



Prime Time News

February 2018

Fitchburg Senior Center
Volume VIII Issue 2

Look Ahead

Singers/Pancakes/Travel P.2

Cultural Event Series P.3

Book Clubs & Groups P.4

PLATO Returning P.5

Let's Get Crafty! Fun Zone P.6

Exercise Options P.7

Transportation/Wellness P.8

FSC Friends Updates P.9

Caregiver Support

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

Join us on Thursday,
February 8 at 10:00 a.m.

February is Black History Month

In honor of this, and keeping with the theme of the Winter Olympics, we will be showing a 15-minute video documenting African American athletes in the 1936 Olympics. Eighteen African American athletes represented the United States in the 1936 Olympics. African-Americans dominated the popular track and field events. Many American journalists hailed the victories of Jesse Owens and other African Americans as a blow to the Nazi myth of Aryan supremacy.

Video will be shown on Monday, February 12, at 11:45 p.m. If you would like to join us for lunch after, please call 270-4290.



Memory Café

This program is designed for people with memory loss, mild cognitive impairment, early Alzheimer's or other dementias.

Memory Cafés are a place where individuals with memory loss and their care partners can get together in a safe, supportive and engaging environment. This program will be facilitated by staff from the Alzheimer's Association.

Kick-off will be March 15 at 10:30 a.m.
Any questions, to call David at 270-4292.



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.

New!!
Wellness Checks!
Page 8

Footcare Increase

Starting Mar. 1
Regular: \$22 / Diabetic: \$30

New Offerings For You!



Fitchburg Singers Come Sing W/Us!



The Fitchburg Singers practice every 1st @ 3rd
Wednesday at 1:00 p.m.

Did you know that the singers have 25 +
retirees who love to sing? There is a spot waiting
for you! Love to perform? They do that too!
Stop in to a practice or call 270-4290 for more
details.



Extended Travel

***Booking Now - Register soon ***

~~ *looking for someplace warm* ~~

Natchez April 14-20 \$1,669 pp twin
includes B.B. King Museum & Vicksburg

Pacific Coast Journey August 11-19

\$3,199 per person, twin room

Iceland Explorer October 10-16

\$3,295/ \$3,195 per person, twin room

Albuquerque Balloon Fiesta October 12-17

\$2,325/ \$2,225 per person, twin room

Christmas Lights and Opryland December 6-9

\$1,439 per person, twin room

Brochures are available with full information.

Find them near the reception area of the
Fitchburg Senior Center

Questions? Call Judy Broad at 608-271-9077

Fitchburg Senior Center Friends

full to capacity - wait list only:

Rome and Tuscany, Scandinavia

Pancake Breakfast-Sunday, March 18



8:00 a.m.-12:00 p.m.

\$7 Adults / \$4 Children up to 10 Years

Scrambled Eggs~Sausages~Pancakes

Apple Sauce~Juice~Coffee

Come support the Fitchburg Senior Center

Any questions, call 270-4290

DAY TRIPS 2018

Sunday, March 18, Shedd Aquarium with Optional Behind-the-Scenes Tour

Departs Fitchburg Senior Center 5:30 a.m.

Estimated Return 7:00 p.m. Cost \$85

Final Payments Due on Feb 11, 2018

Sunday, April 29, 2018 Supper Club Sundays Hobnob Racine, WI

Departs Fitchburg Senior Center 9:30 a.m.

Estimated Return: 8:15 p.m. Cost: \$85

Frank Lloyd Wright buildings and dinner at
the Hobnob.

Final payment due on March 25, 2018



Community PC, LLC
remote & onsite service

A Full Service Shop in
Your Own Home!

PC - Mac - Android - Linux
Hardware - Software - Networking

We Specialize in Tech
Support for Seniors!

Ask Us About Printing Email Boxes
and Our SeniorPC™

Stop Yelling & Give Us a Shout®



608-268-7178

commpc.com

info@commpc.com

More!



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.

New!

Cultural Event Series To Begin

The Senior Center is proud to be hosting a variety of cultural events and music throughout 2018. We hope to build a greater understanding of the diverse cultures and artistic expressions found in our community, and to bring a greater appreciation of different traditions around the world.

