



Prime Time News

June 2018

Fitchburg Senior Center
Volume VIII Issue 6

Look Ahead

Farmers Market Vouchers P.2

Wednesday Bike Rides P.2

Day/Extended Travel P.3

Book Clubs & Groups P.4

Cable Free TV P.5

All Terrain Wheelchairs! P.6

Exercise For All Levels P.7

Transportation/Wellness P.8



Mallards Baseball!

Join us for a fun afternoon of baseball with the Madison Mallards. \$20 gets you optional transportation, ticket, hotdog, soda, chips and hat!
June 27 at 12:05 p.m.

Please call the Senior Center at 270-4290 to see if seats are still available.



Mind over Matter

If you have issues with bladder or bowel control, you are not alone. More than half of women aged 50 or older experience urine or bowel leakage! The Mind Over Matter: Healthy Bowels, Healthy Bladder workshop is designed to give women the tools they need to take control of their symptoms. Scientific studies show that attending this workshop reduces or even cures symptoms for many women! Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!

Mind Over Matter: Healthy Bowels, Healthy Bladder is a three-session workshop for senior women that includes information, group activities, and simple exercises to do at home.

Join us for Mind Over Matter at the Senior Center

Dates: Fridays, June 22, July 6 and July 20.

Time: 1:00 p.m. - 3:00 p.m.

To sign up, please call the Center at 270-4290. Space is limited!

Yoga W/ Kurt
Wednesday Openings!
See Page 7

Mind, Body & Spirit

Caregiver Support
If you are caring for a loved one with dementia, you are not alone. Join us on Thursday, June 14 at 10:00 a.m.

Memory Café
Every third
Thursday—Next
meeting June 21 at
10:30 a.m.

Parkinson's Support
With Bob Gilpatrick
Monday, June 18 at
2:00 p.m.

More!



Senior Farmers Market Vouchers

You may be eligible to receive vouchers for use in purchasing \$25 worth of locally grown fruits, vegetables and herbs at Farmers Markets and roadside farm stands in Wisconsin during the 2018 season.

The Fitchburg Senior Center will hold distribution on **Wednesday, June 6 from 10:00 a.m. – 12:00 p.m.** Vouchers will be given on a first-come, first-served basis. You must be a resident of Dane County and at least 60 years of age. The 2018 gross income limit for a one-person household is \$1,872/mo. (\$22,459/year); for a two-person household it is \$2,538/mo. (\$30,451/year). You are not required to provide proof of income; when you fill out the application and sign it, you are self-declaring that you qualify for the program. Only one set of vouchers per household is allowed. Household is defined as anyone, related or not, living together and sharing expenses. Vouchers cannot be mailed to you. If you have questions, please call the Fitchburg Senior Center at 270-4290 and ask to speak with one of the Social Workers.



Wednesday Bike Rides

Now that the weather is leveling off and we can rely on warmer morning temperatures, it's time to kickoff the bike season! Join other like-minded retired bike enthusiasts each Wednesday morning. Bikers meet at the Senior Center (lower level) and collectively decide on the day's route. Not sure where your fitness level lands with others? Come and find those who fit your level and style, and create a breakoff group. The beauty of this setup is the flexibility. Join us on Wednesday, June 13 at 10:00 a.m. for the start of the 2018 season! Any questions about the Fitchburg bike club, call David at 270-4292.



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Day Trips

NEW: Kohler Holiday Market @ Wreath Factory, Kohler, WI

Friday, Nov 16, 2018. Stops at the Wreath Factory in Plymouth, WI., Wisconsin Holiday Market and lunch at Antoinette's Signature Pasta Entrees. Cost \$85. Departure: 7:00 a.m. Estimated Return: 6:30 p.m. all from Fitchburg Senior Center lower level. Contact Badger Bus 1-800-416-2049 for reservations. Payment by October 10, 2018.

Supper Club Sunday at the Duck Inn Supper Club, Delavan, June 10, 2018, Cost: \$75.00. Depart Fitchburg Senior Center: 12:15 p.m., Estimated return: 7:30 p.m. Pick up and drop off at Fitchburg Senior Center lower level. Contact Badger Bus 1-800-416-2049 for reservations. Call for payment information.

Milwaukee's Gold Coast, Wednesday June 20, 2018. Boat trip and lunch included. Cost \$89.00. Departs 7:45 a.m., estimated return 6:15 p.m. Pick up and drop off at Fitchburg Senior Center lower level. Contact Badger Bus 1-800-416-2049 for reservations. Call for payment information.

