



Prime Time News

November 2014

Fitchburg Senior Center
Volume IV Issue 11

Look Ahead

Health/Pickle Ball!! P.2

Groups/Education P.3

Energy Savings/Art Classes P.4

Book Club/History 101 P.5

Items Needed/Misc. P.6

Groups/Exercise P.7

Transportation/Health P.8

Day Trips/Movie/Friends P.9

Extended Travel—See Insert

Veterans Day Recognition



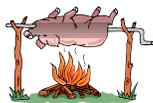
We are honored to share our Veterans Day recognition with several special guests this year! Our program will begin with remarks from Secretary John Scocos, Wisconsin Department of Veterans Affairs. Following Secretary Scocos' comments, there will be a special recognition of Purple Heart recipient (and Fitchburg resident) Tom Gomach. The program will also feature 5th and 6th graders from Eagle School who participated in our Poppy Program. We will have their artwork on display and they will be joining our very own Fitchburg Singers to honor our Veterans with a variety of patriotic songs.

Tuesday, November 11 at 11:00 a.m. (Upper Level)

Lunch will immediately follow our program. Reservations are required for lunch. Please call 270-4290 by noon on November 10. Lunch for all Veterans and a guest will be paid for by the Fitchburg Senior Center Friends.

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!

Senior Center & City Hall are closed Thursday and Friday, November 27 & 28



Don't Forget To Vote!



Tue., Nov. 4. Polls are open 7:00 a.m.—8:00 p.m.
A Voter ID is NOT needed to vote in this election! If you need a ride to vote, please call the Senior Center.

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 at the Senior Center, City Hall and the Library or access it on the web at www.city.fitchburg.wi.us

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

Free Indoor Walking

Every Tue/Thur. at 11:00 a.m.
Starting, Thur. Nov. 13.

Break Away Sports 5964 Executive Dr.
No walking 11/27&28, 12/25&30



Acupuncture w/ Matthew

NEW

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.

UW Ext. Nutrition w/ Tonia



Topic: Fall bounty of fresh vegetables! Join Tonia from the UW Extension Nutrition Program on Wednesday, November 19 at 11:30 a.m. to find out more!

Why You Should Do Fitball W/ Ironman Finisher Shannon Maguire



Fitball provides excellent support for back, neck and joints. If you are someone who often experiences neck pain, try this Fitball class and enjoy a strong abdominal workout while your head and neck feel completely supported.

The added challenge of balancing on the ball, an unstable base, means you will connect your deep core muscles a little more automatically, which will improve your strength!

Shannon is an ACE-certified personal trainer who has been working with seniors for two years.

Her focus: strength training and balancing skills.

Payment to instructor first class. \$17.50 / four weeks! Nov. 12—Dec. 3 from 8:00—9:00 a.m.

Learn What It's All About! Pickle Ball Demo!



Maybe you've heard of the latest craze that is quickly becoming a popular sport for all ages! If not, then stop by the Senior/Community Center (Oak Hall room/upper level) on Tuesday, November 11 at 6:30 p.m. to learn more. Pickle Ball presenter, Randy Scott, will cover the history of the game, a description of the court and equipment, a brief run-through of the rules, and then move into a demonstration. Demo will include serving, a few types of shots, and basic strategy for doubles. A short game will also be played.

The Senior Center and Recreation Department are teaming up to bring you the opportunity to play pickle ball and hopefully get an indoor league started after the first of the new year! All ages welcome.

Learning Annex Presents: Fitchburg Mayor Shawn Pfaff

Tuesday, November 18 at 2:00 p.m. - Find out why Fitchburg really is a Good Idea! Mayor Pfaff will update us on 2014 and 2015 projects, our city's vision and goals, and answer any questions you may want to ask. In the event the Mayor is unable to attend, our City Planner, Tom Hovel, has agreed to speak in his absence.

Learning Annex will take a break in December and resume in January.



Men's Group

Join us for our next meeting on Tuesday, November 11 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, November 25 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.

Beginners' Spanish Class II

Class designed for those that took Beginners' Class I or for those that have some experience speaking Spanish.

8 weeks starting November 4

10:30–11:30 a.m.

Instructor—Phyllis Hasbrouck

Cost \$50.

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

Call 270-4290 to register.

Dr. Heidi Brown is Back!

Pelvic Floor Disorders

Did you know that **more than half of women over age 65** have urinary leakage or accidental bowel leakage? These symptoms, also called pelvic floor disorders, are very common and **there are things we can do ourselves** to prevent or treat them. On Tuesday, November 25th at 10:00 am, Dr. Heidi Brown will talk to us about pelvic floor disorders and what we can do to prevent or improve these symptoms. Dr. Brown is a urogynecologist at the University of Wisconsin School of Medicine and Public Health, and treating pelvic floor disorders is her specialty. She will talk for about 30 minutes and then will open the floor to questions. At the end of the hour, Dr. Brown will invite you to provide feedback about how to make this educational program better.



