



Prime Time News

October 2014

Fitchburg Senior Center
Volume IV Issue 10

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Newsletter Fee Increase—Please Read!

The newsletter renewal for 2015 is \$10. Increased costs in printing and shipping have made this decision a logical one. However, we continue to price ourselves at or below the average for senior Centers in Dane County (.83 cents/copy). You can always pick up the newsletter for no cost or access it on the web at www.city.fitchburg.wi.us

Silent Movie “Sunnyside” 1919 Starring Charlie Chaplin

Live musical accompaniment to this silent film will be provided by pianist Jeanne Felix and cellist Laurie Riss. Jeanne is the Director of Music Ministry at Christ the King Parish in McFarland.

Laurie has been a member of the Madison Symphony Orchestra and has been a private cello teacher for 25 years. She is also a member of “Ladies Must Swing”, an all-female swing band.

Join us on Halloween, Oct. 31 at 12:40 p.m.

Join us for our annual Pig Roast Fundraiser!

Thursday, November 13 from 4:00-6:30 p.m.



\$7 adults / \$3 children 10 and under.

No advance tickets, just show up and enjoy!

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.

Health Options - Your Choice ^{P.2}

Yoga W/ Kurt—Fall Sessions



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

Payment to instructor day of class

Your Health - U.W. Rho Chi Pharmacy Honor Society

For this presentation, we will be discussing what screenings and vaccinations are appropriate for aging adults. Heading into flu season, this is a timely program!

Join us on Tuesday, October 14 at 1:00 p.m.

Line Dancing W/ Annie
Every Thursday at 1:00 p.m.
Free program, just show up!

UW Ext. Nutrition W/ Tonia

Topic: Confused about what to eat to stay healthy? Join Tonia from the UW Extension Nutrition Program on Wednesday, October 15 at 11:30 a.m. and find out how!



Acupuncture Now Being Offered

Beginning this October, the Fitchburg Senior Center is pleased to offer acupuncture. Acupuncture is a time-proven therapy which has been used for hundreds of years to treat many ailments, including pain conditions (such as arthritis and muscular tension), stress and nervous tension (such as sleep disturbances, headaches or neuropathy), digestion, and many more. Acupuncture services will be provided by Matthew Wagner, CA. Matthew graduated from Southwest Acupuncture College in Boulder, CO, and completed post-graduate internships in Taipei, Taiwan. He specializes in pain management, mobility, stress, and digestive health. See page 8 for days and pricing.



Flu Shot Clinic

Flu shots are available at the Senior Center (lower level) on Friday, October 17 from 9:00-11:00 a.m. Remember to bring your insurance cards to the clinic.



Fitball & Tai Chi Chih Continues!

Both classes run through October, with new classes being offered in November into December.

Please call David at 270-4292 to find out more about these two great new exercise programs!



10 20 10 Indoor Mini Sprint Triathlon 2014

Just a few spots left! This relaxed event is sure to be one that you can feel great about at the end. It's doable for everyone! Call David at 270-4292 or stop by and ask how you can be part of it.

Cost \$20 w/ t-shirt. Sunday, Oct. 26.



Learning Annex Presents: Three Gaits, Inc.

Tuesday, Oct. 21 at 2:00 p.m. Dena Duncan, Executive Director of Three Gaits, Inc., near Stoughton will talk about the exciting programs her organization is doing. Their mission is to provide an effective therapeutic horsemanship program for children, youth, and adults with disabilities and special needs.



Men's Group

Join us for our next meeting on Tuesday, **October 14 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, **October 28 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.

AARP Driver Safety Class

In this four-hour course you will learn:

- To manage dangerous blind spots
- Proper following distance behind other cars
- Safe ways to change lanes and make turns at busy intersections
- How to eliminate distractions while driving

Registration is required. Call 270-4290.
\$12 for AARP members, \$14 non-members.

Pay by check day of class.

Participation may earn you an insurance discount; check with your insurance carrier.

Wednesday, October 22 from 11:30 a.m. to 4:00 p.m.

