



Prime Time News

April 2014

Fitchburg Senior Center
Volume IV Issue 4

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Grief Support Group

If you have experienced a loss that has caused you pain and sadness, this group will be helpful. We are confronted with many kinds of loss over the years: loss of a spouse, a child, a friend, a pet, physical loss, loss of a home, loss of a role in life, and more. It helps to meet with others who understand and can help you process your feelings in a safe, caring environment.

Beverly Davis has been in private practice as a counselor for more than 20 years. She has led many groups designed to aid in moving through the pain of loss. In addition she has led workshops for retirement home caregivers and administrators on assisting residents who are moving through the grief process.

Come join us if you would like support as you move through the process of grieving a loss. No loss is too small if it causes pain.

This six-week session will be held Mondays at 2:00 p.m., April 7– May 12. There is no charge, but advanced registration is required. Please call the Senior Center at 270-4290 to sign up.

Pancake Breakfast

Sunday, April 6 8:00 a.m. - 12:00 p.m.

No Falls Balance Class Offered

No Falls is a course led by our trained fitness instructor, Diane Fronck. It is designed for people who may have balance problems. According to studies, people who complete the *No Falls* class, a home safety review, and a vision check are 30% less likely to have a serious fall. Cost is \$35. Class meets at the Center on Mondays from 1:00-2:00 p.m. from April 7 to June 30.

Call 270-4295 to secure your spot.



Bob Lindmeier April 10

Chanel 27 Chief Meteorologist Bob Lindmeier will be at the Senior Center on Thursday, April 10 at 11:15 a.m. Lunch will be served by the Fitchburg Police Dept. at 12:00 p.m., and \$20 blackout bingo at 12:40 p.m. This program will pack the room, so call early to reserve your spot! 270-4290 to register for lunch.

FREE—Blood/Glucose testing. Wednesday, April 23 starting at 10:00 a.m. See page 2 for more details

New Programs

Fitball Exercise Class Starting In May

Eight sessions \$35



Shannon Maguire (ACE certified Personal Trainer) is the instructor. Fitball is a great total body workout starting with a warm up, balance exercises, easy cardio and strength training on your core, upper and lower body. Students must bring their own ball, which can be purchased at Farm & Fleet or Target for \$15-\$20.

Please call 270-4290 to register. Payment due one week prior to first class. Eight minimum req. Tuesdays from 12:00–1:00 p.m. Starting May 13.

Bone Health—May 27 At 1:00 p.m.

Speaker: Pharmacist Thad Schumacher from Hometown Pharmacy.



Did you know with age, bone production drops off and bone loss increases, putting you at risk for osteoporosis (porous bone, which fractures easily)? According to the National Osteoporosis Foundation, roughly 10 million Americans have osteoporosis, and 34 million have osteopenia (low bone mass). But osteoporosis and related fractures don't have to be inevitable.

Join us for this FREE informative talk with Thad.

Ryan Ambulance

Blood/Glucose Testing



The Fitchburg Senior Center is excited to bring on board FREE blood/glucose testing! The fine folks at Ryan Ambulance have agreed to provide this service at no charge to our participants. Testing will be once a month. Unfortunately the days will be different, but the date will always be posted on page 8 under Health, Help and Renewal. Stop in to the Center on April 23 to take advantage of this offering. **Testing starts at 10:00 a.m.**

Antique Appraisal—Sunday, May 4



The Fitchburg Senior Center is teaming up with the Friends of the Fitchburg Library for an Antique Appraisal show! Professional appraiser Mark Moran will conduct free appraisals. Limited spots available. So call today to register yourself, and your item with the Fitchburg Library. 608-729-1763

The date is Sunday, **May 4 from 1:30–4:30 p.m.** Don't have an item to be appraised? No problem, come and see the great items others are bringing in!

Cards W/ Katie—May 21 at 1:00 p.m.