NEW

(Tech) FACTv's Favorite Apps

FACTv is proud to announce a new class geared towards Apps. In this class you will learn how to use the App Store for Apple Products, how to download apps, and we will go over the top apps currently trending in the world. If you have questions about how apps work, this class is for you.

Tuesday, November 18 at 11:00 a.m.



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

Painting with the Masters



A new Acrylic Painting class with art instructor Nancy Macgregor will begin November 6, with a class trip to the Chazen Museum. Students will do a tour of the permanent collection with Ms Macgregor, and she will give some history of the paintings as well as comments on the painting styles and content. Each student will choose a favorite to use as an example for a painting of their own to do in the Fitchburg Classroom, during the next five Thursday mornings 9:30 a.m.—12:00 p.m. Cost: \$85.00.

Email Nancy at nancymac@copper.net to register and pay.

Holiday Silk Scarves

Need gift ideas? Do you want them hand-made? Come create a colorful silk scarf using materials to dye the fabric in a microwave for easy yet beautiful scarves. You will make one scarf in this class. No art background necessary. Bring an apron, rubber gloves, an old towel and your imagination for creative fun. **INSTRUCTOR:** Nancy Welch has a degree in art and teaches playful art classes. **Thursday, Dec. 11 from 1:00-3:00 p.m.**

Call 270-4290 to register.

Payment to instructor day of class. Cost: \$30.

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, November 10 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.



Ask About Our Fall Prevention/Monitoring Aids

Companion & Homemaking Services:
Companionship • Meal Preparation • Light Housekeeping
Laundry & Linens • Grooming & Dressing Guidance
Transportation & Shopping • Respite and More...

Personal Care Services:
Bathing • Incontinence Care • Toileting
Feeding • Mobility • Transferring & Positioning • Oral Hygiene

Skilled Care*
RN • Physical Therapist • Occupational Therapist
Speech Therapist • Meals on Wheels (M-F)
Home Modification



Specializing in Alzheimer's, Parkinson, Supportive Hospice and Legal Live-In Services
OUR FRIENDLY & CARING COMFORT KEEPERS ARE FULLY SCREENED, BONDED AND INSURED.

For more information or to set up a FREE in-home consultation, call:
608-442-1898 Serving South Central Wisconsin



Each Office Independently Owned and Operated. • Contracted with Independent Health

 **The Dillet Company**
Your financial future is now. Inc.



We'll find the best fit for your needs and budget.

Diane Dillet, LUTCF, CLTC

- Medicare Supplemental Insurance
- Critical Illness Insurance
- Dental Insurance
- Extended Care Insurance
- Final Expense Protection

608.662.8288 • www.dilletcompany.com • Fitchburg

Book Club & More

REACH Book Club

REACH Book Club will meet at 1:30 p.m. on Thursday, November 13, 2014 at the Senior Center. We will discuss the book, *Savannah Breeze* by M. K. Andrews. This book is the second in the author's Savannah series. It is an amusing thriller as was *Savannah Blues*, and is just as entertaining. BeBe and company set in motion a wild plan to extort her money back from the con man, Reddy. Follow the antics of the eccentric, crazy cast of characters as they swindle the swindler. Discussion questions are available in David's office.

Future selections:

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

Madison History Roundtable

This group is dedicated to the discussion and preservation of American History. Join the group every second Thursday. Next meeting: November 13 at 7:00 p.m. Location: Radisson Hotel, 517 Grand Canyon Dr. More info: Bill Sayles, 274-9342.



Senior Center Libraries

The Senior Center has two libraries. The books shelved next to the fireplace belong to the Senior Center. The books inside the door are from the Dane County Library Service and these books are replaced on the fourth Friday of each month. Please use the check-out and return sheets.

The Dane County Library Home Service Program supplies materials by mail to qualified individuals who are unable to use the library due to an ongoing physical condition. Anyone interested in participating in this program should call (608) 266-9297 weekdays, 8:00 a.m. - 4:00 p.m., for additional information or email:

dclout@scls.lib.wi.us.

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."

Mystery Book Club

The *I Love a Mystery Book Club* will not meet in November or December due to the holidays. We will resume our discussions on January 22, 2015. We will discuss the book, *The Spy Who Came in From the Cold* by John Le Carre.



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 to donate 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.



Energy Services for Dane County

Are high energy costs getting you down? The Home Energy Plus Program may be able to help! Who qualifies for energy assistance? Households whose total gross income falls below the following (for the three months immediately preceding the month of application): \$6,288 for a one-person household; \$8,223 for a two-person household. Grants are also determined based on energy costs and dwelling type. If you need help making an appointment or getting to the appointment site, please call the Fitchburg Senior Center at 270-4290 and ask to speak with one of the Social Workers.

To make an appointment for yourself, please call Energy Services at 333-0333.



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 now through December 7.

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.

Call David at 270-4292 or stop by and ask how you can be part of it.

Cost \$20 w/ t-shirt.

Friday, November 7 at 3:15 p.m.