Rock River Boats and Bluffs, Oregon, IL, Wednesday, Sept. 19. Boat cruise and lunch. Cost \$98. Departs 8:45 a.m., estimated return 6:00 p.m. Pick up and drop off at Fitchburg Senior Center lower level. Contact Badger Bus 1-800-416-2049 for reservations. Payment by August 15, 2018.

Holiday Stocking Stuffer, Lake County, IL, Wednesday, Nov 7, 2018. Lunch included. Cost \$100.00. Departs 6:10 a.m., estimated return 7:50 p.m. Pick up and drop off at Fitchburg Senior Center lower level. Contact Badger Bus 1-800-416-2049 for reservations. Payment by October 8, 2018.

For questions contact Sharon Trimborn at 608-271-9077, Senior Center Day Trip Travel Volunteer.

Travel!

Still Space Available

ON THESE 2018 TOURS

Pacific Coast Journey

August 11–19

\$3,199 pp, twin

Portland, Columbia River Gorge, Multnomah Falls, Oregon Coast, Crater Lake and Redwood Nat'l Parks, San Francisco, Chinatown



Albuquerque Balloon Fiesta

October 12–17

\$2,325 pp, twin

! only a few seats left !

Albuquerque—two nights, balloon mass ascension and night glow, Santa Fe—three nights, Los Alamos Science Museum, Bandelier National Monument and Taos



➔ Brochures with details available at Fitchburg Senior Center.

Questions?

➔ Call Kathy S. at 608-274-2768
Fitchburg Senior Center Friends

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REACH Book Club

REACH Book Club will meet on **Thursday, June 14, 2018 at 1:30 p.m. at the Fitchburg Senior Center.** We are not discussing a book at this meeting. Join us as we discuss suggestions from members and create a list of books to discuss next year. We have had a year of lively discussions and we are anticipating a great year of reading beginning September, 2018. A complete list of the books chosen will be in the July issue of *PrimeTime News*.

July - August - No discussions

Groups



Men's Group

Join us for our next meeting on
Tuesday, June 12 at 2:00 p.m.

For more info log on to:
www.fitchburgwi.gov/823/Groups-to-Join
and click on Men's Group.



Active Women's Group

Join us for our next meeting on

Tuesday, June 26 at 2:00 p.m.

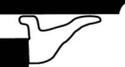
Social Hour from 1:00-2:00 p.m. before meeting.

For more info log on to:
www.fitchburgwi.gov/823/Groups-to-Join
and click on Active Women's Group.



The *I Love a Mystery Book Club* will meet on **Thursday, June 28, 2018 at 1:30 p.m. at the Fitchburg Senior Center.** (the 4th Thursday). We will discuss the book, *A Great Reckoning* by **Louise Penny**. As Director of the Surete du Quebec's cadet academy, Gamache finds the body of a professor who has been shot, four cadets with secrets, many people with motives, and an old map that doesn't make sense but that becomes very involved in the story. Further investigations reveal his own partial fingerprints on the murder weapon, his manipulation of the faculty and curriculum, his odd behavior prior to and during the investigation, and his apparent closeness to a suspicious girl; actions that put him right at the top of the list of suspects. This is the 12th installment in the Inspector Gamache series by Louise Penny. We read the first book in the series at one of the first sessions of the I Love a Mystery book club.

Dine Out



Couples Dinner Group

On **Tuesday, June 19**, The Fitchburg Couples Dinner Group will dine at Imperial Garden.
2039 Allan Blvd. Middleton.

Anyone interested in joining the group please e-mail Bev at BevDavis@aol.com or call her at 608-467-3990.

Cocktails at 5:00 p.m. with dinner at 5:30 p.m.

Women's Brunch

Women's Brunch at The Egg and I on the second Monday of every month at 10:00 a.m.

Those who would like to join should e-mail Bev Davis at BevDavis@aol.com or call 608-467-3990.

Food Wise Nutrition

Food safe So Am I—June 13.
W/ LyTonia at 11:30 a.m.



Tech Central



Cutting The Cable Cord Options

Just a reminder that you don't need to wait for one of David's informational programs on alternative options to expensive cable and satellite tv. Feel free to call David at 270-4292 to schedule a time to sit down and brainstorm the best options for you. Whether you are just giving it some thought or are ready to make the move, let David help you sort through the options. Call today!

**FREE Over-The-Air Antenna
Loans—Call David 270-4292**

Cable FREE TV—You Can!

This will be my last class until later in the summer. If you missed my class in February, make plans to be here this time! Alternatives to cable, Netflix, Hulu, Amazon Prime—and how to get them. Wed. June 20 at 10:30 a.m. 270-4290

Did You Know?

