



Prime Time News

January 2020

Fitchburg Senior Center
Volume XV Issue 1

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CLOSED:

January 1 & 20

**New Shopping Times—
See Calendar**

Exercise Updates

Please see page 7 for changes to pricing and times. Changes are for Functional Fitness & Aerobics only.

MATC Classes Are Back!

It has been many years since the Senior Center offered classes through MATC. That comes to an end this year! Here is a listing of upcoming classes. Please use this web link and enter the # of the course to see details and to register.

Use this link: <https://madisoncollege.edu/ce> then enter # for class.

Fundamentals of Drawing #64275 / Spanish 1 #64260 / Creative Writing: Memoirs #64262 / Global Religions #64421 / Genealogy Introduction #64335 / Genealogy Intermediate #64336



Don't Let Parkinson's Disease Slow You Down!

For those living with Parkinson's, it's no secret that one must stay active with a consistent exercise regimen. And, did you know that Argentine tango dancing has been scientifically proven to have a positive impact on PD symptoms, including improved balance, stride length, and motor control?

The Senior Center is excited to offer this new class starting Monday, January 27. Class will meet for six consecutive Mondays from 1:30-2:30 p.m.

No partner needed!

Thanks to funding from the Saroj Bansal Memorial Fund, we are able to offer this incredible class for just \$55 per participant. Please call 270-4290 to register. Sign-up deadline is January 21.

About the instructor: Joe Yang has been certified by the ACE (American Council on Exercise) to teach adapted Argentine Tango classes for individuals with movement disorders.

Caregivers are welcome to attend the class at no extra charge.

AARP Tax Help

For those who could benefit from FREE, simple tax return help, this program is for you! The following dates run with 45-minute slots, so your taxes must be straightforward.

Bring all paperwork to this appointment!

Fri.—February 7 Fri.—February 21 Fri.—March 20 Fri.—April 3
Fri. April 10.

Call 270-4290 for your 45-minute appointment.





A Note From the Director

The Senior Center had a great 2019! Participation increased in most of our programs, and we are serving a more diverse population of older adults than we have in past years. From young—old, to old—old, and low—income to wealthy, the senior population in our community presents us with so many opportunities to meet a wide variety of needs. With an awesome staff and awesome volunteers, I think we are very successful in doing just that too! We are fortunate to have the support of the City, and Dane County. In fact, for 2020 Dane County funded every request that was put forth by the Area Agency on Aging. These requests included funding for nutrition, case management, and mental health services.

So thank you to all who are a part of our Center, and best wishes for a happy and healthy 2020!



Voter Education

A Representative from the League of Women Voters will be in the Senior Center Dining Room on Monday, January 27 from 10:30 a.m.-12:00 p.m. to share information about 2020 election dates, registration deadlines for absentee voting, and to answer other voting questions you may have.



2020 Census

The Senior Center is excited to offer registration for the upcoming 2020 census, beginning April 1. If you would like to complete the census, come on over. Need in-home help, call one of our social workers!

Support, Wellness & Resources

Caregiver Support

If you are caring for a loved one with dementia, you are not alone. Thursday, Jan. 9 at 10:00 a.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

Experts On Local Resources

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

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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!

TRAVEL SHOW

January 21st at 1:00 PM

Featuring:

COSTA RICA

February 2021

Volcanoes, monkeys, & birds

and

2020 GROUP TOURS

GREECE in April/May

Athens, Santorini, & Mykonos

WESTERN CANADA in July
Vancouver, Victoria, & Whales

NEW ENGLAND in October
Boston, Cape Cod, Newport,
Backroads of Vermont

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

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.

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

Ruth Domack, Realtor
608-444-6060
domackr@firstweber.com



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★ Groups ★

REACH Book Club

REACH Book Club will meet on Thursday, January 9 at 1:30 p.m. at the Fitchburg Senior Center. We will discuss the book, *A Man Called Ove* by Fredrik Backman. "Ove is a curmudgeon-the kind of man who points at people he dislikes as if they were burglars caught outside his bedroom window. He has staunch principles, strict routines, and a short fuse. Behind the cranky exterior there is a story and a sadness."

February 13, 2020 *The Nightingale* by Kristin Hannah

March 12, 2020 *Calling This Place Home* by Joan Jensen

April 9, 2020 *Madonnas of Lennigrad* by Debra Dean

May 14, 2020 *The Underground Railroad* by Colson Whitehead

June 11, 2020 Select books for next year



Men's Group

Join us for our next meeting on
Tuesday, January 14 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

Tuesday, January 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
and click on Active Women's Group.

Eats ★

Couples Dinner Group

For more information contact
Bob at robert.rottman@gmail.com



Women's Breakfast

Women's Breakfast 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 Beth Wick at tebewick@charter.net or call

608-467-3131 .

