



Prime Time News

January 2015

Fitchburg Senior Center
Volume V Issue 1

Look Ahead

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Movie Day/ FSC Friends P.9

Extended Travel—See Insert

Senior Center & City Hall are closed
Jan. 1 & Jan. 19



Bunko—Wed/
Jan 21 at 2:00—see page 7
for more details

Why You Should Do Fitball W/ Ironman Finisher

Shannon Maguire

Fitball provides excellent support for back, neck and joints. 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 your 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.

AARP Tax Help

For those who could benefit from FREE, simple tax return help, this program is for you! The following dates run with 30-minute slots, so your taxes must be straightforward.

Fri.—March 6 Fri.—March 20 Fri.—April 3

Call 270-4290 for your 30-minute appointment.



Newsletter Deadline—January 31!

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 Deadline on renewal Jan. 31.

Health Options - Your Choice ^{P.2}

Yoga W/ Kurt—Winter 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.
All of February!



Break Away Sports 5964 Executive Dr.
No walking 1/1 & 1/19

Acupuncture w/ Matthew –Tuesdays

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: Healthy snacking! Join Tonia from the UW Extension Nutrition Program on Wednesday, **January 21 at 11:30 a.m.** to find out more!



Volunteer In The New Year!

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



On the team's second home visit, we were introduced to a sweet, elderly woman who 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.

Volunteer!

This is a great time of year to get going on that New Year's resolution to start volunteering! Looking for Driver Escorts! These volunteer positions are the most flexible openings we have at the Senior Center. You choose when you are able to volunteer! This is a great opportunity to join the Fitchburg volunteer family and help give back to the community. Driver Escorts drive clients to and from doctor appointments. You offer a vital door to door service to seniors who are no longer able to drive themselves. There is reimbursement for mileage, starting from the time you leave your driveway until the time you arrive back home. Please see Mandi, or call 270-4293 if this sounds like a good fit for you!

Learning Annex—Metcalfé's

Amanda Metcalfe - fifth generation of the Metcalfe family will share the history of her family's business, Metcalfe's Market. Amanda was six 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 Tuesday, January 20 at 2:00 p.m.



Men's Group

Join us for our next meeting on Tuesday, **January 13 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, **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.



Spanish Classes Continue!

The Senior Center is offering both a beginner and advanced beginner Spanish class starting February 3rd.

Both classes will meet Tuesdays for 8 weeks at a cost of \$50.

Beginner Spanish—10:00-11:00 a.m.

Advanced Beginner—11:15 a.m.-12:15 p.m.

Please register by calling 270-4290. Payment to the Senior Center is due upon sign up.



Coming Soon- FACTv Tech Workshops

FACTv is proud to present Tech Workshops. The workshops will be offered different times throughout the year taking on different tech topics. Some of the topics include Social Media, Tablet training and info, Cell Phone Technology, Editing, and much more. This class will cost \$5.00 per person but will allow FACTv staff to research your technical questions and answer them during the Tech Workshops. There still will be free classes offered by FACTv as we have done in the past but we look forward to having you join us for these great workshops.



Bring Your New iPad To This Free Tech Class

The staff from the City of Fitchburg FACTv Department will be teaching all of you on how to use your new iPads. Even if you are familiar with the iPad, this class is for you.

Space is limited, so call now!

270-4290. Free!

January 22 from 10:30 a.m.—12:00 p.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. 270-4292



“Should I Stay or Should I Go?” (Senior housing decisions)

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

Please bring your questions.

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



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!

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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Feeding • Mobility • Transferring & Positioning • Oral Hygiene

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Speech Therapist • Meals on Wheels (M-F)
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Book Club & More

REACH Book Club will meet at 1:30 p.m. on Thursday, January 8, 2015 at the Senior Center. We will discuss the book, *I Know Why the Caged Bird Sings* by Maya Angelou. This book is our modern classic for the year. Maya Angelou was born in 1928 and died at the age of 86 on May 28, 2014. She was one of the most renowned and influential voices of our time. During her lifetime she received 50 honorary doctorate degrees plus many awards for her work. In 1969 she wrote *I Know Why the Caged Bird Sings*. When it was published it received international acclaim and made the bestseller list, but the book was also banned in many schools during that time. Maya Angelou's honesty about having been sexually abused was not appreciated in a culture where the subject was taboo. Later, *I Know Why the Caged Bird Sings* would become required reading at colleges around the world. This book depicts Angelou's "tender years" from the ages of 3 to 16. This amazing woman had a painful sense of being unwanted as she grew up in the South during the time of the Depression. Discussion questions are available in David's office.

