



Prime Time News

May 2018

Fitchburg Senior Center
Volume VIII Issue 5

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CLOSED—MAY 28

Parkinson's Support
With Bob Gilpatrick
Monday, May 21 at
2:00 p.m.

Memory Café
Every third
Thursday—Next
meeting May 17 at
10:30 a.m.



Older Americans Month—Engage At Any Age!

Please join us on Wednesday, **May 16** as we celebrate Older Americans Month. The theme for 2018 is **Engage At Any Age!** We will begin our celebration at 11:30 a.m. by recognizing seniors 90 years and older with a group photograph and small gift. Following the photo will be a delicious lunch served at noon, and entertainment by our very own Fitchburg Singers. For 30 years the Fitchburg Singers have entertained audiences all over Dane County. The Singer's program this year is titled "Questions In Song". Be sure to call 270-4290 the day before by 12:00 p.m. to reserve your lunch.



Downsizing: Hints and Helpful Tips

Come to the "Downsizing the Easy Way" seminar on May 17 at 1:00 p.m. at the Fitchburg Senior Center. Learn about downsizing tips on what sells and how to sell it, and the ups and downs of reducing stuff and relieving stress. Marianne Gariti, owner of Moving Forward, will offer advice, answer questions and help guide your concerns to acceptable solutions. Ruth Domack, First Weber, Inc, will explain the current real estate market, how to prepare your home for sale and address the newest concept of "staging".
Call 270-4290 to register.



Outdoor Pickleball

We can't guarantee good weather anytime soon, but we can tell you that the Swan Creek tennis courts are booked every Tuesday from 8:00 a.m.-12:00 p.m. for Pickleball play. You must provide your own equipment. Indoor play continues year-round.



Mallards Baseball!

Join us for a fun afternoon of baseball with the Madison Mallards. \$20 gets you optional transportation, ticket, hotdog, soda, chips and hat! June 27 at 12:05 p.m. Please call the Senior Center at 270-4290 for more details on how to register!

More!



Senior Farmers Market Vouchers

You may be eligible to receive vouchers for use in purchasing \$25 worth of locally grown fruits, vegetables and herbs at Farmers Markets and roadside farm stands in Wisconsin during the 2018 season.

The Fitchburg Senior Center will hold distribution on **Wednesday, June 6 from 10:00 a.m. – 12:00 p.m.** Vouchers will be given on a first-come, first-served basis. You must be a resident of Dane

County and at least 60 years of age. The 2018 gross income limit for a one-person household is \$1,872/mo. (\$22,459/year); for a two-person household it is \$2,538/mo. (\$30,451/year). You

are not required to provide proof of income; when you fill out the application and sign it, you are self-declaring that you qualify for the program. Only one set of vouchers per household is allowed.

Household is defined as anyone, related or not, living together and sharing expenses. Vouchers cannot be mailed to you. If you have questions, please call the Fitchburg Senior Center at 270-4290 and ask to speak with one of the Social Workers.

Memory Café

This program is designed for people with memory loss, mild cognitive impairment, early Alzheimer's and other dementias. Third Thursday of every month at 10:30 a.m.

Call 270-4290 and ask for David

You're Invited to

Aging Advocacy Day!

May 16, 2018, Madison, WI

Join other advocates and help educate state legislators about issues affecting Wisconsin's aging population! No experience necessary, you'll get the training and support you need before meeting with state lawmakers.

Wisconsin has a long, proud history of grassroots advocacy on the part of older people in the state. Become a part of the citizen-led initiatives that have made Wisconsin's aging programs some of the best in the nation!

9:00 — 3:00 p.m.
Bethel Lutheran Church, 312 Wisconsin Ave., Madison, and the Wisconsin State Capitol



Your voice can make a difference!

Registration begins March 1 at <https://gwaar.org/AgingAdvocacyDay> or contact your local aging unit or ADRC.

Registration deadline is May 1, 2018.



Ready, Set, Retirement

Friday, May 11

9:00 a.m. -12:30 p.m.

Fitchburg Public Library

5530 East Lacy Road

Call 243-2881 to reserve a seat.



