



Prime Time News

December 2018

Fitchburg Senior Center
Volume VIII Issue 12

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Christmas With Middleton Jazz



The Middleton Jazz formed in 2009. Since then, they have played all over the greater Madison area with a wonderful following. The Fitchburg Senior Center is excited to bring them to our Center on Monday, December 17. A great lunch will be served at noon, followed by the performance at 12:30 p.m.

Call 270-4290 to register for lunch. You must call on or before Friday, December 14 by noon.



LEGACY

Make A Difference Today Fitchburg Senior Center Legacy Fund



As you think about your end of the year giving, please consider the Fitchburg Senior Center Legacy Fund. We have recently developed a new brochure outlining the ways you can give and the categories to which you can direct your donation. Brochures are available at the Senior Center, or call 270-4290 and ask to speak with the Director for more information.

Holiday Closings

12/24&25 all day
12/31 closed at noon

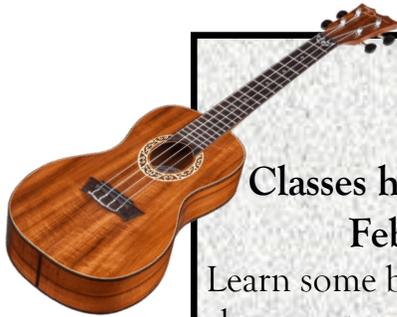
Travel Show—
January 15. See
Page 3 for details

The Giving Tree



Many seniors are alone and without friends or family during the holidays. The purpose of the Giving Tree is to provide a gift for those seniors who might not otherwise receive gifts this holiday season. In the front lobby you will find our tree, with gift ideas available at the front desk. The process is easy! Pick a male/female ornament off the tree; give your name to the receptionist; purchase a gift for \$30 or less; wrap the gift; place ornament on gift and return to the Senior Center before December 14.

See Flier Insert For Two Great
Educational Programs!



Ukulele Lessons in January 2019

Learn a fun, new skill in the New Year!

Classes held 1:00-2:00 p.m. Mondays; January 7, 14, 28 and February 4. No class on January 21—MLK Day.

Learn some basic chords and play easy songs. You can bring your own ukulele or rent one from the Senior Center for \$10. If you have a uke and want to get back into playing, or just want to sing with a small group, there will be a strum/sing along from 2:00-3:00 p.m. each Monday.

Please sign up at front desk of Senior Center. Minimum of five; maximum of eight learners.



Home Energy Assistance Program (WHEAP)

Do you need help with heating and/or electricity costs for the current heating season? The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. Your household may be eligible for WHEAP services based on a number of factors, including household size, income, and energy costs. In most cases the energy assistance benefit is paid directly to the energy supplier. The program uses the previous three months of total household income to determine program eligibility. For a one-person household, the three-month income limit is \$6,870. For a two-person household the limit is \$8,983.75. For more information or to apply for energy assistance, contact Energy Services, Inc. at 608-267-8601.

Mind



Body

Memory Café

Every third Thursday.
Next meeting Dec. 20
at 10:30 a.m. Cookie
Decorating & Uke Jam

Spirit

Caregiver Support

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

Parkinson's Support With Bob Gilpatrick

Monday, December
17 at 2:00 p.m.

Wellness Checks W/ The Nurse

Thursdays 10:00 a.m.—12:00 p.m.
Services Offered:
Blood Pressure/Weight
Individual education on: chronic health problems,
healthy lifestyles, nutrition, med management.
Walk-ins welcomed. 270-4290

Book Clubs

REACH Book Club

REACH Book Club will meet on Thursday, December 13, 2018 at 1:30 p.m. at the Senior Center. We will discuss the book, *Pilgrims: A Wobegon Romance* by Garrison Keillor. "Twelve Wobegonians fly to Rome to decorate a war hero's grave, led by Marjorie Krebsbach, with radio host Gary Keillor along for the ride. The pilgrimage is inspired by a phone call from an Italian woman seeking her Lake Wobegon roots, a memoir *O Paradiso* by a farm wife who found the secret of life and love in Italy, and Marjorie's longing to win back the love of her husband, Carl. Far from home, sitting in the rain in the Piazza Navona, the pilgrims talk about themselves, as they never could do in the Chatterbox Café."

