



Prime Time News

January 2018

Fitchburg Senior Center
Volume VIII Issue 1

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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, January 11 at 10:00 a.m.

*****CLOSED*****
Jan. 1 & 15

Movie Day-Megan Leavey
Based on a true story.
Jan. 19 at 12:40 p.m.

Have Your Doctor Visit You At Home

Does this sound too good to be true? Well, find out on Wednesday, **January 17 at 1:00 p.m.** as the Visiting Physicians Association Community Liaison, Jolene Lucas explains how the program works. VPA brings primary care services home to those who qualify. *VPA offers physical examinations, disease management, medication management, laboratory testing, mobile x-ray, cardiology and pulmonology consultation, transitional care expertise, and home care coordination.*

No sign-up required. Refreshments provided.



Stop Medicare Fraud

Don't let the scam artists steal your healthcare dollars!

Learn to protect yourself from healthcare scams. Get tips on how to detect Medicare fraud, and find out how to report Medicare errors, fraud and abuse.

Join Kevin Brown from SMP—(Senior Medicare Patrol) on Wednesday, **January 24 at 1:00 p.m.** Registration is requested, but not mandatory. Call 270-4290



AARP Tax Help

For those who could benefit from FREE, simple tax return help, this program is for you! The following dates run with 45-minute slots, so your taxes must be straightforward.

Fri.—February 23 Fri.—March 9
Fri.—March 23 Fri.—April 6

Call 270-4290 for your 45-minute appointment.



Memory Café

Coming To Fitchburg!

Details Coming In February!

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. Tuesday, January 16 at 1:00 p.m.

Call 270-4290 to reserve your spot!



Foodwise Nutrition—UW Extension

Nutrition education is back! Come learn about Smart Shopping from LyTonia at 11:30 a.m. on Wednesday, January 10.

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DAY TRIPS 2018

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

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EXTENDED TRAVEL

We are pleased to announce two new tours available in 2018!

- ◆ Iceland Explorer- Join travelers from the Stoughton and Janesville Senior Centers on this Premier Tour 10/10-16, 2018. (Brochure available soon.)
- ◆ Christmas at the Galt House and Opryland Resort Mayflower Tour 12/6-9/2018. Brochure available

Update on available 2018 tours announced earlier:

Register now if interested!

- ◆ Historic Natchez Value Tour-Motor -coach 4/14-21, \$1,669 per person, twin room. Seats available.
- ◆ Pacific Coast Journey 8/11-19; \$3,199 per person; twin room. Seats available.
- ◆ Albuquerque Balloon Festival 10/12-17 \$2,325 per person, twin room; \$100 booking discount. Seats available.

Brochures and registration forms are available on the ground floor of the Fitchburg Senior Center. Questions? Call Judith Broad at 608-271-9077



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More!



Aromatherapy

Scent can tap into powerful memories and emotions. Aromatherapy uses particular smells to evoke a variety of emotions and sensations, like calm, clarity, or relief from pain.

Find out more and enjoy some lovely scents in this relaxing and educational gathering. Essential oils, scrubs, and lotions will also be available for purchase. Fri, Jan 26, 9:30-10:15 a.m.
Cost \$10.



Don't Miss This One!

Join Fitchburg Access Community Television or FACTv for an overview of their great station! FACTv has been serving the City of Fitchburg since the early 90's and today has so many great things to offer the community. There are some big changes coming in 2018 for FACTv, and they want to share the news with you!

Along with the new changes, you will learn about their three stations, classes, and their daily newscast "Talking Fitchburg" which celebrated its 300th episode in 2017.

Jan. 22 at 10:30 a.m.

