



# Prime Time News

## August 2019

Fitchburg Senior Center  
Volume XIV Issue 8

### Look Ahead

- Chat with the Mayor P.2
- iPhone / iPad (NEW) P.2
- Trips P. 3
- Book Clubs / Groups P.4
- Cut the cable options P.5
- Thanks Lois! P.6
- Pre-Indoor Walking P.7
- Transportation/Wellness P.8
- ◆ FSC Friends P.9 ◆

### Senior Center Celebrates 40 Years!



It's hard to believe that the Senior Center is 40 years old! Join us from 4:00-7:00 p.m. on Thursday, September 19 as we look back on the wonderful history of our Center.

A special program kicks off at 4:30 p.m. that will include former Mayor Jeanie Sieling and former Director Sue Sheets—both who were instrumental in the early stages of the current Senior Center location.

At 5:00 p.m. the Red Hot Horndawgs take the stage for a fun night of live music. Food and drink available to purchase throughout the event.



### FSCF—Ice Cream Social—Aug. 31, Sept. 1 & 2

FSCF Directors and Senior Center volunteers will be serving free ice cream at Eplegaardens's **Old Fashioned Ice Cream Social** on Labor Day weekend. Your donations will go to support Fitchburg Senior Center's Patient Advocate Program.

Thanks to Betty Forest, Tom Olson and Rami Aburomia for their support of our fundraising efforts.

### Prepare for Indoor Walking!

Join us every Tuesday & Thursday at McKee Park Shelter for an hour of walking starting September 10 at 9:00 a.m. Indoor walking kicks off in November, let's get things started now! For questions, call David at 270-4292.

### Dexafit—Boost Your Bones



Tuesdays & Thursdays from 5:30-6:30 p.m.

1st Session—August 20—September 26

2nd Session—October 1—November 7

Cost: \$60 per session.

Optional DEXA Scan at a reduced rate. To find out more about the class and the scan, please attend a **presentation on August 13 at 10:30 a.m.** by Dexafit.

To register (by August 16) and get answers to questions, call 270-4290.



### Chat W/ The Mayor

Now that we have a new Mayor of Fitchburg, Aaron Richardson, come meet him! Mayor Richardson will be at the Senior Center on August 14 at 8:30 a.m., and August 26 at 10:30 a.m.



### TV Donation

If you are upgrading your TV and your current one needs a new home (less than seven years old), consider donating it to the Senior Center. Please call David at 270-4292.

The goal of the TV donation program is to give seniors who are unable to capture an over-the-air digital picture with their old TV, the chance to enjoy a crisp, clear picture!

**Wow!!**

### Photo and Video with iPhones/ iPads

This class is totally new! Photo and video editing with your iPhone will make your memories pop! Jeremy and Andrew from the FactTv Department will be teaching this new course on Tuesday, August 27 at 9:30 a.m.

You must register in advance.

Call early to reserve your spot. Bring your iPhone and /or iPad with you!

Call 270-4290

## Support Networks

### Caregiver Support

If you are caring for a loved one with dementia, you are not alone. Thursday, August 8 at 10:00 a.m.

### Parkinson's Support With Bob & Cindy

Monday, August 19 at 2:00 p.m.

### Memory Café—Noreen Kralapp

Every third Thursday. Next meeting August 15 at 10:30 a.m. Special guest, Noreen Kralapp, Dementia Outreach Specialist.

## Wellness & Resource

### 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

### Experts On Local Resources

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

# Travel!



## Day Trips

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.

## TRAVEL WITH US IN 2020

### SPECIAL PROMO OFFER

July bookings \$200 savings pp

August bookings \$100 savings pp

### Florida in February

St. Augustine, Orlando, & Indian Rocks Beach

\$3,564 pp twin

### Greece in May

Athens, Mykonos, & Santorini

\$3,499 pp twin

### Western Canada in July

Vancouver, Victoria, & Whistler

\$3,769 pp twin

### Hawaiian Cruise in October

Oahu, Maui, Kauai, & the 'Big Island'

\$4,963 to \$6,073 pp twin

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

## Salad Option Friday's

Call a day in advance: 270-4290!

Join us for lunch on a Friday & ask for the salad du jour!

**AUGUST**

NEW

August 2019 Salads!



**8/2: Chicken Confetti Salad**

Shredded lettuce topped with diced chicken, tomatoes, cucumber, corn and bacon crumbles.

