



# Prime Time News

## August 2017

Fitchburg Senior Center  
Volume VI Issue 8

### Look Ahead

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 Meditation Classes -  
Coming in September!

**Caregiver Support**  
If you are caring for a loved one with dementia, you are not alone.  
Join us on Thursday,  
August 10 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  
Mondays at 2:00 p.m.



### FSCF—Ice Cream Social September 2, 3 & 4

FSCF Directors and Senior Center volunteers will be serving free ice cream at Eplegaarden's Old Fashioned Ice Cream Social on Labor Day weekend. Your donations will support Fitchburg Senior Center's "Meals for Seniors." Also, on Sunday, September 10, FSCF will be serving at the Eplegaarden Snack Stand for Grandparents' Day. Bring the family for a picnic snack before or after picking your apples. Thanks to Betty Forest, Rami Aburomia and Tom Olson for their support of our fundraising efforts



### Online Dating 101 W/ Mandi Miller

Are you single? Are you interested in finding a significant other or perhaps just a friendship? These days, the options have opened up significantly! Join Mandi Miller on Wednesday, August 23 at 6:30 p.m. to learn the ins and outs of online dating. So many sites, so many search options! In this class, you will learn the best sites to use and how to navigate safely in the attempt to find that perfect match! Call to reserve your spot!  
270-4290.

### Ride the Trails on a Golf Cart



The annual golf cart ride is here! This year our trip will take us along the scenic Glacial Drumlin trail from Deerfield to Lake Mills. You will be on the carts approximately 1½ hours each way. We will enjoy lunch at the Herring Sand Bar and Grill in Lake Mills before heading back to Deerfield. **Meal choices will be available when you call to sign-up.** When: Tuesday, August 22 (Rain date August 23)  
Where: **Deerfield Trail Head – 212 N. Main Street, Deerfield.** If you need transportation to the trailhead, please let us know.  
Time: 10:30am-3:00pm  
Cost: \$12 per person. Payment due upon sign-up. Make checks payable to the Fitchburg Senior Center. ***Golf cart drivers have already been secured. Upon registration, you are considered a passenger.***

Thank you in advance to the **TIZIANI GOLF CAR CORPORATION** for the golf cart donation and to the Fitchburg Senior Center Friends for subsidizing the cost.

# New Offerings For You!

## Learning Annex— WISC-TV

The bulk of Tom Bier's journalism career was spent in the newsroom of WISC-TV, Madison's CBS affiliate. Starting as a weekend sports reporter in 1974, Tom was named WISC-TV news director in 1977, a position he held for 25 years. Tom was then promoted to station manager and served the last three years of his 42-year station tenure as general manager overseeing WISC-TV, Channel 3000 and Madison Magazine operations. He retired two years ago.

Tom will share his background and move through his exciting career. He will also present thoughts on what's going on in the media field today

**Tuesday, August 15 at 2:00 p.m.**

Wisconsin Film Festival Pop Screening!  
My Love Don't Cross That River  
September 22 at 12:40 p.m.

## How to Be an Ally for LGBT People

Lesbian, Gay, Bisexual and Transgender people are your neighbors, people you work with, maybe even family members. Michal Osier, OutReach LGBT Community Center's Senior Advocate, will talk about being an ally to LGBT people, who still often face discrimination in daily life.

Positive and thought-provoking, this presentation will give you reasons to consider becoming an ally to your LGBT friends and neighbors, and tips and tools for how you can help. There will be a discussion afterward; please bring your own thoughts, experiences and ideas as we learn more about building a welcoming community for all.

**Wednesday, August 16 at 1:00 p.m.**



## WISCONSIN'S FOLK HUMOR

Jokes and anecdotes thrive in Wisconsin about the misadventures of Native peoples, immigrant and ethnic groups, workers, hunters and fishers, Packer fans, and more. This talk by James P. Leary, the author of *So Ole Says to Lena: Folk Humor in the Upper Midwest*, draws on fieldwork with diverse joke-tellers from around the state, together with insights into Wisconsin's unique cultural history.

