



# Prime Time News

## March 2017

Fitchburg Senior Center  
Volume VI Issue 3

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### Pancake Breakfast Fundraiser

Sponsored by The Fitchburg Senior Center Friends

When: Sunday, March 19 from 8:00 a.m.-12:00 p.m.

Where: 5510 East Lacy Road

What's included: *Must see flyer insert* 😊

Cost: \$7 Adults / \$4 Children up to 10 years



### Aging Mastery Program is Back!

The Aging Mastery Program (AMP) encourages the mastery of behaviors across many dimensions that will lead to improved health, stronger financial security and overall well-being. This ten-week program features a different discussion and presenter each week. Topics include: exercise, financial fitness, hydration, sleep, community engagement and more! Funded by a grant from the National Council on Aging, this program, valued at \$100, is being offered for \$25. Class meets on Wednesdays, March 22-May 24 from 1:30-3:00 p.m. Registration deadline is March 15. Call today to reserve your spot! 270-4290

### Gentle Chiropractic Now Available—March 2017



Dr. Laura Konopacki, originally from Brooklyn, WI, will be offering Chiropractic treatments at the Senior Center beginning on March 28. She specializes in gentle (no popping or cracking) techniques that can help reduce pain, restore balance, and improve neurological symptoms. Studies show that seniors who use Chiropractic care report fewer hospital admissions, fewer surgeries, less days in the hospital, as well as lower pharmaceutical costs. Medicare and secondary insurances will cover the majority of the cost of Chiropractic treatment. Call for an appointment: (608) 270-4290



### Caregiver Support

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

Join us on Thursday, March 9 at 10:00 a.m.

# New Offerings For You!

## Learning Annex—Rob Zaleski

Tuesday, March 21 at 2:00 p.m. A Milwaukee native who knew by the time he was 14 that he wanted to be a journalist, Rob Zaleski spent 30-plus years in the newspaper business, including 23 years as an award-winning columnist for The Capital Times. He took a buyout when the paper downsized in 2008, and self-published a novel - "Searching for Sal" - that far exceeded his expectations. He recently completed a screenplay version of the book.

Rob will talk about his many experiences - including the 11 years he covered the Green Bay Packers - and is eager to take your questions.

## "Born Survivors: *Three Young Mothers and Their Extraordinary Story of Courage, Defiance, and Hope*"

Join us for an incredible evening with Fitchburg resident, Dr. Mark Olsky, as he discusses the book, *Born Survivors*, written by Wendy Holden. Mark, Hana Berger-Moran and Eva Clarke were all born within weeks of each other in 1945 and were all liberated (with their mothers) from the Mauthausen Concentration Camp in Austria.

When: Thursday, April 27

Time: 6:00 p.m.

Location: BTC Auditorium, 5445 E. Cheryl Pkwy-  
*Program is funded by the Fitchburg Senior Center, Fitchburg Library and Beyond the Page. Books available for check out from the Senior Center and the Library.*

## Spry Society

This free program offers a comfortable way to have fun and socialize with others who are living with mild cognitive impairment, and for family and friends of those affected.

There is an interview that must be completed before attending the group. Contact Bonnie at (608) 203-8500 or [bnutt@alz.org](mailto:bnutt@alz.org) for more information. The Spry Society will meet every other Friday at 10:30 a.m. beginning March 17.

## Beginner Spanish

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

## Intermediate Spanish

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

Cost for either class is \$50. Call the Senior Center to register or to find out if the class is a good fit for you. 270-4290.

## Thursday At The Lab

### The politics of resentment—video series

In this video, Katherine Cramer, Professor in the Department of Political Science, shares the results of a five year study to determine how people around Wisconsin view Madison, its people and the university. Cramer explores an urban-rural divide and the implications in statewide politics.

Discussion will include an examination of the data and how urbanites might build bridges with persons in rural areas outstate. **Mar. 16 at 1:00 p.m.**

**Facilitated by Judith Hirsch**



## 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.—March 24 Fri.—March 31**

Call 270-4290 for your 45-minute appointment.

