



# Prime Time News

## October 2017

Fitchburg Senior Center  
Volume VI Issue 10

### Look Ahead

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**Caregiver Support**  
If you are caring for a loved one with dementia, you are not alone.  
Join us on Thursday,  
October 12 at 10:00 a.m.

**Zumba Gold FREE Demos!**  
Sept. 28 & Oct. 26  
10:45–11:15 a.m.

**Parkinson's Support**  
Join us the 2nd & 4th  
Mondays at 2:00 p.m.

## Evening Classes



### Cable & Satellite TV Getting Too Expensive??

Rest assured you are not the only one who is reading this and wondering why you are paying out the nose for 200 channels of fluff! Did you know that over-the-air TV with an antenna actually delivers a better-quality high definition picture than any cable or satellite provider can offer—and it's free.

Did you know that you can ease into the transition with options like over-the-air antenna, Roku/AppleTV box and add an app like SlingTV with over 30+ channels for a mere \$20 month?

Want to save and enjoy a better TV watching experience?  
Join David Hill on **Tuesday, October 24 at 6:15 p.m.**  
Class size is limited. Call 270-4290 today.



### Online Grocery Shopping W/ Amy J.

If you haven't heard already, online grocery shopping is picking up steam! Did you know that places like HyVee and Woodman's make it easy to log-on to their websites to shop for items? You choose whether to have groceries delivered or ready-for-pickup.

Join staff member Amy Jordan on **Thursday, October 12 at 6:00 p.m.**  
See firsthand how Amy navigates the sites to get exactly what she needs, and ways to save money at the same time. Please call 270-4290 to reserve your spot. Your next shopping trip is just one click away!



### 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 **Thursday, October 12 at 6:00 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!

No registration—just show up! Please note, this class is the same as last month's!

# New Offerings For You!

## Flu Shots W/ The Fitchburg Family Pharmacy

Thad Schumacher is back once again offering flu shots on Tues., Oct. 24 from 9:00–11:00 a.m. No lines, hot coffee, and treats, so come on in! Vaccination is \$30 for injection (out of pocket) or Medicare B/Medicaid accepted as payment. You will need to present your card.



## Veteran's Day

Please join us for a very special program on Friday, November 10 beginning at 11:00 a.m. More details to come in the November newsletter.

## What's It Worth?

The Fitchburg Senior Center and Fitchburg Public Library are teaming up once again to bring you What's It Worth? with Mark Moran from the Antiques Road Show! Dig around and see if you have something worth some \$\$\$\$. Step two, call the library to sign up for a FREE appraisal on Sunday, November 5 at 1:30 p.m. 729-1763.

## Car Concierge Auto Delivery

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## Navigating Senior Housing

### Navigating Through Senior Housing

is an educational presentation intended to provide an overview of housing choices available to the senior population. The goal of the presentation is to provide insight into what Home Health Agencies, Independent Living, Assisted Living, Memory Care and Skilled Nursing Communities offer. We will walk through what each type of license offers and what that means for regulatory requirements. Participants will have a better understanding on what questions to ask and what to look for if needing to find and/or start visiting senior housing options.

Join us for this FREE program on Wednesday, October 25 at 1:00 p.m.

## Intermediate Spanish

Tuesdays 9:00 a.m. Starting 11/7.

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.

## Bucky Book Swap—Senior Center

Very simple: 1. Bring in your Bucky Book. 2. Bring in a list of page numbers of coupons you want. 3. Bring your energy—coupon swapping is fast-paced!

Get the Bucky Book coupons you want and unload the ones you don't need—simple!

Join us on Oct. 24 at 5:00 p.m.



# TRAVEL!



## DAY TRIPS 2017

**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 is included for shopping, where a guide will join for sightseeing of Rivertown. Cost \$95. Departs Fitchburg Senior Center at 6:00 a.m. with estimated return at 9:15 p.m.

**November 5: "The Witch in 204",** Memories Dinner Theatre. The play is a sequel to Barbara Pease Weber's popular play "Seniors of the Sahara". The play takes place in a charming dinner theatre setting. Lunch is included. Cost \$85. Departs Fitchburg Senior Center at 8:40 a.m. with estimated return at 7:10 p.m.

