



# Prime Time News

## March 2020

Fitchburg Senior Center  
Volume XV Issue 3

### Look Ahead

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[Myvote.wi.gov](http://Myvote.wi.gov)

Find out when to and where to vote. Try it today!



Save The Date!

Pancake Breakfast  
Sunday, April 26  
8 a.m. — 12:00 p.m.

### Stoughton Norwegian Dancers



The Fitchburg Senior Center is proud to welcome the Stoughton Norwegian Dancers on Wed., March 4 at 10:30 a.m. The Stoughton Norwegian Dancers is a group made up of Stoughton High School students who perform authentic Scandinavian dances. The group began in 1953, with the first performance in Stoughton's own Syttende Mai (Norwegian Independence Day) parade. Today, they share their talents across the United States, entertaining young and old and hopefully leaving behind an increased awareness of Norwegian heritage. Performance will be held on the upper level of the Senior/Community Center.



### St. Patrick's Day W/ The Westerlies

First time performance at the Senior Center! Don't miss Bob Newton and Charlene Adzima of The Westerlies! Bob has been playing in Celtic bands in Madison for the past 30 years. Charlene, an energetic fiddler, has training from All-Ireland fiddle champions Liz Carroll, Seamus Connolly and Oisín Mac Diarmada.

**Meal includes:** Corned Beef & Cabbage

March 17 at noon. You **must** call by March 10 at noon. 270-4290

### Mind over Matter



#### Healthy Bowels, Healthy Bladder Workshop For Women

If you have issues with bladder or bowel control, you are not alone. More than half of women aged 50 or older experience urine or bowel leakage! The Mind Over Matter workshop is designed to give women the tools they need to take control of their symptoms.

This program is a three-session workshop for senior women that includes information, group activities, and simple exercises to do at home.

**Join us for Mind Over Matter at the Senior Center**

**Dates:** Wednesdays, April 1, 15 & 29

**Time:** 9:30 - 11:30 a.m.

**Cost:** \$25—Scholarships available—Max 12 students

**Includes all three sessions and workbook.**

To sign up, please call the Center at 270-4290. Sign up deadline 3/25.



## Edward Jones Coffee Club—Fitchburg Senior Center

Discussing current events, the economy and investing, in a relaxed, informal setting, is a great way to get to know one another.

All are welcome. Coffee & pastries will be provided.

**3rd Wednesday of each month, 10:00-11:00 a.m.**

Hosted by Financial Advisors Brad Stepp & Stephanie Blankenheim

RSVP is required: 608-271-5100 or [amy.holt@edwardjones.com](mailto:amy.holt@edwardjones.com)

United States<sup>®</sup>  
**Census  
2020**

### 2020 Census—Are You Counted?

Ten years is up and it's time to be counted once again. If allocation of federal funds is important to you, getting yourself counted is the key to that success! Are you worried about scams? Don't be! The Senior Center will be hosting a detailed program on scams and other important information related to the census. U.S. Census Bureau WI Team Lead, Becky Schigel will be here to educate and inform. Becky will also have computers to allow participants to register on the spot! Mark your calendars for this very important opportunity. Make Fitchburg count!

**Thursday, March 19 at 10:30 a.m.**

## Complimentary investment review.



**Stephanie Blankenheim**  
Financial Advisor

2990 Cahill Main  
Suite 102  
Fitchburg, WI 53711  
608-271-5100

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### Learning Annex 2.0

Join us for another Learning Annex 2.0 as we learn about operations at the National Weather Service Milwaukee/Sullivan Office. This office has routine forecast and short-fused severe weather WARNING responsibilities for southeast and south-central Wisconsin. Meteorologist Tim Halbach, Warning Coordination Meteorologist from the NWS Milwaukee office, will share his insights about their weather forecasting, office operations, and commitment to safety in protecting the public on a daily basis.

**Join us on Tuesday, March 17 at 1:00 p.m.**



### Madison Ice Harvesting

Before the widespread availability of electricity allowed Americans to cool food with the flip of a switch, they relied on iceboxes. For decades before World War I, much of the ice used in these simple appliances was harvested from frozen Wisconsin lakes during the depths of winter. Ann Waidelich, a retired reference librarian for the [Madison Public Library](http://www.madisonpubliclibrary.org) and a local historian, will be with us to recount the vibrant history of ice harvesting from Madison's lakes. Mark your calendar for **Friday, April 17 at 1:00 p.m.** for this fascinating time in Madison's history.