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!! November 13

Special sponsor, Oak Park Place. \$20 jackpot!

Game begins promptly at 12:40 p.m.



Is Money Tight? Foodshare

FoodShare gives you a monthly benefit 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— Nov. 13 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 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—Update

We are currently looking for a new instructor as our long-time teacher, Deb Knuth, has taken a full time job. Stay tuned for updates.




2 EYEZ 4 PAWZ

Pet Sitting & Dog Walking Service

Tara Howard
Owner

608-279-3330
katz.dawgz54@gmail.com




Jim Krogstad LUTCF, CEBS
Owner

608-576-4125 Cell
608-274-7680 Home/Fax
Jim77k@gmail.com

James Krogstad Insurance

2838 Dover Circle
Fitchburg, WI 53711

Individual Life / Medical / Dental / Medicare Supplement / Part D

Car Concierge Auto Delivery

You fly, let me drive!

Vehicle Delivery Service in Continental U.S.

Specializing in Snowbirds
But will deliver anywhere in USA

608.692.8322 • Timdybevik77@gmail.com
www.carconciergeautodelivery.com

Bonded Dybevik Enterprises, LLC Insured



PHIL SVEUM
Broker/Owner

(608) 288-3339 OFFICE
(608) 338-4299 CELL
psveum@cbsuccess.com

5500 East Cheryl Pkwy, Ste 106
Fitchburg, Wisconsin 53711

At the Agora.

www.cbsuccess.com



SUCCESS

Helping you make housing decisions.

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!

November 21

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

Massage/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 avoid being charged.

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 schedule an appointment.



Sprint Print
Promises Delivered... Since 1987
- Full Color & Spot Color Printing -
- Digital Color Output - Volume Copying -
2790 S. Fish Hatchery Road, Madison, WI
(608) 277-7500 · www.sprintprint.com

Emergency Preparedness

Starting in November, Dane County's Department of Emergency Management will be giving presentations on personal emergency preparedness at senior focal points across the county. They will be bringing approximately 20 "starter" personal emergency kits to help attendees develop their own personal emergency preparedness kit. Emergency Management's AmeriCorps worker Ryan Jensen will be giving these presentations and helping attendees identify personal items that should be placed in these kits.

Tuesday, November 4 at 11:00 a.m.



Movie Day: Chef

Join us Friday, November 21
at 12:40 p.m.

Rotten Tomato rating 88%!

Runtime: 2 hours

The popcorn and movie are FREE!
Donations gladly accepted.



Fitchburg Farmers Market—Indoors



This is the second year of the indoor market.

Did you enjoy visiting the outdoor market over the summer and early fall? Well, you can continue through the winter! Every Thursday in the upper level Community Center, 5510 East Lacy Road. 3:00-6:00 p.m.

Fitchburg Senior Center Friends

News

Don't forget the Pig Roast on
Thursday, November 13
from 4:00 - 6:30 p.m.

This month the Friends contributed \$550
toward Senior's Special Needs.

Did you know we also pay for the monthly
movies?

We are funding the total cost of the banners
to hang in the large windows identifying this
as the Fitchburg Senior Center.



Daylight Savings

November 2nd

Turn your clocks back one hour

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**

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



Accredited by the Wisconsin
Association of Senior Centers

PRSR STD
U.S. POSTAGE PAID
Madison, WI
Permit 2295

Jill McHone, Director
David Hill, Assistant Director
Mandi Miller, Nutrition Site
Mgr/Volunteer Manager
Amy Jordan, Social Worker
Sarah Folkers, Social Worker
Susan Hoerchner, Office Asst.



ADDRESS SERVICE REQUESTED



WASC
Wisconsin Association of Senior Centers

**You're retired. Your
money isn't.**

Rob Waterman, AAMS®
Financial Advisor
2990 Cahill Main
Suite 102
Fitchburg, WI 53711
608-271-5100

Member SIPC
www.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING



Want to know your home's value? Call or e-mail

Ruth Domack, Realtor
608-444-6060
domackr@firstweber.com

A Fitchburg resident for over 35 years . . .



The human side of real estate.

**H O M E T O W N
P H A R M A C Y**

Our family caring for your family

"Where everybody knows your name"

Small Town Service - All Insurance Accepted - Medical Equipment

"I was blown away when Thad was waiting with my prescription and took the time to listen to my particular situation. That is service!" – Erik L.

Fitchburg Hometown Pharmacy
(Hatchery Hill Shopping Center, Fish Hatchery Rd.)
608-274-3784

Estate Planning and Administration · Special Needs Planning

Iris M. Christenson

Johanna J. Alex

Mark T. Johnson

Matthew D. Suing

2997 Yarmouth Greenway Drive
Suite 100
Fitchburg, WI 53711

608.273.8609 tel
info@christensonalexlaw.com
www.christensonalexlaw.com

CA Law Offices of
CHRISTENSON and ALEX, LLC
A positive legacy...your goal...our mission.