



Prime Time News

June 2014

Fitchburg Senior Center
Volume IV Issue 6

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 Thinking about volunteering? Handy around the house? See page 9 right now!



CONCERTS AT McKee

It's a Party in the Park!

JUNE 16: THE BIG PAYBACK
JULY 21: COUNT THIS PENNY
AUGUST 18: THE KISSERS

Free & everyone is welcome

MUSIC!

TONS of FUN

food trucks
CRAFT BEER
FAMILY FUN

GRAB YOUR FRIENDS, YOUR FAMILY AND YOUR DANCING PANTS AND HEAD OVER TO MCKEE FARMS PARK FOR OUTDOOR LIVE MUSIC AND A GOOD 'OL TIME! PACK A PICNIC AND BRING SOME LAWN CHAIRS IF KICKIN' BACK IS YOUR THING! FOOD AND DRINK CARTS OPEN AT 6PM AND THE SHOW BEGINS AT 7PM.

FITCHBURGCHAMBER.COM

MCKEE FARMS PARK 2930 CHAPEL VALLEY ROAD FITCHBURG



4th of July Celebration W/ Northern Comfort—June 27

The Fitchburg Senior Center is celebrating the 4th of July on Friday, June 27. The meal includes either a freshly grilled brat or hamburger with ice cream provided by **Sylvan Crossings of Fitchburg**. Please indicate your choice when ordering. Cost for meal only \$3.00. This year we are doing it up BIG! The fabulous Northern Comfort Band is with us at 11:00 a.m. Come jam to vintage country, bluegrass and gospel. If the weather cooperates we will be listening and eating outside!! Don't miss out, call 270-4290 on or before 1:00 p.m. June 26.



Specific Skin Checks

Dr. Wilson—June 26

Dr. Michael Wilson from the Meriter Fitchburg at Meriter—UnityPoint Health will be here on June 26 to check any moles that you are concerned about.

Do you have any new moles? Do you have any moles that have changed in color, size or appearance? Do you have any moles that itch or bleed? Any of these symptoms could indicate skin cancer.

Make an appointment to see Dr. Wilson.

The clinic runs from 10:30-11:30 a.m., each appointment being ten minutes in length.

Call 270-4290 to sign up. FREE.

Fitchburg Cycles and Your Bike!



On Thursday, June 26 at 1:00 p.m. The Fitchburg Senior Center will be teaming up with NEW local bike shop Fitchburg Cycles. Join us to learn what it takes to change a tire, feather your gears to run smoothly, and the kick-off to bike season. This event is also a great opportunity to formulate the Senior Center biking club. Bike on over and be part of this great program. Right next to the Great Dane/old Blockbuster location.

2970 Cahill Main. Any questions, contact David at 270-4292.

Zumba Gold Summer Special

During the months of June, July and August Zumba Gold will be offered on a monthly basis as a four-week series for \$20. **This is an \$8 savings from the drop-in rate!!** Pre-registration, advanced payment and a minimum of six sign-ups are required.

Call 270-4290 to register. (Checks payable to "A Way of Life Yoga")

June 6, 13, 20, 27

July 18, 25 & Aug 1, 8

Aug 15, 22, 29 & Sept 5 (all classes at 10:00 a.m.)

Dancing W/ Annie

Line dancing is over.

Check back in the fall for another fantastic season!

Thanks Annie!



Power Up Your Brain—June 24 at 9:00 a.m.

- Every 67 seconds, someone in the U.S. develops Alzheimer's.
- One in nine people over age 65 has Alzheimer's disease, and almost 2/3 of these are women.

Many neurologists believe that brain degeneration is not inevitable. You can stop it, reverse it, and recover what you have lost. Many factors that increase the risk of cardiovascular disease are also associated with a higher risk of developing Alzheimer's and other dementias.

Are you putting your brain at risk for dementia, Alzheimer's, or a stroke?

- Do you regularly use any over-the-counter or prescription medication?
- Do you read food labels to screen out bad ingredients that slow down your brain?



Jesi Hirsch, RN, ACC is a Patient Advocate and Health Coach who practices Functional Medicine. Functional Medicine is an evolution in the practice of medicine that better addresses the healthcare needs of the 21st century. It shifts the disease-centered focus of medical care to a more patient-centered approach. So if you are concerned about your brain, then come learn what you can do to reinvigorate and preserve your brain function. **A brain-healthy snack will be served.**



June's Learning Annex Presents: Habitat For Humanity

For more than 25 years, Habitat for Humanity of Dane County has partnered with 225 families to build simple, decent, affordable homes here in Dane County. Cheryl McCoillum, Communications Director at Habitat for Humanity of Dane County will share the goals and objectives of Habitat along with updates on local activities and projects. **Tuesday, June 17 at 2:00 p.m.**



Pelvic Floor Disorders

If you're like most women, you have LOTS of questions about personal topics that don't often get discussed – and it's time to start talking! Join Dr. Heidi Brown, a Female Pelvic Medicine and Reconstructive Surgeon and Assistant Professor at UW, for a conversation about the things our mothers, sisters and girlfriends never told us about...

