



# Prime Time News

## July 2014

Fitchburg Senior Center  
Volume IV Issue 7

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 **CLOSED**  
Friday the 4th



### Take The Challenge

Indoor Mini Sprint Tri

10 SWIM  
20 BIKE  
10 RUN

In partnership with Pinnacle Health & Fitness and Race Day Events, we are excited to offer our Fitchburg Seniors a great event!

1st Annual Indoor Mini Sprint Tri held at Pinnacle Health and Fitness. Swim 10 minutes, bike 20 minutes and finish with a 10 minute run!

Call David 270-4292 or stop by for more details on a special membership offer to Pinnacle to get your swim practice in!



### Wii Bowling Traveling Team

The spring season is over. However, the Senior Center is recruiting new players to compete against other Senior Centers around Dane County. Call David at 270-4292

### Fitchburg Flea Market

Every Sunday from 7:00 a.m. to 1:00 p.m. at McGaw Park. 5265 Lacy Road. Free admission & parking.  
Sponsored by: Fitchburg Parks & Rec. Dept.



### Concerts At McKee

July 21: Count This Penny

August 18: The Kissers

Food and drink available starting at 6:00 p.m. with music at 7:00 p.m.

### Fitball W/ Shannon



This is the second session of this hit program. Instructor Shannon Maguire is a multiple Ironman finisher! Four sessions, July 8-22, no class the 29th, and finishing on August 5. Start time is 12:00 p.m. Pre-register by calling 270-4290.  
Must provide own exercise ball.

## 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 regular advertiser in our newsletter and a volunteer for our fundraisers.

Join us on Tuesday, July 8 at 1:00 p.m.



## Volunteer Opportunities



- Spanish-speaking volunteers to visit with our Latino population.
- Gardener to help water and maintain our small gardens.
- Durable medical equipment coordinator to help with our loan closet.
- Driver Escorts to take clients to appointments.
- Meals on Wheels drivers to volunteer as fill-in positions.
- Computer/iPad /iPhone/E-Reader savvy tutors to help seniors.
- Orchard volunteers to help maintain our orchard.
- Foot care volunteer/assistant.

## Movie Day—

### The Grand Budapest Hotel

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

92% Rotten Tomato rating! Runtime: 1 hr. 39 min.

The popcorn and movie are FREE!

Donations gladly accepted.



## Writers Group

Taking a break in July but will resume meeting on the 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays at 1:00 p.m. beginning August 13. Watch August newsletter with details.



## Golf Cart Ride Coming!

Plans are underway for our annual golf cart ride scheduled for Wednesday, August 20th. Watch August's newsletter for more details.!



## Fitchburg Community Orchard Volunteer Training

On Tuesday, July 15 between 9:00 a.m. and 12:00 p.m., Erin Schneider of Hilltop Community Farm, LLC will present a workshop on orchard management and maintenance. Erin's qualifications are unmatched. In addition to being co-owner of the Hilltop Community Farm, she has served as the Coordinator of the Organic Tree Fruit Association, was a Research Gardener for the UW Madison Department of Plant Pathology, and the Director of the FairShare CSA Coalition. She has taught numerous workshops on sustainable agriculture, organic gardening, permaculture, and fruit production.

During Arbor Day weekend, the 4-H Fireflies of Fitchburg planted an orchard which consists of eight apple trees and two pear trees behind the Fitchburg Community Center. A grant awarded by the Alliance of Community Trees helped pay for the cost of the trees and installation. The orchard will provide fruit for Fitchburg residents, and excess fruit will be donated to local food pantries. It will be cared for by community volunteers, especially interested seniors.

The workshop is open to the public and will focus on what volunteers need to know to care for and maintain our new community orchard. If interested in attending, please call Mandi at 270-4293.



## July's Learning Annex Presents: Olbrich Botanical Gardens

Roberta Sladky, Director of the award-winning Olbrich Botanical Gardens, will give an update on what's new at the Gardens and plans for the future. **Tuesday, July 15 at 2:00 p.m.**

**\*\*Coming August 19—History of Frank Lloyd Wright and the Monona Terrace**



### 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 on strategies to keep your pelvic floor strong, tricks for bowel and bladder control, and options for treatment if you are bothered by pelvic floor symp-

### Diabetic Support Group

This group meets once/month with some variation in meeting dates. Next date is Thursday, July 24 from 1:30-3:30 p.m. 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.