Meal items: biscuit, applesauce & banana cake

**8/9: Harvest Salad**

Mixed greens topped with beets, garbanzo beans, cucumber, red onion, feta and croutons.

Dressing: Balsamic Vinaigrette

Meal items: Orange, bread & tapioca pudding

**8/16: Beef Taco Salad**

Shredded lettuce topped with seasoned ground beef, diced tomatoes, cheese, salsa, black olives, sour cream and tortilla strips.

Meal items: bun, fresh fruit & banana cream pie

**8-23: 7 Layer Salad**

Shredded lettuce topped with peas, celery, onion, mayo, shredded cheese, bacon & eggs.

Meal items: pineapple & blueberry crisp

**8/30: Pulled Pork Santa Fe Salad**

Mixed Greens topped with seasoned shredded pork, black bean salsa and tortilla strips

Dressing: Ranch

Meal Items: Bun, banana & cake

\*Limited to dine in only.

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

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# ★ Groups ★

## REACH Book Club

REACH Book Club will not meet in August. We will resume on September 12, 2019 at 1:30 p.m. with a discussion of the book, *The Eighty-Dollar Champion: Snowman, The Horse That Inspired a Nation*. "The dramatic odyssey of a horse called Snowman, saved from the slaughterhouse by a young Dutch farmer named Harry. Together, Harry and Snowman went on to become America's show-jumping champions, winning first prize at Madison Square Garden. Set in the mid-to-late 1950s, this book captures the can-do spirit of a Cold War immigrant who believed-and triumphed."

### Upcoming Selections:

- Oct. 10, *My Antonio* by Willa Cather (Classic)
- Nov. 14, *One Second After* by William R. Forstchen
- Dec. 12, *Brooklyn*: a novel by Colm Toibin



## Men's Group

Join us for our next meeting on **Tuesday, August 13 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, August 27 at 2:00 p.m.**

Social Hour from 1:00-2:00 p.m. before meeting.



For more info log on to:

[www.fitchburgwi.gov/823/Groups-to-Join](http://www.fitchburgwi.gov/823/Groups-to-Join) and click on Active Women's Group.

The I Love a Mystery Book Club will meet on Thursday, August 22 at 1:30 p.m. at the Fitchburg Senior Center. (the 4th Thursday). We will discuss the book, *The Passenger* by Lisa Lutz. It is the story of a woman who creates and sheds new identities as she crisscrosses the country to escape her past.

# Eats ★

## Couples Dinner Group

Third Tuesday of each month. Captain Bill's.

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.



FITCHBURG CENTER **Farmers Market** AT AGORA

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FITCHBURGMARKET.COM



## 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!



## 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 **2nd & 4th Wednesday** from **10:30-11:30 a.m.** Curt is a newsletter advertiser who helps support our mission.



## 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!

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

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## 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.

## Thank you Lois



for purchasing and caring for our beautiful flowers!

# 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.
- Chinese Mahjong—1st & 3rd 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.



### Chinese Mahjong

Now 1st & 3rd Tuesday. All skill levels are invited, including beginners!



### \$20 Blackout Bingo!! August 8

Special Sponsor:

### Helpful Hands 4U

Professional Organizers

Game begins promptly at 12:30 p.m.



### Movie Day—Captain Marvel

Friday, August 23 at 12:40 p.m.



### 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.

## Pre-Indoor Walking Club

9:00–10:00 a.m.

McKee Farms Park (shelter).

Tuesday/Thursday

Starting September 10



## 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.



## Tai Chi Thursdays

8:30 a.m. Beginner-friendly.

Donations at the front desk welcomed.



## 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.

## Schedule a complimentary portfolio review.



**Curt Arnold**  
Financial Advisor

2979 Triverton Pike Dr Ste 101  
Fitchburg, WI 53711-7505  
608-238-3664

**Edward Jones**  
MAKING SENSE OF INVESTING

MKT-58941-A



## 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.

## Yoga W/ Kurt—FALL SESSION 1

Mondays: Level 2: Sept. 9- Oct. 21; 9:15-10:30 a.m.; 7 weeks; \$56.

Level 1: Sept. 9- Oct. 21; 10:45 a.m.-12:00 p.m.; 7 weeks; \$56.