Mind over Matter, Brain over Bladder: Secrets to Maintaining a Healthy Pelvic Floor!

Join us **Wednesday, July 16 at 1:00 p.m.** for a discussion of strategies to keep your pelvic floor strong, tricks for bowel and bladder control, and options for treatment if you are bothered by pelvic floor symptoms.



Massage Day Change

Our new massage therapist, Megan Markey, will now be providing massage therapy on Friday mornings. See page 8 for more details on pricing and times.



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 on-site to deliver your meds!

Call Hometown Pharmacy to get started today!

274-3784

Diabetic Support Group

Whether you are newly diagnosed, or have lived with diabetes for many years, this 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 **Friday, June 20 from 1:30 – 3:00 p.m.** for a continued discussion on nutrition. Leading the group is 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.



Fixed Incomes 101 Rob Waterman

Making sure your investments provide you with a stable income is one of the smartest things you can do. This seminar will help you learn about different types of fixed-income investments and how they can help you reach your financial goals. Hosted by Rob Waterman from Edward Jones. Rob is a supporter of our newsletter and a volunteer for our fundraisers. Join us on **Tuesday, July 8 at 1:00 p.m.**

Our 90's Participants



Clubs, Groups & More!



REACH Book Club

REACH Book Club will meet at the Fitchburg Senior Center on **Thursday, June 12 at 1:30 p.m.** to discuss the book, *The Reading Promise* by Alice Ozma. When Ozma was in the fourth grade she and her father made a pledge: to read together every single night for 100 days. After 100 days, they just kept going. Their streak ultimately lasted 3,218 days – spanning from Ozma's fourth-grade year to her first day of college. On the last night, Ozma chose to read from the same book they'd read for their first father-daughter reading: *The Wizard of Oz*. Their commitment to reading and to each other are the subject of Ozma's book, *The Reading Promise: My Father and the Books We Shared*. Discussion questions are available in David's office.

June will be the end of our year and we will take a break during July and August. We will choose books at the June meeting from those suggested by members. The list of books chosen will be in the July issue of *Prime Time News*. REACH Book Club began in September of 2004. We will celebrate this 10 year milestone at the September 11, 2014 meeting.

REACH Book Club meets the 2nd Thursday of each month, September thru June at 1:30 p.m. and is open to all.



The *I Love a Mystery Book Club* will meet at the Fitchburg Senior Center at 1:30 p.m. on Thursday, **June 26, 2014** (the 4th Thursday.)

Come and join other mystery fans as we discuss the mystery, *A Great Deliverance* by Elizabeth George. This is the first book of the ongoing series featuring Scotland yard detectives, Inspector Lynley and Detective Sargent Havers.



Men's Group

Join us for our next meeting on Tuesday,

June 10 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,

June 24 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, June 12 at 12:30 p.m. we will be hosting \$20 blackout bingo
Come on in!

UW Extension Nutrition W/ Tonia

Topic: Dairy month. Try out different kinds of yummy cheese. Join our speaker, Tonia, on Wednesday, June 18 at 11:30 a.m.



2014 Day Trips - Hosted By The Oregon Senior Center

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



Bike Club Kick-Off

Fitchburg Cycles June 26, 1:00

Acrylic Painting With Nancy Macgregor



The Fitchburg Senior Center will be presenting a new session of the Acrylic Painting class again this summer. The dates will be June 12-July 17. This will be a six-week Thursday morning course taught by Artist

Nancy Macgregor, designed to familiarize the beginning painter with the unique properties of Acrylic paints and mediums. Ms Macgregor will help each student to create a small acrylic painting on canvas. This session we are going to pay particular attention to using the various types of brush strokes, and the use of color to show emotion. The subject matter will be the choice of the art student, keeping in mind an object or subject that has been of particular importance as a good luck charm or useful guide in the life of the artist. The class runs from 9:30 a.m. to 12:00 p.m. \$85.00 for the six weeks. To register and receive the supply list: Call Ms Macgregor at 608-824-0038 or e-mail: nancymac@copper.net.