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Day Trips

NEW: Kohler Holiday Market @ Wreath Factory, Kohler, WI

Friday, Nov 16, 2018. Stops at the Wreath Factory in Plymouth, WI., Wisconsin Holiday Market and lunch at Antoinette's Signature Pasta Entrees. Cost \$85. Departure: 7:00 a.m. Estimated Return: 6:30 p.m. all from Fitchburg Senior Center lower level. Contact Badger Bus 1-800-416-2049 for reservations. Payment by October 10, 2018.

Supper Club Sunday at the Duck Inn Supper Club, Delavan, June 10, 2018, Cost: \$75.00. Depart Fitchburg Senior Center: 12:15 p.m., Estimated return: 7:30 p.m. Pick up and drop off at Fitchburg Senior Center lower level. Contact Badger Bus 1-800-416-2049 for reservations.
Payment by May 6, 2018

Milwaukee's Gold Coast, Wednesday June 20, 2018. Boat trip and lunch included. Cost \$89.00
Departs 7:45 a.m., estimated return 6:15 p.m. Pick up and drop off at Fitchburg Senior Center lower level. Contact Badger Bus 1-800-416-2049 for reservations. Payment by May 15, 2018.

Rock River Boats and Bluffs, Oregon, IL, Wednesday, Sept. 19. Boat cruise and lunch. Cost \$98. Departs 8:45 a.m., estimated return 6:00 p.m. Pick up and drop off at Fitchburg Senior Center lower level. Contact Badger Bus 1-800-416-2049 for reservations. Payment by August 15, 2018.

Holiday Stocking Stuffer, Lake County, IL, Wednesday, Nov 7, 2018. Lunch included. Cost \$100.00. Departs 6:10 a.m., estimated return 7:50 p.m. Pick up and drop off at Fitchburg Senior Center lower level. Contact Badger Bus 1-800-416-2049 for reservations. Payment by October 8, 2018.

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

Travel!

COUNTRY MUSIC STAR
see **TRACE ADKINS** in
a Christmas concert



RESORT AWARD WINNER
two nights at **OPRYLAND RESORT**
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CHRISTMAS THEMED
performances of "Holiday Inn" and
Opryland's "Ice" show
Holiday Art and Craft Show

Start your holidays
with a four-day trip!

CHRISTMAS AT OPRYLAND
December 2 - 5, 2018
\$1,439 per person, twin room

Brochures with details available
at Fitchburg Senior Center.

Questions?

Call Kathy S. at 608-274-2768
Fitchburg Senior Center Friends

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REACH Book Club

REACH Book Club will meet at the Senior Center on Thursday, May 10, 2018 at 1:30 p.m. with a discussion of the book, *The Boys in the Boat* by Daniel James Brown. "The Boys in the Boat" is the well-researched tale of the University of Washington rowing crew that captured a gold medal in the 1936 Berlin Olympics. Author Brown adroitly ties together a wide net of coaching problems, family issues, myriad rowing technicalities, and timely political hot points to name a few. Readers will learn how a serious crew is put together. The author also sheds some light on the Nazi rise to power in the early 1930s.

We are close to the summer break and will choose books for next year at the June meeting. If you have suggestions, write the name of the book, author and your name and drop them off in David's office, bring them to the May meeting, or email them to dmullaly@att.net.

June 14, 2018: Choose books for next year

Groups



Men's Group

Join us for our next meeting on
Tuesday, May 8 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, May 22 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, May 15, The Fitchburg Couples Dinner Group will dine at Sugar River Pizza. Located at 957 Liberty Dr., Verona. Anyone interested in joining the group please e-mail Bev at BevDavis@aol.com or call her at 608-467-3990. Cocktails at 5:00 p.m. with dinner at 5:30 p.m.



The *I Love a Mystery Book Club* will meet at 1:30 p.m., Thursday, May 24, 2018 at the Senior Center with a discussion of the book, *The Confessional*. This book was written by Fitchburg author W. J. Ferguson. He will be leading the discussion of his book. This is not an author talk. We will follow our usual format of discussing the book by using a set of questions.

Caregiver Support

If you are caring for a loved one with dementia, you are not alone.
Join us on Thursday,
May 10 at 10:00 a.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

Calling MacBook Users....

