



Prime Time News

May 2017

Fitchburg Senior Center
Volume VI Issue 5

Look Ahead

Learning Annex/Rebels P.2

Spanish / Tech Classes P.3

Bike Club Updates P.4

Book Club / NEW Group P.5

Travel Travel Travel!! P.6

Advocacy/Chiro/Pickleball P.7

“Fun Zone”—Your Pick! P. 8

Exercise P.9 / Friends P.11

 [Find Us On Facebook](#)

Caregiver Support

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

Join us on Thursday,
May 11 at 10:00 a.m.

The Senior Center is
CLOSED on Monday,
May 29. Have a wonderful
Memorial Day!!



Celebrating Older Americans Month!

Please join us on Wednesday, May 17. The theme for this year is Age Out Loud! 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. This year The Fitchburg Singer will entertain audiences with their new themed program, “Season in Song”. The music will bring memories of each season with songs rarely heard but never forgotten.

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.



AARP Driver Safety—May 12

Call your insurance agent to see if you qualify for a discount on your insurance! Class size is limited, call today for all the details on this fantastic program! 270-4290

Parkinson’s Support Group—New!

The Senior Center is excited to be able to bring back the Parkinson’s Support Group! We introduce Kayla Daniels as the group facilitator. Kayla is a graduate student at the U.W. in Social Work. Through her internship at the Veterans Hospital (where she provides brief therapy for Veterans struggling with depression and anxiety), she has developed an interest in working with individuals who have Parkinson’s. Join the kick-off meeting May 10 at 2:00 p.m.

New Offerings For You!



Learning Annex

Tuesday, May 16 at 2:00 p.m.

Jeff Dostalek from Fitchrona EMS will be our guest speaker at the May 16 Learning Annex. Jeff will share information about the services offered by EMS, what services may or may not be covered by insurance, and if and when one should call EMS. Hope to see you all at 2:00 p.m. for this very informative discussion.



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 the first, possibly rocky, year of retirement, and the next steps. Join the discussion and share your experiences, questions and advice.

"Thanks Retiree Rebels! I love your programs. You really bring up some great points. It's fun learning and being with others! That's retirement for sure." (L. Olsen)

Join Carol and Mary Helen on
Monday, May 1 from 1:00-2:30 p.m.

~ Research Volunteers Wanted ~

If you have issues with bladder or bowel control, you are not alone. More than half of women aged 50 or older experience urinary incontinence or accidental bowel leakage symptoms! Researchers at the University of Wisconsin-Madison are testing a workshop designed to give women the tools they need to take control of their symptoms.

Mind Over Matter: Healthy Bowels, Healthy Bladder is a three-session workshop for senior women that includes information, group activities, and simple exercises to do at home. We are looking for volunteers to give us feedback about how well the workshop works.

Volunteers will be asked to complete the following activities:

- Attend three workshop sessions (one every other week) this spring or fall.
- Complete a survey questionnaire that takes about 30 minutes at three separate times.
- Be available to attend both the spring and fall workshops, though you will only be invited to attend one or the other.

You can receive up to \$50 for participating in this research program! To learn more, call Anne at the Oregon Area Senior Center at 835-5801, or Jill at the Fitchburg Senior Center at 270-4291.



Parkinson's Support

If you or a loved one are dealing with Parkinson's, this group could be for you. Join us the 2nd & 4th Wednesdays at 2:00 p.m.

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

Tech W/ Dave & Dave!



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 **May 31 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. Call 270-4290 to reserve a spot for this very popular class. Free.

Spanish

Beginner Spanish

Tuesdays 10:15 to 11:15 a.m. 4/25–6/13.

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. 4/25–6/13.

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.



Computer Safety— Now More Than Ever!

There has been an increase in news reports of computer hackers becoming increasingly more savvy at getting peoples personal information. Do you get a lot of emails asking you for personal banking information? Who should you trust? It can be extremely scary and frustrating. Arm yourself with up-to-date information with Dave St. Amant on Wednesday, May 24 at 10:30 a.m. Call 270-4290 to reserve a spot today. 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

More!