# Groups



## Men's Group

Join us for our next meeting on  
**Tuesday, March 14 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., Mar. 28 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.

*Dine Out*

## Couples Dinner Group

**Mar. 21** we will be going to **Quivey's Grove**—  
6261 Nesbitt Rd. Any couple who would like to  
join us should e-mail Bev Davis at [bevbda-  
vis@aol.com](mailto:bevbda-vis@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 anten-  
na? 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, dis-  
cover a better way to watch TV.



## iPhone Explained

For iPhone users, this class is specifically for you!  
If you have any other phone that is not an iPh-  
one, another general phone class will be coming  
in April. Join FACTv staff as they walk you  
through the basics of the iPhone, and new and  
exciting updates that are coming for 2017/2018.  
This is a pre-register program only—no walk-ins.  
Call 270-4290 to register for your FREE spot.

**Wednesday, March 29 at 10:30 a.m.**



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**Save The Date**  
Join us on Wednesday, April 12 at 10:30  
a.m. for a presentation on two Agrace  
programs you may not know about!  
Learn more about palliative care, and how  
Agrace is working towards a more diverse  
staff and patient population.

# More!

## Free Hearing Seminar & Screening

Paulette Kozar from Miracle Ear will be presenting a short presentation on the effects of hearing loss.

**Friday, March 17 at 11:00 a.m.**

Following the presentation, she will be offering free hearing screenings.

You all are encouraged to hear what you may be missing!



## Ukulele Network

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

For questions call Judy at 608-514-3274.

## Cards With Katie



Join us for an afternoon of paper crafting on **Monday, March 13 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. You must call 270-4290 to register.

## Healthy Living Diabetes Workshop

Did you know that one out of every 12 Americans is affected by diabetes? In Wisconsin, there are 475,000 adults with diabetes, and 1.45 million adults with pre-diabetes. HLWD is a researched and proven workshop designed to help adults with Type 2 diabetes or pre-diabetes learn skills and increase their confidence in managing their diabetes. The workshop is also beneficial for adults living with someone who has either diabetes or pre-diabetes. People who have taken this workshop show better health, health behavior, and a sense of confidence in managing their diabetes; improvements in blood sugar levels; a decrease in health distress, hypo- and hyperglycemia; and fewer doctor and emergency room visits, and fewer hospitalizations. **Workshop dates are May 10-June 14, Wednesday evenings from 5:30-8:00 p.m. at the Fitchburg Senior Center.** The cost is \$10, and a healthy snack will be provided. The workshop will be led by two individuals who are living with diabetes. **For more information or to register, please contact Sarah Folkers at 270-4294.** Space is limited, so call now!

## U.W. Nutrition

**Mar. 15. Challenges and Solutions at 11:30 a.m.** Learn about great tips and tricks for eating healthy!



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## REACH Book Club

REACH Book Club will meet on **March 9, 2017** at **1:30 p.m.** with a discussion of the book *Station Eleven* by Emily St. John Mandel. This is a beautiful, haunting novel about the end of the world as we know it (thanks to something called the Georgia flu, which wipes out 99% of the world's population in mere days). One of the main themes of this tale is "Survival is Insufficient." Taken from a Star Trek episode, the phrase is the motto of the Traveling Symphony, a ragtag band of musicians and actors who roam what's left of the Midwest, playing classical music and performing Shakespeare. The ability to create and appreciate art, they believe, is essential to humanity. It's what takes us beyond mere survival and makes us something more than animals. Once we've figured out how to survive, how do we learn to LIVE again? What exactly is it that makes us human? How do we go about redefining humanity, rebuilding civilization? Discussion questions are available in David's office.

### Upcoming selections are:

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

**Mar. 23 at 1:30 p.m.** We will discuss the book, *The Stranger* by Harlan Coben. "The Stranger appears out of nowhere, perhaps in a bar, or a parking lot, or at the grocery store. His identity is unknown. His motives are unclear. His information is undeniable. Then he whispers a few words in your ear and disappears, leaving you picking up the pieces of your shattered world."

