



Prime Time News

December 2017

Fitchburg Senior Center
Volume VI Issue 12

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Class Registration—Back Page

Caregiver Support

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

Join us on Thursday,
December 14 at 10:00 a.m.

CLOSED

Dec. 25 & 26

Parkinson's Support

Join us the 2nd Monday of
each month at 2:00 p.m.



The Giving Tree

Many seniors are alone and without friends or family during the holidays. The purpose of the Giving Tree is to provide a gift for those seniors who might not otherwise receive gifts this holiday season. In the front lobby you will find our tree, with gift ideas available at the front desk. The process is easy! Pick a male/female ornament off the tree; give your name to the receptionist; purchase a gift for \$30 or less; wrap the gift; place ornament on gift and return to the Senior Center before December 20.

Christmas On The Smooth Side—Monday, Dec. 18

Come and enjoy a great Christmas meal and relax to the smooth tunes of Virge. If you missed Virge last month, you will want to mark this performance in your calendar. Virge is smooth on the trumpet and will play wonderful Christmas songs to spread the joy. The performance is what you make of it; listen, chat with your friends, relax and have a good time. Music starts at 11:30 a.m. and runs until you decide to head home.

Call 270-4290 today to make reservations for the noon lunch.

Congratulations Diane Fronck & JoAnn Russell!

RSVP of Dane County recognized Diane and JoAnn with service awards last month. JoAnn was given the Lifetime Achievement Award for giving 4,000 or more hours of service! Diane was celebrated for achieving 20 consecutive years of service! We are so lucky to have these women as part of the Fitchburg family of volunteers! When you see JoAnn or Diane give them a pat on the back for their amazing accomplishments!



New Offerings For You!



Smart Phones—Apple/Android

Dave St. Amant is back with new updates on smart phones. New software, new phones and do's and don'ts. More details coming in the January newsletter, but this is your chance to register early—this class will fill quickly!

Tuesday, January 16 at 1:00 p.m.
Call 270-4290 to reserve your spot!



EXTENDED TRAVEL—2018

The first tour in 2018 is Rome and the Country Roads of Tuscany provided by Premier World Discovery. The nine-day tour leaves March 13. Cost is \$3295 per person, twin room; \$100.00 booking discount available. Highlights include five nights in the spa town of Montecatini Terme. Travel to Lucca to explore Old Town. See the Leaning Tower of Pisa. Visit the Tuscany winery. Enjoy a Florence City Tour which includes a visit to the Academy Gallery to see Michelangelo's Statue of David. Spend time in Siena and San Gimignano. Travel to Assisi and visit the Basilica of St. Francis. Tour the city of Rome and enjoy historic sites such as the Colosseum and the Pantheon. Send \$500 registration fee now to secure your seat!

Other spring tours include:

Historic Natchez Value Tour provided by Mayflower Tours; 4/14-21

Scandinavian Highlights provided by Premier World Discovery; 5/17-28

Brochures available at the Fitchburg Senior Center.
Questions? Call Judy Broad 271-9077



Apple iPad—What's New!!

Thursday, December 14 at 10:00 a.m.

Jeremy Crosby and staff from the City FACTv Channel are back with some great new stuff to teach you about the Apple iPad. This is a can't-miss class. If you don't have an iPad, this class is a perfect start to see if it's worth your money.

Please call 270-4290 to register for this FREE but limited-space class.

DAY TRIPS 2018

All new day trips will be revealed in early 2018—check back often!

Medical Insurance Solutions for Seniors

2935 S. Fish Hatchery Road, #107
Fitchburg, WI 53711

Phone: 608-662-8288
Fax: 866-838-7749

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More!



Betty O. Leaving Us

It's been a great run, but our Betty Otradovec is heading for greener pastures! In honor of Betty's time here, we are hosting a send-off party on **Friday, December 1** at noon. Please come to celebrate, and meet our new receptionist, Suzi Jones!

Medicare Part D Open Enrollment Gives Opportunity to Save Money

Open enrollment for 2018 Medicare Part D plans runs now - 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!



ASK THE CHIROPRACTOR

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

Q: My neck and back always feel tighter as the weather gets colder. Why is that?

A: A lot of things affect us differently as the weather changes. We get less vitamin D from sun exposure (which can turn up the 'volume' of the pain message in your brain). And colder, shorter days often mean less outdoor activity. Without even realizing it, many people become more sedentary, which affects how tight things feel. Stay focused on your self-care basics: good sleep, exercise, food, laughter, and community.

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.

For help with Medicare Part D and/or the Extra Help program, call the Fitchburg Senior Center at 270-4290 and ask to speak with a Social Worker.

