



# Prime Time News

## September 2018

Fitchburg Senior Center  
Volume VIII Issue 9

### Look Ahead

Stepping On P.2

Mind Over Matter P.2

Day/Extended Travel P.3

Book Clubs & Groups P.4

TV Help / Social Services P.5

Chicago Stepping / Games P.6

Exercise For All Levels P.7

Transportation/Wellness P.8

**Closed Sept. 3**

### Travel Show!

October 4  
See page 3

**Chicago **NEW!****  
**Steppin'**  
**See Page 6 For**  
**Details!**

**FSCF—Ice Cream Social-Sept. 1, 2 & 3**  
FSCF Directors and Senior Center volunteers will be serving free ice cream at Eplegaarden's Old Fashioned Ice Cream Social on Labor Day weekend. Your donations will go to support Fitchburg Senior Center's "Meals for Seniors in Need." Also, on **Sunday, Sept. 9**, FSCF will be serving at the **Eplegaarden Snack Stand for Grandparents' Day**. Bring the family for a picnic snack before or after picking your apples. Thanks to Betty Forest, Tom Olson and Rami Aburomia for their support of our fundraising efforts.



### Author Talk—Ann Garvin

The REACH Book Club invites you!

Thursday, September 13 at 1:30 p.m. Come to hear Ann Garvin, author of *I Like You Just Fine When You're Not Around*.

"It's not enough that Ann Garvin is hilarious. Then she has to go ahead and be compassionate and wise about the hopeful car-wreck that is most of humanity. In *I Like You Just Fine When You're Not Around*, Garvin builds an unorthodox family that's both tight-knit and forever at odds, and not one of those family members feels any less than rich, real, and complex—just what a novel needs." —Michelle Wildgen, author of *You're Not You* and *Bread and Butter*

Upper level—Fitchburg Room

**Fitchburg Singers—Come Sing W/Us!**  
The Fitchburg Singers practice the 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! Summer break—practices resume Wednesday, September 5.





### Stepping On Class

Afraid of falling? Identify and address your risk of falling by registering for “Stepping On,” an evidence-based seven-week, two hour class for older adults with balance concerns or a fear of falling. The workshop is Tuesdays, Oct. 2 - Nov. 13 from 1:00-3:00 p.m. Led by trained professionals, this workshop will examine medications, home safety, balance, vision and more. Participation includes instruction, guest expert presentations, printed materials, and snacks. Studies have shown that graduates of the program reduce falls by 31%. Register today by calling the Fitchburg Senior Center at 608-270-4290. Registration and fee of \$35 due by September 25.

### Mind Over Matter

If you have issues with bladder or bowel control, you are not alone. More than half of women aged 50 or older experience urine or bowel leakage sometimes! The Mind Over Matter; Healthy Bowels, Healthy Bladder workshop is designed to give women the tools they need to take control of their symptoms. Scientific studies show that attending this workshop reduces or even cures symptoms for many women! Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!

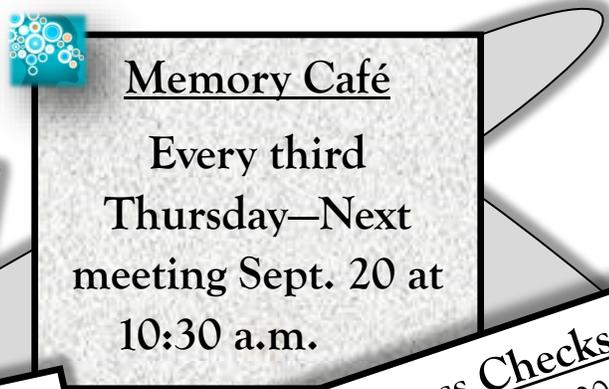
Join us for Mind Over Matter  
Tuesdays, Sept. 18, Oct. 2, and Oct 16.  
9:00-11:00 a.m.

A \$20 donation is requested to cover the cost of the training manual. To sign up, please call the Center at 270-4290. **\*You are required to attend all three classes\***. Space is limited, so call today!

## Mind

## Body

## Spirit



**Memory Café**  
 Every third  
 Thursday—Next  
 meeting Sept. 20 at  
 10:30 a.m.

**Caregiver Support**  
 If you are caring for a loved one with dementia, you are not alone. Join us on Thursday, September 13 at 10:00 a.m.