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

**August 16**

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

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



## 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

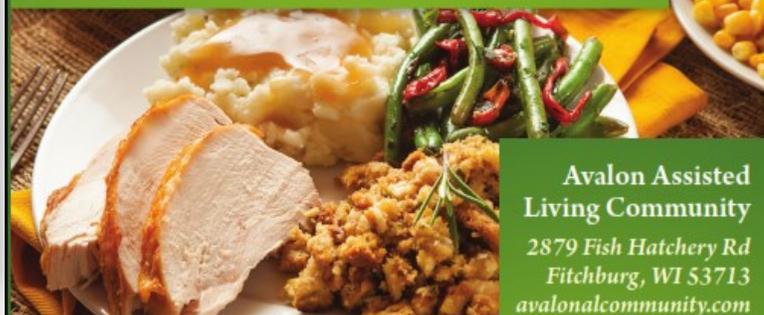
**Call Amy Jordan or Sarah Folkers at 270-4290 today!**

## 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

Volunteers are needed for the Ice Cream Social at Eplegaarden on Labor Day weekend.

The event is to raise money for the Patient Advocacy Program Fund. Slots to be filled will be for 2-2.5 hours in duration.

Aug 31 9:00 a.m.- 5:00 p.m.

Sept 1 10:00 a.m.- 5:00 p.m.

Sept 2 9:00 a.m.- 5:00 p.m.

Please contact Mandi at the Fitchburg Senior Center to volunteer for either event.

608-270-4293



## Crime & Safety Conference

The 17th RSVP/Triad Crime & Safety conference and expo takes place on September 27. Keynote speaker this year is **Josh Kaul, Attorney General of Wisconsin**. Also includes multiple breakout sessions including: **Scams, travel safety, drug trends, responding to abuse later in life** and many more. Early registration up until August 14 is only \$25, \$35 after that date.

Logon to [www.rsvpdane.org](http://www.rsvpdane.org) to register.

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## My Monthly MIPPA Moment

MIPPA (*Medicare Improvements for Patients and Providers Act*) has a goal of educating older adults on benefits that are provided through Medicare. Could you be eligible for some of the programs that can help? Call to talk with our social workers, today. 270-4290



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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.



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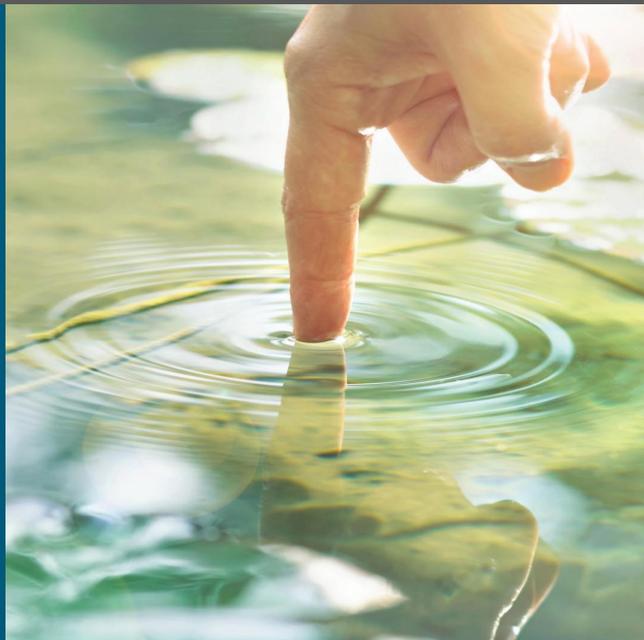


For general questions, email us at:  
[FitchburgSeniorCenter@fitchburgwi.gov](mailto:FitchburgSeniorCenter@fitchburgwi.gov)

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Professional Organizer

608-575-3759  
[dhhands@sbcglobal.net](mailto:dhhands@sbcglobal.net)

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

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Phone: (608) 274-3784  
Fax: (608) 274-3780  
After Hours: (608) 886-7117

