



Prime Time News

March 2018

Fitchburg Senior Center
Volume VIII Issue 3

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Caregiver Support

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

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

Travel Shows
in March
Page 2

Footcare Increase

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

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

Applesauce-Juice-Coffee

Come to support the Fitchburg Senior Center!

Any questions, call 270-4290

Memory Café



This program is designed for people with memory loss, mild cognitive impairment, early Alzheimer's and 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. Lower level-Senior Center.

Any questions, call David at 270-4292.

Evening Yoga W/ Lucas

Thursdays, 6:00-7:00 p.m.

Beginner to intermediate yoga practitioners. This class will offer an intro to the Alignment Yoga approach, focusing on proper body mechanics, core strength and mindfulness. Lucas Lippert is a certified 200-hour yoga instructor. **March 15-May 3.** Cost: \$65. Call 270-4290 to register and pay.

++Must provide own yoga mat++



More Yoga W/ Kurt!!

Monday Yoga is so popular that Kurt has decided to open up all new sessions on Wednesdays. If getting into Kurt's classes has been difficult, this is your opportunity!

See page 7 for more details.

New Day Trips

A Winged Affair, Tuesday May 8, 2018

Visit the Air Venture Museum located at EAA's Aviation Center in Oshkosh with Lunch at Ginger's Hideaway and explore the Horicon Marsh via a boat tour.

Depart Fitchburg Senior Center: 5:30 a.m.

Estimated return: 7:00 p.m.

Cost: \$99.00

Payment Due: April 3, 2018

Supper Club Sunday at the Duck Inn Supper Club, Delavan, June 10, 2018

Visit a rose garden of 400 bushes with a waterfall, bridge and gazebo. Dinner at the supper club.

Depart Fitchburg Senior Center: 12:15 p.m.

Estimated return: 7:30 p.m.

Cost: \$75.00

Payment due: May 6, 2018

Milwaukee's Gold Coast, Wednesday, June 20, 2018

Visit Villa Terrace Decorative Arts Museum overlooking Lake Michigan. Lunch is served at Sobelman's on St. Paul Ave., located in a 128-year-old building originally occupied by Schlitz Tavern. Following lunch take a 90-minute sightseeing boat trip along Milwaukee's rivers, harbors and Lake Michigan.

Departs Fitchburg Senior Center: 7:45 a.m.

Estimated return: 6:15 p.m.

Cost: \$89.00

Payment due on May 15, 2018

For Reservations and payment contact Badger Bus Tour at 800-416-2049.

For questions contact Sharon Trimborn at 608-271-9077, Senior Center Day Trip Travel Volunteer.

Travel!

March Travel Shows

March 14 at 1:00 p.m.

Mayflower Tours with Maria

Natchez, Pacific Coast, Opryland, and more

March 20 at 1:00 p.m.

Premier World Discovery with Mike

Iceland, Albuquerque, and more ...

Want to go somewhere different?

Country Travel Discoveries

Mayflower Tours

Premier World Discovery

are all now partnering with Fitchburg to offer seniors an opportunity to travel to their desired destinations.

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



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Food Wise Nutrition

1. What makes a meal— Mar. 7.
2. Cooking for One or Two—Mar. 28.

W/ LyTonia at 11:30 a.m.

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.

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.

We have delayed the kick off date to **April 27** and will be welcoming ***Red Lehr's Powerhouse Five + One***, from the Capital City Jazz Fest!!! Mark your calendars and watch April's newsletter for more details.

12:45 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 plan the 20-30 years we have to enjoy in 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
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REACH Book Club

REACH Book Club will meet on **Thursday, March 8, 2018 at 1:30 p.m.** at the Senior Center with a discussion of the book, *Astoria* by Peter Stark. Astoria is the thrilling, true-adventure tale of the 1810 Astor Expedition, a three-year journey to forge an American empire on the Pacific Coast. John Jacob Astor and Thomas Jefferson wanted to found a colony on the West Coast to become a Pacific trading power. *Astoria* is a tale of high adventure and incredible hardship in the wilderness and at sea. Of the more than 140 members of the two advance parties that reached the West Coast—one crossing the Rockies, the other rounding Cape Horn—nearly half perished by violence. Others went mad. Within one year, the expedition successfully established Fort Astoria, a trading post on the Columbia River. Though the colony would be short-lived, it opened provincial American eyes to the potential of the Western coast, and its founders helped blaze the Oregon Trail.

April 12, 2018 *Delicious* by Ruth Reichl

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

June 14, 2018 Choose books for next year



The *I Love a Mystery Book Club* will meet on **Thursday, March 22, 2018 at 1:30 p.m.** at the Senior Center with a discussion of the book, *Dutch Me Deadly* by Maddy Hunter. As a travel escort for seniors, Emily Andrew-Miceli has led her feisty Iowa clan all over the world. This time, they're off to see historic windmills, classic Rembrandts, and picturesque canals in Holland—if they can ever unplug from their smartphones, that is. Joining them is the high school class from Bangor, Maine, whose 50th reunion celebration goes south faster than a fallen Brussels sprout soufflé as old rivalries start heating up. It gets even more mysterious when one unpopular reunioner goes missing . . .