Alright, just for the MacBook lovers out there! Bring your MacBook in on Wednesday, May 23 at 10:00 and learn all sorts of tips and tricks. Don't have one, but thinking about purchasing? This class is for you as well. Join Jeremy and Andrew from FACTv for a great learning experience. This class is open-ended for questions and answers throughout. First time offering, don't miss out! Call 270-4290 to reserve your seat.

Did You Know?

Senior Center Help

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Leigh Maxwell

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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. (two tables)
- Bunko—Wed. @1:00 p.m.
- Open Art—3rd Mon. @ 1:00 p.m.
- Yarn Group—Mon. @ 9:00 a.m.

\$20 Blackout Bingo!! May 10

Special Sponsor:

Dillet Company

Game begins promptly at 12:30 p.m.

Movie Day - Darkest Hour

A riveting historical drama depicts the early days of Winston Churchill's leadership of the U.K. during WWII.

Popcorn provided! Friday, May 25 at 12:40 p.m.

PLAY TIME!

Chess

Anyone interested in playing and/or teaching. Call David at 270-4292.



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.
May 3, 17, 24 & 31 (no class on 10th). \$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.



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. Four weeks.
May 2, 9, 16, 30 (no class 23rd) \$25
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.

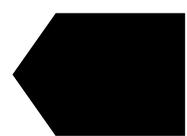
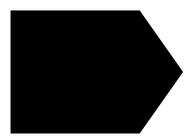
Yoga W/ Kurt—2018

Mondays: June 18—August 27 (no class 7/30)
\$80—10 weeks
Level 1 10:45 a.m.—12:00 p.m.
Wednesdays: June 20—Aug. 29 (no class 8/1)
\$80—10 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.



Outdoor Pickleball

Swan Creek tennis courts reserved
Tuesdays 8:00 a.m. - 12:00 p.m.
Open play



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.

Medical Insurance Solutions for Seniors

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

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

Diane Dillett, CLTC, LUTCF
diane@dillettcompany.com
www.dillettcompany.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 \$22 & \$10. Call the Center for an appointment.

Must provide 2 towels.



Diabetic Footcare

May 18

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

New!

Hair Care

Appointments occur one Monday per month - please call for dates/times. We are asking for a \$15 donation for the service. Payment must be made at the front desk prior to your appointment.

Call 270-4290

Chair Massage W/ Gary Kuzynski

2nd & 4th Thursday mornings

15 minutes = \$11 / 30 minutes—\$22

Call 270-4290 to register.



Wellness Checks with Nurse Nancy

Thursdays 9:30 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

\$700.00 was spent to support special needs by the Friends Board during the month of March.
GOOD WISHES TO ALL FOR A SPLENDID SPRING!

Come learn about the Fitchburg Senior Center's role in a UW Madison women's health research study!

Did you know that the Fitchburg Senior Center partnered with UW Madison on a women's health research study? We worked together with a research team headed by Dr. Heidi Brown from the UW School of Medicine to create a workshop called Mind Over Matter: Healthy Bowels, Healthy Bladder, which teaches women how to keep their bladder and bowels healthy by making simple changes to their diet and exercise routine.

Dr. Brown and her team are coming to the Senior Center on **Tuesday, May 8 at 11:00 a.m.** to share results of this statewide research study. Dr. Brown will give a presentation about the study and discuss the impact of this work. Come learn about our contribution to the science of developing an "evidence-based" program!

CHRISTENSON JOHNSON^{LLC} ATTORNEYS AT LAW

Iris M. Christenson
Barbara S. Hughes

Mark T. Johnson
Meghan M. Teigen

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Fitchburg, WI 53719
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Food Wise Nutrition
Enhancing Food Flavor—May 9.
W/ LyTonia at 11:30 a.m.



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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.*

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



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

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.