Beginners' Spanish Class II

Open to all who took the first round, plus others upon approval of the instructor (Instructor will contact any new students). We'll continue learning the basics of the present tense, conversations about family, food, likes and dislikes, and destinations. You'll learn reading, writing, listening comprehension, and speaking Spanish.

Eight weeks starting Nov. 4. 10:30-11:30 a.m. Cost \$50.

Payment due upon sign up. Checks made out to the Senior Center

Call 270-4290 to register.

Free Tech Classes

iPad Beginner/Getting Started

The basics Oct. 27 from 10:30 a.m.—12:00 p.m. Call 270-4290 to register.

iPad Continuation/Advanced

Take basics to the next level Oct. 30 from 10:30 a.m.—12:00 p.m.

Call 270-4290 to register.



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."



Fitchburg Senior Center Energy Task Force Team

Who are we? A group of volunteers who are available to provide our Fitchburg Seniors with energy-saving measures.

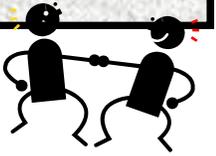
What can we do for you? Volunteers can make simple but effective changes in your home. Changing furnace filters, cleaning refrigerator coils, removing old paint, no throw-away light bulbs, and batteries.

Making Connections! The Task Force Team will also be able to identify possible resources for further improvement through Focus on Energy, MG&E and others. Referrals can be established by our team!

Reminder calls! We can make reminder calls to you when it's time to replace that furnace filter or when it's time for the team to clean the refrigerator coils—don't pass this option up!

Is there a cost? No; however, donations are welcomed and appreciated.

Call to make an appointment today. 270-4290



Bucky Book Swap

If you have a Bucky Book for 2015 and want more of the coupons you use, this program is for you! Like minded people come together and trade Bucky Book coupons and find themselves leaving with plenty of coupons for the entire year! **Please come prepared!** Make a list of coupons and page numbers of the coupons you are looking for. It's fast, it's fun and everyone leaves happy!

Thursday, Oct. 30 at 6:00 p.m.



Oil Pastels

This is a fun class for students at any level who want to learn how to paint with Oil Pastels. You will learn about the materials and techniques of Oil Pastel. In the first couple of classes we will start with basic techniques, and then you can work on projects of your choice.

Start: Oct. 14. (8 wks) 1:00-4:00 p.m. \$145.

Instructor: Mary McCormick-Wixon

Payment to instructor due first day of class.

To register, please email Mary at marymccormickart@gmail.com

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, October 13 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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Transportation & Shopping • Respite and More...

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Feeding • Mobility • Transferring & Positioning • Oral Hygiene

Skilled Care*
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Speech Therapist • Meals on Wheels (M-F)
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Book Club/No Falls/Meds



REACH Book Club

REACH Book will meet on October 9 at 1:30 p.m. We will discuss the book, *The Yellow House* by Patricia Falvey. This is the story of a fiery young woman fighting to reunite her family and reclaim their ancestral home during the war for Irish Independence. Discussion questions are available in David's office.

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

REACH Book Club would like to thank the Fitchburg Senior Center for its support over the past ten years. Our 10th anniversary celebration was attended by readers, ranging from those who have been a part of the group for ten years to some who were there for the first time. The discussion was lively and the cake was delicious. Thank you FSC.



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. Payment to Senior Center upon sign up. 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, October 23, 2014 (the 4th Thursday.)

Come and join other mystery fans as we discuss *The Daughter of Time* by Josephine Tey. Detective Inspector Alan Grant investigates the centuries-old scandal of the murder of the Princes in the Tower and Richard III. This mystery is #1 on the CWA 100 Best List.



2970 Cahill Main Suite 101 | www.fitchburgcycles.com

Dean Kelly
dean@fitchburgcycles.com

Phone: 608.630.8880

fax: 844.630.8834

!!!Patchwork Quilters—Items Needed!!!

The Quilters are looking for donations of cotton material, yarn, thread and sewing supplies to make quilts and afghans that are contributed to the Retired Senior Volunteer Program (RSVP), who in turn furnish these items to people in need.

Call the Senior Center at 270-4290 if you have items to donate.



Navigating Through Senior Housing—October 23, 1:00 p.m.