# Travel

## Second Chance to Learn About 2017 Extended Tours Sponsored by the Fitchburg Senior Center Friends All sessions will be held at the Fitchburg Senior Center

**March 8, 1:00-1:30 p.m.** Steve Uelner from Country Discoveries Travel will review the tour to Wisconsin's Northwoods, Madeline Island and Bayfield scheduled for August 14-17, 2017.

**March 22, 1:00-1:45 p.m.** Mike Campbell from Premier World Discovery Travel will review The California Rail Discovery Tour scheduled for September 15-21 and the Discover Cuba Tour scheduled for October 25-November 1, 2017.

Seats still available for the Nova Scotia and the Canadian Maritimes Tour scheduled for July 14-22, 2017. Call Mayflower Travel to register right away! There are nine FSC travelers signed up-  
Need one more for pickup at the Center!

Please let me know if you have a particular interest in a tour for 2018. The Travel Committee is looking at 2018 tours already! I can be reached at [jbst@charter.net](mailto:jbst@charter.net) or 271-9077.



## Safe and Healthy

Please join a family conversation as United Way of Dane County shares updates on its Safe and Healthy Aging Strategic Plan to keep older adults and people with disabilities living safely and independently in their homes.

**When:** Thursday, March 30

Registration begins at 9:30 am. The program runs from 10:00 a.m.–12:30 p.m.

Refreshments and light lunch will be served.

**Where:** Warner Park Community Center-1625 Northport Drive. Call 246-5499 by 3/23.

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



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# 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—1st 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.
- Yarn Group—Mon. @ 9:00 a.m.



## \$20 Blackout Bingo!! Mar. 9

Special Sponsor:

# Sponsor—The Waterford

Game begins promptly at 12:30 p.m.



## Movie Day—Arrival

Join us for this highly-rated movie. 94% Rotten Tomatoes!  
 Friday, March 17 at 12:40 p.m.



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# 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.



## 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—Spring Session

April 10—May 22

\$49—Seven weeks

Level I 10:45 a.m.—12:00 p.m.

Level II: 9:15—10:30 a.m.

Call 270-4290. Payment due upon signup.



## Badminton—Coming Fridays!

Equipment for Badminton is now available to use! Call or stop by to talk with David. 270-4292.

4th Series

## Easy Yoga Plus

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.

Six weeks: Starting Mar. 21 from 9:00—10:00 a.m.

Cost is \$52. 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.

## Core Class

Mar. 2nd!

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/ starting March 2. Cost: \$25

## Zumba Gold

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

8 weeks/ starting March 2. Cost: \$50

Call 270-4290 to register and make payment.

# 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**

**Mar. 17**

The cost of this clinic is \$28. Please call 270-4290 to schedule an appointment.

**Blood Pressure**

Offered at no charge the second, third and fourth Thursday of each month 10:30 a.m.—12:00 p.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



**Chair Massage W/ Gary Kuzynski**

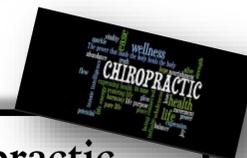
1st & 3rd Wednesday mornings  
15 minutes = \$11  
30 minutes—\$22

Call 270-4290 to register.

**Body Wave Chiropractic**  
Laura Konopacki

Tuesdays 11:30—1:30 p.m.

Call 270-4290 to register.



## 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!**

## 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.



A Pancake Breakfast sponsored by the Friends will be held on March 19, 2017, at the Fitchburg Senior Center. All are invited!

Find us now on FACEBOOK. Enter FSC Friends. Events, travel and more information are displayed. It is a work in progress!

For the month of December The Friends donated \$150 to our Center for entertainment and \$34 for a scholarship.

**\*\*Photographer Needed\*\***

**Volunteer photographer needed to assist the Fitchburg Senior Center Friends at their events, such as the pancake breakfast. Camera provided.**

**Call Marcia at 277-8118**



## 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 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



## April 4 Referendum

Come hear a brief presentation about the upcoming April 4 referendum for the Verona Area School District on Wednesday, March 15 at the Fitchburg Senior Center – 10:45 a.m. Walk away with a loaded fact sheet of information and plenty of time for asking questions about the potential new high school and other options going on the ballot!