Community Paramedic Outreach Program



The Fitchburg Senior Center is proud to bring the Fitchrona Medics on board to provide you FREE blood & glucose checks. The Community Paramedic Outreach Program will be the first Wednesday of the month from 10:30–11:30 a.m. No sign-up required. Get checked and stay for a cup of coffee!



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, May 8 at 1:00 p.m.** Stamp – cut – punch – glue – and have fun playing with paper. For more details go to www.StampLadyKatie.com Cost \$11.50.

Payment due to the Senior Center one week prior to class. You must call 270-4290 to register.



Fitchburg Cycles and Your Bike!

Coming in early June the Fitchburg Senior Center will be teaming up with Fitchburg Cycles. Join us at Fitchburg Cycles to learn what it takes to change a tire, feather your gears to run smoothly, and the kick-off to the bike season. This event is also 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 about the Fitchburg bike club call David at 270-4292.

Healthy Living With 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.

U.W. Nutrition
Back in October!



2 EYEZ 4 PAWZ

**Pet Sitting & Dog Walking
Service**

Tara Howard /Owner

608-279-3330

katz.dawgz54@gmail.com

www.2eyez4pawz.net





REACH Book Club

REACH Book Club will meet on May 11, 2017 at 1:30 p.m. at the Senior Center with a discussion of the book, *The Children's Blizzard* by David Laskin. "The gripping story of an epic prairie snowstorm that killed hundreds of newly-arrived settlers and cast a shadow on the promise of the American frontier. January 12, 1888, began as an unseasonably warm morning across Nebraska, the Dakotas, and Minnesota, the weather so mild that children walked to school without coats and gloves. But that afternoon, without warning, the atmosphere suddenly, violently changed. One moment the air was calm; the next the sky exploded in a raging chaos of horizontal snow and hurricane-force winds. Temperatures plunged as an unprecedented cold front ripped through the center of the continent."

We are close to the summer break and will choose books for next year at the June meeting. If you have suggestions write the name of the book, author and your name and drop them off in David's office, bring them to the May meeting, or email them to dmullaly@att.net.

June 8: Choose books for next year
REACH Book Club meets the 2nd Thursday of each month, September - June at the *Fitchburg Senior Center* at 1:30 p.m.



Mystery Book Club

The *I Love a Mystery Book Club* will meet on Thursday, May 25 at 1:30 p.m. at the Senior Center. We will discuss the book, *Ice Hunter* by Joseph Heywood. This book is the first in the Woods Cop series. Grady Service is a former Marine and a renowned tracker, Conservation Officer, and the last person any errant hunter wants to cross. In *Ice Hunter*, the first of a new series of mysteries set in Michigan's Upper Peninsula, Service defends his turf with the tenacity of a bear.

Groups



Men's Group

Join us for our next meeting on
Tuesday, May 9 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. 23 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

May 16 we will be going to **New Glarus Hotel Restaurant**—106 6th Ave. Any couple who would like to join us should e-mail Bev Davis at bevbdavis@aol.com or call 608-467-3990.

Women's Brunch

Women's Brunch at the Egg&I on the second Monday of every month at 10:00 a.m. Those that would like to join should e-mail Bev Davis at bevbdavis@aol.com or call 608-467-3990.

NEW!

Travel

Day Trips 2017

July 26: **A Crock of Schnitzel** performed at Memories Dinner Theatre, Port Washington, WI., matinee performance. Lunch included. Cost \$85. Departs Fitchburg Senior Center at 8:45 a.m. with estimated return at 6:45 p.m.

August 10: **Title Town During Training**, Green Bay, WI. Lunch included. Departs Colonial Club Senior Activity Center with estimated return at 6:15 p.m. Cost \$95.

September 7: **Wild on Lake Geneva**, Cruise around the lake on the Walworth as it departs every day to deliver mail to homes around the lake. Enjoy lunch at Popeye's Restaurant and a stop at Safari Lake Geneva. Cost \$109. Departs Fitchburg Senior Center 7:55 a.m. with estimated return at 5:00 p.m.

October 5: **La Crosse Boats and Bluffs**, La Crosse, WI. A scenic luncheon cruise on La Crosse Queen paddle wheeler on the upper Mississippi River. Lunch is included. A stop at Southwind Orchards is included for shopping; a guide will join for a sightseeing of River town. Cost \$95. Departs Fitchburg Senior Center at 6:00 p.m. with estimated return at 9:15 p.m.