Annual Heating Moratorium

Wisconsin law prohibits utility companies from turning off electricity or natural gas to customers who are behind in payments from November 1 until April 15. However, this does not apply to customers who have already been disconnected prior to November 1. Customers who are currently disconnected and who have not made arrangements to pay their bills should call their utility companies right away. Utility companies do not have to reconnect service until a payment plan is in place. This means that the disconnection could last through the winter. Energy assistance is available for eligible households through the Wisconsin Home Energy Assistance Program (WHEAP). Eligibility is based on income. For more information about this program, call 1-866-HEATWIS (432-8947), visit the "Where to Apply" tab on www.homeenergyplus.wi.gov to find your local energy assistance agency, or call the Fitchburg Senior Center and ask to speak with one of the Social Workers.

Have Medicare questions? I have answers.

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REACH Book Club

REACH Book Club will meet at the Senior Center on **Thursday, January 11, 2018 at 1:30 p.m.** with a discussion of the book, *The Accidental Empress* by Allison Pataki. "The year is 1853, and the Habsburgs are Europe's most powerful ruling family. With his empire stretching from Austria to Russia, from Germany to Italy, Emperor Franz Joseph is young, rich, and ready to marry. Fifteen-year-old Elisabeth, "Sisi," Duchess of Bavaria, travels to the Habsburg Court with her older sister, who is betrothed to the young emperor. But shortly after her arrival at court, Sisi finds herself in an unexpected dilemma: she has inadvertently fallen for and won the heart of her sister's groom. Franz Joseph reneges on his earlier proposal and declares his intention to marry Sisi instead.

Thrust onto the throne of Europe's most treacherous imperial court, Sisi upsets political and familial loyalties in her quest to win, and keep, the love of her emperor, her people, and of the world.

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

March 8, 2018: *Astoria* by Peter Stark

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.

Mystery Book Club

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

Groups



Men's Group

Join us for our next meeting on
Tuesday, Jan. 9 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

Join us for our next meeting on

Tuesday, Jan. 23 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
and click on Active Women's Group.

Dine Out



Couples Dinner Group

January 9 we will be going to Liliana's, 2951 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.

Women's Brunch

NEW!

Women's Brunch at The Egg and I 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.



FSCF Board spent funds on the following activities and needs during the month of November: \$562 on special needs; \$90.50 to support scholarships for our folks; Thanksgiving meals through Independent Living for those unable to make it to friends or family members' homes for the holiday; a festive time and meals for over 50 veterans and their guests to celebrate Veterans' Day; and accordion doors for the dining room that are locked when the Senior Center is closed to protect some of the new acquisitions.

Happy Holidays to all!

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!! Jan. 11

Special Sponsor:

The Waterford at Fitchburg
 Game begins promptly at 12:30 p.m.



Cards With Terry

Join us for an afternoon of paper crafting on **Monday, Jan. 8 at 12:00 p.m.** Stamp - cut - punch - glue - and have fun playing with paper. For more details go to www.StampLadyKatie.com
 Cost: \$12.00.

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



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.

January 4, 11, 18 & 25. \$25

February 1, 8, 15 & 22. \$25

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.



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.



Build Your Core

Four weeks of exercises to help you remain active in your daily routine to improve strength and balance. Exercises will be performed standing, sitting, 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.

January 3, 10, 17 & 24

Call 270-4290 to register and make payment



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)

\$80—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

January 19

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

Blood Pressure

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

EMS BP&Glucose

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.



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ATTORNEYS AT LAW

Iris M. Christenson
Barbara S. Hughes

Mark T. Johnson
Meghan M. Teigen

2924 Marketplace Dr., Ste.102
Fitchburg, WI 53719
(608) 273-8609 · cjlawwi.com

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

www.fitchburgwi.gov

Jill McHone, Director
David Hill, Assistant Director
Mandi Miller, Nutrition Site
Mgr/Volunteer Manager
Amy Jordan, Social Worker
Sarah Folkers, Social Worker
Suzie Jones, Office Asst.