Fitchburg Family Pharmacy

Thad Schumacher, PharmD
tschumacher@fitchburgfamilyrx.com

Location: Fish Hatchery Road and High Ridge Trail
Phone: (608) 274-3784
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MAY 2018



	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
<p>Reservations must be made by 12:00 the day before by calling 270-4290</p>	Chicken Mac Salad Marinated Tomatoes Mixed Greens Peaches Ice Cream VO – Soy Salad NCS – Ice Cream	Cheeseburger on a Bun Calico Beans Peas Fruit Cocktail Cake VO – Garden Burger NCS – Diced Peached	Baked Fish ½ Baked Sweet Potato Creamy Coleslaw WW Bread Apricots Cookie VO – Veggie Wrap NCS – SF Cookie	Enchilada Casserole Corn Salsa Black Beans Cornbread Banana Ice Cream VO – Bean Burrito NCS – Fruit
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
BBQ Chicken Breast ½ Baked Potato Seasoned Corn WW Bread Tropical Fruit Chocolate Cake VO – Black Bean Burger NCS – SF Pudding	Cheese Tortellini Bake Bread Stick Green Beans Mandarin Oranges Blueberry Crisp VO – Veg Tortellini NCS – SF Cookie	Chicken Salad on a Mini Croissant Broccoli Salad Pickled Beets Peaches Pudding VO – Egg Salad NCS – SF Pudding	Shepherds Pie WW Bread Creamed Spinach Apple Juice Strawberry Jell-o VO – 3 Veg Meatballs NCS – SF Jell-o	BBQ Ribs* Potato Salad Green Bean w/ almonds Rye Bread/Butter Strawberry Shortcake VO – Hummus Wrap NCS – SF Cookie
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Teriyaki Pork* Mashed Potatoes Garden Blend Vegetables WW Bread Mandarin Oranges Blueberry Pound Cake VO – Veggie Burger NCS – Pineapple	Spinach, Mushroom & Swiss Quiche Diced Roasted Red Potatoes Orange Juice Spiced Apples Donut VO – N/A NCS – Orange	Meatball* Sub Carrots Mixed Greens Balsamic Vinaigrette Banana Ambrosia Salad VO – Veg meatballs NCS – Apple	Chicken Sandwich on Bun w/ Lettuce/Tomato/Mayo Bean Salad Corn Orange Strawberry Dessert VO – Grain Burger NCS – Ice Cream	Sloppy Joe on Bun Tater Tots Green Beans Banana Frosted Chocolate Cake VO – Soy Sloppy NCS – SF Cookie
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Tuna Salad Sandwich on WW Bread Tomato/Cucumber/Onion Salad Carrot Raisin Slaw Pears Apple Sauce Bar VO – Egg Salad NCS – Fruit	Hamburger on Bun Ketchup/Mustard BBQ Baked Beans Broccoli Slaw Tropical Fruit Tapioca Pudding VO – Garden Burger NCS – SF Pudding	Mediterranean Chicken Rice Medley Marinated Tomatoes Cucumber Salad Pineapple Root Beer Float VO – Hummus & Pita NCS – Mandarin Oranges	Meatloaf Mashed Potatoes Gravy Apricots WW Bread Grape Juice Cake Vo – Multigrain Burger NCS – SF Pudding	Spinach, Bacon* & Swiss Quiche Herb Tomatoes Tomato Juice Iced Cinnamon Roll Strawberry Yogurt VO – Veggie Quiche NCS – SF Jell-o
Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday Salad Option
	Chicken Strips BBQ Sauce Green Beans Macaroni Salad Fruit Apple Crisp VO – Cheese & Tomato Sandwich NCS – Orange	Baked Mostaccioli Breadstick Broccoli Banana Brownie VO – Veggie Mostaccioli NCS – Pineapple	Chicken & Gravy over WW bread Mashed Potatoes Green Beans Orange Cookie VO – Veggie Wrap NCS – SF Cookie	<p>(Dine-in only)</p> <p>4th – Fruit Plate</p> <p>11th – Chef's</p> <p>18th - Taco</p> <p>25th – Hummus Plate</p>