November 15: **Holiday Stocking Stuffer**, Dodge County. Get on the bus and stuff your stocking along the way at Chippy's Popcorn, Twisted Sister, Leroy Meats of Horicon and more. Lunch at Ginger's Hideway included. Departs Fitchburg Senior Center at 7:30 a.m. with estimated return at 5:00 p.m. Cost \$79. Call 800-416-2049

Extended Trips

Discover Cuba—October 25–November 1, 2017

Stay at an all-inclusive resort on a beach with views of the Caribbean and the Varadero Peninsula for two nights before continuing on to Havana for four nights. Visit Old Havana, Matanzas, and Hemingway's Farm. Learn about the process of making Cuban rum and the cultivation of tobacco - even see a cigar-rolling demonstration. A performance of the Habana Compas Dance Group and a time to visit with members of the local U.S. Old Style Car Club are also included. Read more about these experiences and much more in the travel brochure.

Brochures in the Fitchburg Senior Center lobby or call Judy Broad 608-271-9077

You're invited to

Aging Advocacy Day!

May 17, 2017, Madison, WI

9:00 a.m. - 3:00 p.m.

Capitol Lakes Retirement Community & State Capitol

Join other advocates and help educate state legislators about issues affecting Wisconsin's aging population! No experience is necessary; you'll get the training and support you need before meeting with state lawmakers.

Wisconsin has a long, proud history of grassroots advocacy on the part of older people in the state. Become a part of the citizen-led initiatives that have made Wisconsin's aging programs some of the best in the nation!

Your voice can make a difference!

For more information or to register, visit <http://gwaar.org/waan> or contact the Senior Center at 270-4290. Registration deadline is May 5, 2017.



WAN Advocacy
Wisconsin Aging
| Advocacy | Network



Ask The Chiropractor

ASK THE CHIROPRACTOR

Dr. Laura Konopacki is currently accepting new patients at the Fitchburg Senior Center

Q: I feel unsteady when I walk outside on uneven ground. Can you help with balance?

A: A chiropractic exam can show if stuck vertebrae in the upper neck are affecting how the brain 'reads' where the body is in space. It also shows any brain weakness in the areas that control balance (the vestibular system and the cerebellum). Gentle adjustments and brain exercises can correct these problems, helping people feel confident walking outside, standing on one foot, and going up bleachers at a grandkid's basketball game.



Outdoor Pickleball

Pickleball is now available at the Swan Creek Tennis Courts located just east of the Senior Center. Courts are lined for Pickleball and are reserved every Thursday from 8:30 a.m.—12:00 p.m.

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—1st Tues. @ 1:00 p.m.
- Bingo—Thurs. @ 12:30 p.m.
- Sheepshead—Thur. @ 1:00 p.m.
- Scrabble— Fri. @ 1:30 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!! May 11
Special Sponsor:



Dillett Company

Game begins promptly at 12:30 p.m.



Movie Day—Hidden Figures
 Join us for this highly-rated movie.
 93% Rotten Tomatoes!
 Friday, May 26 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!

Yoga W/ Kurt—Spring Session

June 5—July 17, no class July 3
\$42—Six 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.



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.



Outdoor Pickleball

Swan Creek Tennis Courts reserved every Thursday from 8:00 a.m. to 12:00 p.m. Head on over and meet new players!

5th 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.

Five weeks: Starting May 2 – from 9:00—10:00 a.m.
Cost is \$48. Call 270-4290 to register and pay.



Indoor 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.

Sign Up!

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/ starting April 27. Cost: \$25

Zumba Gold

Thursdays/ 10:00-10:45 a.m.
8 weeks/ starting April 27. Cost: \$50
Call 270-4290 to register and make payment.



Tai Chi Thursdays

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



Games Worth Playing 2017

Get ready! It's coming! The Wisconsin Senior Games offers competitive events for seniors 50 +. From **June 3-17**, events are held in Madison and the surrounding area. Registration books are available or check www.WiSeniorGames.org. Registration opens soon, see website for details.