Accredited by the Wisconsin
Association of Senior Centers



For general questions, email us at:
FitchburgSeniorCenter@fitchburgwi.gov



Winter Weather Policy

In the event of inclement weather, the Senior Center will automatically cancel both home-delivered and congregate meal programs when the Oregon Schools are closed. The cancellation of all other programs will be at the discretion of the class instructor and/or the Senior Center Director. If you have any questions about class cancellations during the winter months, please call our main line at 270-4290. In the event staff are unable to answer the phone, all cancellations will be recorded on the Senior Center voicemail message.



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.

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tschumacher@fitchburgfamilyrx.com

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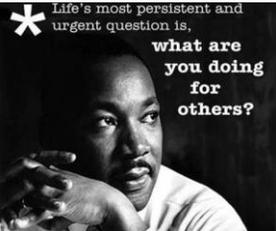


JANUARY 2018

Senior Dining



Fellowship, Food & Fun

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
	Roasted Chicken Breast ½ Sweet Potato Peas MG Bread Pumpkin Pie NCS – Pineapple VO – Veggie Burger	Chili Black Beans w/Corn Cornbread w/Butter Apple Juice Strawberry Shortcake NCS – SF Jell-o Cup VO – Red Bean & Rice	Pizza Casserole* Fresh Mixed Greens Peaches WW Dinner Roll Brownie NCS – Fresh Apple VO – Veggie Pizza Cass.	Lemon Baked Fish ½ Baked Potato Peas Apricots WW Bread Tapioca Pudding Cup NCS – SF Ice Cream VO – Bean Burger
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Sausage Gravy* Over a Biscuit (NAS – Quiche) Oven Roasted Potatoes Orange Juice Cup Spiced Pears Cinnamon Roll NCS – SF Cookie VO – Quiche	Chicken Parmesan Fresh Mixed Greens WW Dinner Roll Cherry Cobbler NCS –Peaches VO – Baked Potato w/Veggie Cheese Sauce	Chicken Enchilada Casserole Fiesta Black Beans Mandarin Oranges Banana Chocolate Chip Cookie NCS – SF Pudding VO – Veggie Enchilada	Homemade Chili Corn Salad Corn Bread Lime Jell-O w/Fruit Cocktail M&M Cookie NCS – Fruit Cup VO – Red Beans and Rice	Baked Chicken & Gravy Red Potatoes Stewed Tomatoes Sour dough roll Mandarin oranges Cherry Crisp NCS – SF Cookie VO – Garden Burger
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Closed 	Italian Sausage* w/Peppers & Onions Stewed Tomatoes Roasted Potatoes WW Bread Orange Chocolate Cake NCS – SF Cookie VO – Veg Wrap	Traditional Meatloaf * Garlic Mashed Potatoes Broccoli Pineapple WW Bread Peanut Butter Cookie NCS – Fresh Apple VO – Veggie Meatballs	Open Faced Chicken & Gravy Sandwich Mixed Vegetables Apple Sauce Strawberry Jell-O w/ Pears NCS – SF Jell-o VO – Soy Gravy Sandwich	Meat Spaghetti Bread Stick Fresh Mixed Greens Diced Peaches Vanilla Pudding NCS – SF Pudding VO – Soy w/ Sauce
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26 (Oregon)
Chicken a la King Brown Rice Corn Pickled Beets Mandarin Orange Cookie NCS – SF Cookie VO – Soy a la King	Green Pepper Soup Kidney Bean Salad WW Bread Banana Chocolate Pudding NCS –Peaches VO – Veggie Wrap	Meatballs in Gravy* Oven Roasted Potatoes Fresh Mixed Greens MG Bread Fruit cup Carrot Cake NCS –Pineapple VO – Veggie Meatballs	Baked Mostaccioli Bread Stick Spinach Diced Peaches Oatmeal Cookie NCS –Oranges VO – Veggie Mostaccioli	Baked BBQ Ribs Cheesy Potatoes Chunky Apple Sauce Mixed Greens Dinner Roll Pumpkin Bar NCS – Fruit Cup VO – Veggie Burger
Monday 29	Tuesday 30	Wednesday 31	Reservations <u>must</u> be made by 12:00 the day before by calling 270-4290 Friday Salad Option 5 th - Taco 12 th – Cordon Bleu 19 th - Harvest 26 th - Chicken Confetti (Salads are dine-in only)	
Ham Slice * Yams Spinach Sliced Spiced Pears WW Bread Brownie NCS – Fresh Apple VO – Cheese/Tomato Sandwich	Roasted Turkey w/Gravy Stuffing with Cranberries Fresh Greens Ranch Dressing Banana Pumpkin Bar NCS – SF Cookie VO – Soy w/ Gravy	Meatballs in Marinara* Over WW Penne Pasta Roasted Brussel Sprouts Peaches Pineapple Upside Down NCS – Pineapple VO – Veggie Meatballs with Marinara		