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

## Upcoming Travel Opportunities for 2018

### Tours for 2018 include:

- Rome and the Country Roads of Tuscany
- Scandinavian Highlights
- Pacific Coast Journey
- Albuquerque Balloon Festival
- Historic Natchez Value Tour

\*\*Brochures available at the Senior Center\*\*



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# More!



## Learning Annex—Maple Syrup 101

This presentation will cover the basics of making maple syrup on a small wood lot in Florence County, Wisconsin.

Bob Shultz will share the process he used for his 2016 boil. He'll include the timing, types of trees, equipment needed, preparations to boil, and ratio of sap to the finished product.

**Tuesday, October 17 at 2:00 p.m.**

## Medicare Part D Open Enrollment Gives Opportunity to Save Money

Open enrollment for 2018 Medicare Part D plans is October 15 - December 7, 2017. This is the time that Medicare beneficiaries who are enrolled in Part D plans can review their plan to determine if it will still be the most cost-effective in 2018. Because insurance companies can change their premiums, deductibles and co-pays, switching to a different plan often results in extra money in your pocket!

Another way to save money on prescription drugs is the Extra Help program. Extra Help reduces your drug costs by decreasing premiums, deductibles and co-pays for medications based on your income and assets. If you are single and your income is less than \$1,507 per month, and your assets are below \$13,820 you may qualify for Extra Help.



## ASK THE CHIROPRACTOR

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

Q: Can you help spinal arthritis?

A: Spinal and nerve system deterioration has nothing to do with age. While all the bones and nerves are the same chronological age, they age on their own depending on their alignment and ability to function and move normally. Chiropractic keeps your spine straight and flexible, which can slow or stop wear and tear.



## AARP Driver Safety

**Friday, October 20 from 8:30 a.m.—1:30 p.m.**

Call 270-4290 to register early!

Check with your insurance agent to see if you qualify for a discount! Member \$15 / Non-member \$20. Bring member card & license.

## Cards With Katie

Join us for an afternoon of paper crafting on **Monday, Oct. 16 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.







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## REACH Book Club

REACH Book Club will meet on **Thursday, October 12, 2017** with a discussion of the book, *Doc* by **Mary Doria Russell**. "Born to the life of a Southern gentleman, Dr. John Henry Holliday arrives on the Texas frontier hoping that the dry air and sunshine of the West will restore him to health. Soon, with few job prospects, Doc Holliday begins gambling professionally with his partner, Maria Katarina Harony, a high-strung, classically educated Hungarian whore. In search of high-stakes poker, the couple hits the saloons of Dodge City. That is where the unlikely friendship of Doc Holliday and a fearless lawman named Wyatt Earp begins. This occurred before the gunfight at the O.K. Corral linked their names forever in American frontier mythology.

Other selections chosen are:

Nov. 9: *News of the World* by Paulette Jiles

Dec. 14: *The Rosie Project* by Graeme Simsion

**FYI:** Although these books are available at the library at this time, you may 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.

## Mystery Book Club

The *I Love a Mystery Book Club* will meet on **Thursday, October 26, 2017 at 1:30 p.m.** at the *Fitchburg Senior Center*. (the 4th Thursday). We will discuss the book, *A Mind to Murder* by **P. D. James**, # 2 in the **Adam Dalgliesh** series. When the administrative head of the Steen Psychiatric Clinic is found dead with a chisel in her heart, Superintendent Adam Dalgliesh of Scotland Yard is called in to investigate.

# Groups



## Men's Group

Join us for our next meeting on  
**Tuesday, Oct. 10 at 2:00 p.m.**

For more info log on to:  
[www.fitchburgwi.gov/823/Groups-to-Join](http://www.fitchburgwi.gov/823/Groups-to-Join)  
and click on Men's Group.



**Active Women's Group** Join us for our  
next meeting on

**Tues., Oct. 24 at 2:00 p.m.**

Social Hour from 1:00-2:00 p.m. before meeting.

For more info log on to:  
[www.fitchburgwi.gov/823/Groups-to-Join](http://www.fitchburgwi.gov/823/Groups-to-Join)  
and click on Active Women's Group.