January 10: *Claire of the Sea Light* by Edwidge Danticat

February 14: *Look Homeward Angel* (Classic) by Thomas Wolfe

March 14: *Chilbury Ladies Choir* by Jennifer Ryan

REACH Book Club meets the 2nd Thursday of each month. We do not meet in July or August.



The *I Love a Mystery Book Club* will not meet in December. It meets the 4th Thursday of the month, but not in November or December due to the holidays.

Travel!

TRAVEL WITH US



TRAVEL SHOW

January 15th at 2:30 p.m.

(mark your calendar)

focusing on these tours -

Mystery Tour - October

Autumn in New England - October

and a 2020 river cruise



Also Booking

Jekyll Island, Savannah, & Charleston
April 7th - 13th, 2019 \$2,999 pp, twin

Blue Ridge Country & Biltmore Estate

May 5th - 11th, 2019 \$2,197 pp, twin

Ireland

July 9th - 19th, 2019 \$4,297 pp, twin

Brochures at Fitchburg Senior Center

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

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Volunteer!

Looking To Give Back?

The Boys & Girls Club, located at 4619 Jenewein Rd. in Fitchburg, is looking for volunteers to help with their afternoon meal program. After school each day the Boys & Girls Club serves a light meal to over 100 children. The food is prepared and served on-site. Volunteers are needed for meal prep, serving and clean-up. Hours available are between 9:00 a.m.–6:00 p.m., although you do not need to commit to the entire time.

For more information about this opportunity please call 608-661-4757 or email Tiffany Loomis at tloomis@bgcdc.org

Groups



Men's Group

Join us for our next meeting on **Tuesday, December 11 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

No Meetings in December 2018.

See you next year!

For more info log on to: www.fitchburgwi.gov/823/Groups-to-Join and click on Active Women's Group.

Education



My Chart...Simplifying Your Healthcare



Join Fitchburg Senior Center Patient Advocate, Dawn Grelle, as she discusses the basics of MyChart; a secure online health management tool that allows you to maintain control of your healthcare.

Learn the features of MyChart, how to set up an account and the benefits involved.

If you own a laptop, tablet or smart phone bring it with you in order to access MyChart from your device. If you do not have internet access or a device, opportunities for hands on learning will be available and options presented on how and where it can be accessed.

Registration encouraged. Please call 270-4290.

Wednesday, December 12 at 10:30 a.m. lower level of the Senior Center.



Couples Dinner Group

December 18. Avantis in Verona.
5:00 p.m. cocktails, 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 or call 608-358-1698.



Medicare Part D Open Enrollment Gives Opportunity to Save Money

Open enrollment for 2019 Medicare Part D plans is now - Dec. 7, 2018. This is the time that Medicare beneficiaries who are enrolled in Part D plans can review their plan to determine if it will still be the most cost-effective in 2019. Because insurance companies can change their premiums, deductibles and co-pays, switching to a different plan often results in extra money in your pocket!

Another way to save money on prescription drugs is the Extra Help program. Extra Help reduces your drug costs by decreasing premiums, deductibles and co-pays for medications based on your income and assets.

If you are single and your income is less than \$1,518 per month, and your assets are below \$12,600 you may qualify for Extra Help.

Appointments are available on Nov. 8 between the hours of 8:00 a.m. and 4:00 p.m. To make an appointment, please call the Fitchburg Senior Center at 270-4290 and ask to speak with a Social Worker.

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.



DISCOVER *the difference*

The Waterford at Fitchburg

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

waterfordatfitchburg.com

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

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Fitchburg, WI 53711

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FoodWise Nutrition—Dec. 19

Lytonia with U.W. Extension is back talking about “Heart Healthy Meals” on Wednesday, December 19 at 11:30 a.m. Join us!



Fitchburg Singers—Come Sing W/Us!

The Fitchburg Singers practice the 1st & 3rd Wednesday at 1:00 p.m.

Upcoming Performances:

Dec. 5—Oakwood. 10:45 a.m.

Dec. 17—Avalon. 1:30 p.m.



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!! Dec. 13

Special Sponsor:

Ruth Domack—First Weber

Game begins promptly at 12:30 p.m.

No Movie for December

Movies resume January 25

Happy Holidays

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.



YES!!