# ++Day Trips++

## Peepstastic Peep Show Racine WI, Friday, April 3. \$89

Bus Leaves Senior Center at 7:00 a.m. with an approximate return at 5:15 p.m

Visit the Racine Art Gallery and Lunch at the Ivanhoe Pub which dates to 1891. Tour Jelly Belly with samples.

## Dairy Air of Two Rivers, Two Rivers, WI, Wednesday, June 3. \$95

Bus Leaves the Senior Center at 6:15 a.m. and returns at approximately 6:00 p.m. Visit the Dairy Alpacas, participate in a simulated fiber sorting activity, and visit, feed, and possibly pet at least one alpaca. Visit the Alpaca Threads Gift store. Lunch is provided at the Lighthouse Inn overlooking Lake Michigan. Dessert will be at the Cedar Crest Ice Cream Factory and Parlor.

For questions, please contact Sharon Trimborn at 608-271-9077. Sign up by calling Badger Bus at 800-416-2049.



# Travel!

## SUPPORT OUR TRAVEL PROGRAM

Did you know that the Fitchburg Senior Center has had a travel program for 20 years?

We have limited space available on these 2020 group tours:  
GREECE in April/May  
WESTERN CANADA in July  
NEW ENGLAND in October

Also booking:  
COSTA RICA January 2021

*More 2021 tours yet to come!*  
Next travel show July 14th, 2020

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



## Be A Census Taker

- ✓ Extra income
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- ✓ Paid training

Apply Online  
[2020CENSUS.GOV/JOBS](https://2020census.gov/jobs)

For more information or help applying, please call 1-855-JOB-2020

Federal Relay Service: 1-800-877-8339 TTY/ASCII  
[www.gsa.gov/fedrelay](http://www.gsa.gov/fedrelay)

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# ★ Groups ★

## REACH Book Club

REACH Book Club will meet on Thursday, March 12, 2020 at 1:30 p.m. at the Fitchburg Senior Center. We will discuss the book, *Calling This Place Home: Women on the Wisconsin frontier, 1850-1925* by Joan Jensen. Swedish domestic worker Emina Johnson witnessed the great Peshtigo fire in 1871; Cherokee nurse Isabella Wolfe served the Lac du Flambeau reservation for decades; the author's own grandmother, Matilda Schopp, was one of numerous immigrants who eked out a living on the Wisconsin cutover. *Calling This Place Home* tells the stories of these and many other Native and settler women during Wisconsin's frontier era.

April 9: *Madonnas of Lennigrad* by Debra Dean

May 14: *The Underground Railroad* by Colson Whitehead

June 11: Select books for next year



## Men's Group

Join us for our next meeting on  
**Tuesday, March 10 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, March 24 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

The I Love a Mystery Book Club will meet on Thursday, March 26, 2020 at 1:30 p.m. at the Fitchburg Senior Center. We will be discussing a cozy mystery entitled, *Chocolate Chip Cookie Murder* by Joanne Fluke. It is #1 in the Hannah Swenson series. Hannah Swenson divides her time between running The Cookie Jar, sleepy Lake Eden's popular cookie-centric bakery, and dodging her mother's attempts to see her (finally) married off. Her quiet life is upended when Ron LaSalle, The Cookie Jar's dairy deliveryman and local football hero, is found murdered behind her shop.

## Couples Dinner Group

**March 17—Dok's Klassik Tavern, Verona.**

For more information contact  
Bob & Dan at [robert.rottman@gmail.com](mailto: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](mailto:tebewick@charter.net) or call

608-467-3131 .



# Birding Club

The Birding Club will be meeting Thursday, March 19 at 1:00 p.m.

Topic: Woodcock field trip at dusk. Evening walk at 7:15 p.m. Park on Fontana Ct. near Eagle School, 5400 Gunflint Trail, before dusk. Dress for the weather, walk will be roughly 1.5 hours.

Bring small flashlight if you wish.



## Milwaukee Beer Line Gallery & Talk

Since statehood, beer has played an integral role in the growth of Wisconsin industry, while bringing Milwaukee national fame. What might be less obvious, but no less important, was the profound role that rail transportation played in this story. To shine a light on both, the Center for Railroad Photography & Art curated the touring exhibition *Milwaukee's Beer Line*, which narrates the rise, fall, and rise again of Milwaukee's beer industry through the eyes of the Milwaukee Road's Beer Line.