**Parkinson's Support With Bob Gilpatrick**  
 Monday, September 17 at 2:00 p.m.

**Wellness Checks W/ The Nurse**  
 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

# Travel!

# Travel!

## 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.

**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.

**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.

We're currently taking reservations for these tours - Book soon - don't miss out!

## Christmas at Opryland Resort

Dec. 2 - 5 2018. \$1,439 pp, twin (limited space available)



## Panama

February 14 - 23, 2019. \$3,599 pp twin (includes air)

## Jekyll Island, Savannah & Charleston



April 7 - 13 2019. \$2,999 pp twin (includes air)

Yet to come ... Summer travel with **Country Travel Discoveries**

## TRAVEL SHOW



Thursday, October 4 at 1:00 p.m. featuring tours to Blue Ridge Country and Ireland (including Belfast)

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



**FITCHBURG CENTER Farmers Market AT AGORA**  
 THURSDAYS, MAY-OCTOBER | 3PM - 6PM  
 5511 E. CHERYL PARKWAY, FITCHBURG  
 FITCHBURGMARKET.COM

Strawberry Fest June 21st Kids Fest July 19th Pig Roast August 16th Fall Fest September 20th



**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



## REACH Book Club

We will resume on **September 13, 2018**. We are kicking off the year with a talk by local author **Ann Garvin**, who wrote the humorous book *I Like You Just Fine When You're Not Around*. We are opening this meeting to all who are interested. It will be held in the Fitchburg Room on the upper level.

Books for the coming year are listed below:

**Oct. 11:** *Tell the Wolves I'm Home* by Carol Rifka Brunt. **Nov. 8:** *The Tea Girl of Hummingbird Lane* by Lisa See. **Dec. 13:** *Pilgrims: A Woebegon Romance* by Garrison Keillor. **Jan. 10:** *Claire of the Sea Light* by Edwidge Danticat. **Feb. 14:** *Look Homeward Angel* (Classic) by Thomas Wolfe. **Mar. 14:** *Chilbury Ladies Choir* by Jennifer Ryan. **Apr. 11:** *The Lost City of the Monkey God* by Douglas Preston. **May 9:** *The Cherry Harvest* by Lucy Santa. **June 14:** Choose books for next year

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.



The *I Love a Mystery Book Club* will meet on **Thursday, September 27, 2018 at 1:30 p.m. at the Fitchburg Senior Center**. (the 4th Thursday). We will discuss the book, *The Woman in Cabin 10* by Ruth Ware. Lo Blacklock, a journalist who writes for a travel magazine, has just been given the assignment of a lifetime: a week on a luxury cruise. As the week wears on, frigid winds whip the deck, gray skies fall, and Lo witnesses what she can only describe as a dark and terrifying nightmare: a woman being thrown overboard. The problem? All passengers remain accounted for and so, the ship sails on as if nothing has happened, despite Lo's desperate attempts to convey that something (or someone) has gone terribly, terribly wrong.

# Groups



## Men's Group

Join us for our next meeting on  
**Tuesday, September 11 at 2:00 p.m.**

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



## Active Women's Group

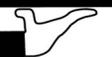
Join us for our next meeting on

**Tuesday, September 25 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](http://www.fitchburgwi.gov/823/Groups-to-Join)  
and click on Active Women's Group.

Dine Out



## Couples Dinner Group

On **Tuesday, September 18**, The Fitchburg Couples Dinner Group will dine at Verona Woods in Verona, WI.

Cocktails at 5:00 p.m. with 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 Sandy Ermis at [skermis@hotmail.com](mailto:skermis@hotmail.com) or call 608-358-1698.

# 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**



DISCOVER *the difference*

The Waterford at Fitchburg

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

waterfordatfitchburg.com

## Did You Know?

### 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!

## 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.carconciiergeautodelivery.com

Bonded Dybevik Enterprises, LLC Insured

Walk in Medicare Clinic in partnership with Allen Maxwell Farmers Insurance Agency. Stop in to learn more about Medicare and many other cost saving options.

Leigh Maxwell

2980 Cahill Main, 205

Fitchburg, WI 53711

608.630.9776 / 608-772-5700



**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

# Fun Zone



## Chicago Steppin'!

What is Chicago Steppin'? It's a class to improve your balance AND dance moves.

Who should take Chicago Steppin'? Adults 60+.