Whether you are a novice or an experienced stamper, you will enjoy this creative experience. We will be using rubber stamping techniques to make six greeting cards, (two each of three different designs).

At this session we will learn one new technique and make a technique card to take home for future reference. Sign up for this class by calling the Senior Center at 270-4290. Cost: \$10.

Payment to instructor day of class. Please bring adhesive or add \$2 for in-house supply.

Older Americans Month

What better way to celebrate than to have 84-year-old and 50 years of service State Senator Fred Risser speaking on behalf of all older Americans! Save the date! May 15. More details coming.



Thursday Line Dancing

Line dancing is back on Thursdays at 1:00 p.m. Come kick-off the season on Thursday, April 3. This is open to all skill levels. FREE program!

No class on April 10



Learning Annex Presents:

In the past year, the American Red Cross Western Wisconsin Region responded to 275 disaster incidents where 337 families were assisted by 971 Red Cross volunteers. Staff and volunteers of the Red Cross will share their experiences at this Learning Annex on Tuesday, April 15 at 2:00 p.m.

Save the Date—New Diabetic Support Group

Whether you are newly diagnosed, or have lived with diabetes for many years, this new support group is aimed at enhancing your journey with diabetes. The group will meet once/month with some variation in meeting dates. Please join us at the Fitchburg Senior Center on **Thursday, April 17 from 1:30 –3:00 p.m.** for a presentation on footcare challenges in people with diabetes. Leading the group will be Lisa Carda, RN, RD, CDE. There is no cost for the support group, but advance registration is appreciated. Please call the Senior Center at 270-4290 to sign up.

Megan Markey—New Massage Therapist, Starting April 8

Megan received her massage training from Madison College (formerly MATC) and is a national and state licensed massage therapist. She specializes in relaxing Swedish massage, integrating deep tissue work according to client needs and preference. A returning adult student, Megan will be starting nursing classes in the fall and has also been working as a nursing assistant at Sebring Assisted Living at Coventry Village. She is excited to combine her interest in massage with her enjoyment of working with and helping the older adult population. In her free time, Megan raises Friesian horses with her mother, reads as much as possible, and loves learning and experiencing new things. She has three nieces, and a fourth niece or nephew is due in April. Family is extremely important to Megan and she hopes to have her own someday soon! Call to schedule an appointment with Megan today.



270-4290.

P.L.A.T.O.—Novels New And Old—Spring 2014

April 7: *Bring Up the Bodies* by Hilary Mantel

April 14: Voting Day

April 21 & 28: *Far From the Madding Crowd* by Thomas Hardy

Mondays @ 1:00 p.m. For info and/or a membership packet, contact Wendy Kerr at 262-5823.



Fitchburg Historical Society Welcomes Ada Deer

Ada Deer will be the keynote speaker at the Fitchburg Historical Society's annual meeting on April 6 at the Fitchburg Public Library, beginning at 1:30 p.m.

Clubs, Groups & More!



REACH Book Club

REACH Book Club will meet at the Fitchburg Senior Center on **Thursday, April 10 at 1:30 p.m.** to discuss the book, *The Bridge of San Luis Rey* by Thornton Wilder (our classic for the year.) "On

Friday noon, July the twentieth, 1714, the finest bridge in all Peru broke and precipitated five travelers into the gulf below." With this celebrated sentence Thornton Wilder begins *The Bridge of San*

Luis Rey, one of the towering achievements in American fiction and a novel read throughout the world. By chance, a monk witnesses the tragedy. Brother Juniper then embarks on a quest to prove that it was divine intervention rather than chance that led to the deaths of those who perished in the tragedy. His search leads to his own death ~ and to the author's timeless investigation into the nature of love and the meaning of the human condition (from the title notes of the library entry.) Discussion questions are available in David's office.

We're close to the end of our year and it's time to think about books for next year. Bring your suggestions to the April meeting.

May 8 - *The Art of Racing in the Rain* by Garth Stein

June 12 - *The Reading Promise* by Alice Ozma

REACH Book Club meets the 2nd Thursday of each month, Sept.–June at the *Fitchburg Senior Center* at 1:30 p.m.



