



# Prime Time News

## May 2019

Fitchburg Senior Center  
Volume XIV Issue 5

### Look Ahead

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### Building Update

Please read page 7 for exercise updates. Pickleball will be suspended until mid May.

### CBD Explained

See page 5 for program details!

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month.

The 2019 theme, *Connect, Create, Contribute*, encourages older adults and their communities to:

- **Connect** with friends, family, and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.



CONNECT, CREATE, CONTRIBUTE MAY 2019

On Wednesday, May 15 at 11:00 a.m. our very own Fitchburg Singers will be performing their new 2019 program titled "Country Music of the 50's". We will also be recognizing our seniors 90 years and older. Call 270-4290 to register for the noon meal that follows the performance.



### Brat Fest Right Here At The Senior Center!!

Metcalfe's Market is delivering brats and chips to our Senior Center on Friday, May 24 at lunch time. We need to top 60 orders to make the delivery happen. Call 270-4290 to get your order in today. This is a dine-in only option. Cost of the meal is covered primarily by Oak Bank of Fitchburg, thank you! The meal is no charge!



### Downsizing Your Stuff: Planning Ahead

Whether you have three to five years, six months, or need to move right now, come to the "Downsizing With Ease" seminar on May 23 at 1:00 p.m. at the Fitchburg Senior Center. You will learn downsizing tips, what sells, and how to sell it. Also, learn about 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 concept of "staging". Sara Sigl, Community Relations Director of The Waterford in Fitchburg, will help guide you through the maze of senior housing options, costs and payment methods. Call to reserve. 270-4290.

## 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 2019 season. The Fitchburg Senior Center will hold distribution on **Thursday, 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 2019 gross income limit for a one-person household is \$1,926/mo. (\$23,170/year); for a two-person household it is \$2,607/mo. (\$31,284/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.

## Fitchburg Senior Center Patient Advocates are available to:

- Help prepare questions for your physician
- Attend medical appointments to make sure your questions are answered
- Promote and facilitate effective communication with your providers
- Ensure that you understand and follow through on care plans/recommendations given by your medical provider



For more information contact Senior Center Director, Jill McHone at 270-4291

## Mind

### Caregiver Support

If you are caring for a loved one with dementia, you are not alone. Join us on Thursday, May 9 at 10:00 a.m.

### Parkinson's Support With Bob Gilpatrick

Monday, May 20 at 2:00 p.m.

## Body

### Memory Café

Every third Thursday.  
Next meeting May 16 at 10:30 a.m.

## Spirit

Supporting you through the medical maze. Call to speak with our Social Workers. 270-4290

### 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

# Travel!

## Day Trips

**Wednesday, June 12** Sculptures & Skylines. Tour the Lynden Sculpture Gardens in Milwaukee and take a 90- minute boat ride. Lunch at Miss Katie's Diner. **COST: \$109. Sign up by May 7, 2019.**  
**Bus departs at 7:00 a.m. and returns at 6:30 p.m.**  
**Fitchburg Senior Center.**

**Tuesday, June 18** Tea Trays & Tiffany Windows. Tour Tiffany stained-glass windows at St Luke's United Methodist Church in Dubuque, Iowa. Lunch is included at Breitbach's, followed by shopping and tea. **COST: \$99. Sign up by May 13.**  
**Bus departs at 8:15 a.m. and returns at 5:00 p.m.**  
**Fitchburg Senior Center.**

**Friday, July 26** Chicago by Sky and Sea. See Chicago from the John Hancock Building, then have a luncheon cruise on the Chicago River. **COST: \$129. Sign up by June 21. Bus departs at 5:15 a.m. and returns at 7:45 p.m.**  
**Fitchburg Senior Center.**

For all trips please refer to the flyers at the Senior Center for proper attire, and walking and stairs involved with each trip. For questions, please contact Sharon Trimborn at 608-271-9077. Sign up by calling Badger Bus at **800-416-2049.**

## Extended Travel



## EXTENDED TRAVEL WARM WEATHER TOURS

All three to five days

**Ark Encounter & Creation Museum**  
 June 9th - 11th \$699 pp twin  
 Family-oriented

Full-size all-wood replica of Noah's Ark  
 Two nights Belterra Casino Resort

**Toronto & Niagara Wine Trail**  
 July 15th - 19th \$1,699 pp twin  
 Narrated tour of Toronto, Casa Loma Castle  
 Two nights in Niagara Falls  
 Lunch and wine pairing at Jackson-Triggs

**Autumn Mystery Tour**  
 October 8th -12th \$1,299 pp twin  
 Flyer gives a glimpse of the previous tours  
 Intrigued ? Embrace the Adventure!