Foodwise Nutrition—UW Extension
 Nutrition education is back! Come learn about Eating better on a budget from LyTonia at 11:30 a.m. on Wednesday, December 13.

Cards With Terry

Join us for an afternoon of paper crafting on **Monday, Dec. 11 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.





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Tara Howard /Owner

608-279-3330

katz.dawgz54@gmail.com

www.2eyez4pawz.com



REACH Book Club

REACH Book Club will meet on Thursday, December 14, 2017 with a discussion of the book, *The Rosie Project* by Graeme Simsion. Don Tillman, a professor of genetics, sets up a project designed to find him the perfect wife, starting with a questionnaire that has to be adjusted a little as he goes along. Then he meets Rosie, who is everything he's not looking for in a wife, but she ends up his friend as he helps her try and find her biological father.

January 11, 2018: *The Accidental Empress* by Allison Pataki

February 8, 2018 : *Circling the Sun* by Paula McClain

REACH Book Club meets the 2nd Thursday of each month, September thru June at the Fitchburg Senior Center at 1:30 p.m. We do not meet in July or August.

Groups



Men's Group

Join us for our next meeting on **Tuesday, Dec. 12 at 2:00 p.m.**

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



Active Women's Group

No Meeting in December.

See you next year!

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

Mystery Book Club

The *I Love a Mystery Book Club* will not meet in December due to the holidays. We will resume on January 25, 2018 with a discussion of *Old World Muder: a Chloe Ellefson mystery* by Kathleen Ernst (Wisconsin author).

Dine Out

Couples Dinner Group

December 19 we will be going to Benvenutos-2949 Triverton Park Dr. - Fitchburg, WI. Any couple who would like to join us should e-mail Bev Davis at bevbdavis@aol.com or call 608-467-3990. Cocktails at 5:00 p.m., dinner at 5:30 p.m.



DISCOVER *the difference*

The Waterford at Fitchburg

5440 Caddis Bend
Fitchburg, WI 53711
t 608-270-9200 f 608-270-9222

waterfordatfitchburg.com

Women's Brunch

NEW!
Women's Brunch at The Pancake Café (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 or call 608-467-3990. We will be back at the Egg & I, starting January 2018.



The Fitchburg Senior Center Friends send happy and healthy holiday greetings to all!

For the month of October, \$260.00 was spent on special needs/scholarships.

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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 & 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!! Dec. 14

Special Sponsor:

Avalon Assisted Living Community

Game begins promptly at 12:30 p.m.

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2997 Yarmouth Greenway Dr., Ste. 100

Fitchburg, WI 53711

608-273-8609 ♦ cjlawwi.com

Estate Planning and Administration
Elder Law and Special Needs Planning

Movie Day—Returns in January!



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
December 7, 14, 21 & 28.
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.
December 6, 13, 20 & 27
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—Winter 2018

Jan. 8—Mar. 19 (no class 1/15) 
\$70—10 weeks
Level I 10:45 a.m.—12:00 p.m.
Call 270-4290. Payment due upon signup.

Indoor Walking—Break

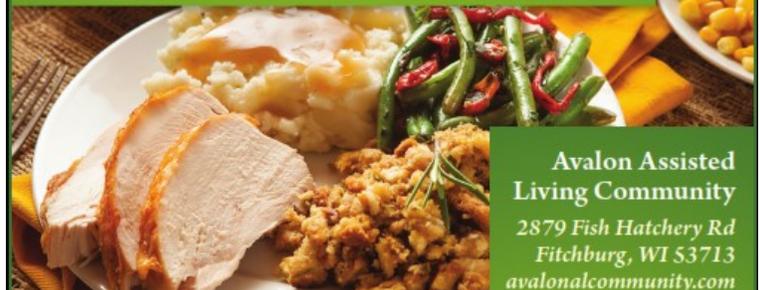
Away Sports! It's time for indoor
walking! We are so thankful for the opportunity
to walk at the indoor soccer facility, Break Away
Sports—thanks, Matt! Join us every Tuesday &
Thursday from 11:00 a.m. —12:00 p.m.
5964 Executive Dr. Fitchburg.



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!



Avalon Assisted
Living Community
2879 Fish Hatchery Rd
Fitchburg, WI 53713
avaloncommunity.com

Transportation Services P.7

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—SSM Health. Offered 2nd & 4th Wednesday & 4th Monday. Cost is \$20 & \$10. Call the Center for an appointment.
Must provide 2 towels.



Diabetic Footcare

December 17

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

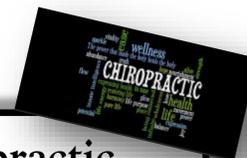
1st & 3rd Wednesday mornings
15 minutes = \$11
30 minutes—\$22
Call 270-4290 to register.