Brought to you by the Fitchburg Library & Senior Center. **Thursday, September 14 at 1:00 p.m.**

## "How Did I Get All This Stuff?"



"And why am I still the keeper of my kids' stuff? They moved out over 10 years ago!" "How do I get rid of this stuff? Is any of it worth anything? My granddaughter doesn't want my china! Am I in this dilemma alone?" and "How can I sell my home and move on - to where?" We have heard it all. Come to the **Downsizing With Ease** seminar on **Thursday, September 21 at 1:00 p.m.** at the Fitchburg Senior Center. We are here to help, or at least to commiserate. Speakers are Ruth Domack, First Weber, Inc; Marianne Gariti, Moving Forward; and Carrie Kirkpatrick, A Place for Mom. For reservations, please call 270-4290.

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# TRAVEL!



## Last Travel Opportunities for 2017

Time is running out to make reservations for the following two 2017 tours offered by Premier World Discoveries:

California Rail Discovery -September 15-22

Discover Cuba- October 25-November 1

For brochures and more information, please contact Judy Broad at 271-9077

**SAVE THE DATE:** Wednesday, 9/27 from 2:00-4:00 p.m. at the Fitchburg Senior Center, the 2018 Travel Show will be held.

The tours for 2018 will be presented by representatives from Premier World Discovery and Mayflower Tours. Please register by calling 270-4290.

**REMINDER:** Register for the 2018 Historic Natchez Value Tour by August 30, 2017 and receive a \$150.00 fee reduction per person.

## NEW DAY TRIPS 2017

**August 8: Title Town During Training,** Green Bay, WI. Lunch included. Departs Fitchburg Senior 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. 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 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 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.

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: I am afraid to go to a Chiropractor because I heard they crack bones and I have osteoporosis.

A: You are not alone - a lot of people tell me they were afraid to go to a Chiropractor. But the good news is that there are safe ways to work with older spines. In my office, an adjustment lasts about 10 minutes. You would lay face down on an adjusting table, and feel soft touch along the spine and sometimes a gentle 'click' from an instrument that helps loosen stuck joints. Many people are amazed at how gentle and helpful an adjustment can be.

## Cards With Katie

Join us for an afternoon of paper crafting on Monday, August 14 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.

## 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

## 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.

Registration only by emailing

David at

[david.hill@fitchburgwi.gov](mailto:david.hill@fitchburgwi.gov)







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## REACH Book Club

REACH Book Club will not meet in August. We will resume on **September 14, 2017** with a discussion of the book, *Fahrenheit 451* by Ray Bradbury, our classic for the year. Books for the coming year were chosen at the June meeting. (See list below).

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 Simsion

**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 August.

## Mystery Book Club

The *I Love a Mystery Book Club* will meet on **Thursday, August 24, 2017 at 1:30 p.m.** at the *Fitchburg Senior Center*. (the 4th Thursday). We will discuss the book, *Dead Frenzy* by **Victoria Houston** (Wisconsin author). Between a fishing tournament and a biker convention, Loon Lake is flooded with friendly visitors and some unsavory ones. Pretty soon Doc and Police Chief Ferris are spending less time catching bass and more time catching crooks.

## 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.

# Groups



## Men's Group

Join us for our next meeting on **Tuesday, Aug. 8 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., Aug. 22 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

**August 15** we will be going to **Captain Bill's, 2701 Century Harbor Rd. Middleton.** Any couple who would like to join us should e-mail Bev Davis at [bevdavis@aol.com](mailto:bevdavis@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 [bevdavis@aol.com](mailto:bevdavis@aol.com) or call 608-467-3990.

**NEW!**

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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!! Aug. 10

Special Sponsor:

**First Weber**

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.



Movie Day—Lion!

Based on a fantastic true story.

Don't miss this!

86% Rotten Tomatoes!

Friday, August 18 at 12:40 p.m.