Transportation Services P.10

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

May 19

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

Blood Pressure

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

EMS BP&Glucose
Wednesdays 10:30 a.m.



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!**

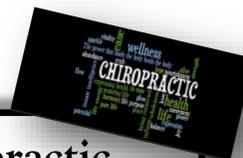
Chair Massage W/ Gary Kuzynski

1st & 3rd Wednesday mornings
15 minutes = \$11
30 minutes—\$22
Call 270-4290 to register.



Body Wave Chiropractic Laura Konopacki

Tuesdays 11:30—1:30 p.m.
Call 270-4290 to register.



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.

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



The Fitchburg Senior Center Friends' Board took the following actions during the month of March 2017:

Spent \$1,000 on special needs at the Center. Contributed \$80 towards scholarships.

Hosted a Pancake Breakfast that was attended by 544 people; well over last year's crowd of 350.

The Fitchburg Senior Center Friends' Board thanks the following vendors and people: A big thank you goes to the following vendors who contributed money and/or goods to the Pancake Breakfast: HyVee, Pick 'n Save, Target, Woodman's, and GFS.

A huge thank you goes to all the volunteers who worked to make the Pancake Breakfast a great success by setting up on Saturday and/or serving on Sunday. Stephanie Blankenheim, Lisa Butler, Dan Breunig, Mary Lou Carberry, Michael Christie, Joanne Danielson, Jane Davis, Wally Griskavich, Cheryl Hamilton, Judith Hirsch, Mary Ihlenfeldt, Berdie & Walt Kaegi, Theo Mahaffey, Jack Pinkert, Chris & Elsa Queoff, Bonnie Riley, Ron Salinas, Brad Stepp, Thad, Evan & Kendall Schumacher, and Mike & Judy Vivion.

A warm thank you goes to the Fitchburg Senior Center staff and Board members for their leadership and participation.



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



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.



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.



MAY 2017



Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Meat Spaghetti Peas Banana Garlic Bread Stick Oatmeal Cookie VO- Soy Meat Sauce	Shrimp Pasta Salad German Cucumbers Apricots Half W.W. Bread Strawberry Ice Cream VO-Pasta Salad w/Cheese	Swiss Steak Rice Greens w/ Tomato Fresh Fruit W.W. Bread Jello Cake VO- Soy Mix over Rice	Chicken Mac Salad Four Bean Salad Fresh Orange W.W. Roll Lemon Dessert VO- Pasta Salad w/Cheese	Chicken Enchilada Casserole Black Beans Banana Corn Bread Coconut Cream Pie VO- Veggie Enchilada
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
*Au Gratin Potatoes w/ Ham Mixed Vegetables Fresh Fruit Rye Bread Ice Cream VO- Au Gratin w/Soy Meat	Philly Cheese Steak Sandwich w/Peppers and Onions Carrots Banana Peach Pie VO- Vegetarian Wrap	Breaded Fish Baked Potatoes w/Sour Cream Spinach Jell-O w/Fruit Bread VO- Baked Potato w/ Veggie Cheese Sauce	American Chop Suey Rice Oriental Mix W.W. Bread Strawberry Shortcake VO- Soy Chop Suey	Cheeseburger on Bun w/ Lettuce & Tomato Pea Salad Mandarin Oranges Ice Cream Treat VO- Egg Salad Sandwich
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Chicken Cacciatore Egg Noodles Brussel Sprouts Diced Peaches Multi Grain Bread Sherbet VO- Soy Meat Sauce	*Meatloaf Mashed Potatoes Gravy Greens w/ Tomato Pear Slices W.W. Bread Brownie VO- Veggie Patty	Baked Cod Boiled Potatoes Norwegian Dilled Cucumber Salad Dinner Roll/Butter Strawberry/Rhubarb Pie VO- Veggie Cheese over Potatoes	Beef Burrito Bake w/ Black Beans & Rice Corn Fresh Fruit Cookie Packet VO- Veggie Burrito Bake	Sloppy Joe on Bun Broccoli Coleslaw Fruit Cup Chocolate Ice Cream VO- Vegetarian Sloppy Joe
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Baked Fish Red Potatoes California Blend Mandarin Oranges W.G. Bread Apple Pie VO- Cheese on Red Potatoes	BBQ Chicken Potato Salad Carrots Apple Juice W.W. Bread Cherry Crisp VO- Vegetarian Wrap	Stuffed Green Pepper Soup/Crackers Turkey & Cheese on Rye w/Mayo Lettuce & Tomato Fresh Fruit Choc. Chip Cookie VO- Vegetarian Soup, Cheese Sandwich	*Ham Slice Yams Collard Greens Banana Multi Grain Bread Pudding VO- Veggie Meatballs	Hamburger on Bun Lettuce/Onion BBQ Beans Pineapple Ketchup/Mustard Blueberry Pie VO- Veggie Patty
Monday 29	Tuesday 30	Wednesday 31	Salad Option Thursdays (Salads are dine-in only)	
	Baked Fish Tartar Sauce Red Beans & Rice Green Beans Pineapple W.W. Bread Jello w/Topping VO- Red Beans and Rice	Meat Spaghetti Parmesan Salad w/ Tomato Pear Slices Garlic Bread Stick Chocolate Pudding VO- Soy Meat Sauce	<p>4th - Garden</p> <p>11th - Chicken Ranch</p> <p>18th - Chef</p> <p>25th - Taco</p> <p>6-2-17 - Italian Salad</p> <p>Reservations <u>must</u> be made by 12:00 the day before by calling 270-4290</p>	