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

Exercise Opportunities

Zumba Gold

Thursdays: 10:00-10:45 a.m. \$18.75
 December 6, 20, & 27. (No class the 13th)
 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.

Yoga W/ Kurt—FALL SESSION 1

Mondays: Level 2: Jan. 7—Mar. 18; 9:15-10:30 a.m.; 10 weeks; \$80. **skip Jan. 21**
 Level 1: Jan. 7—Mar. 18; 10:45 a.m.-12:00 p.m.; 10 weeks; \$80. **skip Jan. 21**
 Call 270-4290. Payment due upon sign-up.

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.



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

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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.



QiGong

Free demo class—Tuesday, Dec. 11 from 9:00—10:00 a.m. QiGong is gentle, rhythmic movements that reduce stress, build stamina, increase vitality and enhance balance—we can all use some of that!

Call 270-4290 to register for the demo.

Regular series starting on Tuesdays. Jan. 15—Feb 26 from 9:00—10:00 a.m. \$48.



Zumba Gold W/ Wendy Diaz

Thursdays, Jan. 10—Feb. 14. 10:00 a.m.

Six weeks. \$36. Deadline to register is Jan. 8.

Call 270-4290 or stop by the front desk.

Transportation Services

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

December 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.



Massage Therapy

June Newman
LMT,NCTMB.
Mon./Thurs.
Afternoons

Massage/ Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Massage

Denny Ginko
Call for dates/times

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.



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

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

The Fitchburg Senior Center Friends

The Friends spent \$518.33 on special needs this past month.

A big thank you to Tom Klingele for expertly taking picture of Friends' Board members for display at the Senior Center.

We hope everyone had a Happy and Healthy Thanksgiving and will have a great Winter holiday with friends and family!



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.

Medical Insurance Solutions for Seniors

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 diane@dillettcompany.com
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www.fitchburgwi.gov

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



Accredited by the Wisconsin
Association of Senior Centers



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



Winter Weather Policy

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

Class Registration/Payment

Class: _____

Name: _____

Address: _____

City & Zip: _____

Phone: _____

Email: _____

Cash: _____

Check: _____

Program Cancellation Policy: Class payments must be received seven days prior to the start of class.

Certain classes require a minimum attendance. If your cancellation puts the class attendance under the minimum, a refund may not be possible.



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

DECEMBER

2018

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Chicken Stew WW Dinner Roll Broccoli Tropical Fruit Cake MO – Bean & Cheese Burrito NCS – SF Cookie	Pulled Pork on a WW Bun Warm Spiced Apples Creamy Coleslaw Carrot Raisin Salad Pudding MO – Hummus & Pita NCS – SF Pudding	Beef Pot Pie w/Biscuit Top Creamed Spinach Apple Juice Cake MO – Grain Burger NCS – Spiced Pears	Chicken & Gravy Over bread Mashed Potatoes Green Beans Orange Juice Cookie MO – Cheese & Tomato Sandwich NCS – SF Cookie	Fish Sandwich Cheese Slice Yams Coleslaw Fruit Cup Strawberry Jell-o MO – Hummus Wrap NCS – SF Jell-o
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Meatballs in Marinara Over Penne Carrots 3 Bean Salad Banana Cake MO – Veg Meatballs NCS – SF Cookie	Chicken Salad Mini Croissant Mixed Greens Pickled Beets Peaches Ambrosia Salad MO – Egg Salad NCS – SF Jell-o	Cheeseburger Calico Beans Potato Salad Fruit Cocktail Cookie MO – Bean Burger NCS – SF Cookie	Egg Salad Sandwich Tomato Soup Broccoli Salad Grape Juice Pineapple Fluff NCS – Pineapple	Pork Roast w/Gravy Mashed Red Potatoes Glazed Carrots Chunky Applesauce Croissant Mint Brownie MO – Veggie Wrap NCS – SF Pudding
Monday 17	Tuesday 18	Wednesday 18	Thursday 20	Friday 21
Chicken Mac Casserole Peas Tomato Juice Pineapple Pudding MO – Mac & Cheese NCS – SF Pudding	Beef Stew Biscuit Green Beans Apple Sauce Cake MO – Garden Burger NCS - Banana	Cheese Tortellini Bread Stick Spinach Mandarin Oranges Blueberry Crisp MO – Veggie Tortellini NCS – SF Jell-o	Meatloaf Mashed Pots w/Gravy Broccoli White Bread Apple Juice Cake MO – Veg Meatballs NCS – SF Cookie	Ham Slice Sweet Potato Green Bean Casserole Croissant Pineapple Cherry Pie MO – Veg Quiche NCS – SF Pie
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
 CLOSED	 CLOSED	Pot Roast with Gravy Mashed Potatoes Mixed Green Salad Orange WW Bread Tapioca Pudding MO – Hummus Wrap NCS – SF Pudding	Chicken a la King Over Biscuit Carrots Salad Wax Beans Peaches Sherbet MO – Soy a la King NCS – SF Ice Cream	Pizza Burger Kidney Bean Salad Marinated cucumbers Banana Chocolate Chip Cookie MO – Black Bean Burger NCS – SF Cookie