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



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

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# ★ Groups ★

## REACH Book Club

REACH Book Club will meet on Thursday, May 9 at 1:30 p.m. at the Fitchburg Senior Center. We will discuss the book, *The Cherry Harvest* by Lucy Sanna. A memorable coming-of-age love story, laced with suspense. It explores a hidden side of the home front during World War II, when German POWs were put to work in a Wisconsin farm community. There were dark and unexpected consequences of this action.

It's time to think about books for next year. If you have a suggestion for a book that would provide an interesting discussion email it to [dmul-laly@att.net](mailto:dmul-laly@att.net), bring it to the May meeting, or leave it at the Senior Center. We will choose books in June from the list of books suggested.

June 12: Choose books for next year, which will begin in September

REACH Book Club takes a summer break and does not meet in July or August.



## Men's Group

Join us for our next meeting on  
**Tuesday, May 14 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

**Tuesday, May 28 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.

# Eats ★

The *I Love a Mystery Book Club* will meet on Thursday, May 23 at 1:30 p.m. at the Senior Center. We will discuss the book, *The Last Mile* by David Baldacci. It is # 2 in the *Amos Decker, Memory Man* series. Due to a head injury suffered in a football game, Amos Decker has hyperthymesia and synesthesia ~ resulting in his never forgetting anything and his counting in colors and seeing time as pictures in his head. It is a gift for a detective when it comes to solving mysteries.

The *I Love a Mystery Book Club* meets the 4th Thursday of each month, January through October at the Fitchburg Senior Center at 1:30 p.m. All are welcome.

## Couples Dinner Group

May 21. Dok's Klassik Tavern, Verona.

For more information contact Bob at  
[robert.rottman@gmail.com](mailto:robert.rottman@gmail.com)

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 9:00 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.



## Enrolling in Medicare? What You Need To Know

If you are turning age 64 this year, we can help you make informed choices about your Medicare options. You will learn what Medicare is and isn't, and how to avoid penalties for late enrollment. Additionally, you will gain a good understanding on how to get the most out of your health and prescription benefits. Some decisions and actions about Medicare can take place 3-6 months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit.

Join a Dane County Benefits Specialist on Thursday, May 23 at 11:00 a.m. Free/No sign-up.

**New**

### Financial Fitness Drop-In Sessions

Do you have financial questions and don't know where to start? How much do you need for retirement? How much should you put in an emergency fund? These are just some of the questions that Curt Arnold, financial advisor with Edward Jones, can help answer. Curt will be available every 1st & 3rd Wednesday from 10:30-11:30 a.m. Curt is a newsletter advertiser who helps support our mission.



### CBD Explained—Tim O'Brien of Apple Wellness

On Wednesday, May 29 at 1:00 p.m., owner of Apple Wellness Tim O'Brien will be our guest speaker on the very popular topic, CBD. Tim will discuss who regulates CBD, what options are out there, oils, capsules, vape pens,— and how to make the right choice.



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### Food Collection Site

A reminder that the Senior Center is a year round drop-off site for the Badger Prairie & Allied Drive food pantries. Stop in today with your donations!



### *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.

# 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 9

Special Sponsor:

**Curt Arnold—Edward Jones**

Don't miss Drago! Drago is the current police K9, who is lead by Officer John Parker. Drago was born in Oud Ade of Holland and joined the Fitchburg Police in 2017.

Game begins promptly at 12:30 p.m.

### Movie Day—

Due to remodeling in the community center, the movie is cancelled.  
See you in June.



### 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.



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

# Exercise Opportunities



## Aerobics & Functional Fitness UPDATES

Aerobics: May 1 to May 17 M/W/F

Exercise class will meet at McKee Farms Park.

Weights, strength, stretch, balance will be led by Diane at 9:15 a.m. Walk around the park before or after class. Best deal ever! \$10 for the month of May!!!!

Functional Fitness will meet in the dining room at 11:00 a.m., May 1 to 17.

Come and experience functional exercises to keep you moving!!  
We'll make it fun and workable for all!! \$5 for the month of May!



## Yoga For Caregivers

Are you feeling stressed out, lonely, or anxious? Are you coping with physical discomfort related to caregiving tasks? Have you wanted to try yoga, but wondered if it would be too difficult to join traditional classes?

Yoga Accessible for All (YAFA) addresses these challenges and more through meditation and functional movement. Join us for this seven-week yoga series Wednesdays starting May 15–June 26. Class runs from 10:30 a.m.-12:00 p.m. Cost for all seven classes is \$35. To register, contact Sarah Folkers at 270-4290 or sarah.folkers@fitchburgwi.gov

## Zumba Gold W/ Jeliel Pena

Thurs., May 30–July 11. (no class July 4)  
10:00 a.m.

Six weeks. \$36. Drop-in - \$8. Minimum of eight students. Deadline to register is May 13. Call 270-4290 or stop by the front desk. If you are unsure if Zumba Gold is for you, try a class for FREE. Sign-up required.