When: Saturdays from 1:30-2:30 p.m.

Dates: September 15-October 27.

Where: Boys and Girls Club of Dane County, 4619 Jenewein Rd. Fitchburg.

Cost: FREE.

Call the Fitchburg Senior Center for transportation. 270-4290

## 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!! Sept. 13

Special Sponsor:

\*\*\*Farmers Insurance\*\*\*

Game begins promptly at 12:30 p.m.

Fitchburg Police serving lunch!!!



## Movie Day—Isle of Dogs

Written and directed by Wes Anderson, starring

Bill Murray as Boss.

Friday, September 21 at 12:40 p.m.

**YES!!**

Library Shuttle now available  
every Wednesday!  
Call 270-4290 by noon one day  
in advance 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.

## Zumba Gold

Thursdays: 10:00-10:45 a.m. \$25

October 4, 11, 18 & 25

Minimum sign-up of six.

Call 270-4290 or stop by to register and make payment.



## Aerobics With Diane Fronek

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

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: 9:30-10:30 a.m. \$25.

October 3, 10, 17 & 24

Call 270-4290 or stop by to register and make payment.



## Tai Chi Thursdays

8:30 a.m. Beginner-friendly.

Donations at the front desk welcomed.

## Program Scholarships

Thanks to the generosity of the Fitchburg Senior Center Friends, we are able to offer program scholarships for classes offered at the Center. Scholarship applications are available at the front desk, or you can speak with a staff person to obtain an application. All applications are kept confidential.

## Yoga W/ Kurt—FALL SESSION 1

**Mondays:** Level 2: Sept. 10- Oct.22; 9:15-10:30 a.m.; 7 weeks; \$56.

Level 1: Sept. 10- Oct. 22; 10:45 a.m.-12:00 p.m.; 7 weeks; \$56.

**Wednesdays:** Level 2: Sept. 12- Oct. 24; 9:15-10:30 a.m.; 7 weeks; \$56.

Level 1: Sept. 12- Oct. 24; 10:45 a.m.- 12:00 p.m.; 7 weeks; \$56.

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



## 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.

## Outdoor Pickleball

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

# 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

**September 21**

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.

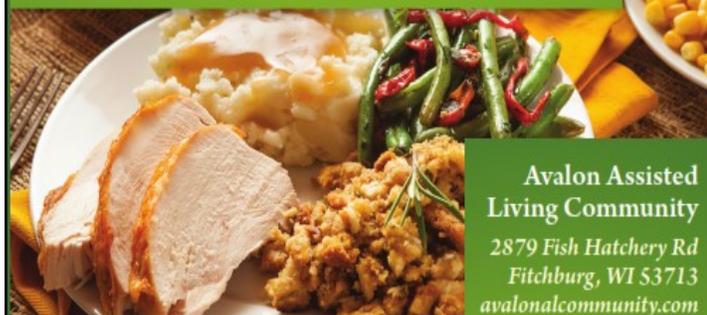
Call 270-4290

### Chair Massage W/ Gary Kuzynski

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



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  
avalonalcommunity.com

## The Fitchburg Senior Center Friends

The Fitchburg Senior Center Friends contributed \$354 for special needs to our seniors during the month of July, and supported scholarships in the amount of \$100.

Join the Friends to celebrate National Senior Center Month throughout the month of September!

Complimentary lunch catered by HyVee on Friday, September 21 at noon.

Reservations are required by noon on Friday, September 14 by calling 270-4290.

Restaurant Wednesdays: September 5, 12, 19, 26.

### Eplegaarden Events:

Ice Cream Social on Labor Day weekend

Grandparents' Day—Snack Stand, September 9

For more details on these events, see the yellow insert in this issue and have a great month honoring those of us in the senior age group!

We made it!!

**SAVE THE DATE – OCT. 18 @ 1:00 p.m.**  
 “Downsizing The Easy Way” seminar with Marianne Garitti, Ruth Domack and Sara Sigl.  
 More details in October!



**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](http://comfortkeepers.com/madison-wi)



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



*Helpful Hands 4U, LLC*  
 Compassionate Senior Move Management Services for You

*Diane Hughes*  
 608/575-3759  
 dhhands@sbcglobal.net  
 helpfulhands4u.com



**CHRISTENSON JOHNSON<sup>LLC</sup>**  
 ATTORNEYS AT LAW

**Iris M. Christenson**      **Mark T. Johnson**  
**Barbara S. Hughes**      **Meghan M. Teigen**

2924 Marketplace Dr., Ste. 102  
 Fitchburg, WI 53719  
 (608) 273-8609 · [cjlawwi.com](http://cjlawwi.com)

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



**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](http://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](mailto: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.

