



Prime Time News

December 2014

Fitchburg Senior Center
Volume IV Issue 12

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Need A Good Reason To Volunteer w/ The Energy Task Force Team?



On the teams second home visit, we were introduced to a sweet elderly woman who just lost her husband just over a year ago. She had no idea how overwhelming taking care of her house by herself could be. She was delighted that our Energy Task Force Team was able to install a new furnace filter, change out light bulbs, refrigerator coil cleaning and turn off her outside water faucets and cover them with insulator caps. Little things go a long way. If you are handy around the house and would like to be part of the team, please call David at the Senior Center, 270-4292.



Christmas Carols w/ The Fitchburg Singers

Join us on Wednesday, December 17 for lunch and Christmas carols at 12:30 p.m. Lunch is served at 12:00 p.m. and reservations must be made by 1:00 p.m. on Tuesday, December 16. Call 270-4290. Come celebrate the holidays with friends and the Singers at the cozy Fitchburg Senior Center!



Senior Center & City Hall are closed December 24th, 25th all day, and 31st at noon.



Packer Game At The Senior Center

Join us at the Senior Center on Sunday, December 14 as the Packers take on the Buffalo Bills. The game kicks off at 12:00 p.m. on our big screen TV. A main dish will be provided, feel free to bring a dish to pass and a favorite beverage of your choice. Stop on by!

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



Jan. 5-Mar. 9 (skip 1/19) \$63—nine weeks

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.
Now, through February!

Break Away Sports 5964 Executive Dr.
No walking 12/25 & 12/30



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: Fiber—lets talk beans! Join Tonia from the UW Extension Nutrition Program on Wednesday, December 17 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.

Please provide own exercise ball. Call 270-4290 to register.

Payment to instructor first class. \$35 / eight weeks! Jan. 14—Mar. 4 from 8:00—9:00 a.m.



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

Start date: Tuesday, January 20 at 11:00 a.m.

Please call to register for the seven-week program by calling 270-4290.

Cost: \$25. Payments made to the Fitchburg Senior Center and due by January 13th.



Learning Annex—Back In January

Amanda Metcalfe - fifth generation of the Metcalfe family will share the history of her family's business, Metcalfe's Market. Amanda was 6 years old when she worked at her first Bratfest! The annual memorial weekend event, sponsored by Metcalfe's contributes so much to Madison community groups.

Join us on January 20 at 2:00 p.m.



Men's Group

Join us for our next meeting on Tuesday, December 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.

The Giving Tree



Many seniors are alone and without family or friends during the holidays. The purpose of the Giving Tree is to provide a gift for those seniors who might not otherwise receive gifts this holiday season. In the front lobby is our tree with gift ideas listed on ornaments. The process is easy! Pick an ornament off of the tree, give the number on the ornament and your name to the receptionist, purchase a gift for \$30 or less, wrap the gift, place ornament on gift and return to the Senior Center before December 17. We thank you in advance for your generosity!



Active Women's Group

No meeting in December. Next meeting—
January 27 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

Look for details in the January 2015 newsletter.



Food Pantry Donations

It's that time of year when the Fitchburg Senior Center puts a strong focus on hunger in the Fitchburg community. The Senior Center is a drop-off sight for non-perishable food items and personal essentials. Please consider donating the next time you are visiting.

Thanks!

NEW

(Tech) FACTv's Favorite 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. Wed., Dec. 17 at 10:30 a.m.

You must register for this class.

Call 270-4290. Free!



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



Need a Thoughtful Gift?

Christmas is coming! Are you having trouble deciding on a gift for "someone who has everything?" Is that "someone" 60 years old or older? If so, why not consider giving a Gift Certificate for **Senior Dining meals**. Gift certificates are available for either congregate or home-delivered meals (for those eligible for, or already receiving, home meals). The suggested donation is as little as **\$7.50 per meal**. Call the Fitchburg Senior Center at **270-4293** or stop in to make arrangements for "gifting" someone you love.

