



# Prime Time News

## July 2017

Fitchburg Senior Center  
Volume VI Issue 7

### Look Ahead

Concussions 101 P.2

Day Trips & Extended P.3

NEW Salad Day Changes P.4

Book Clubs/Groups To Join P.5

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Exercise / Scholarships P.7

Transportation & Health P. 8

Friends / Memorial Funds P.11

**CLOSED**  
Tuesday, July 4

**Caregiver Support**  
If you are caring for a loved one with dementia, you are not alone. Join us on Thursday, July 13 at 10:00 a.m.

**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.



**Late 4th of July Party W/ The Fitchburg Ukulele Network!**  
It's past the 4th of July holiday, but that doesn't mean we can't still celebrate! Join us at the Senior Center on Friday, July 21 at noon for a great lunch and live music provided by our very own Fitchburg Ukulele Network! The lunch menu consists of the following:  
**Friday, July 21 at noon.** Call 270-4290 before noon 7/20.

**Sleep** Sleep Is Powerful Medicine  
We are proud to welcome Dr. Barczi to the Senior Center on **Monday, July 17 at 2:30 p.m.** for an extremely important program and discussion about sleep. Changes in sleep patterns are part of the aging process, but poor sleep habits/patterns can impact your health. Dr. Barczi will talk about some of these changes, what might trigger changes, and tips on how to get a good night's rest! Due to the popularity of this topic, we ask that you please call to register for the program. 270-4290  
*Dr. Barczi is an Associate Professor of Medicine and Clinical Director of the Division of Geriatrics. He obtained his fellowship training in Geriatric Medicine at the UW-Madison and completed an additional fellowship in Sleep Medicine at the same institution. Dr. Barczi is nationally recognized as a medical educator and directs one of the premier fellowship programs in the country.*



**Don't Get Scammed!**  
Forrest Crawford is an attorney at Hometown Legal Services, a mobile law firm based in Cottage Grove, WI. While his primary areas of practice are estate planning and small business work, he also helps consumers who have been taken advantage of by scammers and unfair business practices. Before law school, Forrest owned a small computer repair business and he has encountered many of the scams that he plans on talking about, both personally and with his clients. Forrest plans to talk about common scams and the best ways to protect yourself from scammers.  
**Thursday, July 27 at 1:00 p.m. MUST register. 270-4290**

# New Offerings For You!

## Learning Annex

—Five years ago, the Friends of Lake Wingra began to focus on improved management of the lake’s watershed. Their mission, vision, and goals reflect their belief that sustaining the balance of a healthy lake ecosystem requires the participation and collaboration of many citizens, agencies and organizations. Planning increased public education focusing on watershed problems, they soon learned that “watershed” was an unfamiliar concept. They decided that an animal could serve as an “ambassador” for the watershed. The monarch proved to be the right choice for several reasons. David Thompson from the Board of Directors has served as the leader of the project and will share experiences of the Friends of Lake Wingra and their monarch butterfly project. **Tuesday, July 18 at 2:00 p.m.**



## Concussions 101— W/ Karl Curtis

In his presentation “But it was just a little bump on the head,” Karl Curtis, executive director of the Brain Injury Alliance of Wisconsin, will explain why you should always see a doctor if you hit your head and feel woozy. He will discuss how your brain works, the dangers of untreated head trauma (even if you think it wasn’t that bad), and the leading causes and symptoms of concussions and more serious brain injuries. **Wednesday, July 19 at 10:30 a.m.**

## What You Need To Know About Dementia



This series will cover everything you need to know about memory loss, dementia and Alzheimer’s Disease.

7/13—Legal and Financial Planning P. 1

7/20—Legal and Financial Planning P.2

All programs start at 4:00 p.m. at the Fitchburg Library. Call 729-1763 to register.

## Bike Club



Join other like-minded retired bike enthusiasts each Wednesday morning. Bikers meet at the Senior Center (lower level) and collectively decide on the day’s route. Not sure where your fitness level lands with others? Come and find those who fit your level and style, and create a breakoff group. The beauty of this setup is the flexibility. Join us every Wednesday at 10:00 a.m. Any questions about the Fitchburg bike club call David at 270-4292.

## Craigslist!!

**Learn how to study price trending that reflects how quickly items sell and how to accurately price your items to make a sale. August 30 at 10:30 a.m. Early bird registration only by emailing David at [david.hill@fitchburgwi.gov](mailto:david.hill@fitchburgwi.gov)**

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# TRAVEL!