The I Love a Mystery Book Club

The I Love a Mystery Book Club will meet on January 23, at the Fitchburg Senior Center at 1:30 p.m. We will be discussing the book, *The Marsh King's Daughter* by Karen Dionne. "The Marsh King's Daughter is the mesmerizing tale of a woman who must risk everything to hunt down the dangerous man who shaped her past and threatens to steal her future: her father."



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.



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.

Salad Option Friday's

Call a day in advance: 270-4290!

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



January 2020

1/3: Chicken Confetti Salad

Shredded lettuce topped with diced chicken, tomatoes, cucumber, corn & bacon. Dressing: Ranch

Meal items: Bun, pineapple & pudding.

1/10: Tuna Salad

Mixed Greens topped with tuna salad, tomato & cucumber. No dressing.

Meal items: Banana & ambrosia salad

1/17: Pork Taco Salad

Shredded lettuce topped with seasoned pork, diced tomatoes, shredded cheese, salsa, black olives, sour cream and tortilla strips. No dressing..

Meal items: fruit cocktail & brownie

1/24: Chicken Cranberry Bacon Bleu

Mixed Greens topped with diced chicken, bacon crumble, dried cranberries and bleu cheese crumbles. Dressing: Balsamic Vinaigrette

Meal items: Tropical fruit, dinner roll & apple crisp

12/27: 7 Layer Salad

Shredded lettuce topped with peas, celery, onion, mayo, shredded cheese, bacon & eggs. No dressing.

Meal items: Crackers & spiced apples



January Salads!

*Limited to dine in only.



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!

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Refuse Tags Update



Starting in January 2020, physical refuse tags will no longer be sold to residents by the City of Fitchburg. Instead, residents should call Pellitteri Waste Systems to pay for additional refuse bags over the phone. Pricing for additional bags will be \$3.50 each for up to a 32-gallon bag. This bag should not weigh over 50 pounds. You can schedule your extra refuse bags by calling 608-257-4285 any time before 4:00 p.m. on the weekday preceding the next collection day.

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—No Play Until Mar. 2020
- 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.
- 500—2nd & 4th Tues. @ 12:45 p.m.
- Cribbage—Mondays @ 11:00 a.m.



Chinese Mahjong

No play Jan./Feb. Back in Mar. 2020.



\$10 Blackout Bingo!! Jan. 9

Game begins promptly at 12:30 p.m.



Bird Watching

The group will meet the 3rd Thursday of each month at 1:00 p.m., will feature a different topic each month and will always include time to share your birding adventures!



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

Exercise Opportunities

Indoor Walking



Break Away Sports 5964 Executive
Dr. Fitchburg.
Tuesdays/Thursdays from
11:00 a.m. -12:00 p.m. FREE!

Aerobics



Mondays and Wednesdays. 8:30 a.m. (class full) & 9:45 a.m. (new students must join the 9:45 a.m. class); Fridays at 8:30 a.m. Class focuses on cardio, strength, and flexibility.
Cost is \$25 per month.



Tai Chi Thursdays

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



Functional Fitness

Monday, Wednesday and Friday from
11:15-11:45 a.m. Class is chair-based and focuses on strength, range of motion and balance.
Cost is \$15 per month.



Yoga W/ Kurt—Winter SESSION

Mondays: Level 2: Jan. 6 - Mar.16; 9:15-10:30 a.m.; 10 weeks; \$80. (Skip 1/20)
Level 1: Jan. 6 - Mar. 16; 10:45 a.m.-12:00 p.m.; 10 weeks; \$80. (Skip 1/20)
Call 270-4290. Payment due upon sign-up.

Easy Yoga Plus



Register for the full six-week series starting January 7. The teacher, Ellen Millar, is a graduate of Duke Integrative Medicine Yoga for Seniors Master Class.
Tuesdays at 10:00 a.m. (Jan. 7—Feb. 11)
Cost: \$60 Call 270-4290 to register.

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



Indoor Pickle Ball

Every Tuesday. Advanced Play 8:30-12:00 p.m.
Beg./Inter. 12:30 p.m.—3:30 p.m. Open play encouraged during the afternoon.

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
January 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

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

Chair Massage W/ Gary Kuzynski
1st & 3rd Wednesday mornings
15 minutes = \$14 / 30 minutes—\$27
Call 270-4290 to register.



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!

Acupuncture at the Senior Center
Acupuncture treats a variety of health issues, including neurological and muscular-skeletal disorders; headaches & migraines, neck, back & foot pain, joint pain, sciatica, fibromyalgia, and so much more. The Senior Center is proud to introduce Dr. Hao Wang. Dr. Wang will be providing Acupuncture on **Fridays** in the Wellness Room. Call 270-4290 for pricing and available appointments.

The Fitchburg Senior Center Friends

The Friends of the Senior Center provided \$840 for special needs and \$20.00 for scholarships.