*Dine Out*



## Couples Dinner Group

**October 17** we will be going to **Essen Haus, 514 E. Wilson St., Madison.**

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 Pancake Café (Oct. Nov. Dec. only) on the second Monday of every month at 10:00 a.m.** Those who would like to join should e-mail Bev Davis at [bevbdavis@aol.com](mailto:bevbdavis@aol.com) or call 608-467-3990. We will be back at the Egg & I, starting January 2018.

**NEW!**

## Uke Network—Workshop

Session One: Mondays, October 16 & 23 from 1:00–2:00 p.m.

Session Two: Mondays, November 6 & 13 from 1:00–2:00 p.m.

\$10 per session covers materials. Must call 270-4290 or stop by front desk to sign up. Limit five students per class. Loaner ukuleles provided for the class. Any questions please call Judy at 608-514-3274.



# 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 & 5th 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!! Oct. 12

Special Sponsor:

Dillett Company

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—The Hero

Starting Sam Elliot in one of his best performances!

FREE popcorn! Fri., Oct. 20 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 Opportunities

## Zumba Gold

Thursdays: 10:00-10:45 a.m. Four weeks / \$25  
Session one: October 5-26. Session two:  
Nov. 2-30. (no class on the 23rd).  
Minimum sign-up of six. Call 270-4290 or stop  
by to register and make payment.



## 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.*



## Build Your Core

Four weeks of exercises to help you remain active  
in your daily routine to improve strength and bal-  
ance. Exercises will be performed standing, sit-  
ting, and on the floor. It will be necessary for  
you to be able to get up and down from the  
floor.

Wednesdays from 9:30-10:30 a.m. \$25.  
Nov 1 -29. (no class Nov. 22).  
Call 270-4290 to register and make payment



## Functional Fitness

Monday, Wednesday and Friday from  
11:00-11:30 a.m. Class is chair-based and focus-  
es on strength, range of motion and balance.  
Cost is \$12 per month.



## Tai Chi Thursdays

8:30 a.m. Beginner-friendly.  
Donations at the front desk welcomed.

## Yoga W/ Kurt—Fall Session 2

Nov. 6— Dec. 18  
\$49—Seven weeks  
Level I 10:45 a.m.—12:00 p.m.  
Call 270-4290. Payment due upon signup.



## Program Scholarships

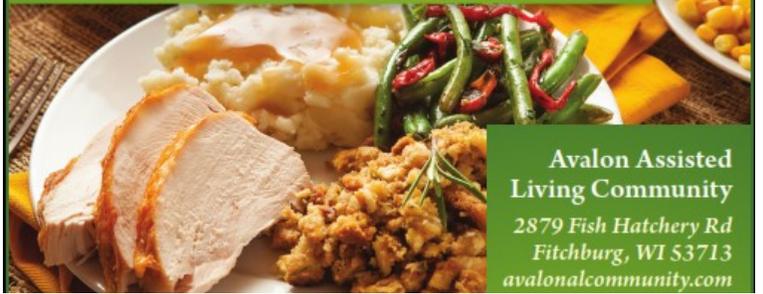
Thanks to the generosity of the Fitchburg Senior Center Friends  
we are able to offer program scholarships for classes offered at the  
Center. Scholarship applications are available at the front desk,  
or you can speak with a staff person to obtain an application.  
All applications are kept confidential.



## 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.

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



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# 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. **MUST indicate wheelchair upon sign-up.** 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**

**October 20**

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!**

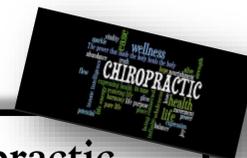
**Chair Massage W/ Gary Kuzynski**

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.



Thank you to three members of the Friends Board of Directors, whose terms end September 30, 2017: Judy Breunig, Tom Swant and Bob Davis. Three new members who are being welcomed to the Board beginning October 1 are: Dan Bach, Judith Hirsch and Scotty Sheets.

Officers of the Friends Board for the next year will be: Craig Davis, President; John Haberle, Vice President; Judy Christie, Secretary; Bob Hillner, Treasurer.