The *I Love a Mystery Book Club* will meet at the Fitchburg Senior Center at 1:30 pm on Thursday,

April 24, 2014 (the 4th Thursday.)

Come and join other mystery fans as we discuss the mystery, *The Face of a Stranger* by Anne Perry. This is the first book in the William Monk series.



Men's Group

Join us for our next meeting on Tuesday,

April 8 at 2:00 p.m.

For more info log on to:
www.fitchburgseniorcenter.com
and click on Men's Group on the left side.



Active Women's Group

Join us for our next meeting on Tuesday,

April 22 at 2:00 p.m.

For more info log on to:
www.fitchburgseniorcenter.com
and click on Active Women's Group on the left side. Meet at the Senior Center.



Don't Forget!

For weekly updates, visit our web page at www.fitchburgseniorcenter.com and then click on the You Tube link to our channel to view "What's Happening at the Fitchburg Senior Center."

\$20 Blackout Bingo!



On Thursday, April 10 at 12:30 p.m. We will be hosting \$20 blackout bingo with special sponsor **Sylvan Crossings of Fitchburg**

UW Extension Nutrition W/ Tonia

Topic: Understand the role protein plays in our bodies! Join our speaker, Tonia on Wednesday, April 16 at 11:30 a.m.



2014 Day Trips - Hosted By The Oregon Senior Center

Fox River Scenic Cruise on the Foxy Lady, June 24. Green Bay, WI. \$87. Seroogy's Chocolates, Titledown Brewing Company, trip on the Foxy Lady II yacht down the Fox River! Deadline 4/20/2014.
Depart Fitchburg at 7:00 a.m.

Neil Simon's Rumors, July 23. Mt. Carrol & Freeport, IL. \$85. NBC called the play, "Not only side-splitting, but front and back-splitting too" Lunch at Cimino's Little Italy in Freeport, IL.
Deadline 5/30/2014. Depart Fitchburg at 8:15 a.m.

Diamond Jo Getaway, September 23. Dubuque, Iowa. \$28. Deluxe motorcoach transportation, \$10 free slot play and FREE lunch buffet. Deadline 9/9/14. Depart Fitchburg at 8:30 a.m.

Seniors of the Sahara, October 9. Port Washington, WI. \$82. Enjoy great live entertainment at the Memories Dinner Theatre. Deadline 8/25/2014. Depart Fitchburg at 9:30 a.m.

La Crosse Boats & Bluffs, October 15. La Crosse, WI. \$84. Jump aboard the La Crosse Queen paddle wheeler and enjoy a tour of the upper Mississippi River! Lunch aboard the Queen.
Deadline 9/15/2014.

Christmas in the Country, December 3. Lake Geneva, WI. \$102. "Christmas Portrait" performance, Hall of Trees holiday exhibit, fabulous Gingerbread House, and more! Deadline 10/14/2014.

****Flyers can be mailed or picked up at the Fitchburg Senior Center.****

Call Badger to register at 800-416-2049



Writers Group—New Format/New Focus

Beginning in April our writing group will be meeting twice per month on the 2nd and 4th Wednesday at 1:00 p.m., April through June. The casual meetings will offer members the opportunity to read their stories and receive group feedback if desired. A list of suggested topics to write on each week can be provided for those interested. Topics may include a favorite food story, a dangerous situation, a road trip, an embarrassing moment, etc. If you like writing, appreciate the opportunity to share your stories and enjoy getting to know others, this group is for you!

For those interested (and we stress this is optional), we would like to give some added focus, or incentive, by inviting participants to share a favorite story or two at a public reading on Wednesday, June 25 from 6:30 p.m. to 8:00 p.m. at the Senior Center. This opportunity will give writers a chance to further share their stories with peers, family, friends or whomever you would like to invite! Refreshments will be served following the readings.