Photographs from the show come from the Center's Wallace W. Abbey Collection. During the 1950s, Abbey was an associate editor for *Trains* magazine, the nation's foremost railroad magazine. With offices located in downtown Milwaukee, the Beer Line became a natural subject of interest. Come view at the Senior Center through March.

Join John Kelly, author of *Railroads of Milwaukee*, at the Fitchburg Senior Center on Tuesday, March 31 at 11:00 a.m. for a presentation on the Milwaukee Road's Beer Line. He will discuss the height of Milwaukee's beer industry in the 1950s, and the history and decline of the 6.2-mile Beer Line branch of the Milwaukee Road.



## FoodWise Nutrition—Mar. 4

Lytonia with U.W. Extension will be talking about heart healthy snacks on Wednesday, Mar. 4 at 11:30 a.m. Join us!

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## 2020 Voting

Presidential Primary – Tuesday, Apr. 7  
Fall Primary Election – Tuesday, Aug. 11  
Presidential Election – Tuesday, Nov. 3

*Is your registration information current and correct?*

You can confirm your address or update your registration at [wi.gov](http://wi.gov). Voters who are removed from the voter rolls, whether correctly or mistakenly, can regain the ability to cast ballots by re-registering online, at their clerk's office or at the polls on election day.

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# 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.
- American 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.
- 500—2nd & 4th Tues. @ 12:45 p.m.
- Cribbage—Mondays @ 11:00 a.m.



### American Mahjong

1st & 3rd Tuesday at 1:00 p.m.

### \$10 Blackout Bingo!! Mar. 12

Game begins promptly at 12:30 p.m.



### Movie Day—The Two Popes

Friday, March 27 at 12:40 p.m.

### Bird Watching

The group will meet the 3<sup>rd</sup> Thursday of each month at 1:00 p.m., will feature a different topic or outing 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—Spring

**Mondays:** Level 2: Apr. 6 - May 18; 9:15-10:30 a.m.; 7 weeks; \$56.  
Level 1: Apr. 6 - May 18; 10:45 a.m.-12:00 p.m.; 7 weeks; \$56.  
Call 270-4290. Payment due upon sign-up.

## Easy Yoga Plus



New series coming April 7. The teacher, Ellen Millar, is a graduate of Duke Integrative Medicine Yoga for Seniors Master Class. **Tuesdays at 10:00 a.m. (Apr. 7—May. 12)**  
**Cost: \$60 Call 270-4290 to register.** Please bring mat. Limited mats supplied.



## Indoor Pickle Ball

Every Tuesday. 8:30 a.m. to 3:30 p.m. Tuesday is encouraged for those fluid with the game. Mondays (when available) 12:30-3:30 p.m. is set aside for beginners only.  
Wed/Thurs/Fri—when room is available.

*To get updates you must get on the email list. Contact David at david.hill@fitchburgwi.gov*



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# 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**  
**March 20**  
The cost of this clinic is \$30. Please call 270-4290 to schedule an appointment.

**Blood Pressure**  
Offered during the "Wellness Check" hours:  
10:30 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 date for the Pancake Breakfast is April 26 from 8:00 a.m. to 12:00 p.m.  
We are looking for volunteers.



### 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!

# Support, Wellness & Resources

### Caregiver Support

If you are caring for a loved one with dementia, you are not alone. Thursday, Mar. 12 at 10:00 a.m.

### 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.

### Wellness Checks W/ The Nurse

Thursdays 10:30 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

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## Weekly Cable Cutting Tip

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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 Manager



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Association of Senior Centers



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



As you think about your planned giving, please keep the Senior Center's Legacy Fund in mind.