Groups



Men's Group

Join us for our next meeting on
Tuesday, Mar. 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, Mar. 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

On Tuesday, March 20, The Fitchburg Couples Dinner Group will dine at Johnny's Italian Steak House, a place reminiscent of the old fashioned supper clubs of the 40's and 50's.

8390 Market Street, Middleton, WI.

Anyone interested in joining the group please e-mail Bev Davis@aol.com or call her at 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 bevdavis@aol.com or call 608-467-3990.

Tech Central



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!

FREE Over-The-Air Antenna Loans—Call David 270-4292

iPad—What You Need To Know!

Jeremy & Andrew from the Fitchburg FACTv Government channel are back to explore all things iPad. Have questions? Have issues that you can't resolve on your own? Call right now and sign up for this class! 270-4290. Registration is required. Class is capped at 20 students. Call 270-4290 today.

Thursday, March 22 from 10:00—11:30 a.m.



Podcast 101—March 22 **at 1:00 p.m.**

Podcasts are a great resource and super popular. If you are interested in listening to current events, books or just general information on thousands of topics—this class is for you.

This is our first offering of podcasting!
Presented by Dave St. Amant of Community PC, LLC

You must call to reserve your spot. 270-4290

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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: rsaschultz0924@yahoo.com Cost: \$12.00 Payment due to the Senior Center one week prior to class. You must call 270-4290 to register.

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.

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!! Mar. 8

Special Sponsor:

Helpful Hands 4U, LLC

Game begins promptly at 12:30 p.m.



Movie Day—Wonder

Wonder received a 85% Rotten Tomato rating! Don't miss this one! Friday, March 23 at 12:40 p.m.



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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. Three weeks.

March 15, 22 & 29. \$18.75

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.



Build Your Core

Three 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.

Wednesdays from 9:30-10:30 a.m. \$18.75.

March 14, 21 & 28

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 focuses 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—2018

Mondays: Apr. 2—June 4 (no class 5/28))

\$72—9 weeks

Level 1 10:45 a.m.—12:00 p.m.

Wednesdays: Apr. 4—May 30

\$72—9 weeks

Level 1 10:45 a.m.—12:00 p.m.

★ Level 2 9:15 a.m.—10:30 a.m. (Advance)

Call 270-4290. Payment due upon sign-up.



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.

Evening Yoga W/ Luke

Thursdays, 6:00—7:00 p.m.

March 15—May 3. \$65

Must bring own mat. Call 270-4290



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.

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 \$22 & \$10. Call the Center for an appointment.

Must provide 2 towels.



Diabetic Footcare

March 16

The cost of this clinic is \$30. Please call 270-4290 to schedule an appointment.

Blood Pressure
Offered during the "Wellness Check" hours:
10:00 a.m.—12:00 p.m.
No appt. needed.
Every Thursday.

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.

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

We provided \$589 for emergency meals to our seniors; scholarships were supported in the amount of \$36; and, on February 2, our Board hosted a symposium attended by board members and others from seven senior centers in the Wisconsin area to share ideas. Perhaps we will consider some ideas from the meeting to incorporate at our senior center.

Fitchburg Volunteer Quilter Group

In 2017, our very own Quilter group made over 100 large quilts, 48 lap/baby blankets, 106 stuffed dolls, 56 bags and three scarves! All this hard work benefits those in need in and around Dane County through the RSVP program.
Way to go, Quilters!



Meals in Memory....



In memory of Saroj and Sushil Bansal, who were long-time participants at the Senior Center, lunch on the 4th Monday of every month will be sponsored in their memory. *All who join us for lunch on this day will not need to make a donation.*

PLAY TIME!

Cribbage Anyone?

Like playing Cribbage?
The Senior Center wants to hear from you. 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 date has 45-minute slots, so your taxes must be straightforward.

All slots are FULL.

Call to check on cancellations. Call 270-4290

LIBRARY NOTICE



DANE COUNTY library books arrive the 4th Friday of each month.

FITCHBURG library section has the following magazines. Magazines in the plastic holds should be read at the center. When new ones arrive the old ones are placed on the dining room table (no set schedule) for anyone to take home. The DVD collection is getting smaller. Please be sure to return DVDs so others can use them.