## Extended Travel

### Last 2017 Tour: Discover Cuba

October 25–November 1

Booking discount rate- \$5095

- First-class accommodations
- Tours of the Museum of Revolution, Hemingway's Farm, Old Havana, Pharmaceutical museum, Nacional Hotel Cigar Factory and other sites.
- Habana Compas Dance Group Performance

### 2018-Historic Natchez Value Motor coach tour-

April 14-21; \$1,669 double \$150 early registration bonus available until August 30, 2017.

- Tour BB King Museum; Narrated tour of Vicksburg National Military Park
- Three nights in Natchez, MS during Pilgrimage
- Lunch at Morgan Freeman's Ground Zero Blues Club; Tour of Frogmore Plantation
- Delta Blues Museum Tour
- Tour of Saint Louis
- Visit Abraham Lincoln Presidential Museum

**Brochures available at Fitchburg Sr. Center.**

**Call Judy Broad 271-9077 for info**

**Save the date: Sept 27, 2017 2:00-4:00 p.m.**

## NEW DAY TRIPS 2017

**July 26: A Crock of Schnitzel** performed at Memories Dinner Theatre, Port Washington, WI., matinee performance. 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 at 6:00 a.m. 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. 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. A stop at Southwind Orchards. Sightseeing at River Town. Cost \$95. Departs Fitchburg Senior Center at 6:00 a.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. Departs Fitchburg Senior Center at 7:30 a.m. with estimated return at 5:00 p.m.

Cost \$79. **Call 800-416-2049**



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# More!



## Community Paramedic Outreach Program

The Fitchburg Senior Center is proud to bring the Fitchrona Medics on board to provide you FREE blood pressure & glucose checks. The Community Paramedic Outreach Program will be the fourth Monday of the month from 10:30 a.m.– 12:30 p.m. No sign-up required. Get checked and stay for a cup of coffee!



## ASK THE CHIROPRACTOR

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

**Q:** When I look at pictures I see a hump on my upper back. Can that be fixed?

**A:** Those pictures are showing you the shape of your spine. The bones have dropped forward, and nerves and muscles have gotten weak. This also makes you more prone to neck strain, muscle spasms, and pinched nerves. We can work to improve and in some cases correct this with spinal adjustments and posture exercises. During the initial exam we take posture pictures; it is fun to see them improve after some weeks of care.

## Salad Option Changing to FRIDAYS!

Call Ahead: 270-4290!

Join us for lunch on a Friday & ask for the salad du jour!

### New July Salads!

NEW

Starting in July!

#### Santa Fe Chicken Salad

Mixed greens or lettuce topped with seasoned chicken, black bean salsa, shredded cheese and tortilla strips with Ranch dressing.

#### Fruit and Veggie Plate

A plate with pineapple, fresh melon, cottage cheese, cherry tomatoes and cucumbers.

#### Caprese Salad

Mixed greens and spinach topped with basil marinated tomatoes, fresh mozzarella cheese and croutons with Balsamic Vinaigrette dressing.

#### 7 Layer Salad

Shredded lettuce topped with peas, celery, onion, mayo, shredded cheese, bacon and eggs.

\*Limited to dine in only.

\*Total Cost is: \$10.23



## U.W. Nutrition Back in October!

## Cards With Katie

Join us for an afternoon of paper crafting on Monday, July 10 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)

Cost: \$11.50.

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



## 2 EYEZ 4 PAWZ

**Pet Sitting & Dog Walking Service**

**Tara Howard /Owner**

**608-279-3330**

**katz.dawgz54@gmail.com**

**www.2eyez4pawz.com**





## REACH Book Club

REACH Book Club will be taking a break during the months of July and August. Books for the second part of the year were chosen at the June meeting. (See list below) We will resume on September 14, 2017 with a discussion of the book, *Fahrenheit 451* by Ray Bradbury, our classic for the year.

Other selections chosen are:

October 12: *Doc* by Maria Doria Russell

November 9: *News of the World* by Paulette Jiles

December 14: *The Rosie Project* by Graeme Simpson

FYI: Although these books are available at the library at this time you might want to put them on hold and suspend them until the month of the discussion.

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

We do not meet in July or August.