In March we will be kicking off our Cultural Events series with traditional Indian dance and music. Mark your calendars for this first event on Monday, March 26 at 12:30 p.m.
Oak Hall Room (upper level).

Spring Into A New Way To View Aging



Come and listen to a senior (78 years old) who has gained a new perspective on aging in the last two years. Now is the time to think about the plan the 20-30 years we have to enjoy after retirement!

Presenter: Ellen L. Millar, RYT
Graduate of Duke University's Evidence-Based Master Class "Yoga For Seniors".

Thursday, March 8 at 10:00 a.m.

Medical Insurance Solutions for Seniors

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

Diane Dillett, CLTC, LUTCF

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

diane@dillettcompany.com
www.dillettcompany.com



Helpful Hands 4U, LLC

Compassionate Senior Move Management Services for You

Diane Hughes

608/575-3759

dhhands@sbcglobal.net
helpfulhands4U.com



DISCOVER *the difference*

The Waterford at Fitchburg

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

waterfordatfitchburg.com

REACH Book Club

REACH Book Club will meet on **Thursday, February 8, 2018** with a discussion of the book, *Circling the Sun* by Paula McClain. "Readers are transported to colonial Kenya in the 1920s. *Circling the Sun* brings to life a fearless and captivating woman-Beryl Markham, a record-setting aviator caught up in a passionate love triangle with safari hunter Denys Finch Hatton and Karen Blixen, who as Isak Dinesen wrote the classic memoir *Out of Africa* .

Brought to Kenya from England as a child and then abandoned by her mother, Beryl is raised by both her father and the native Kipsigis tribe who share his estate. Her unconventional upbringing transforms Beryl into a bold young woman with a fierce love of all things wild and an inherent understanding of nature's delicate balance. But even the wild child must grow up, and when everything Beryl knows and trusts dissolves, she is catapulted into a string of disastrous relationships."

March 8, 2018 *Astoria* by Peter Stark

April 12, 2018 *Delicious* by Ruth Reichl

May 10, 2018 *The Boys in the Boat* by Daniel James Brown

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

The *I Love a Mystery Book Club* will meet on **Thursday, February 22, 2018** at the Senior Center with a discussion of the book, *Queen of the South* by Arturo Perez-Reverte. Teresa Mendoza's boyfriend is a drug smuggler who the narcos of Sinaloa, Mexico call "the king of the short runway," because he can get a plane full of cocaine off the ground in three hundred yards. But in a ruthless business, life can be short, and Teresa even has a special cell phone that Guero gave her, along with a dark warning.

Groups



Men's Group

Join us for our next meeting on
Tuesday, Feb. 13 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, Feb. 27 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

February 20 we will be going to Oliva's Italian - Mediterranean Cuisine, 751 N High Point Rd., Madison .

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

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.

Lecture Series

Foodwise Nutrition— UW Extension

Come learn about \$ for food away from home by LyTonia at 11:30 a.m. on Wednesday, February 7.

PLATO—Readings By Gabriel Garcia Marquez Fridays: March 2—May 4 from 10:00 a.m. to 12:00 p.m.

*Chronicle of a Death Foretold / Love in the Time of Cholera
One Hundred Years of Solitude*

Pre-enrollment required, email John at : jrkinar@charter.net



Cutting The Cable Cord Options

Just a reminder that you don't need to wait for one of David's informational programs on alternative options to expensive cable and satellite tv. Feel free to call David at 270-4292 to schedule a time to sit down and brainstorm the best options for you. Whether you are just giving it some thought or are ready to make the move, let David help you sort through the options. Call today!

PLATO NOVELS OLD AND NEW

February 26:

The Handmaid's Tale, by Margaret Atwood

March 4 and 12:

Pope Joan, by Donna Woolfolk Cross

March 19:

Never Let Me Go, by Kazuo Ishiguro

March 26 and April 2:

Island, by Aldous Huxley

April 9:

House Made of Dawn, by N. Scott Momaday

April 16 and April 30

The Narrow Road to the Deep North, by Richard Flanagan

Get involved! Call: 608-262-5823

Car Concierge Auto Delivery

You fly, let me drive!

Vehicle Delivery Service in Continental U.S.