### Kindle One On One—August 6

30-minute one-on-one sessions will be available for you to learn all the tips and tricks of how to work your Kindle to its full potential.

The first 30-minute appointment starts at 8:30 a.m. Call 270-4290 to register today. Four slots only!!



### Data In The Cloud—July 31

Knowing how to store your data in the cloud is the hot trend right now. Learn how to save your information safely and effectively. The staff from the Fitchburg F.A.C.T. channel will be here to teach you the best tips and tricks around!

Call 270-4290 to register. 11:00 a.m.—12:00 p.m.

### Coming This Fall Beginner Spanish

Sign up now for this 8 week class to be held on Tuesdays from 10:30 -11:30 a.m. Classes will run September 9-October 28th. Cost is \$50. Call 270-4290 to register.  
Instructor: Phyllis Hasbrouck



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### Fitchburg Brush Collection

Mark your calendars! July 14-18 will be brush collection for Fitchburg residents.

# Clubs, Groups & More!



## REACH Book Club

REACH Book will be taking a break during the months of July and August. We will resume in September, the tenth anniversary of the beginning of REACH Book Club. We will discuss the book, *When the Emperor was Divine* by Julie Otsuka, the first book discussed by the club ten years ago. Plan to come to this meeting and help us celebrate ten years of lively discussions of all kinds of books.

Books for the coming year are:

September - *When the Emperor was Divine*  
by Julie Otsuka

October—*The Yellow House* by Patricia Falvey

November—*Savannah Breeze* by M. K. Andrews

December—*The Land Remembers* by Ben Logan

January—*I Know Why the Caged Bird Sings*  
by Maya Angelou

February—*Ordinary Grace* by William Kent  
Krueger

March—*The Traitor's Wife* by A. Pataki

April—*Crossing to Safety* by Wallace Stegner

May—*Henry's Sisters* by Cathy Lamb

June—*Wild* by Cheryl Strayed

REACH Book Club meets the 2<sup>nd</sup> Thursday of each month, September thru June at the *Fitchburg Senior Center* at 1:30 p.m.



## Men's Group

Join us for our next meeting on  
Tuesday,

July 8 at 2:00 p.m.

For more info log on to:  
[www.fitchburgseniorcenter.com](http://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,

July 22 at 2:00 p.m.

For more info log on to:  
[www.fitchburgseniorcenter.com](http://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](http://www.fitchburgseniorcenter.com) and then click on  
the You Tube link to our channel to view "What's  
Happening at the Fitchburg Senior Center."



The *I Love a Mystery Book Club*  
will meet at the Fitchburg Senior  
Center at 1:30 p.m. on Thursday,  
July 24, 2014 (the 4<sup>th</sup> Thursday.)

Come and join other mystery fans as we discuss  
*City of Veils* by Zoe Ferraris. Women in Saudi  
Arabia are expected to lead quiet lives. Katya,  
one of the few women in the medical examiner's  
office, is determined to make her work mean  
something. A body is discovered, and the  
mystery begins ...

## \$20 Blackout Bingo!



On Thursday, July 10 at 12:30 p.m.  
we will be hosting \$20 blackout bingo  
Sponsor: Comfort Keepers. Come on in!

## UW Extension Nutrition W/ Tonia

Topic: Flavor without the sodium? Tips and tricks  
revealed! Join our speaker, Tonia, on  
Wednesday, July 16 at 11:30 a.m.

# Groups

**Caregiver Support**— July 10 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.5

## 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. Fridays, 10:00-10:45 \$20/4 week series. Aug. 15, 22, 29, Sept. 5. No classes in July. Need minimum of 6 sign ups. For more info call Deb Knuth at 347-9390

## Comforting Solutions for In-Home Care

Do you want to remain safe and happy in your own home? From a couple of hours a week to 24/7 care, Comfort Keepers is here to help you preserve your independence. We offer flexible, affordable and interactive home care.



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# Transportation Services P.6

**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. Provided by Transit Solutions for general and grocery shopping on Tuesdays and Fridays. Call the Senior Center to schedule a ride. 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—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!

**July 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  
Friday 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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## 2014 Day Trips - Hosted By The Oregon Senior Center



### 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**

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## Cards W/ Katie

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. **Wed. July 23 at 1:00 p.m. \$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!**

## 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  
5510 East Lacy Road  
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