## Mystery Book Club

The *I Love a Mystery Book Club* will meet on Thursday, July 27, 2017 at 1:30 p.m. at the Fitchburg Senior Center. (the 4th Thursday). We will discuss the book, *In the Presence of the Enemy* by Elizabeth George, #8 in the Inspector Lynley series. Detective Inspector Thomas Lynley and Sergeant Barbara Havers investigate the disappearance of the daughter of a well-respected Member of Parliament.



**Save the Date:** Thursday, September 21 at 1:00 p.m. Downsizing Seminar—Learn “What to Throw”, “How to Sell” and “Where to Go”

# Groups



## Men's Group

Join us for our next meeting on  
**Tuesday, July 11 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., July 25 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

**July 18** we will be going to **Avanti's—119 S. Main St. Verona.** Any couple who would like to join us should e-mail Bev Davis at [bevbdavis@aol.com](mailto: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](mailto:bevbdavis@aol.com) or call 608-467-3990.

**NEW!**

**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. @ 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!! July 13**  
Special Sponsor:  
**Sylvan Crossings**  
 Game begins promptly at 12:30 p.m.

**Library Shuttle** now available every Wednesday! Call 270-4290 by noon one day in advance to register. **YES!!**



**Movie Day—Lego Batman!**  
 Bring your grandchildren in for this great movie!  
 90% Rotten Tomatoes!  
 Friday, July 21 at 12:40 p.m.



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**Ukulele Network**

The Tuesday Uke Group continues to strum at 1:00 p.m.  
 For questions call Judy at 608-514-3274.

## Exercise Payment Update

The Senior Center will no longer be accepting pro-rated payments for any of its classes.



## Aerobics With Diane Fronek

Diane teaches Mondays and Wednesdays at 8:30 & 9:45 a.m.; Fridays at 8:30 a.m. Class focuses on cardio, strength, and flexibility. Cost is \$22 per month. *This fee reflects a \$2 increase and begins with June payments.*



## Ping Pong

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



## 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 \$12 per month.

## Yoga W/ Kurt—Summer Session

July 24—August 28

\$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.



Stay Tuned!

## 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.

All new dates coming soon!

## Outdoor Pickleball - Day Change!!

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

## 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.



## Core & Zumba

Summer Break!

Core & Zumba classes with Jackie will be off for the summer. Check back in the fall for all new classes!

## *Program Scholarships*

Thanks to the generosity of the Fitchburg Senior Center Friends we are able to offer program scholarships for classes offered at the Center. Scholarship applications are available at the front desk or you can speak with a staff person to obtain an application. All applications are kept confidential.



## Tai Chi Thursdays

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

# 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**  
**July 21**

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**  
Fourth Mon. 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

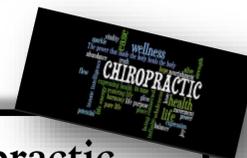
### Senior Center Help

- ◆ 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.



**Save the Date:** September 28, 2017 for the “Meet, Greet and Eat” event from 4:00-6:00 p.m. at the Fitchburg Senior Center. There will also be weekly events throughout the month of September. Watch Prime Time News and Facebook for upcoming announcements.

Friends of Fitchburg Senior Center spent \$692 on special needs for those engaged in our Center.

A chair-rail will be installed along one of the walls in the dining room in the near future.

## Memorial Funds Support Exercise Program

We are very grateful to the Saroj Bansal Memorial Fund that was established in 2014. This fund, set up in memory of Saroj Bansal, is specifically used to support our exercise programs. Both Saroj and her husband Sushil were involved with the Center for many years. Saroj was a regular participant in our Functional Fitness class as well as a volunteer for Crafty Crew. Sushil, who now lives on the eastside of Madison, was a participant as well as an instructor for Functional Fitness, was instrumental in re-starting our bridge group, and served on Fitchburg Senior Center Board. Over the years this fund has made it possible for us to purchase items such as: hand weights, stress balls, fit bands, chair carts and exercise brochures. We are grateful to family members that continue to support this fund. If you would like to contribute to the Saroj Bansal Memorial Fund, please contact Jill at 270-4290.

May-October • Every Thursday • 3-6pm

2017

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 Kids Fest \* July 20  
 Summer Fest \* August 17  
 Fall Fest \* September 21

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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.



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# it's JULY all!