Monday 31
Ham and Potato Casserole California Blend Fruit Cup MG Bread Chocolate Cream Pie MO – Veggie Potato NCS – SF Pudding

Senior Dining



Salad Option Friday's

7th- Chicken Taco
 14th- Cordon Bleu
 21st- Harvest
 28th- Pulled Pork Confetti

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

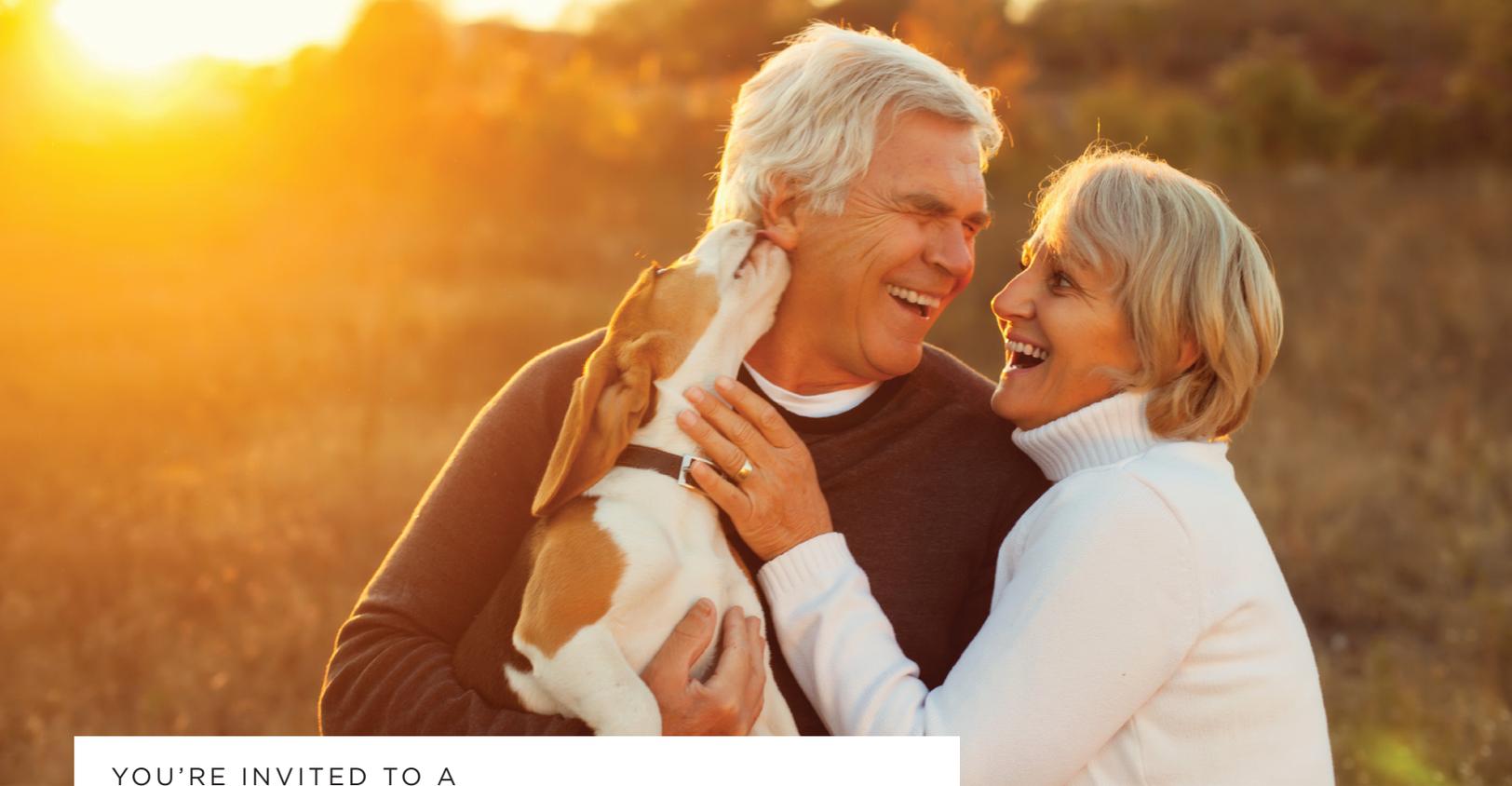
Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION *all menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact.*
 MO = meatless option