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.

January 2018

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																									
1 CLOSED	2 8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Shop-Walmart 11:00 AM Indoor Walking 12:45 PM Euchre 1:00 PM Mahjong	3 8:30 AM Aerobics 9:45 AM Aerobics 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko	4 8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM FSC Friends 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead	5 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																																																																																									
8 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos	9 8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Hookers 10:00 AM Shop-Woodmans 11:00 AM Indoor Walking 2:00 PM Men's Group	10 8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:45 AM Library Shuttle 11:00 AM F-Fitness <u>11:30 AM U.W. Nutrition</u> 1:00 PM Bunko	11 8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Caregiver Support 10:30 AM Blood Pressure 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Book Club	12 8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 1:30 PM Scrabble																																																																																									
15 CLOSED	16 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	17 8:30 AM Aerobics 9:45 AM Aerobics 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko <u>1:00 PM Doctor Home Visit Presentation</u>	18 8:30 AM Cross Stitch 8:30 AM Tai Chi 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead	19 8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM Shop-Copps</u> 11:00 AM F-Fitness <u>12:40 PM Movie Day</u> 1:30 PM Scrabble Diabetic Footcare																																																																																									
22 8:30 AM Aerobics <u>9:00 AM Footcare</u> 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 10:30 AM BP/Glucose Checks 11:00 AM F-Fitness 1:00 PM Dominos	23 8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Hookers 10:00 AM Shop-Aldis/HyVee 10:00 AM Shop-Target/HyVee/Aldis 11:00 AM Indoor Walking 2:00 PM Women's Group	24 8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko <u>1:00 PM Medicare Fraud</u>	25 8:30 AM Cross Stitch 8:30 AM Tai Chi 10:30 AM Blood Pressure 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Mystery Book Club	26 8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 1:30 PM Scrabble																																																																																									
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Ready, Set, Retirement!

This program provides valuable information for making key decisions before and after you retire.

Topics covered:

- Estate planning (wills & trusts, naming beneficiaries, and probate vs non-probate assets);
- Advanced directives (powers of attorney for health care and finance)
- Medicare
- Social Security

Friday, February 9th - 9:00 a.m. -12:30 p.m.
Fitchburg Senior Center - 5510 East Lacy Road

Arrive early to visit the booths from the Dane County Aging & Disability Resource Center (ADRC), special needs trusts, the Board on Aging and Long-Term Care, and other valuable resources. Refreshments provided.

This program is brought to you by the organizations below. Seats are limited.
Register today by calling (608) 243-2881.



*(*This event is for informational and educational purposes only. It is not a marketing or sales presentation. The goal is simply to provide neutral, unbiased information on these topics.)*



Wellness Checks Now Available!

Starting January 4th the Senior Center will be offering weekly wellness checks by a volunteer nurse.

No appointment necessary!

Thursdays 10:00a.m.—12:00p.m.
Fitchburg Senior Center Wellness Room

Services Offered:

- ⇒ Blood Pressure Checks
 - ⇒ Glucose Checks
 - ⇒ Weight Monitoring
- ⇒ Individual Education on: chronic health problems, healthy lifestyles, diet, nutrition, medication management and more.