# 2017

Senior Dining



Fellowship, Food & Fun

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
BBQ Ribs Potato Salad Baked Beans Watermelon Corn Bread Sweet Potato Pie <b>V. O. Black Bean Burger</b>	Closed 	Chicken Cacciatore Egg Noodles Pea Salad Diced Peaches WW Bread Frosted Cake <b>VO – Black Bean Burger</b>	*Meatloaf Mashed Potatoes w/G Tossed Greens w/Tom. & Dressing Pear Slices W.W. Bread Brownie <b>VO- Veggie Patty</b>	Beef Burrito Bake Spanish Rice Corn Fresh Fruit ** Cookie Packet <b>VO- Veggie Burrito Bake</b>
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Baked Fish w/Tartar Sauce ½ Baked Potato Cole slaw Pineapple W.G. Bread Apple Pie <b>VO- Cheese Sauce over Red Potatoes</b>	Sloppy Joe on Bun Broccoli Carrots Raisin Salad Fruit Cup Chocolate Ice Cream <b>VO- Vegetarian Sloppy Joe</b>	BBQ Chicken Baked Beans Marinated Cucumbers/ Tomatoes Orange W.W. Bread Root Beer Float <b>VO- Vegetarian Wrap</b>	Stuffed Green Pepper Soup ½ Cheese Sand. on Rye w/Let. & Tom. Fresh Fruit** Choc. Chip Cookie <b>VO- Vegetarian Soup, Cheese Sandwich</b>	*Ham Slice Yams Mixed Greens w/Dressing Banana Multi Grain Bread Butterscotch Pudding <b>VO- Veggie Meatballs</b>
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Chicken Enchilada Casserole Black Beans & Rice Mandarin Oranges Preach Crumble <b>VO – Veggie Enchilada</b>	Hamburger on Bun w/Lettuce/Onion Corn Coleslaw Pineapple Blueberry Cobbler <b>VO- Veggie Patty</b>	Chili w/Crackers Mixed Greens w/Tom. & Dressing Pear Slices Chocolate Pudding <b>VO- Soy Meat Sauce</b>	Chicken Broccoli Rotini Salad Celery/Carrot sticks Peach Slices Dinner Roll Confetti Cake <b>VO- Cheese Broccoli Rotini Salad</b>	BBQ Ribs Corn on the Cob Potato Salad Baked Beans Melon cubes Cornbread Apple Pie <b>V. O. Veggie Burger</b>
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Turkey Roast w/G Garlic Mashed Potatoes w/Marg Broccoli Fresh Fruit** W.W. Bread Banana Cake <b>VO- Cheese Tortellini</b>	*Brat/Bun BBQ Baked Beans Copper Penny Salad Chunky Applesauce Candy Cookie <b>VO- Veggie Dogs</b>	Baked Mostaccioli Tossed Greens w/Dressing Orange Bread Stick Sherbet <b>VO-Veggie Meatballs in Tomato Sauce w/Mozzarella Cheese</b>	Grilled Chicken on Bun w/Let. Tom. & Mayo Gold Fish Pretzels Green Beans Fruit Cocktail Brownie <b>VO- Black Bean Burger</b>	Roast Beef w/G Mashed Potatoes w/G Roasted Corn Jell-O w/Peach Slices MG Bread Apple Crisp <b>VO- Veggie Patty</b>
Monday 31	<b>Salad Option FRIDAYS!</b> (Salads are dine-in only) <b>7<sup>th</sup> - Santa Fe Chicken Salad</b> <b>14<sup>th</sup> –Fruit &amp; Veggie Plate</b> <b>21<sup>st</sup> - Caprese Salad</b> <b>28<sup>th</sup> - 7 Layer Salad</b> <b>*Meal has pork product</b> <b>Reservations <u>must</u> be made by 12:00 the day before by calling 270-4290</b> <b>Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION</b>			
Chicken Salad on W.W. Bun w/Lettuce Carrots Fruit Cup Sugar Cookie <b>VO- Egg Salad on Bun</b>				

# July 2017

## Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																		
3	<b>CLOSED</b>	5	6	7																																																																																																		
8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness		8:30 AM Aerobics 9:45 AM Aerobics 10:00 AM Bike Club 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko	8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM FSC Friends 12:30 PM Bingo!! 1:00 PM Sheepshead	8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM Shop-Copps</u> 11:00 AM F-Fitness 1:30 PM Scrabble																																																																																																		
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