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



[www.fitchburgwi.gov](http://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.  
Betty Otradovec, Office Asst.  
Katie McMullen—U.W. Intern.



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# March 2017

Senior Dining



Fellowship, Food & Fun

<u>Salad Option Thursdays</u> (Salads are dine-in only) 2 <sup>nd</sup> - Garden 9 <sup>th</sup> - Chicken Ranch 16 <sup>th</sup> - Chef 23 <sup>rd</sup> - Taco 30 <sup>th</sup> - Italian Salad Reservations <u>must</u> be made by 12:00 the day before by calling 270-4290		Wednesday 1	Thursday 2	Friday 3
<b>Monday 6</b>	<b>Tuesday 7</b>	<b>Wednesday 8</b>	<b>Thursday 9</b>	<b>Friday 10</b>
*Open Face Hot Roast Pork Sandwich/Gravy Mashed Potatoes Garden Blend Fresh Orange Cookie Pkt. <b>VO: Veggie Wrap</b>	*BBQ Pork on W.W. Bun Baked Beans Grape Juice Chocolate Pudding <b>VO-Veggie BBQ</b>	Baked Chicken Potato Salad Spinach. Fresh Apple Enriched Bread Chocolate Ice Cream <b>VO: Veggie Burger</b>	Roast Beef w/Gravy Roasted Diced Potatoes California Blend Sliced Peaches W.W. Bread Brownies <b>VO: Vegetarian Meatballs in Gravy</b>	Lemon Baked Fish Rice Pilaf Capri Blend Banana Bread Candy Cookie Tartar Sauce <b>VO: Cheese Sauce over Baked Potato</b>
<b>Monday 13</b>	<b>Tuesday 14</b>	<b>Wednesday 15</b>	<b>Thursday 16</b>	<b>Friday 17</b>
Salisbury Steak Gravy Mashed Potatoes Broccoli Pear Half Dinner Roll Key Lime Tart <b>VO-Veggie Noodle Casserole</b>	*Scalloped Potatoes W/Ham Turnip Greens Apricots Half Bread Vanilla Ice Cream <b>VO: Scalloped Potato Casserole</b>	*Meat Balls in Gravy ½ Baked Potato Sour Cream Orange Squash Pineapple Tidbits Bread Confetti Cake <b>VO-Veggie Meatball</b>	Split Pea Soup Ham & Swiss on Rye Tomato Juice Tropical Fruit Salad Chocolate Pudding <b>VO: Cheese Sandwich on Rye</b>	Corn Beef Boiled Potatoes/Butter Cabbage/Carrots Cinnamon Apples Rye Bread Shamrock Cookie <b>VO: Veggie Patty Lent: Breaded Fish</b>
<b>Monday 20</b>	<b>Tuesday 21</b>	<b>Wednesday 22</b>	<b>Thursday 23</b>	<b>Friday 24</b>
Penne Pasta w/ Meat Sauce Parmesan Cheese Brussel Sprout Mandarin Oranges Garlic Bread Cookie Pkt. <b>VO: Veggie Spaghetti Sauce</b>	Veggie Barley Soup Crackers Turkey & Cheese on Croissant V-8 Juice Fruit Cup Pudding <b>VO: Cheese on Croissant</b>	Beef Stew Biscuit 4 Bean Salad Fresh Fruit Peach Pie <b>VO: Vegetarian Stew</b>	*Meatloaf Mashed Potatoes w/Gravy Spinach Apple Slices W.W. Bread Key Lime Tart <b>VO: Vegetarian Wrap</b>	Breaded Fish w/Tartar Sauce Tossed Salad Fruit Cocktail Choc. Chip Cookie <b>VO: Veggie Chili</b>
<b>Monday 27</b>	<b>Tuesday 28</b>	<b>Wednesday 29</b>	<b>Thursday 30</b>	<b>Friday 31</b>
Chicken Alfredo Garden Blend Pineapple/Mand. Orange Mix Bread Stick Vanilla Ice Cream <b>V.O. Veggie Alfredo</b>	Sloppy Joe on Bun Potato Salad Peas & Carrots Tropical Fruit Salad Key Lime Tart <b>V.O: Veggie Sloppy Joe</b>	Chili Crackers Tossed Salad Fruit Cocktail Carnival Cookie <b>VO: Veggie Chili</b>	*Pork Cutlet w/ Mushroom Gravy Mashed Potato Oriental Blend Sliced Pears Enriched Bread/Butter Vanilla Pudding <b>V.O: Baked Pot w/Cheese Sauce</b>	Tuna Noodle Casserole Turnip Greens Apricots Half Bread Cookie Pkt. <b>V.O. Noodle Casserole</b>