Body Wave Chiropractic

Laura Konopacki

Tuesdays 11:30—1:30 p.m.

Call 270-4290 to register.





DECEMBER 2017



Reservations **must** be made by 12:00 the day before by calling 270-4290

Friday 1

Friday Salad Option
1st - Chicken Santa Fe
8th - Taco
15th - Harvest
22nd - Tuna
29th - Chicken Confetti
(Salads are dine-in only)

Homemade Chili
 Corn Salad
 Corn Bread
 Jell-O w/Fruit Cocktail
 M&M Cookie
VO-Red Beans& Rice

*Meal has pork product Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Cheeseburger w/Lettuce, Tomato Calico Beans Carrots Apple Juice Pineapple Fluff VO - Veggie Burger	Italian Sausage*w/Peppers & Onions Stewed Tomatoes Roasted Potatoes WW Bread Apricots Cookie VO - Hummus Wrap	*Meatloaf Garlic Potatoes Broccoli Pineapple WW Bread Chocolate Cake VO - Veggie Meatballs	Open Faced Chicken & Gravy Sandwich Mixed Vegetables Apple Sauce Strawberry Jell-O w/Pears VO - Veggie Wrap	Spaghetti Bread Stick Mixed Green Salad Diced Peaches Vanilla Pudding VO - Soy Marinara
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Chicken a la King Brown Rice Corn Pickled Beets Mandarin Orange Cookie VO - Soy a la King	Green Pepper Soup Kidney Bean Salad WW Bread Banana Chocolate Pudding VO - Tomato Cheese Sandwich	Meatballs & Gravy* Roasted Potatoes Mixed Green Salad MG Bread Fruit cup Carrot Cake VO - Veggie Meatballs	Baked Mostaccioli Bread Stick Spinach Diced Peaches Oatmeal Cookie VO - Veggie Mostaccioli	Buffet Ham* Au Gratin Potatoes Glazed Baby Carrots Chunky Applesauce Dinner Roll Christmas Cookie VO-Au Gratin Potatoes w/Soy
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Turkey w/gravy Stuffing w/ Cranberries Green Salad Banana Pumpkin Bar VO - Black Bean Burger	Ham Slice* Yams Spinach Sliced Spiced Pears WW Bead Brownie VO - Quiche	Hearty Bean Soup Fresh Mixed Greens Creamy French Dressing WW Dinner Roll Apple Ice Cream	Meatballs in Marinara* WW Penne Pasta Brussel Sprouts Diced Peaches Pineapple Cake VO - Veggie Meatballs	Roasted Pork Loin* w/Gravy Mashed Potatoes Cabbage w/Apples WW Bread Mandarin Oranges Banana Bar VO - Garden Burger
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
 Closed	 Closed	Homemade Beef Stew Green Beans Dinner Roll/Butter Apple Sauce Chocolate Cake VO -Potato w/ Veggie & Cheese	Hungarian Goulash w/Macaroni Noodles Garlic Lemon Broccoli Kidney Bean Salad Diced Peaches Pound Cake VO - Soy Hungarian Goulash	White Chili Salad w/Tomato Fruit Cup Crackers Chocolate Cake VO - Black Bean Burger