December 2018

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																		
3 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness	4 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	5 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	6 8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM FSC Friends 10:00 AM Visiting Nurse 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead	7 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																																																																																																		
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17 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness <u>12:30 PM Christmas Program</u> 1:00 PM Open Art 2:00 PM Parkinson's Support	18 8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Shop-South Town 11:00 AM Indoor Walking 12:45 PM Euchre	19 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	20 8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Visiting Nurse 10:30 AM Memory Cafe 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead	21 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																																																																																																		
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YOU'RE INVITED TO A

Peace of Mind Seminar

WE WILL DISCUSS

- Cremation & Burials
- Traditional Funerals
- Veteran Benefits
- Payment Plans
- Pre-arrangements

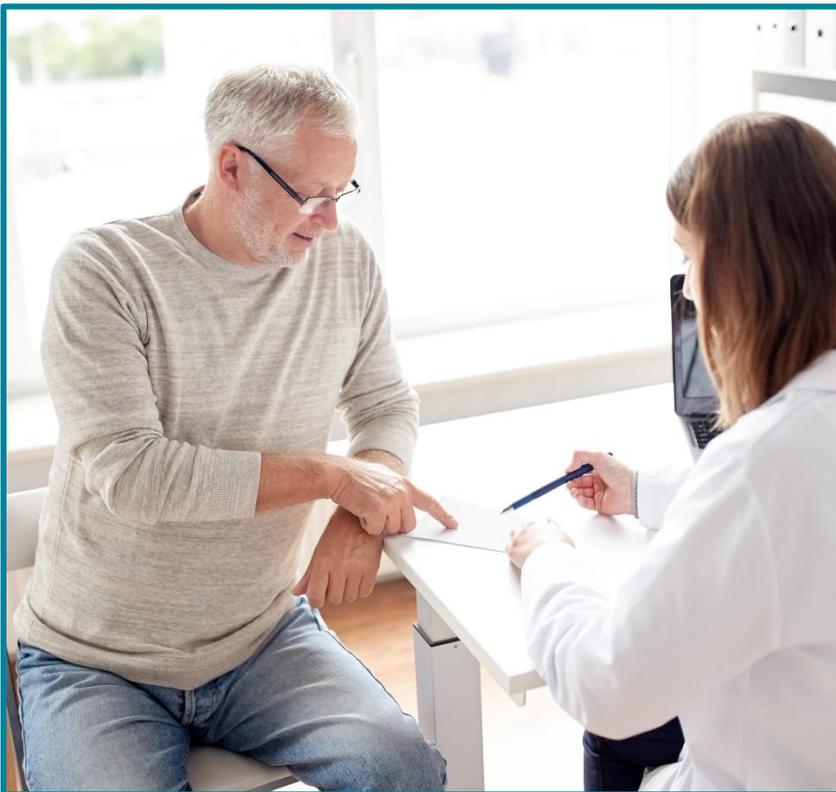
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PRESENTATION

Talking with your Doctor

Thursday, December 6th at 10:30 am

The Fitchburg Senior Center



Learn how to get the most out of your appointments. The presentation will cover topics on how to prepare for your appointments and communicate more effectively with your physician.

Have questions about care needs or eligibility for services? SSM Health at Home offers informational visits to anyone interested in learning more about how we can help.

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