## Tai Chi Thursdays

8:30 a.m. Beginner-friendly.  
Donations at the front desk welcomed.



## 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. NO indoor play until mid May—room under construction.



## Yoga W/ Kurt

**Mondays:** Level 2: June 3–Aug. 26; 9:15-10:30 a.m.; 11 weeks; \$88. (Skip 7/8&8/19)  
Level 1: June 3–Aug. 26; 10:45 a.m.-12:00 p.m.; 11 weeks; \$88. (Skip 7/8&8/19)  
Call 270-4290. Payment due upon sign-up.



## Outdoor Pickleball

A reminder that tennis courts are lined at Swan Creek and McGaw Parks. Must have your own equipment for play. Have fun!



# 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

May 17

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 = \$14 / 30 minutes—\$27  
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 thank the 430 community members who attended our annual Pancake Breakfast. Thanks also to the Senior Center Staff and many volunteers who worked hard to make this a successful event.

The funds we raise throughout the year make it possible for the Friends to provide services to seniors in need, and to support the Senior Center in areas not funded by the City of Fitchburg.

We pay for the annual Wisconsin State Journal and Wall Street Journal subscriptions. We paid for the lazy-susan turntable made for the puzzle table, and we were able to cover a variety of special needs last month amounting to \$1,000.

Registration Opens February 26

# Aging Advocacy Day!

May 14, 2019, Madison, WI

Join advocates from around the state to help educate state legislators about issues affecting older adults and care-givers in Wisconsin!

No experience necessary; training is provided prior to your meetings with state lawmakers at the State Capitol.  
10:00 a.m. — 3:00 p.m.  
Park Hotel, 22 S. Carroll St., Madison and the Wisconsin State Capitol

### Make a Difference. Let Your Voice Be Heard!

Aging Advocacy Day 2019 activities focus on connecting aging advocates with their legislators to share the WAAN priorities and discuss state policy solutions to improve the health and well-being of the state's older adults.



Registration begins Feb. 26, 2019 at: <https://gwaar.org/AgingAdvocacyDay> or contact your local aging unit or ADRC. **Registration deadline is April 30, 2019.** #WIAgingAdvocacyDay #WIAAD.



## FoodWise Nutrition—May 21

Lytania with U.W. Extension will be talking about Money for Food away from home at 11:30 a.m. Join us!

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608-270-4290

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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](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.

### Schedule a complimentary portfolio review.



**Curt Arnold**  
Financial Advisor  
2979 Triverton Pike Dr Ste 101  
Fitchburg, WI 53711-7505  
608-238-3664

**Edward Jones**  
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**Thad Schumacher, PharmD**  
[tschumacher@fitchburgfamilyrx.com](mailto:tschumacher@fitchburgfamilyrx.com)