May 2018

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																	
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; font-size: small;">Apr 2018</p> <table style="width: 100%; border-collapse: collapse; font-size: x-small;"> <tr> <td style="border-bottom: 1px solid black;">M</td> <td style="border-bottom: 1px solid black;">T</td> <td style="border-bottom: 1px solid black;">W</td> <td style="border-bottom: 1px solid black;">T</td> <td style="border-bottom: 1px solid black;">F</td> <td style="border-bottom: 1px solid black;">S</td> <td style="border-bottom: 1px solid black;">S</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td style="text-align: center;">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	29	30							<p style="font-size: 2em; color: #4a69bd;">1</p> <p>8:30 AM Pickleball</p> <p>8:30 AM Quilters</p> <p>9:00 AM Outdoor Pickleball</p> <p>10:00 AM Shop-Walmart</p> <p>12:45 PM Euchre</p> <p>1:00 PM Mahjong</p>	<p style="font-size: 2em; color: #4a69bd;">2</p> <p>8:30 AM Aerobics</p> <p>9:45 AM Aerobics</p> <p>10:45 AM Library Shuttle</p> <p>11:00 AM F-Fitness</p> <p>1:00 PM Bunko</p> <p>1:00 PM Singers</p>	<p style="font-size: 2em; color: #4a69bd;">3</p> <p>8:30 AM Cross Stitch</p> <p>8:30 AM Tai Chi</p> <p>9:30 AM Visiting Nurse</p> <p>10:00 AM FSC Friends</p> <p>12:30 PM Bingo!!</p> <p>1:00 PM Sheepshead</p>	<p style="font-size: 2em; color: #4a69bd;">4</p> <p>8:30 AM Aerobics</p> <p>9:00 AM Ping Pong</p> <p><u>10:00 AM Shop-Pick N Save</u></p> <p>11:00 AM F-Fitness</p> <p>1:30 PM Scrabble</p>
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<p style="font-size: 2em; color: #4a69bd;">7</p> <p>8:30 AM Aerobics</p> <p>9:00 AM Yarn Group</p> <p>9:45 AM Aerobics</p> <p>10:00 AM Bridge</p> <p>11:00 AM F-Fitness</p>	<p style="font-size: 2em; color: #4a69bd;">8</p> <p>8:30 AM Pickleball</p> <p>8:30 AM Quilters</p> <p>9:00 AM Outdoor Pickleball</p> <p>10:00 AM Hookers</p> <p>10:00 AM Shop-Woodmans</p> <p>2:00 PM Men's Group</p>	<p style="font-size: 2em; color: #4a69bd;">9</p> <p>8:30 AM Aerobics</p> <p>9:00 AM Footcare</p> <p>9:45 AM Aerobics</p> <p>10:45 AM Library Shuttle</p> <p>11:00 AM F-Fitness</p> <p>1:00 PM Bunko</p>	<p style="font-size: 2em; color: #4a69bd;">10</p> <p>8:30 AM Cross Stitch</p> <p>8:30 AM Tai Chi</p> <p>9:30 AM Visiting Nurse</p> <p>10:00 AM Caregiver Support</p> <p>12:30 PM Bingo!!</p> <p>1:00 PM Sheepshead</p> <p>1:30 PM Book Club</p>	<p style="font-size: 2em; color: #4a69bd;">11</p> <p>8:30 AM Aerobics</p> <p>9:00 AM Ping Pong</p> <p>9:00 AM Retirement Seminar</p> <p>11:00 AM F-Fitness</p> <p>1:30 PM Scrabble</p>																																																	
<p style="font-size: 2em; color: #4a69bd;">14</p> <p>8:30 AM Aerobics</p> <p>9:00 AM Yarn Group</p> <p>9:45 AM Aerobics</p> <p>10:00 AM Bridge</p> <p>11:00 AM F-Fitness</p> <p>1:00 PM Dominos</p>	<p style="font-size: 2em; color: #4a69bd;">15</p> <p>8:30 AM Pickleball</p> <p>8:30 AM Quilters</p> <p>9:00 AM Outdoor Pickleball</p> <p>10:00 AM Shop-South Town</p> <p>12:45 PM Euchre</p>	<p style="font-size: 2em; color: #4a69bd;">16</p> <p>8:30 AM Aerobics</p> <p>9:45 AM Aerobics</p> <p>10:45 AM Library Shuttle</p> <p>11:00 AM F-Fitness</p> <p>11:30 AM Singers Concert</p> <p>1:00 PM Bunko</p>	<p style="font-size: 2em; color: #4a69bd;">17</p> <p>8:30 AM Cross Stitch</p> <p>8:30 AM Tai Chi</p> <p>9:30 AM Visiting Nurse</p> <p>10:30 AM Memory Cafe</p> <p>12:30 PM Bingo!!