Thank you to all who visited Eplegaarden over Labor Day weekend for the Ice Cream Social, which donated toward "meals for seniors in need." We are also grateful to those who supported Grandparents' Day. A special thanks to the owner of Eplegaarden and the staff: Betty Forest, Rami Aburomia and Tom Olson for supporting the Friends' fundraising efforts. Many volunteers helped made these events successful by serving ice cream and snacks:

Berdi & Walt Kaegi, Carol Tiemann, Joanne Daniels, Cheryl Hamilton, Bonnie Riley, Judy Nichols, Sharon Owen, Jim Sosnouski, Mike Koch, Michael Christie, Mary Lou Carberry, James Danielson, Bonnie Francois, Jane & Bill Richardson, Sandy Turk, Rita & Denny Olin, Lindy Bass, Mary Phipps, Dan Bach, Judith Hirsch, Carolyn & John Hook, Sue & Mark Klein, Beverly Trafficante and Jane Davis.

Thank you all!

The Friends spent \$804 on special needs and \$121 on scholarships for those attending the Senior Center in the past month. A new dishwasher was purchased for the kitchen.

## Fitchburg Historical Society

The History of the Fitchburg Fire Department - 1971 to the present. The fall meeting happens on Sunday, October 8 at 1:30 p.m. on the second floor of the Fitchburg Public Library.

Fitchburg Senior Center  
5510 East Lacy Road  
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608-270-4290



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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  
Betty Otradovec, Office Asst.



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# October 2017

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Baked Fish w/Tartar Sauce ½ Baked Potato Corn Orange WW Dinner Roll Tapioca Pudding <b>VO – Baked Potato &amp; Veggie Cheese</b>	Chicken Parmesan Casserole Mixed Greens Ranch Dressing WW Dinner Roll Lime Jell-O w/Fruit <b>VO – Veg Meatballs with Cheese</b>	Chili Black Beans Corn Bread Orange Jell-O w/Pineapple Frosted Cake <b>VO – Veggie Chili</b>	Sausage Gravy over a Biscuit Hash Brown Patty Tomato Juice Diced Pears Chocolate Pudding <b>VO – Veggie Egg Bake</b>	Chicken Enchilada Casserole Black Beans Mandarin Oranges Banana Cookie <b>VO – Veggie Enchilada</b>
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Burger on WW Bun w/Let./Tom./Mayo Calico Beans Copper Penny Salad Apple Juice Cup Vanilla Ice Cream <b>VO – Black Bean Burger</b>	Italian Sausage w/Peppers & Onions Stewed Tomatoes Green Beans Orange Chocolate Cake <b>VO – Hummus Wrap</b>	BBQ Ribs Cheesy Potatoes Tossed Salad Italian Dressing Dinner Roll/Butter Pumpkin Bar <b>VO – Veggie Burger</b>	Chicken and Gravy 2 Slices of Bread Mixed Vegetables Apple Sauce Lime Jell-O w/Pears <b>VO – Veggie Meatballs w/Gravy</b>	Meat Sauce Spaghetti Noodles Bread Stick Fresh Mixed Greens French Dressing Vanilla Pudding <b>VO – Soy Meat Sauce</b>
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Ham Slice Yams Spinach Diced Pears WW Bead Brownie <b>VO – Cheese Sandwich</b>	Hearty Bean Soup Fresh Mixed Greens Creamy French Dressing WW Dinner Roll Strawberry Jell-O w/Diced Pears	Meatballs in Marinara Roasted Brussel Sprouts Diced Peaches WW Diner Roll Chocolate Pudding <b>VO – Veggie Meatballs</b>	Roasted Pork Loin 1/2 Baked Potato Cabbage Apple Sugar Cookie <b>VO – Veggie Patty</b>	Roast Beef Mashed Potatoes Glazed Carrots Dinner Roll Pumpkin Pie <b>VO – Black Bean Burger</b>
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Chicken Breast Baked Sweet Potato Spinach MG Bread Apple Crisp <b>VO – Veggie Wrap</b>	Cheese Burger w/Let./Tom./Mayo Corn Kidney Bean Salad Strawberry Jell-O w/Diced Peaches <b>VO – Veggie Burger</b>	Vegetable Barley Soup ½ Tuna Salad Sand. on WW Bread Banana Diced Pears Reece's Pieces Cookie <b>VO – Cheese Sandwich</b>	2 French Toast w/Syrup Sausage Patty Roasted Potatoes Apple Juice Banana Cinnamon Roll <b>VO – Cottage Cheese</b>	Sloppy Joe Tatter Tots Pea Salad Apple Sauce Chocolate Cake <b>VO – Vegetarian Sloppy Joe</b>
Monday 30	Tuesday 31			Friday Salad Option
Chicken a la King Brown Rice Corn Pickled Beets Orange Cookie <b>VO – Soy a la King</b>	BBQ Pulled Pork on Bun Potato Salad Corn w/Pimentos Apple Halloween Cookie <b>VO – Veggie Burger</b>	Senior Dining  Fellowship, Food & Fun		<b>(Dine-in only)</b> <b>6<sup>th</sup> – Hummus Plate</b> <b>13<sup>th</sup> - Pulled Pork Santa Fe</b> <b>20<sup>th</sup> – Harvest Salad</b> <b>27<sup>th</sup> – Tuna Salad</b> <b>*Meal has pork product</b>