**Fitchburg Family Pharmacy**

**Thad Schumacher, PharmD**  
tschumacher@fitchburgfamilyrx.com

Location: Fish Hatchery Road and High Ridge Trail  
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 . . .*

**FIRSTWEBER REALTORS**  
The human side of real estate.



# National Senior Center Month – September 2018

Celebrate all month long with the Fitchburg Senior Center Friends

---

**Fundraising Events at Eplegaarden – 2227 Fitchburg Road, Fitchburg**

## Old Fashioned Ice Cream Social

Saturday, Sept. 1 9 a.m. — 5 p.m.

Sunday, Sept. 2 10 a.m.—5 p.m.

Monday, Sept. 3 9 a.m.—5 p.m.

“Friends” will be serving FREE ice cream

DONATIONS accepted



## Grandparents' Day / Snack Stand

Sunday, Sept. 9, 10 a.m.—5 p.m.

“Friends” will be working in the Snack Stand

---

## Restaurant Wednesdays

Receive a 20% discount off your food order—breakfast, lunch or dinner

Coupons available at the Fitchburg Senior Center

Wednesday, Sept. 5 Quivey's Grove, Fitchburg 11 a.m.-9 p.m.

Wednesday, Sept. 12 Me & Julio, Fitchburg 11 a.m.-11 p.m.

Wednesday, Sept. 19 Benvenuto's , 11 a.m.-9 p.m.

Wednesday, Sept. 26 Hy-Vee Market Grille, Fitchburg 6 a.m.-9 p.m.



**ME&JULIO**



---

## Complimentary Lunch for Anyone 50+

Friday, Sept. 21, 2018 at noon at the Fitchburg Senior Center

Reservations required by noon, Friday, Sept. 14

Sign up today and bring a friend! 270-4290

Monthly movie to follow!

Sponsored by the Fitchburg Senior Center Friends



# SEPTEMBER 2018

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
<b>CLOSED</b> 	Pizza Burger Navy Bean Salad Marinated cucumbers Banana Chocolate Chip Cookie <b>VO – Veggie Burger</b> <b>NCS – SF Cookie</b>	Ham and Potato Casserole California Blend Fruit Cup MG Bread/ Butter Confetti Cake <b>VO – Baked Potato            with Cheese w/ Soy</b> <b>NCS – SF Pudding</b>	BBQ Chicken Breast Baked Sweet Potato/Butter WW Bread /Butter Tropical Fruit Chocolate Cream Pie <b>VO – Black Bean            Burger</b> <b>NCS – SF Jello</b>	Spinach/Bacon Cheese Quiche Tomato Wedges Orange Juice Iced Cinnamon Roll Vanilla Yogurt w/Strawberry <b>VO – Veggie Quiche</b> <b>NCS – SF Pudding</b>
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Tuna Salad Sandwich on WW Bread Tomato/Cucumber Salad Chickpea Salad Pears Apple Sauce Bar <b>VO – Egg Salad</b> <b>NCS – Apple Sauce</b>	Enchilada Casserole Stewed Tomatoes Confetti Corn w/ Black Beans Mandarin Oranges Churro Cake <b>VO – Cheesy            Bean Burrito</b> <b>NCS – SF Cookie</b>	Beef Stroganoff Cauliflower Mixed Green Salad Fruit Cocktail Apple Crisp <b>VO – Veggie            Meatballs</b> <b>NCS – Spiced Apples</b>	Chicken Strips BBQ Sauce Green Beans Pea Salad Dinner Roll/Butter Fruit Cup Ice Cream <b>VO – Veggie Wrap</b> <b>NCS – SF Ice Cream</b>	Taco Pasta Casserole Broccoli Cauliflower Pineapple Blueberry Crisp <b>VO – Bean Burrito</b> <b>NCS – Mandarin            Oranges</b>
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Grapes w/ fruit cocktail Brownie w/Frosting <b>VO – Hummus Wrap</b> <b>NCS – SF Cookie</b>	Tuna Casserole Roasted Baby Carrots Pickled beets Banana Lime Sherbet <b>VO – Mac &amp; Cheese</b> <b>NCS – SF Ice Cream</b>	Chicken Sandwich on WW Bun Lettuce/Tomato Cheesy Potatoes 4 Bean Salad Orange Chocolate Cake <b>VO – Black Bean            Burger</b> <b>NCS – SF Pudding</b>	Meatballs in Gravy Mashed potatoes California Blend Tropical Fruit Dinner Roll/Butter Ice Cream <b>VO – Veggie            Meatballs</b> <b>NCS –Ice Cream</b>	Baked Chicken Mashed Potatoes Gravy Green Bean Casserole Roll/Butter Chunky Applesauce Cherry Cobbler <b>VO – Hummus &amp; Pita</b> <b>NCS – SF Jell-o</b>
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Banana Strawberry Cake <b>VO – Soy Sloppy Joe</b> <b>NCS – Pineapple</b>	Chicken Macaroni Salad Marinated Tomatoes Broccoli Salad Fruit Cup Sugar Cookie <b>VO – Cheese &amp; Tomato            Sandwich</b> <b>NCS – SF Cookie</b>	Spaghetti w/ Meat Sauce Wax beans Mixed Green Salad Peaches Brownie <b>VO – Veggie            Meatballs</b> <b>NCS – SF Jello</b>	Pork Loin in Gravy Mashed Potatoes Garden Blend Vegies WW Bread/Butter Mandarin Oranges Pudding <b>VO – Veggie Wrap</b> <b>NCS – SF Pudding</b>	Lemon Baked Fish Tartar Sauce Baked Sweet Potato Tropical Fruit WW Bread/Butter Pound Cake <b>VO – Garden Burger</b> <b>NCS – SF Cookie</b>