Ukulele Network

The uke group strums every Tuesday at 1:00 p.m.

Do you have a ukulele and already know some basic chords?

Come play with us! Call Judy at 608-514-3274.



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## Exercise Payment Update

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



## **Aerobics With Diane Fronck**

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—Fall Session

Sept. 11– Oct. 30

\$56—Eight 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.



## **EASY YOGA PLUS!**

### **EVERYONE CAN DO “EASY YOGA PLUS!”**

It is true! The yoga is modified to fit your body type and body limitations. Your mind, body and spirit work together to improve your balance, flexibility, strength and vitality. Stress techniques are also incorporated.

New students are welcome for the five-week session that starts August 1. New student cost is \$52 and includes a therapeutic ball and introductory materials. Returning student cost is \$48. August 1 class will be at Perennial Yoga and Meditation, 5500 Cheryl Parkway; all other classes will be at the Fitchburg Senior Center.

Class Times: 9:00-10:00 a.m.

**ADDED BONUS:** Students enrolled in Easy Yoga Plus! through the Senior Center will be welcome at a Thursday donation-only class at Perennial Yoga during the month of August. An opportunity to expand your practice to two days a week. Call 270-4290 to register and pay.

## Outdoor Pickleball

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.



## **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

**August 18**

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.



The Friends of the Fitchburg Senior Center spent \$55.00 on special needs and \$70.00 on scholarships.

We are in need of empty shoe boxes for the upcoming Meet, Eat and Greet—September get together.

Please drop them off with Mandi.

We are beginning to look for applicants for the Friends Board. Those interested need to be at least 55 years of age and be available to attend monthly meetings year round. Please complete an application as soon as possible if you are interested.

Applications will be available on-line and at the front desk. Interviews will be conducted, and the plan is to include new directors at the September Board meeting.

### Volunteers are needed for several events:

An Ice Cream special at the Eplegaard to raise money for meals at our center. Slots to be filled will be for 1.5-2 hours.

Sept 2 9:00 a.m. -5:00 p.m.

Sept 3 11:00 a.m. - 5:00 p.m.

Sept 4 9:00 a.m. - 5:00 p.m.

Grandparents Day at the Eplegaard 1.5-2 hour slots

Sept 10 11:00 a.m. - 5:00 p.m.

Meet, Eat and Greet gathering on September 28 at the Fitchburg Senior Center

The event will be held from 4:00 -7:00 p.m. and the slots for volunteers will be 1.5 to 2 hours in duration.

All those willing to volunteer, please contact Mandi at the Fitchburg Senior Center to make your preferences known. 270-4293

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



[www.fitchburgwi.gov](http://www.fitchburgwi.gov)

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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.  
Betsy Otradovec, Office Asst.