</p> <p>1:00 PM Sheepshead</p>	<p style="font-size: 2em; color: #4a69bd;">18</p> <p>8:30 AM Aerobics</p> <p>9:00 AM Ping Pong</p> <p><u>10:00 AM Shop-Pick N Save</u></p> <p>11:00 AM F-Fitness</p> <p>1:30 PM Scrabble</p> <p>Diabetic Footcare</p>																																																	
<p style="font-size: 2em; color: #4a69bd;">21</p> <p>8:30 AM Aerobics</p> <p>9:00 AM Yarn Group</p> <p>9:45 AM Aerobics</p> <p>10:00 AM Bridge</p> <p>11:00 AM F-Fitness</p> <p>1:00 PM Open Art</p> <p>2:00 PM Parkinson's Support</p>	<p style="font-size: 2em; color: #4a69bd;">22</p> <p>8:30 AM Pickleball</p> <p>8:30 AM Quilters</p> <p>9:00 AM Outdoor Pickleball</p> <p>10:00 AM Hookers</p> <p>10:00 AM Shop-Target/HyVee/Aldi</p> <p>2:00 PM Women's Group</p>	<p style="font-size: 2em; color: #4a69bd;">23</p> <p>8:30 AM Aerobics</p> <p>9:00 AM Footcare</p> <p>9:45 AM Aerobics</p> <p>10:45 AM Library Shuttle</p> <p>11:00 AM F-Fitness</p> <p>1:00 PM Bunko</p>	<p style="font-size: 2em; color: #4a69bd;">24</p> <p>8:30 AM Cross Stitch</p> <p>8:30 AM Tai Chi</p> <p>9:30 AM Visiting Nurse</p> <p>12:30 PM Bingo!!</p> <p>1:00 PM Sheepshead</p> <p>1:30 PM Mystery Book Club</p>	<p style="font-size: 2em; color: #4a69bd;">25</p> <p>8:30 AM Aerobics</p> <p>9:00 AM Ping Pong</p> <p>11:00 AM F-Fitness</p> <p>12:40 PM Movie Day</p> <p>1:30 PM Scrabble</p>																																																	
<p style="font-size: 2em; color: #4a69bd;">28</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">CLOSED</p>	<p style="font-size: 2em; color: #4a69bd;">29</p> <p>8:30 AM Pickleball</p> <p>8:30 AM Quilters</p> <p>9:00 AM Outdoor Pickleball</p> <p>10:00 AM Shop-Walmart</p>	<p style="font-size: 2em; color: #4a69bd;">30</p> <p>8:30 AM Aerobics</p> <p>9:45 AM Aerobics</p> <p>10:45 AM Library Shuttle</p> <p>11:00 AM F-Fitness</p> <p>1:00 PM Bunko</p>	<p style="font-size: 2em; color: #4a69bd;">31</p> <p>8:30 AM Cross Stitch</p> <p>8:30 AM Tai Chi</p> <p>9:30 AM Visiting Nurse</p> <p>12:30 PM Bingo!!</p> <p>1:00 PM Sheepshead</p>	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; font-size: small;">Jun 2018</p> <table style="width: 100%; border-collapse: collapse; font-size: x-small;"> <tr> <td style="border-bottom: 1px solid black;">M</td> <td style="border-bottom: 1px solid black;">T</td> <td style="border-bottom: 1px solid black;">W</td> <td style="border-bottom: 1px solid black;">T</td> <td style="border-bottom: 1px solid black;">F</td> <td style="border-bottom: 1px solid black;">S</td> <td style="border-bottom: 1px solid black;">S</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td style="text-align: center;">1 2 3</td> </tr> <tr> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> </tr> <tr> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> </tr> <tr> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> </tr> <tr> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</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	29	30								
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