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# March

# 2020

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Chicken & Gravy Over White bread Carrots Green Beans OJ Carnival Cookie <b>MO – Veggie in Gravy</b> <b>NCS – SF Cookie</b>	Fish Sandwich on Bun w/ Cheese & Tartar Sauce Yams Coleslaw Fruit Cup Pudding <b>MO – Bean Burger</b> <b>NCS – SF Ice Cream</b>	*Meatballs in Marinara Over Penne Corn Mixed Greens Salad Banana Cake <b>MO – Veg Meatballs</b> <b>NCS – SF pudding</b>	*Pork Loin in Gravy Mashed Potatoes Garden Blend Vegetables WW Bread Mandarin Oranges Orange Sherbet <b>MO – Veggie Wrap</b> <b>NCS – SF Ice Cream</b>	Cheeseburger on WW Bun Calico Beans Potato Salad Fruit Cocktail Pineapple Fluff <b>MO – Garden Burger</b> <b>NCS – Pineapple</b>
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Hearty Vegetable Chicken Noodle Soup Saltine Crackers Grape Juice Pumpkin Bar <b>MO – Veggie Soup</b> <b>NCS – applesauce</b>	Beef Stew Biscuit Green Beans Chunky Apple Sauce Chocolate Chip Banana Cake <b>MO – Veggie Beef Stew</b> <b>NCS – banana</b>	Sloppy Joe WW Bun Peas Coleslaw Pineapple Pudding <b>MO – Chickpea Joe</b> <b>NCS – SF Pudding</b>	Meatloaf Sweet Potato Broccoli White Bread Apple Juice Cup Cake <b>MO – Veg Meatballs</b> <b>NCS – SF Jell-o</b>	Cheese Tortellini Bread Stick Spinach Mandarin Oranges Peach Crisp <b>MO – Tortellini in                      marinara</b> <b>NCS – SF Cookie</b>
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Chicken a la King Brown Rice Carrots Corn Salad Peaches Tapioca Pudding <b>MO – Veggie a la King</b> <b>NCS – SF Ice Cream</b>	Corned Beef Cabbage/Carrots Roasted Red Potatoes Rye Bread Mandarin Oranges Cheese Cake Brownie <b>MO – Grain Burger</b> <b>NCS – Fruit cocktail</b>	Pot Roast in Gravy Mashed Potatoes Mixed Green Salad Orange WW Bread Raspberry Sherbet <b>MO – Egg Salad</b> <b>NCS – SF Ice Cream</b>	*Sausage Veggie Egg Bake Orange Juice Mini Biscuit Spiced Apples Coffee Cake <b>MO – Veggie Egg Bake</b> <b>NCS – OJ</b>	Tomato Bean Soup Dinner Roll Broccoli Banana Chocolate Chip Cookie <b>MO – Tomato Bean Soup</b> <b>NCS – SF Cookie</b>
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
*Ham and Potato Casserole California Blend Fruit Cup MG Bread Chocolate Cream Pie <b>MO – Potato Casserole</b> <b>NCS – SF Pudding</b>	BBQ Chicken Breast Baked Sweet Potato WW Bread Tropical Fruit Lemon Bar <b>MO – Hummus Wrap</b> <b>NCS – SF Cookie</b>	Stuffed Pepper Soup Mixed greens Dressing Crackers Warm Spiced Apple Slices <b>MO – Tomato Soup</b>	Enchilada Casserole Spanish Rice Pinto Beans Mandarin Oranges Frosted Churro Cake <b>MO – Bean &amp; Cheese                      Burrito</b> <b>NCS – Pineapple</b>	*Brat on a bun Stewed Tomatoes Green Beans Fruit Cocktail Blueberry Crisp <b>MO – Veggie Hot Dog</b> <b>NCS – SF Cookie</b>
Monday 30	Tuesday 31	<p style="text-align: center;"><b>Salad Option Friday's</b>                      6<sup>th</sup> – Chicken                      13<sup>th</sup> – Hummus Plate                      20<sup>th</sup> - Pork Taco Salad                      27<sup>th</sup>- Chef's</p> <p style="text-align: center;"><b>Reservations <u>must</u> be made by 12:00 the day before by calling                      270-4290</b></p>		
Chicken Strips w/BBQ Brussel Sprouts Coleslaw Dinner Roll Fruit Cup Cookie <b>MO – Garden Burger</b> <b>NCS – SF Cookie</b>	Tuna Casserole Roasted Baby Carrots Pickled beets Banana Ice Cream <b>MO – Egg Salad</b> <b>NCS – SF Ice Cream</b>			



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



# MARCH 2020

## SENIOR CENTER ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																				
2	3	4	5	6																																																																																				
8:30 AM Aerobics 9:00 AM Yam Group 9:45 AM Aerobics 10:00 AM Bridge 11:15 AM F-Fitness	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	8:30 AM Aerobics 9:45 AM Aerobics <u>10:30 AM Norwegian Dancers</u>  10:45 AM Library Shuttle 11:15 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers	8:30 AM Cross Stitch 8:30 AM Tai Chi 9:30 AM FSC Friends <b>10:30 AM Census 101</b> 10:30 AM Visiting Nurse 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead	8:30 AM Aerobics 9:00 AM Ping Pong 11:15 AM F-Fitness <u><b>11:15 AM Shop-Pick N Save</b></u> 1:30 PM Scrabble																																																																																				
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