



Prime Time News

September 2014 Fitchburg Senior Center
Volume IV Issue 9

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Closed Sept. 1



Indoor Mini Sprint Tri



10 20 10

SWIM

bike

RUN



The Time
Is
Now!

Take The Challenge

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 Triathlon held at Pinnacle Health and Fitness. Swim 10 minutes, bike 20 minutes, and finish with a 10 minute run!

When: Sunday, October 26. Where: Pinnacle Health.

Cost: \$20 (includes custom 10/20/10 tee shirt!)

Call David at 270-4292 to register or stop on by.



Live Theatre

Jessica Michna as Helen Keller



Actress Jessica Michna, who is widely known for her portrayals of historically important women, will appear as Helen Keller at the Fitchburg Senior Center on Thursday, September 18 at 12:40 p.m. The program will be held in the dining room following the 12:00 p.m. lunch. If you are interested in joining us for the meal prior, please call by Wednesday, September 17, 12:00 p.m.

Yoga W/ Kurt—Fall Sessions



Sept. 8—Oct. 20 (seven weeks) \$49

Level one: 10:45 a.m.—12:00 p.m.

Level two: 9:15—10:30 a.m.

Nov. 3—Dec. 15 (seven weeks) \$49

Level one: 10:45 a.m.—12:00 p.m.

Level two: 9:15—10:30 a.m.

Call 270-4290 to register

Tai Chi Chih W/ Stan Corwin

Tai Chi Chih is made up of 19 easy-to-learn movements, and one pose, to reduce stress and promote serenity, flexibility and balance all while increasing energy and mental focus:

Healing Body, Mind, and Spirit

Free demo on Tuesday, Sept. 16 at 11:00 a.m.

Curious? Come check it out.

Seven-week one hour per session program for \$25 starts on Tuesday, Sept. 23 at 11:00 a.m.

Please call to register for the seven-week program by calling 270-4290. No registration for the free demo.



UW Ext. Nutrition W/ Tonia

Topic: Keeping your food safe! Tips and tricks revealed! Join our speaker, Tonia, on Wednesday, Sept. 17 at 11:30 a.m.

The Guide to Preventing and Self-treating Muscle Pain

This program is for that everyday person who is experiencing typical muscle tension and pain. I lead a program that is engaging, easy to learn and practical. The program teaches why muscle pain exists, how to prevent it and how to work to soothe or self-treat muscle pain. Also during the program, we stretch together and I work with an audience member to demonstrate self-treatment tools. The program assists participants in understanding when a massage therapist, chiropractor, physical therapist or physician is needed. Join me, Jonathan Garber, Registered Massage Therapist, at the Fitchburg Senior Center on Wednesday, September 17 at 2:00 p.m.

Your Health - Rho Chi Pharmacy

Honor Society / University Wisconsin

Healthy diets and exercise can prevent disease progression, and injury. For this presentation, we will be discussing the health benefits of diet and exercise and the challenges of making positive lifestyle changes as an older adult. Join us on Tuesday, September 23 at 1:00 p.m.

Fitball W/ Shannon

Exercise with an exercise ball? That's right. Multiple Ironman finisher Shannon Maguire (ACE certified personal trainer) has a fantastic workout program that targets aging issues and how to make you stronger!

Eight weeks for only \$35. Wednesdays, starting Sept. 17 at 8:00 a.m. Students must provide exercise ball. Call 270-4290 to register.

Bike Club Update

The bike club meets at the Senior Center now on Wednesdays at 10:00 a.m. Creative ride options are chosen by group members. For more information or to get on the email listserv, contact David at fscbikegroup@gmail.com

Groups/Educational Offerings ^{P.3}



Sept. Learning Annex Presents: Amy Carlson—Channel 15 News!

Tuesday, Sept. 16 at 2:00 p.m. Amy Carlson, Channel 15 NBC - weekend weather anchor - is the September 16 guest for the Learning Annex. Amy has been with Channel 15 since 1988. She loves the challenges of forecasting Wisconsin weather and the variety of outdoor activities the area offers. She's really enjoys meeting different individuals and groups within the community.



Men's Group

Join us for our next meeting on Tuesday, September 9 at 2:00 p.m.

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

This Fall—Beginner Spanish

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

Instructor: Phyllis Hasbrouck



Active Women's Group

Join us for our next meeting on Tuesday, September 23 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.