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, December 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 & More

REACH Book Club

REACH Book Club will meet at 1:30 p.m. on Thursday, December 11, 2014 at the Senior Center. We will discuss the book, *The Land Remembers* by Ben Logan. This classic American memoir is about a farm and its people. The author writes of a boyhood on a southwestern Wisconsin hilltop farm in the 1930s. Ben Logan grew up on Seldom Seen Farm with his three brothers, father, mother, and hired hand Lyle—"the fifth Logan boy." The boys discussed, argued, and joked about the events that took place on and around their farm. They marked the seasons by the demands of the land, tested each other and themselves, and grew up learning timeless lessons. Discussion questions are available in David's office.

Future selections:

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.

"Should I Stay or Should I Go?" (Senior housing decisions)



Mark your calendar for Tuesday, January 13, 2015 at 1:00 p.m. Bring your questions to the panel that is ready to discuss the difficult decision between staying in your home versus moving to an independent or assisted living community.

The panel consists of three professionals:

Dera Johnsen-Tracy, an estate attorney of Horn & Johnsen Law Firm
Laurie Ellis-McLeod, a financial planner of Aerie Financial Consulting
Ruth Domack, a certified senior housing professional of First Weber Group
Please call the senior center to RSVP: 270-4290



Senior Center Library

Books are located inside the door of the Fire Place Room. Delivered by Dane County Library Service. Books are replaced on the fourth Friday of each month. Please use the check-out and return sheets.

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 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.

Pickle Ball Update

Thanks to all who attended our pickle ball demo last month. It was great to see kids and adults share an interest in this new and very popular sport! The Senior Center will begin offering drop-in pickle ball on Tuesday, December 2, from 10:00 a.m.-12:00 p.m. We will have a limited number of wooden paddles to share. New players are welcome!



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

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

Now through December 5.

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



\$20 Blackout Bingo!! December 11

Special sponsor, Comfort Keepers \$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— Dec. 11 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.

500—Coming 1st & 3rd Tues. @12:45 in place of Euchre. (January 2015)

Exercise Classes

Aerobics With Diane Fronck

Diane teaches Mondays and Wednesdays at 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.

Pricing is going to \$10 starting Jan 2015.



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.




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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—\$3.00 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!

December 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

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.



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Winter Weather Policy

In the event of inclement weather, the Senior Center will automatically cancel both home delivered and congregate meal programs when the Oregon Schools are closed, BUT, the cancellation of all other programs will be at the discretion of the class instructor and/or the Senior Center Director.

If you have any questions about class cancellations during the winter months, please call our main line at 270-4290. In the event staff are unable to answer the phone, all cancellations will be recorded on the Senior Center voicemail message.



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.



Over the Counter Medications Safety Study. Can you help us?

Over the counter medications may seem safe because they can be bought without talking to your doctor, but some can put you at risk for a fall or hospitalization. The University of Wisconsin - School of Pharmacy is looking for older adults aged 65 and older to participate in a research study to learn about how older adults select and take over the counter medications.

What would I have to do? You would participate in a 30-45 minute interview at the Shopko Pharmacy in Monona, WI. You will receive \$25 for completing the study. Spouses may both participate, and you are welcome to bring friends to participate on the same day. If you would like to learn more, please contact Jamie Stone at (608) 262-3312 or jamie.stone@wisc.edu.

Movie Day

There will be no movie in December due to room conflicts. See you back here in January!



Fitchburg Senior Center Friends

News

Thanks to all of you who supported the Pig Roast fundraiser on November 14. Thanks also to our generous sponsors, Senior Center staff and dedicated volunteers. A special thanks goes to co-chair organizers, Mary DeVaal and Judy Breunig.

This month the Friends contributed \$413, the cost for Veterans and their guests meals at the Veterans Day luncheon. Thank you for your service.

Friends also paid \$75 for the temporary banner helping identify the Senior Center Entrance.

~~~~~Seniors Helping Seniors~~~~~

## **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  
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[www.fitchburgwi.gov](http://www.fitchburgwi.gov)



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