Specializing in Snowbirds
But will deliver anywhere in USA

608.692.8322 • Timdybevik77@gmail.com
www.carconciergeautodelivery.com

Bonded Dybevik Enterprises, LLC Insured

Have Medicare questions? I have answers.

**Allen and Leigh Maxwell, Licensed
Sales Representatives**
2980 Cahill Main
Fitchburg, WI 53711
608-630-9776, TTY 711
UHCMedicareSolutions.com

 **UnitedHealthcare**
Medicare Solutions

Sprint Print

Promises Delivered... Since 1987

· Full Color & Spot Color Printing ·
· Digital Color Output · Volume Copying ·

2790 S. Fish Hatchery Road, Madison, WI
(608) 277-7500 · www.sprintprint.com

Let's Get Crafty At Stamp Camp W/ Terry!

Join in the fun the second Monday of the month, from 12:00-2:00 p.m., making hand-stamped greeting cards. No experience necessary! For more details, contact Terry Schultz at: sraschultz0924@yahoo.com Cost: \$12.00



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

Terry has been teaching extracurricular K-5 programming for the past 22 years, initially teaching Spanish independently through local PTAs. Terry is also a volunteer for various organizations. A long-time interest in crafting, making her own greeting cards and scrapbooking are just some of Terry's passions! Call today and find out how fun Stamping with Terry can be!

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!! Feb. 8

Special Sponsor:

Ruth Domack—First Weber
Fitchburg Police & Police Dog
Drago will be serving lunch!
Game begins promptly at 12:30 p.m.

Movie Day—Dunkirk

Dunkirk received a 92% Rotten
Tomato rating! Don't miss this one!
Friday, February 23 at 12:40 p.m.



**Comfort
Keepers**

a sodexo brand



**REMAIN INDEPENDENT
IN THE PRIVACY &
COMFORT OF YOUR
OWN HOME**

COMFORTING SOLUTIONS FOR IN-HOME CARE™

Screened, Bonded & Insured • Light Housekeeping
24-hour Care Available • Transportation Services
Skilled Nursing • Bathing & All Personal Care
Respite Care • Homemaking Services • Live In Services

**DANE COUNTY
442-1898**

Each office independently
owned and operated.

comfortkeepers.com/madison-wi

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.



Exercise Opportunities

Zumba Gold

Thursdays: 10:00-10:45 a.m. Four weeks.

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.

Jan. 31 / Feb. 7, 14 & 21

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—2018



Currently in progress. New sessions starting in April.

TEASER! Wednesday classes coming!

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



Diabetic Footcare

February 16

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.



Wellness Checks with Nurse Nancy

Thursdays 10:00 a.m.—12:00 p.m.

*****(10:30 start on 2/15/18)*****

Services Offered:

Blood Pressure Checks

Glucose Checks

Weight Monitoring

Individual Education on: chronic health problems, healthy lifestyles, nutrition, med management.

Walk-ins welcomed. 270-4290

The Fitchburg Senior Center Friends invested money in the following items during the month of December, 2017 to benefit our Center:

- Special needs- \$675.00
- \$131.00 for Holiday meals
- \$48.00 for Scholarships
- \$150.00 for Singers

\$3,000.00 to help with city campus directional signage

Salad Option Friday's

Call a day in advance: 270-4290!

Join us for lunch on a Friday & ask for the SALAD!

February Salads!

NEW

February Salads!

Chef's Salad—02/02

Mixed Greens topped with deli ham & turkey, Swiss cheese, sliced green pepper, tomatoes, a hard boiled egg

Dressing: Ranch

Meal items to be served with this: MG Bread w/ butter, Pumpkin pie

Chicken Salad —02/09

Shredded lettuce topped with Cranberry pecan chicken salad, tomatoes, cucumbers and croutons.

Dressing: Balsamic Vinaigrette

Meal items to be served with this: Banana, Chocolate chip cookie

Pork Taco Salad —02/16

Shredded lettuce topped with seasoned shredded pork, diced tomatoes, cheese, salsa, black olives, sour cream and tortilla strips. **Dressing:** None

Meal items to be served with this: Apple sauce, strawberry Jell-o with pears

Hummus Plate —02/23

Hummus served with pita, cucumber slices, tomatoes, celery sticks and sliced green peppers. **Dressing:** None

Meal items to be served with this: Banana, Coconut Cream Pie

*Limited to dine in only.