Senior Dining



Fellowship, Food & Fun

## Salad Option Fridays

(Salads are dine-in only)

7<sup>th</sup> –Pulled Pork Santa Fe Salad

14<sup>th</sup> -Hummus Plate

21<sup>st</sup> – Harvest Salad

28<sup>th</sup> – Chicken Confetti



\*Meal has pork product\*Reservations must be made by 12:00 the day before by calling 270-4290\*

# September 2018

## Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>  <b>CLOSED</b>	<b>4</b> 8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Shop-Walmart  12:45 PM Euchre 1:00 PM Mahjong <b><u>1:00 PM Travel Show</u></b>	<b>5</b> 8:30 AM Aerobics 9:45 AM Aerobics 10:00 AM Bike Club 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko <b>1:00 PM Singers</b>	<b>6</b> 8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM FSC Friends 10:00 AM Visiting Nurse 12:30 PM Bingo!! 1:00 PM Sheepshead	<b>7</b> 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
<b>10</b> 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	<b>11</b> 8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Hookers 10:00 AM Shop-Woodmans 2:00 PM Men's Group	<b>12</b> 8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:00 AM Bike Club 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko	<b>13</b> 8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Caregiver Support 10:00 AM Visiting Nurse 12:30 PM Bingo!! 1:00 PM Sheepshead <b><u>1:30 PM Book Club/Author Talk!</u></b>	<b>14</b> 8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 1:30 PM Scrabble
<b>17</b> 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 <b>2:00 PM Parkinson's Support</b>	<b>18</b> 8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Shop-South Town 12:45 PM Euchre	<b>19</b> 8:30 AM Aerobics 9:45 AM Aerobics 10:00 AM Bike Club 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko <b>1:00 PM Singers</b>	<b>20</b> 8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Visiting Nurse <b>10:30 AM Memory Cafe</b> 12:30 PM Bingo!! 1:00 PM Sheepshead	<b>21</b> 8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM Shop-Pick N Save</u> 11:00 AM F-Fitness <b><u>12:40 PM Movie Day</u></b> 1:30 PM Scrabble Diabetic Footcare
<b>24</b> 8:30 AM Aerobics <b><u>9:00 AM Footcare</u></b> 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos	<b>25</b> 8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Hookers 10:00 AM Shop-Target/HyVee/Aldis 2:00 PM Women's Group	<b>26</b> 8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:00 AM Bike Club 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko	<b>27</b> 8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Visiting Nurse 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Mystery Book Club	<b>28</b> 8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 1:30 PM Scrabble

Aug 2018						
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		

Oct 2018						
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				