This program covers the differences between in home care, independent living, RCAC assisted living, CBRF assisted living, memory care and skilled nursing. We will discuss what each type of senior housing community offers, and regulatory standards each community is licensed to provide. We will review the differences in each type of assisted living and how that differs from memory care and skilled nursing. This presentation is beneficial for individuals who are in the beginning stages of looking for senior housing, primary care givers, or family members assisting a loved one in their home. Presented by Oak Park Place of Madison.



Open Enrollment

It's time again for Medicare Part D open enrollment!

If you are thinking about changing your Part D plan for 2015, or are just curious about other options, please call the Fitchburg Senior Center at 270-4290 and ask to speak with one of the Social Workers. Open enrollment runs from October 7 - December 15.



Dog Walking & Pet Sitting

Tara Howard is a recent addition as an advertiser in our newsletter. Come meet Tara on **Wed. Oct. 29 at 11:00 a.m.** and see what Tara can do for your pet while on vacation or for more exercise!

Join us!



P.L.A.T.O. - Fitchburg Senior Center

Novels New & Old—Mondays from 1:00-3:00 p.m.

September 22 through November 24.

Moby Dick: A Novel for Our Times—Fridays from 10:00-12:00 p.m.

September 26 through December 5.

For more details call P.L.A.T.O at 262-5823.



\$20 Blackout Bingo!! October 9

Special sponsor, Sylvan Crossings of Fitchburg, with the Fitchburg Police serving lunch!

Games begin promptly at 12:40 p.m.



Is Money Tight? Foodshare

FoodShare gives you monthly deposits to put toward food purchases, freeing up money for bills, medications etc..

Eligibility: Single \$1,945 / Couple \$2,621
Call 855-366-3635 for more information.

Groups

Caregiver Support— Oct. 9 at 10:00 a.m.



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.
- Writers Group**—2nd & 4th Wed. 1:00 p.m.

Exercise Classes

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 payment to instructor

Fridays 10:00 a.m.

For more info call Deb Knuth at 347-9390

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SUCCESS

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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—\$2 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!
October 17
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!

Acupuncture

Acupuncture with Matthew Wagner,
Friday afternoons.

One hour sessions \$45.
Call 270-4290 to register



New Voter Requirements

At this time the new Wisconsin's Voter Photo ID law will be implemented in the November 4, 2014 general election. This means that you will need an approved photo ID in order to vote in November. ****The big change is that the Wisconsin Supreme Court has said that the state must have a process for issuing FREE ID cards for anyone who cannot obtain the necessary documentation without paying a fee. For example, forcing a person to pay for a certified birth certificate in order to get a "free" ID constitutes a poll tax, and is therefore illegal.**

If you have questions about the new requirements, need assistance obtaining a Voter ID or help with an absentee ballot, please call the Senior Center and speak with a Social Worker. Indefinitely -confined voters are NOT required to provide conventional proof of ID in order to receive an absentee ballot. If you feel you fall into this category, please let us know.



Case Management Surveys

The Fitchburg Senior Center receives county funding to support our Case Management program. In order to improve the services we provide, the Dane County Department of Human Services is administering a Case Management Satisfactory Survey. If you received Case Management services in 2014, you will be receiving a survey in the mail in October. Please take a few minutes to complete the survey and return it in the enclosed self-addressed, stamped envelope. Your input is valuable to us!

2014 Day Trips

Hosted By The Oregon Senior Center

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 inquire further about trip details and to register 800-416-2049

Movie Day: The Fault In Our Stars



Join us Friday, October 10 at 12:40 p.m.

.... Rotten Tomato rating 88 %! Runtime: 2 hours

The popcorn and movie are FREE!
Donations gladly accepted.



Fitchburg Senior Center

Friends' News

Fitchburg Senior Center Friends has contributed \$2000 toward the recent purchase of the new dining room chairs. Stop by and take a look!

Thanks to all who support the Friends fundraising through donations and attendance at activities like the;

Pig Roast — November 13, 2014
4:00 to 6:30 p.m.

2015 Newsletter Subscription \$10

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 2015 is \$10. 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
Fitchburg, WI 53711
608-270-4290

www.fitchburgwi.gov



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Mandi Miller, Nutrition Site
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