint Print
Promises Delivered... Since 1987

- Full Color & Spot Color Printing
- Digital Color Output • Volume Copying

2790 S. Fish Hatchery Road, Madison, WI
(608) 277-7500 • www.sprintprint.com

HOME TOWN PHARMACY
Our family caring for your family
"Where everybody knows your name"
Small Town Service - All Insurance Accepted - Medical Equipment

"I was blown away when Thad was waiting with my prescription and took the time to listen to my particular situation. That is service!" – Erik L.

Fitchburg Hometown Pharmacy
(Hatchery Hill Shopping Center, Fish Hatchery Rd.)
608-274-3784

Want to know your home's value? Call or e-mail

Ruth Domack, Realtor
608-444-6060
domackr@firstweber.com

A Fitchburg resident for over 35 years . . .

FIRSTWEBER REALTORS
The human side of real estate.



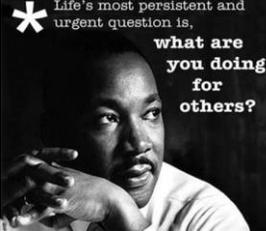


January 2017

Senior Dining



Fellowship, Food & Fun

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
 <p>Closed</p>	Sloppy Joe Peas & Carrots Tropical Fruit Salad Carnival Cookie V.O: Veggie Sloppy Joe	*Ham Slice Saucy Sweet Potatoes California Blend Fresh Fruit Dinner Roll Frosted Cake VO: Vegetarian Burger	Chicken-Ala-King Biscuit Brussel Sprout Apricots Half Lemon Bar VO-Veggie Ala-King	Meat Spaghetti Greens w/Turnips Cinn. Applesauce Garlic Bread Sugar Cookie VO: Veggie Spaghetti
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Chicken Alfredo Garden Blend Pineapple/Mand. Orange Mix Bread Stick Ice Cream V.O. Veggie Alfredo	Chili Tossed Greens Fruit Cocktail Key Lime Tart VO: Veggie Chili	*Pork Cutlet w/ Mushroom Gravy Mashed Potato Oriental Blend Sliced Pears Bread Vanilla Pudding V.O: Baked Pot w/Veggie Cheese Sauce	Swiss Burger w/ Onion & Tomato Baked Beans Fruit Cup Brownies VO: Mediterranean Burger	Pepper Steak w/Onions Brown Rice Broccoli W.W. Bread Fruit Cocktail in Jell-O VO: Pepper Mixture
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
 <p>Closed</p>	Beef Stew Biscuit Sliced Pear's Blueberry Pie VO: Vegetarian Stew	Chicken & Dumplings Carrots Tropical Fruit Salad Bread Sugar Cookie VO: Hummus Wrap	Bean Soup Chicken Salad Sandwich w/Lettuce Tomato Juice Fruit Cocktail Cookie VO: Egg Salad Sandwich	*Swedish Meatballs Mashed Potatoes Green Beans with Almonds Peaches Rye Bread Ice Cream VO: Vegetarian Meatballs
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Salisbury Steak in Gravy Red Potatoes Broccoli Pear Half Dinner Roll Key Lime Tart VO-Veggie Cass.	Philly Cheese Sandwich Four Bean Salad Banana Pumpkin Bar VO: Cheese Wrap	Baked Chicken Potato Salad Spinach Apple Bread Chocolate Ice Cream VO: Veggie Burger	Potato Crusted Fish on Bun w/Shredded Lettuce/Tartar Carrots Pea Salad Fresh Fruit Apple Pie V.O: Cheese Sub	Turkey Roast w/Gravy Yams Capri Blend W.W. Bread Strawberry Shortcake V.O. Black Bean Burger
Monday 30	Tuesday 31	<p>Reservations <u>must</u> be made by 12:00 the day before by calling 270-4290</p> <p><u>Thursday Salad Option</u></p> <p>5th-Garden</p> <p>12th - Chicken Ranch</p> <p>19th - Chef</p> <p>26th - Taco</p> <p>(Salads are dine-in only)</p> <p>*Meal has pork product</p> <p>Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION</p>		
*Scalloped Potatoes W/Ham Greens w/Turnips Apricots Half Bread Ice Cream VO: Scalloped Potato	Roast Beef w/Gravy Mashed Potatoes California Blend Sliced Peaches W.W. Bread Brownies VO: Veg Meatballs			

January 2017

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
2 CLOSED	3 8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Target 11:00 AM Indoor Walking 12:45 PM Euchre	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 Cross Stitch 8:30 AM Tai Chi 10:00 AM FSC Friends 10:00 AM Zumba 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead	6 8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM Shop-Copps</u> 11:00 AM F-Fitness 2:00 PM Scrabble																																																																																				
9 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	10 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 1:00 PM Mahjong 2:00 PM Men's Group	11 8:30 AM Aerobics 9:00 AM Footcare <u>10:30 AM Norwegian Dancers</u> 1:00 PM Bunko	12 8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Caregiver Support <u>10:00 AM Downsizing 101</u> 10:00 AM Zumba 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Book Club	13 8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 2:00 PM Scrabble																																																																																				
16 CLOSED	17 8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-HyVee/Aldis 11:00 AM Indoor Walking 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 Singers	19 8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Zumba <u>10:30 AM Blood Pressure- walk in.</u> 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead	20 8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM Shop-Copps</u> 11:00 AM F-Fitness 12:40 PM Movie Day 2:00 PM Scrabble Diabetic Footcare																																																																																				
23 8:30 AM Aerobics <u>9:00 AM Footcare</u> 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos	24 8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Walmart 10:00 AM Hookers 11:00 AM Indoor Walking 1:00 PM Mahjong 1:00 PM Women's Group Social Hour 2:00 PM Women's Group	25 8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics <u>11:00 AM Back Pain 101</u> 11:00 AM F-Fitness 1:00 PM Bunko	26 8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Zumba 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Mystery Book Club	27 8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 2:00 PM Scrabble																																																																																				
30 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness	31 8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Target 11:00 AM Indoor Walking	<div style="display: flex; justify-content: space-around;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <caption>Dec 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></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </tbody> </table> <table border="1" style="border-collapse: collapse; text-align: center;"> <caption>Feb 2017</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></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</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					
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																																																																																							