Kindle One-On-One—Sept. 24

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!!



iPad Beginner/Getting Started

iPad training with the FACTv staff. Join the gang as they navigate you through the basics of using the iPad!

Thursday, Sept. 18 from 1:00–2:30 p.m.
Call to register for this free class. 270-4290



iPad Continuation/Advanced

iPad training with the FACTv staff. This is for the continuation/advanced iPad class.

If you are familiar with the basics of the iPad this class is for you.

Tuesday, Sept. 30 from 1:00–2:30 p.m.
Call to register for this free class. 270-4290



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Don't Forget!

For weekly updates, visit our web page at

www.fitchburgseniorcenter.com and then click on the YouTube link to our channel to view "What's Happening at the Fitchburg Senior Center."

Caring for a Loved One Who May Wander

Although we celebrated the safe return of two Dane County older adults with Alzheimer's disease who wandered off this summer, it is critical that we have a discussion on what we can do to collectively reduce the risk of wandering for the nearly 21,000 older adults with dementia in south central Wisconsin.

Please join the Fitchburg Senior Center, the Alzheimer's & Dementia Alliance of Wisconsin and the Dane County Sheriff's Office on Wednesday, October 8 at 5:30 p.m. to learn more about keeping your spouse/partner, your parent, your neighbor or anyone with dementia safe.

This program will feature a discussion by Mike Butler, Dane County Sheriff's Office, about the Care Trak program, a personalized wristband that sends out automatic tracking signals every second. In addition a representative from the Alzheimer's & Dementia Alliance will provide you with helpful information about caring for your loved one and services provided by their organization. **Advanced sign-up is requested. Please call the Fitchburg Senior Center at 270-4290 by 10/6.**



Writers Group

2nd & 4th Wednesdays at 1:00 p.m. The casual meetings will offer members the opportunity to read their stories and receive group feedback if desired. Drop-ins welcome!

Intro To Oils

September 9, 2014 1:00 – 4:00 p.m.

This is a fun class for beginners who want to learn the basics of Oil Pastels. We will experiment with different materials and techniques. Students will make one or more small paintings during this class. There will be demonstration, and then individual work time with one-on-one instruction.

Cost \$30. Instructor: Mary McCormick-Wixon
Payment due first day of class. Any questions please email Mary at

marymccormickart@gmail.com



Acrylic Art W/ Nancy



Step into fall with another addition of Acrylic Painting with Nancy Macgregor. She will be back with more interesting techniques to teach beginners and advanced students. Everyone will be encouraged to use a memorable occasion from their personal history to develop a painting on a small canvas. You will learn to incorporate the traditional style of the Old Masters with a few modern touches. This session will run eight weeks:

(Sept. 11–Oct. 23 from 9:30 a.m.–12:00 p.m.)
Cost is \$115. See how much fun it is to paint in a group. For the art supplies list and registration contact Nancy at 608-824-0038.

Cards W/ Katie



Whether you are a novice or an experienced stamper, you will enjoy this creative class. 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.

Monday, September 8 at 1:00 p.m. \$10
Payment to instructor day of class. Please bring adhesive, or add \$2 for in-house supply.

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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Book Club/New Staff/No Falls/Meds



REACH Book Club

Tenth Anniversary Meeting

REACH Book will resume on September 11, 2014, 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. Written in 2002, Julie Otsuka's debut novel paints a portrait of the Japanese internment camps. It describes in poetic detail the travails of a Japanese family living in an internment camp during World War II, raising the specter of wartime injustice in bone-chilling fashion. Discussion questions are available in David's office.

Since this is a special occasion we will have some light refreshments. Plan to come to this meeting and help us celebrate ten years of lively discussions of all kinds of books.

October—*The Yellow House* by Patricia Falvey

A complete list of books for the year will be available at the September meeting.

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

Hello from Susan!

I'm new here and I am working for you at the reception desk in the morning. My husband and I made Fitchburg our home in 2001. I enjoy my free time with our family (and grandchildren); gardening; swimming; cooking; sewing; and reading. Fitchburg Senior Center is such a warm and caring place for which I am thankful—stop by to see me!

No Falls Class

No Falls, a balance and exercise class, will be kicking off in the Fall. If you have had balance problems, have fallen or are fearful of falling and do not have medical conditions* that would limit participating in group exercise, then this might be the class for you. Instructor-led with statistics proving it prevents falls! When: Mondays starting October 20 from 1:00 to 2:00 p.m. Fee is \$35. Please call 270-4295 for registration and other information.