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Meghan M. Teigen

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



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

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avaloncommunity.com

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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March 2018

			Thursday 1	Friday 2
			Meatballs w/Marinara* WW Penne Noodles Brussel Sprouts Diced Peaches Pineapple Upside Down Cake NCS – SF Jell-o VO – Veggie Meatballs	Roasted Pork Loin* Mashed Potatoes Baked Cabbage w/Apples WW Bread w/Butter Mandarin Oranges Banana Bar NCS – Fresh Apple VO – Black Bean Burger
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Potato Crusted Fish 1/2 Baked Potato w/Butter Sugar Snap Peas Pineapple Dinner Roll Frosted Confetti Cake NCS – SF Ice Cream VO – Veggie Burger	Ham Slice * Yams Spinach Sliced Spiced Pears WW Bread Brownie NCS – Peaches VO – Veggie Wrap	Hearty Bean Soup Fresh Mixed Greens WW Dinner Roll Apple Vanilla Ice Cream NCS – SF Cookie VO – N/A	Beef Stew Green Beans Dinner Roll Apple Sauce Frosted Marble Cake NCS – Fruit Cup VO – Soy Beef Stew	Chicken Cordon Bleu 1/2 Baked Potato w/Sour Cream Green Bean Casserole Fruit Cup Roll Pistachio Pudding NCS – SF Pudding VO – Hummus Wrap
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Hungarian Goulash Garlic Lemon Broccoli Kidney Bean Salad Diced Peaches Pound Cake NCS – Fresh Orange VO – Garden Burger	Veg. Barley Soup 1/2 Tuna Sandwich Banana Carrot Slaw Cookie NCS – SF Cookie VO – Cheese/Tomato Sandwich	Roasted Chicken Breast 1/2 Baked Sweet Potato Peas MG Bread w/Butter Pumpkin Pie NCS – Pineapple VO – Egg Salad Sandwich	Pizza Casserole* Fresh Mixed Greens Peaches WW Dinner Roll Brownie NCS – SF Jell-o VO – Veggie Pizza Casserole	Corned Beef Cabbage/Carrot/Potato Blend Watergate Salad Rye Bread Grasshopper Pie NCS – Fresh Apple VO – Veggie meatballs
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Lemon Baked Fish 1/2 Baked Potato Peas Apricot WW Dinner Roll Tapioca Pudding Cup NCS – SF Ice Cream VO – Black Bean Burger	Chicken Parmesan Casserole Fresh Mixed Greens Ranch Dressing WW Dinner Roll Cherry Cobbler NCS – Diced Peaches VO – Baked Potato w/Veggie Cheese Sauce	Sausage Gravy* Over a Biscuit Oven Roasted Potatoes Orange Juice Cup Spiced Pears Cinnamon Roll NCS – SF Cookie Pkt. VO – Quiche	Chicken Enchilada Casserole Fiesta Black Beans Mandarin Oranges Banana Chocolate Chip Cookie NCS – Fruit Cup VO – Veg Enchiladas	Homemade Chili Corn Salad Corn Bread Lime Jell-O w/Fruit Cocktail M&M Cookie NCS – SF Pudding VO – Soy Chili
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Cheeseburger w/Lettuce/Tomato Calico Beans Carrots Apple Juice Cup Pineapple Fluff NCS – Orange VO – Garden Burger	Italian Sausage*w/Peppers & Onions Stewed Tomatoes Seasoned Potatoes WW Bread Orange Chocolate Cake NCS – SF Cookie VO – Hummus Wrap	Open Faced Chicken & Gravy Sandwich Mixed Vegetables Apple Sauce Strawberry Jell-o w/Pears NCS – Pineapple VO – Veggie Meatballs & Gravy	Traditional Meatloaf* Garlic Mashed Potatoes Broccoli Pineapple WW Bread Cookie NCS – SF Jell-o VO – Quiche	Baked Lemon Fish Roasted Red Potato California Blend Rye Roll Tropical Fruit Mix Cake NCS – Apple VO – Veggie Wrap



Salad Option Friday's

2nd – Chicken

9th – Chef's

16th – Hummus Plate

23rd – Pork Taco Salad

30th – Tuna Salad

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

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION

Senior Dining



Fellowship. Food Fun

March 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;">Feb 2018</p> <table style="width: 100%; border-collapse: collapse; font-size: x-small;"> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> <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></td><td></td><td></td><td></td></tr> </table> </div> <div style="border: 1px solid red; padding: 5px;"> <p style="text-align: center; font-size: small;">Apr 2018</p> <table style="width: 100%; border-collapse: collapse; font-size: x-small;"> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </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					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							<p style="text-align: right; font-size: 2em; color: blue;">1</p> <p>8:30 AM Cross Stitch 8:30 AM Tai Chi 9:00 AM Visiting Nurse 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>
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<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 9:00 AM Visiting Nurse 10:00 AM Aging Well 10:00 AM Caregiver Support 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>																																																																																									
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<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 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>	<p style="text-align: right; font-size: 2em; color: blue;">29</p> <p>8:30 AM Cross Stitch 8:30 AM Tai Chi 9:00 AM Visiting Nurse 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead</p>	<p style="text-align: right; font-size: 2em; color: blue;">30</p> <p>8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 1:30 PM Scrabble</p>																																																																																									