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

# August

## 2019

			Thursday 1	Friday 2
			Chicken Noodle Soup Oyster Crackers Three Bean Salad Honey Dew Melon Mix Apple Pie <b>MO</b> – Veg Soup <b>NCS</b> – NCS Pie	Beef Stew Biscuit Green Beans Chunky Apple Sauce Banana Cake <b>MO</b> – Veggie Stew <b>NCS</b> – SF Cookie
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Chicken Mac Casserole Peas Tomato Juice Pineapple Vanilla Pudding <b>MO</b> – Mac and Cheese <b>NCS</b> – SF Pudding	Cheese Tortellini (In meat sauce) Bread Stick Spinach Mandarin Oranges Blueberry Crisp <b>MO</b> – Veggie Tortellini <b>NCS</b> – Banana	Chicken a la King Brown Rice Carrots Corn Salad Peaches Cake <b>MO</b> – Veg a la King <b>NCS</b> – SF Cookie	Meatloaf & Mashed Potatoes w/Gravy Broccoli White Bread Apple Juice Cup Sherbet <b>MO</b> – Veg Meatballs <b>NCS</b> – SF Ice Cream	Pot Roast w/ Gravy Mashed Potatoes Mixed Green Salad Orange WW Bread Tapioca Pudding <b>MO</b> – Black Bean Burger <b>NCS</b> – SF Pudding
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
BBQ Chicken Breast Baked Sweet Potato WW Bread Tropical Fruit Chocolate Cake <b>MO</b> – Veggie BBQ Strips <b>NCS</b> – Orange	Pizza Burger w/cheese & marinara Navy Bean Salad Marinated cucumbers Banana Cookie <b>MO</b> – Garden Burger <b>NCS</b> – SF Cookie	*Ham and Potato Casserole California Blend Fruit Cup Chocolate Pie <b>MO</b> – Veg Cheese Casserole <b>NCS</b> – SF Pudding	Egg Bake Diced Roasted Red Potatoes Grape Juice Biscuit Spiced Apples	*BBQ Pulled Pork WW Bun Coleslaw California Blend Fresh Fruit Banana Cream Pie <b>MO</b> – Hummus Wrap <b>NCS</b> – Banana
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Tuna Salad Sandwich Tomato/ Cucumber Salad Chickpea Salad Pears Apple Sauce Bar <b>MO</b> – Egg Salad <b>NCS</b> – Spiced Apple Sauce	Enchilada Casserole Cauliflower Confetti Corn w/Black Beans Mandarin Oranges Frosted Churro Cake <b>MO</b> – Bean & Cheese Casserole <b>NCS</b> – SF Cookie	*Brat on a bun Stewed Tomatoes Mixed Green Salad Fruit Cocktail Apple Crisp <b>MO</b> – Veggie Wrap <b>NCS</b> – Spice Pears	Chicken Strips Green Beans Pea Salad Dinner Roll Fruit Cup Ice Cream <b>MO</b> – Cheese & Tomato Sandwich <b>NCS</b> – SF Ice Cream	Taco Pasta Casserole Broccoli Cauliflower Pineapple Blueberry Crisp <b>MO</b> – Veggie Taco Casserole <b>NCS</b> – SF Jell-o
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Fruit cocktail Brownie <b>MO</b> – Veggie Chicken <b>NCS</b> – SF Pudding	Tuna Casserole Roasted Baby Carrots Pickled beets Banana Lime Sherbet <b>MO</b> – Hummus & Pita <b>NCS</b> – SF Ice Cream	Chicken on a Bun W/Lettuce/ Tomato/Mayo Cheesy Potatoes 4 Bean Salad Orange Cake <b>MO</b> – Grain Burger <b>NCS</b> – Spice Pears	*Meatballs in Gravy Mashed potatoes California Blend Tropical Fruit Dinner Roll Ice Cream <b>MO</b> – Veg Meatballs <b>NCS</b> – SF Ice Cream	Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Banana Cake <b>MO</b> – Chickpea Joe <b>NCS</b> – SF Cookie

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES  
*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



Senior Dining



Fellowship, Food & Fun

### Friday Salad Option

2<sup>nd</sup>- Chicken Confetti Salad

9<sup>th</sup>- Harvest Salad

16<sup>th</sup>- Beef Taco Salad

23<sup>rd</sup> - 7 Layer Salad

30<sup>th</sup>- Pulled Pork Santa Fe

\*Call & say you want the Salad Option!