Med Reviews October 8

The United Way, along with the FSC, will be providing medication reviews with a qualified and trained pharmacist. You can qualify for this free service if: 1. You are over 65 years old, 2. You live in Dane County, 3. Your annual income does not exceed \$35,000 for a one-person household or \$45,000 for a two-person household, 4. You take three or more medications that include prescriptions, herbals and over-the-counter. Do you feel dizzy? Have you fallen in the past year? Do you forget important dates or events? Do you go to more than one pharmacy to fill your medications? If you answered yes to any of the above please call 270-4295 to sign up.



The *I Love a Mystery Book Club* will meet at the Fitchburg Senior Center at 1:30 p.m. on Thursday, September 25, 2014 (the 4th Thursday.)

Come and join other mystery fans as we discuss *The Bones of Paris* by Laurie R. King. Private investigator Harris Stuyvesant is on the hunt for a missing twenty-two-year-old woman from Boston. The setting of the mystery is Paris, France in September, 1929.

Women Supporting Women

A new group, "As We Age, Women Supporting Women" will be offered at the Senior Center on Wednesdays from 3:30-5:00 p.m. beginning September 17, and will continue meeting weekly for at least six months.

As we age, we face many changes and often losses.

There are also joys accented by our accumulated wisdom and life experiences. Support systems are crucial as old forms of support diminish. This group will offer a place to share our lives in an atmosphere of trust and support.

Bev Davis, a licensed clinical counselor, will facilitate the group. She has more than thirty years of leading groups.

To sign up for the group, call the Fitchburg Senior Center at 608-270-4290. Space is limited.

Veteran Group

The Vet Center through the Department of Veteran Affairs is wanting to host a Veteran counseling group here at the Fitchburg Senior

Center. Focus could be on readjustment, civilian life and trauma. If you are Active Duty or a Veteran and are interested, we would like to know YOUR availability for a good day and time. Please call 270-4295 for more info. All counseling is **free** and is Veteran run, led and supported.

Fitchburg Flea Market

Sundays from 7:00 a.m. to 1:00 p.m. at McGaw Park. 5265 Lacy Road.

Sponsored by: Fitchburg Parks & Rec. Dept.

Lectures & Discussions - P.L.A.T.O.

P.L.A.T.O.—Novels Old & New / Fall

September 22&29: The Burgess Boys by Elizabeth Strout. (Pat Detienne and Joan Zechman).

October 6: Crow Lake by Mary Lawson. (Tom and Geri Vale).

October 13 & 20: The Unlikely Pilgrimage of Harold Fry by Rachel Joyce. (Irene Meyer and Vicki Cothroll).

October 27&November 3: Moll Flanders by Daniel Defoe. (Geri and Tom Vale).

November 10: Voting

November 17&24: The Orphan Master's Son by Adam Johnson. (Judy Troia and Nancy Wynn).

Mondays from 1:00-3:00 p.m. Fitchburg Senior Center.

P.L.A.T.O. - Moby Dick: A Novel for Our Times

Fridays 10:00 a.m. - 12:00 p.m.

September 26 - December 5, 2014

Call the main office at 262-5823 for more details



2970 Cahill Main Suite 101 | www.fitchburgcycles.com

Dean Kelly

dean@fitchburgcycles.com

Phone: 608.630.8880

fax: 844.630.8884

Groups

Caregiver Support— Sept. 11 at 10:00 a.m.

Diabetic Support— updates coming soon.

As We Age... Women Supporting Women See page six for more 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.



Zumba Gold

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

Drop In Only \$7

Fridays 10:00 a.m.

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. 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!
September 19
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



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!

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

Movie Day— Ida



Join us Friday, September 19 at 12:40 p.m.
... Rotten Tomato rating 94%! Runtime: 2 hours
The popcorn and movie are FREE!
Donations gladly accepted.



Fitchburg Senior Center Friend News

Fitchburg Senior Center Friends is subsidizing the cost for a charter bus for the Fitchburg Senior Center sponsored trip to the International Crane Foundation in September.

In addition, Friends also paid the cost for five clients to participate in the FSC golf cart ride on August 13.

If you're interested in joining our Board of Directors, please contact Peter Eaton at peter.eaton@att.net or Bob Rottman at robert.rottman@gmail.com for more information.

Pig Roast November 13

2014 Newsletter Subscription

Name: _____

Address: _____

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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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