If you are interested in being a member of our Writing Group, please call the Senior Center at 270-4290 to sign up. We are looking for a minimum of six people. Again, signing up **does not** obligate you to participate in the public reading in June.



Painting With Oil Pastels

This is a fun class that is open to beginners who want to learn the basics, or those with experience who may need help with an existing painting. We will experiment with different materials, and techniques. Beginning students will make several small paintings during class.

Experienced students may choose projects. Each class will have a demonstration, and then individual work time with one-on-one instruction while you work. Questions and registration, email:

marymccormickart@gmail.com

Cost: \$120. Apr. 22–May 27. 1:00–3:30 p.m.

Significant Medicaid Changes Part II

- What can couples do now to protect assets?
- What can a single person do now to protect assets?
- What advice can you expect when you call a county benefits specialist?
- What is most important to you when planning to pay for your long term care needs?



◆ This program is an update to Attorney Iris Christenson's Part I series last fall. Join us May 21 at 6:30 p.m. at the Fitchburg Senior Center.

Remaining Safe In Your Home

Comfort Keepers has joined with Recover Health to present a guide and resources to remain safe, healthy, and happy in your own home as you age. Presenters are Richard Lornson of Comfort Keepers and Dawn Thiede of Recover Health. Join us on Wednesday, April 16 at 1:00 p.m.




iPad W/ Jeremy & Kristy

iPad training with Jeremy, Kristy and FACTv staff is back by popular demand. Join the gang as they navigate you through the basics of using the iPad all the way to cool tips and tricks that will make you love your iPad even more. Have questions? They will be available to answer those as well! Tuesday, April 22 from 10:30 a.m. to 12:00 p.m.

Call to register for this free class. 270-4290



E-Readers Tutorials—FREE

45-minute, one-on-one sessions will be conducted by helpful (and very patient!) staff from Dane County Library Service. The first appointment starts at 8:30 a.m. on Wednesday, April 30. Space is limited. Call 270-4290 to register!



Movie Day—12 Years A Slave

Join us Friday, April 18 at 12:40 p.m.

96% Rotten Tomato ratings! Runtime: 134 minutes

The popcorn and movie are FREE! Donations gladly accepted.



Groups

Caregiver Support—Apr. 10 at 10:00 a.m.

Grief Support— Six-week program.
April 7—May 12. 2:00 p.m.
Must call to register. 270-4290

Drop-In Activities!!!!

Dominos—2nd & 4th Mon. @
1:00 p.m



Social Bridge—Mon. @ 10:00 a.m.

Pastels—3rd Mon. @ 1:00 p.m.

Euchre—1st & 3rd 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. @ 2:00 p.m.

Yoga w/ Kurt

April 21—June 2 (six weeks)

No class Memorial Day, May 26.

Cost: \$42

Level one: 10:45 a.m.-12:00 p.m.

Level two: 9:15 a.m.-10:30 a.m.

Call 270-4290 to register.



Exercise Classes ^{P.7}

Aerobics With Diane Fronck

Diane teaches Mondays and Wednesdays at 8:30 a.m. and 9:45 a.m.; Fridays at 8:30 a.m. is Diane on video. Class focuses on cardio, strength, and flexibility. Cost is \$20 per month.

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 \$7 per month.



Tai Chi Thursdays 8:30 a.m.

Cost—\$2 drop-in. Pay instructor. Beginners welcome.

Zumba Gold

For active seniors who love to dance! Learn FUN and easy-to-follow dance movements to Latin rhythms and International/American music.

Fridays, 10:00-10:45 a.m. Cost is \$7 drop-in. For more info call Deb Knuth at 347-9390



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Transportation Services ^{P.8}

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 round-trip. Transportation provided by Transit Solutions for general shopping on Tuesdays and Weds/Fridays. Call the Senior Center to schedule a ride.