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After Hours: (608) 886-7117

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



# MAY 2019



	Salad Option Friday	Wednesday 1	Thursday 2	Friday 3
<p><b>Reservations <u>must</u> be made by 12:00 the day before by calling 270-4290</b></p>	<p><b>3<sup>rd</sup>- Cottage Cheese Platter</b>  <b>10<sup>th</sup>- Tuna Salad</b>  <b>17<sup>th</sup>- Beef Taco Salad</b>  <b>24<sup>th</sup>- Chicken Salad</b>  <b>31<sup>st</sup>- Hummus Platter</b></p>	<p>Enchilada Casserole            Cauliflower            Corn w/Black Beans            Mandarin Oranges            Churro Cake  <b>MO – Bean/Cheese Burrito</b>  <b>NCS – SF Cookie</b></p>	<p>Beef Stroganoff over Noodles            Stewed Tomatoes  <b>NAS- tomato wedges</b>            Mixed Green Salad            Fruit Cocktail            Apple Crisp  <b>MO – Veggie Meatballs</b>  <b>NCS–Spiced Apples</b></p>	<p>Chicken Strips &amp; BBQ            Green Beans            Pea Salad  <b>NAS –peas</b>            Dinner Roll            Fruit Cup            Ice Cream  <b>MO – Egg Salad</b>  <b>NCS – SF Ice Cream</b></p>
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
<p>Tuna Casserole            Roasted Baby Carrots            Pickled beets            Banana            Brownie w/ Frosting  <b>MO – Veggie Wrap</b>  <b>NCS – SF Pudding</b></p>	<p>Turkey in Gravy            Rice Pilaf            Creamed Corn            Cranberry Sauce            Mixed fruit w/Grapes            Lime Sherbet  <b>MO– Veggie Chicken in Gravy</b>  <b>NCS – SF Ice Cream</b></p>	<p>Taco Pasta Casserole            Broccoli            Cauliflower            Pineapple            Blueberry Crisp  <b>MO – Rice &amp; Beans</b>  <b>NCS – Banana</b></p>	<p>Chicken Sandwich w/ Lettuce/Tomato/Mayo            Cheesy Potatoes            4 Bean Salad            Orange            Chocolate Cake  <b>MO– Black Bean Burger</b>  <b>NCS – SF Cookie</b></p>	<p>*Meatballs in Gravy            Mashed potatoes            California Blend            Fruit w/Fresh Melon            Dinner Roll            Ice Cream  <b>MO – Veggie Meatballs</b>  <b>NCS – SF Ice Cream</b></p>
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
<p>Sloppy Joe on Bun            Kidney Bean Salad            Mixed Vegetable            Banana            Cake  <b>MO – Soy Joe</b>  <b>NCS – SF Jell-o</b></p>	<p>Chicken Mac Salad            Marinated Tomatoes            Broccoli Salad            Melon            Sugar Cookie  <b>MO – Veggie Mac</b>  <b>NCS – SF Cookie</b></p>	<p>*Saucy BBQ Ribs            Cheesy Potatoes            Coleslaw            Tropical Fruit            Corn Bread            Root Beer Float  <b>MO – Garden Burger</b>  <b>NCS – SF Ice Cream</b></p>	<p>Meat Spaghetti            Wax beans            Mixed Salad            Peaches            Brownie  <b>MO – Marinara</b>  <b>NCS – Orange</b></p>	<p>*Pork Loin in Gravy            Mashed Potatoes            Garden Vegetables            WW Bread            Mandarin Oranges            Pudding  <b>MO– Hummus Wrap</b>  <b>NCS – SF Pudding</b></p>
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
<p>Chili            Baked Potato            Sour Cream            Banana            Cornbread            Rice Pudding  <b>MO – Veggie Chili</b>  <b>NCS – SF Pudding</b></p>	<p>*Italian Sausage on Bun            Roasted Potatoes            Stewed Tomatoes            Orange            Ice Cream  <b>MO – Hummus&amp; Pita</b>  <b>NCS – SF Ice Cream</b></p>	<p>Lemon Baked Fish – Tartar Sauce            Baked Sweet Potato            Tropical Fruit            WW Bread            Pound Cake  <b>MO – Veggie Wrap</b>  <b>NCS – Banana</b></p>	<p>Pulled Pork on a WW Bun            Creamy Coleslaw            Carrot Raisin Salad  <b>NAS–carrots</b>            Melon Slice            Vanilla Pudding  <b>MO –Veggie Wrap</b>  <b>NCS – SF Pudding</b></p>	<p>*Brat on a Bun            Broccoli Cauliflower Salad            Sauerkraut            Watermelon            Peach Crisp  <b>MO –Grain Burger</b>  <b>NCS – Spiced Peaches</b></p>
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
<p><b>CLOSED FOR MEMORIAL DAY</b></p>	<p>Beef Pot Pie w/Biscuit            Creamed Spinach            Apple Juice            Strawberry Jell-O  <b>MO – Veggie Meatballs</b>  <b>NCS – SF Jell-O</b></p>	<p>Chicken &amp; Gravy over bread            Mashed Potatoes            Green Beans            Orange            Cookie  <b>MO – Veggie Gravy</b>  <b>NCS – SF Cookie</b></p>	<p>Fish Sandwich            Cheese Slice            Yams            Coleslaw            Fruit Cup            Cake  <b>MO – Veggie Wrap</b>  <b>NCS – Spiced Pears</b></p>	<p>*Saucy BBQ Ribs            Cheesy Potatoes            Corn            Dinner Roll            Melon Mix            Lemon Bars  <b>MO – Bean Burger</b>  <b>NCS – SF Cookie</b></p>

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. No substitutions allowed.

Please note: Guests on a NAS diet should not be receiving: gravy, ketchup or mustard  
 MO = meatless option

# MAY 2019

## 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;">APR 2019</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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td></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;">JUN 2019</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>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</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						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: #4a69bd;">1</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: #4a69bd;">2</p> <p>8:30 AM Cross Stitch 8:30 AM Tai Chi 9:30 AM FSC Friends 10:00 AM Visiting Nurse 12:30 PM Bingo!! 1:00 PM Sheepshead</p>	<p style="text-align: right; font-size: 2em; color: #4a69bd;">3</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: #4a69bd;">27</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold; color: #4a69bd;"><u>CLOSED</u></p>	<p style="text-align: right; font-size: 2em; color: #4a69bd;">28</p> <p>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</p>	<p style="text-align: right; font-size: 2em; color: #4a69bd;">29</p> <p>8:30 AM Aerobics 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: #4a69bd;">30</p> <p>8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Visiting Nurse 12:30 PM Bingo!! 1:00 PM Sheepshead</p>	<p style="text-align: right; font-size: 2em; color: #4a69bd;">31</p> <p>8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 1:30 PM Scrabble</p>																																																																																			