Check out her work at <http://www.nancymacgregor.com> Join this painting adventure, and see what fun it is to learn to paint in a supportive group.

Writers Group—New Format/ New Focus

The writing group meets the 2nd and 4th Wednesdays at 1:00 p.m. and will continue meeting through June. The casual meetings offer members the opportunity to read their stories and receive group feedback if desired. A list of suggested topics to write on each week is provided for those interested. If you like writing, appreciate the opportunity to share your stories and enjoy getting to know others, this group is for you!

If you are interested in being a member of our Writing Group, please call the Senior Center at 270-4290 to sign up.

An Eye Doctor Can See Things You Can't! Pearle Vision To Present..

Low Vision 101: Come ask questions and get your answers with Dr. Jeremy Goetsch, Optometrist with Pearle Vision. Are you having problems reading and doing close-up work? Are people around you talking about Progressive Lenses, and you may have Bi-Focal/Tri-Focal? Come talk to Dr. Goetsch to get your questions answered, and more!

Thursday, June 12 at 1:00 p.m.
No sign-up required.

iPad Beginner/Getting Started

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!
Monday, June 23 from 10:30 a.m. to 12:00 p.m.
Call to register for this free class. 270-4290

iPad Continuation/Advanced

iPad training with Jeremy, Kristy and FACTv staff is back by popular demand for the continuation/advanced iPad class. If you are familiar with the basics of the iPad and would like to learn some new tips and tricks that will take you to the next level of enjoyment, then this class is for you!

Wednesday, June 25 from 10:30 a.m. to 12:00 p.m.
Call to register for this free class. 270-4290

Fitchburg Brush Collection, \$40 And More!

Mark your calendars! June 2-6 & 23-27 will be brush collection for Fitchburg residents.

Did you know if you have an older (working) refrigerator or freezer, you qualify for a \$40 kick-back to recycle it? Call David 270-4292 for more details. When is the last time you cleaned the coils on the backside of your refrigerator? It's an energy waste and harmful for your refrigerator .

If you are unable and reside in a home, call David and let the Energy Task Force Team do this for free!



BOOK THIEF

Movie Day— Book Thief

Join us Friday, June 20 at 12:40 p.m.

Read the book? Now see the movie! Runtime: 2 hours 10 minutes
The popcorn and movie are FREE! Donations gladly accepted.



Groups

Caregiver Support— June 12 at 10:00 a.m.

Grief Support— Call 270-4291 for details

Diabetic Support— See page 3 for details

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.

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.



Summer Zumba Gold

For active seniors who love to dance! Learn FUN and easy-to-follow dance movements to Latin rhythms and International/American music. Friday, 10:00-10:45, \$20 for four wk series (need six sign-ups) June 6, 13, 20, 27 July 18, 25, Aug 1, 8 Aug. 15, 22, 29, Sept. 5 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!
June 20
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.

<p><u>Massage Therapy</u> June Newman LMT,NCTMB. Mon./Thurs. Afternoons</p>
<p><u>Reflexology</u> Gregory Newman LMT,NCTMB. Wed. Afternoons</p>
<p><u>Massage Therapy</u> Megan Markey Friday Mornings</p>
<p><u>Cost:</u> \$25 for 30 min. \$45 for 60 min. \$65 for 90 min. Sign up at 270-4290. <u>Cancellations must be made 24 hrs in advance to</u></p>



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

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!**

Senior Farmers Market Vouchers

You may be eligible to receive vouchers for use in purchasing \$25 worth of locally-grown fruits, vegetables and herbs at Farmers Markets and roadside farm stands in Wisconsin during the 2014 season (June 1 - October 30, 2014). The Fitchburg Senior Center will hold distribution on **Friday, June 6 from 12:00–1:00 p.m.** Vouchers will be given on a first-come, first-served basis. You must be a resident of Dane County and at least 60 years of age. The 2014 gross income limit for a one-person household is \$1,800/mo. (\$21,590/year); for a two-person household it is \$2,426/mo. (\$29,101/year). Please bring a photo ID with proof of age, as well as proof of all sources of income (2013 income tax or homestead credit form, Social Security statement, or subsidized housing review letter). Only one set of vouchers per household is allowed. Vouchers cannot be mailed to you. If you have questions, please call the Fitchburg Senior Center at 270-4290 and ask to speak with one of the Social Workers.

Cards W/ Katie—June 16 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 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.



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!***

Yoga W/ Kurt



June 9—August 18 (no class 7/7)

\$70 pay to Kurt Runzheimer first day of class. Call 270-4290 to register.

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

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

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!

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