Apple TV



First time class! Are you an Apple user? Do you want to know if you should get the Apple TV device or other options, such as Roku? The guys from the FACTv Department will be going through all the important topics on Wed. Jan. 22 at 10:30 a.m. This will be a very popular class, sign up early! Call 270-4290 to reserve your spot, today!



Cutting The Cable Cord Options—FREE Antenna Loan Closet

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!



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Weekly Cable Cutting Tip

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5510 East Lacy Road
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608-270-4290

www.fitchburgwi.gov

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



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

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Wisconsin Association of Senior Centers

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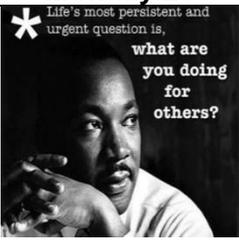
Thad Schumacher, PharmD
tschumacher@fitchburgfamilyrx.com

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

JANUARY

2020

<u>Salad Option Fridays</u>		Wednesday 1	Thursday 2	Friday 3
3rd – Chicken Confetti 10th- Tuna 17th- Pork Taco 24th- Chicken Cranberry Bacon Blue 31st- 7 Layer Reservations <u>must</u> be made by 12:00 the day before by calling 270-4290		 CLOSED	Chili Baked Potato w/Sour Cream Banana Cornbread Cookie MO – Veg Chili NCS – SF Cookie	*BBQ Pulled Pork on a WW Bun Creamy Coleslaw Carrot Raisin Salad Pineapple Pudding MO –Bean Burger NCS – SF Pudding
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Chicken Stew WW Dinner Roll Broccoli Tropical Fruit Cake MO– Veggie Stew NC –Spiced Apples	Beef Pot Pie w/Biscuit Creamed Spinach Apple Juice Strawberry Jello. MO – Veg Pot Pie NCS – SF Jell-o	Chicken and Gravy Over Mashed Potatoes Green Beans Mandarin Orange Cake MO– Veg &Gravy NCS – SF Pudding	Fish Sandwich Bun w/ Cheese Yams Coleslaw Fruit Cup Cookie Bar MO– Garden Burger NCS – SF Cookie	*Meatballs in Marinara Over Penne Carrots Mixed Greens Salad Banana Ambrosia Salad MO– Veg Meatballs NCS – pineapple
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
*Pork Loin in Gravy Mashed Potatoes Garden Vegetables WW Bread Mandarin Oranges Lemon Bar MO – Veggie Wrap NCS – SF Jell-o	Cheeseburger on WW Bun Calico Beans Potato Salad Fruit Cocktail Pineapple Fluff MO– Grain Burger NCS – Pineapple	Hearty Chicken Noodle Soup Saltine Crackers California Blend Veg. Grape Juice Pumpkin Bar MO – Tomato Soup NCS – Banana	Beef Stew Biscuit Green Beans Chunky Apple Sauce Chocolate Chip Banana Cake MO– Hummus Wrap NCS – SF Cookie	Sloppy Joe WW Bun Peas Coleslaw Pineapple Chocolate Pudding MO– Veggie Burger NCS – SF Pudding
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24 – Oregon
 Closed	Chicken a la King Brown Rice Carrots Corn Salad Peaches Sherbet MO – Soy a la king NCS – SF ice cream	Pot Roast with Gravy Mashed Potatoes Mixed Salad Orange juice WW Bread Pudding MO– Veg strips NCS – SF Pudding	Traditional Meatloaf Sweet Potato Broccoli Bread Apple Juice Cake MO– Veg Meatballs NCS – SF Jell-o	*Baked Ham Yams Mixed Salad Dinner Roll Tropical Fruit Apple Crisp MO – Tomato/cheese sandwich NCS – Spiced Pears
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
*Sausage Veggie Egg Bake Orange Juice Mini Biscuit Spiced Apples Coffee Cake MO– Veg Egg Bake NCS – SF Jell-o	Cheese Tortellini Bake Bread Stick Spinach Mandarin Oranges Blueberry Crisp MO Veggie Tortellini NCS – SF Cookie	*Ham and Potato Casserole California Blend Fruit Cup Chocolate Cream Pie MO– Veggie Potato NCS– SF Pudding	BBQ Chicken Breast Baked Sweet Potato/Butter WW Bread /Butter Tropical Fruit Chocolate Cake MO– Garden Burger NCS – Banana	Stuffed Pepper Soup Mixed greens Dressing Crackers Warm Spiced Apple Slices MO– Veggie Soup