December 2017

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
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<p style="text-align: right; font-size: 24px; margin: 0;">18</p> <p>8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness <u>12:00 PM Christmas Meal</u> 1:00 PM Open Art</p>	<p style="text-align: right; font-size: 24px; margin: 0;">19</p> <p>8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Shop-South Town 11:00 AM Indoor Walking 12:45 PM Euchre 2:00 PM Learning Annex</p>	<p style="text-align: right; font-size: 24px; margin: 0;">20</p> <p>8:30 AM Aerobics 9:45 AM Aerobics 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko</p>	<p style="text-align: right; font-size: 24px; margin: 0;">21</p> <p>8:30 AM Cross Stitch 8:30 AM Tai Chi 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead</p>	<p style="text-align: right; font-size: 24px; margin: 0;">22</p> <p>8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 1:30 PM Scrabble</p>																																																																																				
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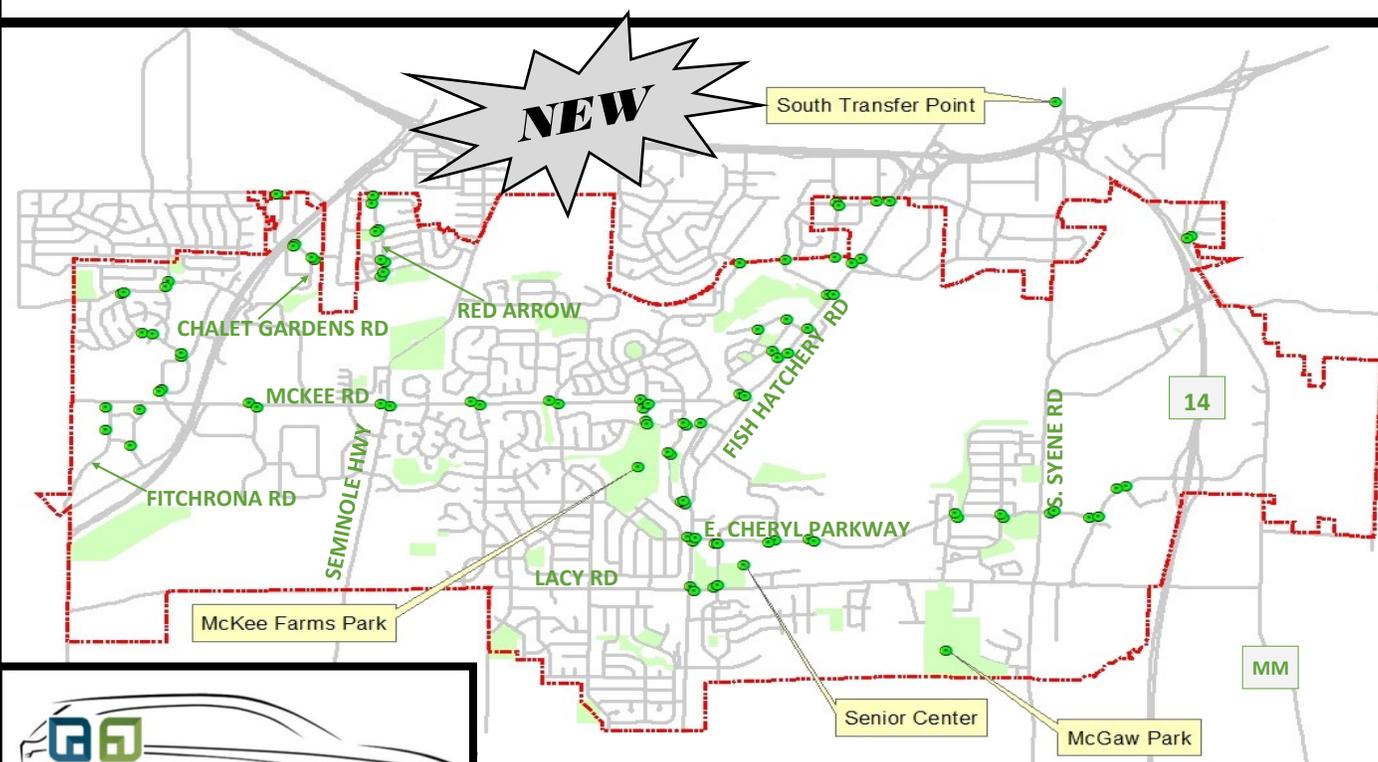
PLEASE ATTEND THIS INFORMATIONAL MEETING TO LEARN ABOUT THIS NEW SERVICE AVAILABLE TO ALL RESIDENTS OF FITCHBURG

FITCHBURG RIDE SHARE PILOT PROGRAM

A NEW TRANSPORTATION OPTION

Thursday, December 14TH @ 11:00^{AM} STONER PRAIRIE DINING ROOM
Fitchburg Senior Center—5510 Lacy Road

NEED TO GET AROUND FITCHBURG? ...TRY THE NEW FITCHBURG RIDE SHARE!



AVAILABLE BEGINNING ON DECEMBER 1ST 2017

For more information contact: Matthew Jones @ [414/477/8097]

Details of the Fitchburg Ride Share Pilot Program:

- Flat fare of \$2.00 per person per ride / \$1.00 per person for riders age 65 and above, disabled riders, and riders under 18.
- **Additional \$2.00 per custom pick up and/or an additional \$2.00 per custom drop off.**
* Any location that is not one of the 93 bus stops or one of the four additional designated stops (*McKee Farms Park, McGaw Park, City Center Campus/Senior Center, and *Metro Transit's South Transfer Point*) is defined as a custom pick up or drop off.
- **Additional cost for travel outside Urban Service Boundary, but within City of Fitchburg - \$1.50/mile**
* \$1.50/mile will be assessed for travel outside the Urban Service Boundary (**on map in grey above**) excluding rides to and from Metro Transit's South Transfer Point. Service is not provided outside city limits.