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# August 2017

Senior Dining



Fellowship, Food & Fun

Salad Option Fridays!	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
<p><b>4<sup>th</sup>- Santa Fe Chicken</b>  <b>11<sup>th</sup>- Fruit &amp; Veggie Plate</b>  <b>18<sup>th</sup>- Caprese Salad</b>  <b>25<sup>th</sup>- 7 Layer Salad</b>  <b>*Call &amp; say you want the Salad Option!</b></p>	<p>*Ham &amp; Swiss            Croissant w/Lettuce            Kidney Bean Salad            Apple            Lemon Bar  <b>VO- Cheese Sandwich</b></p>	<p>*Roast Pork w/Gravy            Mixed Greens            Corn            Fruit Cocktail            W.W. Bread            Pudding  <b>VO- Veggie Patty</b></p>	<p>Spaghetti w/ Meat Sauce            Peas            Bread Stick            Parmesan Packet            Jell-o with Fruit  <b>VO- Soy Meat Sauce</b></p>	<p>Biscuits and Gravy            Hash Brown Patty            Tomato Juice            Mandarin Oranges            Cinnamon Roll  <b>VO-Spinach/Cheese Quiche</b></p>
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
<p>Swiss Steak            Rice            Mixed Greens w/ Tomato            Fruit cup            Oatmeal Cookie  <b>VO- Veggie Meatballs</b></p>	<p>Chicken Macaroni Salad            Four Bean Salad            Orange            Peach Cobbler  <b>VO- Pasta Salad w/Cheese</b></p>	<p>Cheeseburger on Bun w/Let. &amp; Tom.            BBQ Baked Beans            Mandarin Oranges            Ice Cream Treat  <b>VO- Egg Salad Sandwich</b></p>	<p>*Italian Sausage (NAS – Grilled Chicken Sandwich)            w/Peppers &amp; Onions            Carrots            Banana            Pineapple Cake  <b>VO- Veggie Wrap</b></p>	<p>Lemon Baked Fish            ½ Baked Potato            Coleslaw            Rye Bread/Butter            Apple Crisp  <b>VO – Black Bean Burger</b></p>
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
<p>*Au Gratin Potatoes w/Diced Ham (NAS – Au Gratin Potatoes w/Diced Chicken)            Mixed Vegetables            Tropical Fruit Cup            Rye Bread            Choc. Ice Cream  <b>VO- Au Gratin w/Soy</b></p>	<p>Beefy Mac-N-Cheese            Carrots            Apple            Strawberry Shortcake            w/topping  <b>VO- Mac-N-Cheese</b></p>	<p>Chicken Cacciatore            Egg Noodles            Pea Salad            Diced Peaches            WW Bread            Sherbet  <b>VO- Soy Meat Sauce</b></p>	<p>*Meatloaf            Mashed Potatoes w/G            Tossed Greens w/Tom. &amp; Dressing            W.W. Bread            Jell-o with fruit  <b>VO-Veggie Patty</b></p>	<p>Beef Burrito Bake            Spanish Rice            Corn            Fresh Fruit            Cookie Packet  <b>VO- Veggie Burrito Bake</b></p>
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
<p>Sloppy Joe on Bun            Broccoli            Carrot Raisin Salad            Fruit Cup            Chocolate Ice Cream  <b>VO- Veg Sloppy Joe</b></p>	<p>Baked Fish w/Tartar Sauce            ½ Baked Potato            Coleslaw            W.G. Bread            Peach Cobbler  <b>VO- Cheese Sauce over Red Potatoes</b></p>	<p>BBQ Chicken            Baked beans            Cucumbers/ Tomatoes            Oranges            W.W. Bread            Root beer float  <b>VO- Veggie Wrap</b></p>	<p>Stuffed Green Pepper Soup            ½ Cheese Sand. on Rye w/Let. &amp; Tom.            Fresh Fruit            Choc. Chip Cookie  <b>VO- Vegetarian Soup, Cheese Sandwich</b></p>	<p>*Ham Slice            Yams            Banana            M.G. Bread            Strawberry Jell-o with Peaches  <b>VO- Veggie Meatballs</b></p>
Monday 28	Tuesday 29	Wednesday 30	Thursday 31	
<p>Chili w/ Cracker Pkts            Mixed Greens w/3 Tomato Slices &amp; Dressing            Pear Slices            Chocolate Pudding  <b>VO- Soy Meat Sauce</b></p>	<p>Hamburger on Bun            Corn            Kidney Bean Salad            Orange            Chocolate Banana Cake  <b>VO- Veggie Patty</b></p>	<p>Chicken Enchilada Casserole            Black Beans            Peaches            Apple Crisp  <b>VO – Veggie Enchilada</b></p>	<p>Chicken Broccoli Rotini Salad            Carrot Sticks            Mandarin Oranges            Confetti Cake  <b>VO- Cheese Broccoli Rotini Salad</b></p>	<p><b>Reservations <u>must</u> be made by <u>12:00</u> the day before by calling 270-4290</b>            Meals provided by:  <b>DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION</b>  <b>*contains pork</b></p>

# August 2017

## Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																	
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