Fitchburg RideShare—Use It!!

1. Call: 608-504-2453 & press 6.
 2. Richwoodtransport.com/Fitchburg-rideshare
- Flat fare of \$2 per person per ride / \$1 per person for riders age 65+ and disabled riders. For more information, call or visit the website listed above. Brochures available at the Center.

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.

CHRISTENSON JOHNSON LLC

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

Estate Planning · Estate & Trust Settlement
Elder Law · Special Needs Planning · Real Estate

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



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.



Thad Schumacher, PharmD
tschumacher@fitchburgfamilyrx.com

Conveniently Located: Hatchery Hill Town Center
Phone: (608) 274-3784
Fax: (608) 274-3780
After Hours: (608) 886-7117

Hours:
9am-6pm, Mon-Fri
9am-1pm, Sat



Want to know your home's value? Call or e-mail

Ruth Domack, Realtor
608-444-6060
domackr@firstweber.com

A Fitchburg resident for over 35 years . . .



The human side of real estate.





February 2017

Senior Dining



Fellowship, Food & Fun

Salad Option Fridays

(Salads are dine-in only)

2nd – Chef's

9th – Chicken

16th - Pork Taco

23rd – Hummus Plate

*Meal has pork product

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



<u>Salad Option Fridays</u> (Salads are dine-in only) 2 nd – Chef's 9 th – Chicken 16 th - Pork Taco 23 rd – Hummus Plate *Meal has pork product Reservations <u>must be made by 12:00 the day before</u> by calling 270-4290			Thursday 1	Friday 2
Monday 5 Pizza Casserole* Spinach Peaches WW Dinner Roll Brownie VO – Veggie Pizza Casserole NCS –SF Ice Cream	Tuesday 6 Lemon Baked Fish ½ Baked Potato Peas Apricot WW Bread Tapioca Pudding VO – Veggie Burger NCS – SF Pudding	Wednesday 7 Chicken Parmesan Casserole Salad Ranch Dressing Dinner Roll Cherry Cobbler VO – Pasta w/Tomato Sauce and Mozzarella NCS – Diced Peaches	Thursday 8 Sausage Gravy* Over a Biscuit Roasted Potatoes Orange Juice Cup Spiced Pears Cinnamon Roll VO - Quiche NCS –SF cookie	Friday 9 Chicken Enchilada Casserole Fiesta Black Beans Mandarin Oranges Banana Cookie VO – Veggie Enchiladas NCS – Fruit cup
Monday 12 Cheeseburger w/ Lettuce Calico Beans Carrots Apple Juice Cup Pineapple Fluff VO – Black Bean Burger NCS – SF Pudding	Tuesday 13 Italian Sausage* w/Peppers & Onion Stewed Tomatoes Roasted Potatoes WW Bread Orange Chocolate Cake VO – Veggie Dog NCS – SF Cookie	Wednesday 14 Baked Fish Au Gratin Potatoes Peas Mini Croissant Mandarin Oranges Red Velvet Cake VO – Veggie Wrap NCS - Pineapple	Thursday 15 Meatloaf* Garlic Potatoes Broccoli Pineapple WW Bread Cookie VO – Veggie Meatballs NCS – SF Jell-O	Friday 16 Open Faced Chicken & Gravy Sandwich Mixed Vegetables Apple Sauce Jell-O w/Pears VO – Veggie Burger NCS – Mandarin Oranges
Monday 19 Meat Sauce Spaghetti Noodles Bread Stick Corn Diced Peaches Vanilla Pudding VO – Soy Meat NCS – Apple	Tuesday 20 Chicken a la King Brown Rice Salad Pickled Beets Mandarin Orange Cookie VO – Soy la King NCS –SF Ice Cream	Wednesday 21 Green Pepper Soup Kidney Bean Salad WW Bread Banana Chocolate Pudding VO – Hummus Wrap NCS –Diced Peaches	Thursday 22 Meatballs in Gravy* Roasted Potatoes Salad MG Bread Fruit cup Carrot Cake VO – Veggie Meatballs NCS – SF Cookie	Friday 23 Baked Chicken Caribbean Rice Tropical Fruit Bananas Coconut Cream Pie VO – Garden Burger NCS – SF Pudding
Monday 26 Baked Mostaccioli Bread Stick Spinach Diced Peaches Oatmeal Cookie VO – Veggie Mostaccioli NCS – Fruit Cup	Tuesday 27 Baked Ham ½ Sweet Potato Salad Dinner Roll w/Butter Key Lime Pie VO - Quiche NCS –Oranges	Wednesday 28 Roasted Turkey w/Gravy & Stuffing Salad Banana Pumpkin Bar VO – Veggie Meatballs NCS –SF Cookie	<p>Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION <i>All menu items are prepared in kitchens that are not allergen-free.</i> <i>We cannot guarantee that food allergens will not be transferred through cross-contact.</i></p>	