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—Home Health United. Offered 2nd & 4th Wednesday of each month. Cost is \$20 & \$10. Call the Center for an appointment. **Must provide 2 towels.**

Pre and Diabetic Footcare
Every 3rd Friday!

April 18

The cost of this clinic is \$28. Please call 270-4290 to schedule an appointment.

Blood Pressure—Ruth Mueller, R.N. B.S. Offered at no charge the third Thursday of each month 10:30-11:30 a.m. No appt. needed.

Massage Therapy

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

Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Massage Therapy

Megan Markey
Tues. Mornings

Cost:

\$25 for 30 min.
\$45 for 60 min.
\$65 for 90 min.

Sign up at
270-4290.

Cancellations must be made 24 hrs in advance to

Social Services

Senior Center Help

- ◆ Home visits
- ◆ Loan Closet
- ◆ Meals on Wheels
- ◆ Home Health
- ◆ Insurance
- ◆ Medicare/Part D
- ◆ Medicaid
- ◆ **Call Amy Jordan or Sarah Folkers at 270-4290 today!**

Reflexology

Release stress, improve your sleep patterns, ease aches and pains. Sound good? Try a reflexology session from Gregory Newman. Your body will never feel the same again! \$45 for 1 hour. \$25 for 1/2 hour. Call 270-4290



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Shopping Update

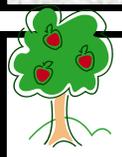
Due to the large volume of onsite meal participants taking advantage of our shuttle bus, we have made some adjustments to our shopping schedule: Tuesday shopping will now start pick-ups at 9:30 a.m. **NEW:** HyVee has been added in conjunction with Aldi. Same day trip, you choose!



A Few Good Volunteers

The Senior Center is excited about a new program coming this fall/winter. At this time Assistant Director David Hill is recruiting a few volunteers who have a passion for energy savings, and a knack for being handy around the house. If this sounds like you, please give David a call at 270-4292 to inquire about this upcoming opportunity.

Simple energy savings one home at a time—let's make a difference!



Community Groves Grant

The Senior Center will be partnering with the Forestry and Natural Resources Department on planting an orchard! The orchard will be near the Senior Center parking lot. Volunteers will be needed for tree planting and mulching, perhaps in the fall. Stay tuned for more details as they unfold!

Pick Your Meds Up At The Senior Center



The Senior Center is collaborating with Hometown Pharmacy to make your medication pick-up safe, simple and easy! If you frequent the Senior Center, this might just be for you. You must enroll with Hometown Pharmacy and place your orders with them. Once that is done, a representative will be onsite to deliver you meds! Call Hometown Pharmacy to get started today!
274-3784

Forever Memories of Saroj Bansal



Saroj Bansal was an active member of the Fitchburg Senior Center for over 10 years. She and her husband Sushil enjoyed many of the programs offered at the Center, but most of all, loved our chair-based exercise class, Functional Fitness. Sushil was such an active participant he was trained as an instructor and taught for the Center for several years. When he wasn't teaching, both Saroj and Sushil rarely missed class. Sadly, Saroj passed away on September 8, 2013. In her memory, her family is establishing a memorial fund to be used for Functional Fitness supplies or to cover the monthly fee for those who are unable to afford the class. This memorial will be called "Forever Memories of Saroj Bansal".

We thank the family of Saroj for this memorial and their support of the Functional Fitness class. The memorial fund is open to **everyone**. **Anyone** wishing to donate to this fund can contact Jill at the Senior Center at 270-4291

2014 Newsletter Subscription

Name: _____
Address: _____
City & Zip: _____
Phone: _____

The cost to have the *Prime Time*, the Senior Center's monthly newsletter, delivered to your home for the year **2014 is \$7**. Please complete this form and return it with payment to the Senior Center. Checks should be made out to the Fitchburg Senior Center. If you prefer to pick up your newsletter each month at no charge, please let us know or stop on by. Smiling faces await you!

Fitchburg Senior Center
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 Fitchburg, WI 53711
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www.fitchburgwi.gov



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