Senior Dining

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. MO = meatless option



Fellowship, Food & Fun



JANUARY 2020

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;">Dec 2019</p> <table style="width: 100%; border-collapse: collapse; font-size: x-small;"> <tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></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>31</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;">Feb 2020</p> <table style="width: 100%; border-collapse: collapse; font-size: x-small;"> <tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></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></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		<p style="font-size: 2em; color: blue;">1</p> <p style="font-size: 1.5em; font-weight: bold; text-align: center;">CLOSED</p>	<p style="font-size: 2em; color: blue;">2</p> <p>8:30AM Cross Stitch 8:30AM Tai Chi 9:30AM FSC Friends 10:00AM Visiting Nurse 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead</p>	<p style="font-size: 2em; color: blue;">3</p> <p>8:30 AM Aerobics 9:00 AM Ping Pong 11:15 AM F-Fitness <u>11:15 AM Shop-Pick N Save</u> 1:30 PM Scrabble</p>
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<p style="font-size: 2em; color: blue;">6</p> <p>8:30 AM Aerobics 9:00 AM Yam Group 9:45 AM Aerobics 10:00 AM Bridge 11:15 AM F-Fitness</p>	<p style="font-size: 2em; color: blue;">7</p> <p>8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Shop-Walmart 11:00 AM Indoor Walking 12:45 PM Euchre</p>	<p style="font-size: 2em; color: blue;">8</p> <p>8:30AM Aerobics 9:00AM Footcare 9:45AM Aerobics 10:30AM Financial Fitness 10:45AM Library Shuttle 11:15 AM F-Fitness 1:00 PM Bunko <u>1:00 PM Singers - Special Date</u></p>	<p style="font-size: 2em; color: blue;">9</p> <p>8:30AM Cross Stitch 8:30AM Tai Chi 10:00AM Caregiver Support 10:00AM Visiting Nurse 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Book Club</p>	<p style="font-size: 2em; color: blue;">10</p> <p>8:30 AM Aerobics 9:00 AM Ping Pong 11:15 AM F-Fitness 1:30 PM Scrabble</p>																																																																																										
<p style="font-size: 2em; color: blue;">13</p> <p>8:30 AM Aerobics 9:00 AM Yam Group 9:45 AM Aerobics 10:00 AM Bridge 11:15 AM F-Fitness 1:00 PM Dominos</p>	<p style="font-size: 2em; color: blue;">14</p> <p>8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Hookers 10:00 AM Shop-Woodmans 11:00 AM Indoor Walking <u>12:45 PM 500</u> 2:00 PM Men's Group</p>	<p style="font-size: 2em; color: blue;">15</p> <p>8:30 AM Aerobics 9:45 AM Aerobics 10:45 AM Library Shuttle 11:15 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers</p>	<p style="font-size: 2em; color: blue;">16</p> <p>8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Visiting Nurse 11:00 AM Indoor Walking 12:30 PM Bingo!! <u>1:00 PM Bird Watching Group</u> 1:00 PM Sheepshead</p>	<p style="font-size: 2em; color: blue;">17</p> <p>8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM Shop-Pick N Save</u> 11:15 AM F-Fitness 1:30 PM Scrabble Diabetic Footcare</p>																																																																																										
<p style="font-size: 2em; color: blue;">20</p> <p style="font-size: 1.5em; font-weight: bold; text-align: center;">CLOSED</p>	<p style="font-size: 2em; color: blue;">21</p> <p>8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Shop-South Town 11:00 AM Indoor Walking 12:45 PM Euchre</p>	<p style="font-size: 2em; color: blue;">22</p> <p>8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:30 AM Financial Fitness 10:45 AM Library Shuttle 11:15 AM F-Fitness 1:00 PM Bunko</p>	<p style="font-size: 2em; color: blue;">23</p> <p>8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Visiting Nurse 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Mystery Book Club</p>	<p style="font-size: 2em; color: blue;">24</p> <p>8:30 AM Aerobics 9:00 AM Ping Pong 11:15 AM F-Fitness 12:40 PM Movie Day 1:30 PM Scrabble</p>																																																																																										
<p style="font-size: 2em; color: blue;">27</p> <p>8:30 AM Aerobics <u>9:00 AM Footcare</u> 9:00 AM Yam Group 9:45 AM Aerobics 10:00 AM Bridge 11:15 AM F-Fitness 1:00 PM Dominos</p>	<p style="font-size: 2em; color: blue;">28</p> <p>8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Hookers 10:00 AM Shop-Target/HyVee/Aldis 11:00 AM Indoor Walking <u>12:45 PM 500</u> 2:00 PM Women's Group</p>	<p style="font-size: 2em; color: blue;">29</p> <p>8:30 AM Aerobics 9:45 AM Aerobics 10:45 AM Library Shuttle 11:15 AM F-Fitness 1:00 PM Bunko</p>	<p style="font-size: 2em; color: blue;">30</p> <p>8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Visiting Nurse 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead</p>	<p style="font-size: 2em; color: blue;">31</p> <p>8:30 AM Aerobics 9:00 AM Ping Pong 11:15 AM F-Fitness 1:30 PM Scrabble</p>																																																																																										