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION

*All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.*

Please note: Guests on a NAS diet should not be receiving ketchup or mustard packets.

# October 2017

## Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																		
2 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness	3 8:30 AM Pickleball 8:30 AM Quilters <b>10:00 AM Shop_Walmart</b> 12:45 PM Euchre 1:00 PM Mahjong	4 8:30 AM Aerobics 9:45 AM Aerobics 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers	5 8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM FSC Friends 12:30 PM Bingo!! 1:00 PM Sheepshead	6 8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM Shop-Copps</u> 11:00 AM F-Fitness 1:30 PM Scrabble																																																																																																		
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## **Driver Escort Program Policy**

The Driver Escort program has proven to be a very vital resource the Senior Center offers to the community. Because of the great need for rides, it is essential that we are all on the same page in terms of how the Driver Escort Program in Fitchburg works.

Whether you are a RIDER or a VOLUNTEER DRIVER ESCORT, we'd like to reiterate the rules of our program. Some of these rules may sound new. Please know that we have put forth a great deal of discernment into how this program can work best for its riders, its drivers and the Senior Center staff.

### **Fitchburg Senior Center Driver Escort/Rider Policy:**

1. Riders must ONLY call the Senior Center staff to schedule rides with our drivers.
2. If a rider has to cancel his or her appointment our expectation of the rider is that the rider will attempt to call their driver to let him or her know and will also call us at the Senior Center.
3. Each rider is limited to 4 rides per month.
4. All rides that we give can only be to medical appointments. For example, we do not provide Driver Escort rides to the beauty shop or shopping trips.
5. The Senior Center requires 5 business days to find a volunteer driver. Riders must call 5 business days in advance to their appointments.
6. Driver Escorts are not allowed to pick riders up from procedures where anesthesia has been administered. For example: Drivers can take riders TO their scheduled colonoscopy, however, drivers are not allowed to take riders home AFTER their procedure.
7. Riders who are on Medicaid are not allowed to use this service.
8. Riders must provide a full address of the location of their medical appointment.

### **Some things to note about our program:**

1. The Senior Center may not always be able to find you a ride to your appointment, even if you are under your 4 rides per month limit. We are very sorry when this happens, however, it is a reality.
2. Riders can request a particular driver to take them to their appointments. Senior Center staff will always try to accommodate riders with their requests, however, riders may not always get the driver they requested.
3. There is no limit to how early riders can call the Senior Center to schedule a future ride. We encourage riders to call as early as possible when they know they will need a ride.
4. The Senior Center staff would like to encourage riders to see if they have a family member or a friend who can take them to their appointments. If that isn't an option for the rider, then we will do everything we can to accommodate the ride request.
5. Riders should indicate if they have limitations to what kind of vehicle picks them up. For example, let staff know if you are not able to get into a larger/taller vehicle.

**If you are reading this and feel as though you would like to volunteer your time to be a driver escort, please contact Volunteer Coordinator, Mandi Miller at 270-4293.**