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

# AUGUST 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;">Jul 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>31</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;">Sep 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></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div>	M	T	W	T	F	S	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					M	T	W	T	F	S	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30							<p style="text-align: right; font-size: 2em; color: blue;">1</p> <p>8:30 AM Cross Stitch</p> <p>8:30 AM Tai Chi</p> <p>9:30 AM FSC Friends</p> <p>10:00 AM Visiting Nurse</p> <p>12:30 PM Bingo!!</p> <p>1:00 PM Sheepshead</p>	<p style="text-align: right; font-size: 2em; color: blue;">2</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="text-align: right; font-size: 2em; color: blue;">5</p> <p>8:30 AM Aerobics</p> <p>9:00 AM Yam Group</p> <p>9:45 AM Aerobics</p> <p>10:00 AM Bridge</p> <p>11:00 AM F-Fitness</p>	<p style="text-align: right; font-size: 2em; color: blue;">6</p> <p>8:30 AM Pickleball</p> <p>8:30 AM Quilters</p> <p>10:00 AM Shop-Walmart</p> <p>12:45 PM Euchre</p> <p>1:00 PM Mahjong</p>	<p style="text-align: right; font-size: 2em; color: blue;">7</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="text-align: right; font-size: 2em; color: blue;">8</p> <p>8:30 AM Cross Stitch</p> <p>8:30 AM Tai Chi</p> <p>10:00 AM Caregiver Support</p> <p>10:00 AM Visiting Nurse</p> <p>12:30 PM Bingo!!</p> <p>1:00 PM Sheepshead</p> <p>1:30 PM Book Club</p>	<p style="text-align: right; font-size: 2em; color: blue;">9</p> <p>8:30 AM Aerobics</p> <p>9:00 AM Ping Pong</p> <p>11:00 AM F-Fitness</p> <p>1:30 PM Scrabble</p>																																																																																									
<p style="text-align: right; font-size: 2em; color: blue;">12</p> <p>8:30 AM Aerobics</p> <p>9:00 AM Yam 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="text-align: right; font-size: 2em; color: blue;">13</p> <p>8:30 AM Pickleball</p> <p>8:30 AM Quilters</p> <p>10:00 AM Hookers</p> <p>10:00 AM Shop-Woodmans</p> <p>2:00 PM Men's Group</p>	<p style="text-align: right; font-size: 2em; color: blue;">14</p> <p>8:30 AM Aerobics</p> <p><b>8:30 AM Mayor Chat</b></p> <p>9:00 AM Footcare</p> <p>9:45 AM Aerobics</p> <p>10:30 AM Financial Fitness</p> <p>10:45 AM Library Shuttle</p> <p>11:00 AM F-Fitness</p> <p>1:00 PM Bunko</p>	<p style="text-align: right; font-size: 2em; color: blue;">15</p> <p>8:30 AM Cross Stitch</p> <p>8:30 AM Tai Chi</p> <p>10:00 AM Visiting Nurse</p> <p><b>10:30 AM Memory Cafe</b></p> <p>12:30 PM Bingo!!</p> <p>1:00 PM Sheepshead</p>	<p style="text-align: right; font-size: 2em; color: blue;">16</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>																																																																																									
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<p style="text-align: right; font-size: 2em; color: blue;">26</p> <p>8:30 AM Aerobics</p> <p><b>9:00 AM Footcare</b></p> <p>9:00 AM Yam Group</p> <p>9:45 AM Aerobics</p> <p>10:00 AM Bridge</p> <p><b>10:30 AM Mayor Chat</b></p> <p>11:00 AM F-Fitness</p> <p>1:00 PM Dominos</p>	<p style="text-align: right; font-size: 2em; color: blue;">27</p> <p>8:30 AM Pickleball</p> <p>8:30 AM Quilters</p> <p>10:00 AM Hookers</p> <p>10:00 AM Shop-Target/HyVee/Aldis</p> <p>2:00 PM Women's Group</p>	<p style="text-align: right; font-size: 2em; color: blue;">28</p> <p>8:30 AM Aerobics</p> <p>9:00 AM Footcare</p> <p>9:45 AM Aerobics</p> <p>10:30 AM Financial Fitness</p> <p>10:45 AM Library Shuttle</p> <p>11:00 AM F-Fitness</p> <p>1:00 PM Bunko</p>	<p style="text-align: right; font-size: 2em; color: blue;">29</p> <p>8:30 AM Cross Stitch</p> <p>8:30 AM Tai Chi</p> <p>10:00 AM Visiting Nurse</p> <p>12:30 PM Bingo!!</p> <p>1:00 PM Sheepshead</p>	<p style="text-align: right; font-size: 2em; color: blue;">30</p> <p>8:30 AM Aerobics</p> <p>9:00 AM Ping Pong</p> <p>11:00 AM F-Fitness</p> <p>1:30 PM Scrabble</p>																																																																																									