February 2018

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																		
<div style="border: 1px solid red; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; font-size: small;">Jan 2018</p> <table style="width: 100%; border-collapse: collapse; font-size: x-small;"> <thead> <tr> <th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th> </tr> </thead> <tbody> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </tbody> </table> </div> <div style="border: 1px solid red; padding: 5px;"> <p style="text-align: center; font-size: small;">Mar 2018</p> <table style="width: 100%; border-collapse: collapse; font-size: x-small;"> <thead> <tr> <th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th> </tr> </thead> <tbody> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </tbody> </table> </div>	M	T	W	T	F	S	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					M	T	W	T	F	S	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		<p style="text-align: right; font-size: 2em; color: blue;">1</p> <p>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</p>	<p style="text-align: right; font-size: 2em; color: blue;">2</p> <p>8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM Shop-Pick N Save</u> 11:00 AM F-Fitness 1:30 PM Scrabble</p>
M	T	W	T	F	S	S																																																																																
1	2	3	4	5	6	7																																																																																
8	9	10	11	12	13	14																																																																																
15	16	17	18	19	20	21																																																																																
22	23	24	25	26	27	28																																																																																
29	30	31																																																																																				
M	T	W	T	F	S	S																																																																																
			1	2	3	4																																																																																
5	6	7	8	9	10	11																																																																																
12	13	14	15	16	17	18																																																																																
19	20	21	22	23	24	25																																																																																
26	27	28	29	30	31																																																																																	
<p style="text-align: right; font-size: 2em; color: blue;">5</p> <p>8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness</p>	<p style="text-align: right; font-size: 2em; color: blue;">6</p> <p>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</p>	<p style="text-align: right; font-size: 2em; color: blue;">7</p> <p>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</p>	<p style="text-align: right; font-size: 2em; color: blue;">8</p> <p>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</p>	<p style="text-align: right; font-size: 2em; color: blue;">9</p> <p>8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 1:30 PM Scrabble</p>																																																																																		
<p style="text-align: right; font-size: 2em; color: blue;">12</p> <p>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</p>	<p style="text-align: right; font-size: 2em; color: blue;">13</p> <p>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</p>	<p style="text-align: right; font-size: 2em; color: blue;">14</p> <p>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</p>	<p style="text-align: right; font-size: 2em; color: blue;">15</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: 2em; color: blue;">16</p> <p>8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM Shop-Pick N Save</u> 11:00 AM F-Fitness 1:30 PM Scrabble Diabetic Footcare</p>																																																																																		
<p style="text-align: right; font-size: 2em; color: blue;">19</p> <p>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 Open Art</p>	<p style="text-align: right; font-size: 2em; color: blue;">20</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</p>	<p style="text-align: right; font-size: 2em; color: blue;">21</p> <p>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</p>	<p style="text-align: right; font-size: 2em; color: blue;">22</p> <p>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</p>	<p style="text-align: right; font-size: 2em; color: blue;">23</p> <p>8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 12:40 PM Movie Day 1:30 PM Scrabble</p>																																																																																		
<p style="text-align: right; font-size: 2em; color: blue;">26</p> <p>8:30 AM Aerobics 9:00 AM Footcare 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</p>	<p style="text-align: right; font-size: 2em; color: blue;">27</p> <p>8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Hookers 10:00 AM Shop-Target/HyVee/Aldis 11:00 AM Indoor Walking 2:00 PM Women's Group</p>	<p style="text-align: right; font-size: 2em; color: blue;">28</p> <p>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</p>																																																																																				