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



The *I Love a Mystery Book Club* will resume meeting on Thursday, Jan. 22, 2015 at the Senior Center at 1:30 p.m. We will discuss the book, *The Spy Who Came in From the Cold* by John le Carre.

Kudos To Advertiser—Tara Howard

I attended an informational meeting with Tara Howard at the Fitchburg Senior Center regarding her Pet Sitting Business in October. At the time I was looking forward to a trip to Florida in November, but struggling with who would take care of my cat Charlie. I noticed her ad in the Senior Center newsletter. I met with Tara the week before my trip and felt so comfortable with her. She did such a great job. She spent a significant amount of time every day with my cat. I felt very comfortable having her in my home and would recommend her highly, and to top it off, her fees are very reasonable.

Thank you Senior Center for helping me find

Tara.

Dianne Bullis



2 EYEZ 4 PAWZ

Pet Sitting & Dog Walking Service

**Tara Howard
Owner**

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





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."

!!!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.



Cards With Katie

Join us for an afternoon of paper crafting - 2nd Monday every month (Jan. 12 at 1:00 p.m.).

- stamp - cut - punch - glue - and have fun playing with paper
- meet some wonderful people
- and leave with 6 cards ready to send.

Taught by Katie Johnson

(www.StampLadyKatie.com) The instructor supplies the design, directions and materials for you to copy, or you can alter the design to make it your own.

Need Paper Crafting Ideas? There will also be display boards there with ideas for those who craft at home so feel free to bring a camera.

Registration and Cost: There is a \$10 material fee - payable to the instructor. And you must call the Senior Center (270-4290) to register to ensure enough materials have been prepped for everyone.



Pickle Ball

Join us every Tuesday at 10:00 a.m. in the upper level Oak Hall Room. Free, no sign up required!



Passion For Poetry?

There is an interest in starting a poetry group. If this is something that is of interest to you, please call David at 270-4292.



\$20 Blackout Bingo!! Jan. 8

Special sponsor, Avalon Senior Living.

\$20 jackpot!

Game begins promptly at 12:40 p.m.

Groups

Exercise Classes

Caregiver Support— Thurs. Jan. 8 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.

500—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—1st & 3rd Tues. @12:45 in place of Euchre.

Aerobics With Diane Fronek

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 w/ Jackie

Call the Senior Center for class details

Game Day

Wednesday, Jan. 21

!!!Bunko!!!

Join us from 2:00-5:00 p.m.



Jim Krogstad LUTCF, CEBS
Owner

608-576-4125 Cell
608-274-7680 Home/Fax
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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!

January 16

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,
Tuesday 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.

Movie Day—"100 Foot Journey"

A movie that everyone has been talking about! Join us on Friday, January 23 at 12:40 p.m.! Free popcorn and a warm room!



Fitchburg Senior Center Friends News

Thank You and Happy New Year

Last month the Friends contributed \$250 for seniors' special needs and \$90 for Thanksgiving dinners.

Except for promotional costs and office expenses, all funds go directly to benefit Senior Center activities.

Check out the Extended Travel Program's upcoming trips coordinated by Georgia Ascher, a FSCF director, which benefits the Friends fundraising.

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

**Last Newsletter!**  
**Renew Today!**

### 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. You can also pickup the newsletter for free.

**SPECIAL PERFORMANCE**

**Madison Symphony Orchestra**

**HeartStrings**

Jan. 23 • 1:30pm

RSVP by January 21st

**AVALON**  
Assisted Living Community

608-729-4890  
2879 Fish Hatchery Road  
avaloncommunity.com

Fitchburg Senior Center  
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Fitchburg, WI 53711  
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[www.fitchburgwi.gov](http://www.fitchburgwi.gov)



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David Hill, Assistant Director  
Mandi Miller, Nutrition Site  
Mgr/Volunteer Manager  
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Sarah Folkers, Social Worker  
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