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION

May 2017

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
1	2	3	4	5																																																																																				
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 Rebels	8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Walmart 12:45 PM Euchre 1:00 PM Mahjong	8:30 AM Aerobics 9:45 AM Aerobics 10:30 AM EMS BP/Glucose Checks 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers	8:30 AM Cross Stitch 8:30 AM Tai Chi 9:00 AM Outdoor Pickleball 10:00 AM FSC Friends 10:00 AM Zumba 12:30 PM Bingo!! 1:00 PM Sheepshead	8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM</u> <u>Shop-Copps</u> 11:00 AM F-Fitness 1:30 PM Scrabble																																																																																				
8	9	10	11	12																																																																																				
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	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 1:00 PM Bunko	8:30 AM Cross Stitch 8:30 AM Tai Chi 9:00 AM Outdoor Pickleball 10:00 AM Caregiver Support 10:00 AM Zumba 10:30 AM Blood Pressure 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Book Club	8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 1:30 PM Scrabble																																																																																				
15	16	17	18	19																																																																																				
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-HyVee/Aldis 12:45 PM Euchre 2:00 PM Learning Annex	8:30 AM Aerobics 9:45 AM Aerobics 11:00 AM F-Fitness <u>11:30 AM 90's Celebration!</u> 1:00 PM Bunko	8:30 AM Cross Stitch 8:30 AM Tai Chi 9:00 AM Outdoor Pickleball 10:00 AM Zumba 12:30 PM Bingo!! 1:00 PM Sheepshead	8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM</u> <u>Shop-Copps</u> 11:00 AM F-Fitness 1:30 PM Scrabble Diabetic Footcare																																																																																				
22	23	24	25	26																																																																																				
8:30 AM Aerobics 9:00 AM Footcare 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos	8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Target 10:00 AM Hookers 1:00 PM Women's Group Social Hour 2:00 PM Women's Group	8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 11:00 AM F-Fitness 1:00 PM Bunko	8:30 AM Cross Stitch 8:30 AM Tai Chi 9:00 AM Outdoor Pickleball 10:00 AM Zumba 10:30 AM Blood Pressure 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Mystery Book Club	8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 12:40 PM Movie Day 1:30 PM Scrabble																																																																																				
29	30	31	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid red; padding: 5px; width: 45%;"> <p style="text-align: center; margin: 0;">Apr 2017</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <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> <div style="border: 1px solid red; padding: 5px; width: 45%;"> <p style="text-align: center; margin: 0;">Jun 2017</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <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>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></td><td></td></tr> </table> </div> </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	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		
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																																																																																		
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																																																																																				
CLOSED!	8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Walmart	8:30 AM Aerobics 9:45 AM Aerobics 11:00 AM F-Fitness 1:00 PM Bunko																																																																																						