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION

# March 2017

## Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																			
<div style="border: 1px solid red; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; font-size: small;">Feb 2017</p> <table style="width: 100%; border-collapse: collapse; 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></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></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> </table> </div> <div style="border: 1px solid red; padding: 5px;"> <p style="text-align: center; font-size: small;">Apr 2017</p> <table style="width: 100%; border-collapse: collapse; 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></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</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						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	<p style="text-align: right; font-size: 2em; color: blue;">1</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="text-align: right; font-size: 2em; color: blue;">2</p> <p>8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM FSC Friends 10:00 AM Zumba 12:30 PM Bingo!! 1:00 PM Sheepshead</p>	<p style="text-align: right; font-size: 2em; color: blue;">3</p> <p>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</p>
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## Exciting Day Trips!



**June 27, 2017 Ten Chimneys**, Genesee Depot, WI.-- the estate created by Broadway legends Alfred Lunt and Lynn Fontanne. Tours not only celebrate the one-of-a-kind collection the Lunt's amassed during their lifetimes, but also honor the values found in every corner of the Lunt's' lives on stage and in their house. Lunch is included at the Delafield Brewhaus. A stop will be made at the Elegant Farmer. Pick up at Shopko East Towne 9 AM or the Fitchburg Center if 10 or more travelers from our center sign up, then the time is to be determined. Cost: \$99



**April 1, 2017 Saturday Laverne & Shirley** Fun-filled tour of Milwaukee where the TV program was recorded. See the statue of the Fonz. You'll see the Pfister Hotel, the opening shot of Laverne and Shirley show, City Hall and the Polish flats where they lived, and the brewery where they worked and eventually went out of business. Enjoy an Italian Pizza Buffet Lunch with salad, garlic bread and non-alcoholic beverage. Participate in a mini bowling game and see if the Shotz Brewery really does have the best bowlers. Stop for a custard treat at Leon's Drive-In, a Milwaukee tradition. Learn about cheese at the Clock Shadow Creamery. **Pick up at Fitchburg Senior Center with 10 or more Fitchburg travelers. Cost \$98.**



**May 7, 2017 Sunday Buddy: The Buddy Holly Story at the Palace Theatre**, Wisconsin Dells, WI. The story takes you on the tumultuous journey of fame, love and tragedy as Buddy Holly and the Crickets rack up hit singles like "That'll be the Day" and "Peggy Sue". Winner of the Olivier Award for Best New musical for the London production, this original juke box musical brings the golden age of rock and roll back to life. A three-course lunch is included prior to the performance. A stop also will be made at Fawn Creek Winery. Pick up at Penney's East Towne at 9:45 AM or the Fitchburg Center if 10 or more travelers from our center sign up, then the time is to be determined. Cost: \$99



**June 1, 2017 Thursday Architectural Gems of Northern Illinois**, Wilmette/Skokie, IL. The Baha'i House of Worship in Wilmette is considered one of Chicago's most pristine architectural wonders. It reaches twenty stories into the sky ending in a delicate point above the building's ornate dome. There are 9 sides, a towering dome and is the centerpiece to a brilliantly colorful garden of reflecting pools, endless tulip and high junipers. Lunch is included at McCormick and Schmick's. A tour will include the Illinois Holocaust Museum with interactive exhibitions. The building itself is a masterpiece that was designed by Stanley Tigerman. Departs Shopko East Towne 6:45 AM or the Fitchburg Center if 10 or more travelers from our center sign up, then the time is to be determined. Cost: \$99.