Senior Center Help

Home visits / Three-Month Loan Closet /
Meals on Wheels / Home Health / Insurance
/ Medicare Part D / Medicaid

Call Amy Jordan or Sarah Folkers at
270-4290 today!

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All Terrain Wheelchairs!

Coming in July, Access Ability Wisconsin all terrain wheelchair rides!

Join us on Tuesday, June 12 at noon to learn more about how this non-profit is bringing the outdoors alive for those that can't do it with their own two feet.

Call 270-4290 to register for lunch.



Fitchburg Singers Come Sing W/Us!

The Fitchburg Singers practice every 1st & 3rd Wednesday at 1:00 p.m.

Did you know that the singers have 25 + retirees who love to sing? There is a spot waiting for you! Love to perform? They do that too! Stop in to a practice or call 270-4290 for more details.

Fun Zone



Drop-In Activities!!!!

- Dominos—2nd & 4th Mon. @ 1:00 p.m.
- Social Bridge—Mon. @ 10:00 a.m.
- Cross Stitch—Thurs. @ 8:30 a.m.
- Euchre—1st, 3rd & 5th 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. @ 1:30 p.m.
- Ping Pong—Fri. 9:00 a.m. (two tables)
- Bunko—Wed. @1:00 p.m.
- Open Art—3rd Mon. @ 1:00 p.m.
- Yarn Group—Mon. @ 9:00 a.m.



\$20 Blackout Bingo!! June 14

Special Sponsor:

Avalon Assisted Living
w/ Fitchburg Police serving lunch!
Game begins promptly at 12:30 p.m.



Movie Day—Murder on the Orient Express

A lavish trip through Europe quickly unfolds into a race against time to solve a murder aboard a train.

Popcorn provided! Friday, June 22 at 12:40 p.m.



Stamp Camp W/ Terry!

Join in the fun the second Monday of the month, from 12:00-2:00 p.m., making hand-stamped greeting cards. No experience necessary! For more details, contact Terry Schultz at: sraschultz0924@yahoo.com Cost: \$12.00 Payment due to the Senior Center one week prior to class. You must call 270-4290 to register.



Ukulele Network

The uke group strums every Tuesday at 1:00 p.m.

Do you have a ukulele and already know some basic chords?

Come play with us! Call Judy at 608-514-3274.

Exercise Opportunities

Zumba Gold

New classes coming soon. Any questions, call David at 270-4292



Aerobics With Diane Fronck

Diane teaches Mondays and Wednesdays at 8:30 & 9:45 a.m.; Fridays at 8:30 a.m. Class focuses on cardio, strength, and flexibility.

Cost is \$22 per month.



Build Your Core

Three weeks of exercises to help you remain active in your daily routine to improve strength and balance. Exercises will be performed standing, sitting, and on the floor.

New classes coming soon. Any questions, call David at 270-4292



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 \$12 per month.



Tai Chi Thursdays

8:30 a.m. Beginner-friendly. Donations at the front desk welcomed.

Yoga W/ Kurt—2018

Mondays: June 18—August 27 (no class 7/30)

\$80—10 weeks

Level 1 10:45 a.m.—12:00 p.m.

Wednesdays: June 20—Aug. 29 (no class 8/1)

\$80—10 weeks

Level 1 10:45 a.m.—12:00 p.m.

Level 2 9:15 a.m.—10:30 a.m. (Advance)

Call 270-4290. Payment due upon sign-up.



Outdoor Pickleball

Swan Creek tennis courts reserved
Tuesdays 8:00 a.m. - 12:00 p.m.
Open play



Indoor Pickle Ball

Every Tuesday. Advanced Play 8:30-10:30 a.m.
Beg./Inter. 10:30 a.m.—12:30 p.m. Open play 1:00-3:00 p.m. in the upper level.

Medical Insurance Solutions for Seniors

2935 S. Fish Hatchery Road, #107
Fitchburg, WI 53711

Phone: 608-662-8288
Fax: 866-838-7749

Diane Dillett, CLTC, LUTCF
diane@dillettcompany.com
www.dillettcompany.com

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. **MUST indicate wheelchair upon sign-up.** 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—SSM Health. Offered 2nd & 4th Wednesday & 4th Monday. Cost is \$22 & \$10. Call the Center for an appointment.
Must provide 2 towels.



Diabetic Footcare

June 15

The cost of this clinic is \$30. Please call 270-4290 to schedule an appointment.

Blood Pressure
Offered during the "Wellness Check" hours:
10:00 a.m.—12:00 p.m.
No appt. needed.
Every Thursday.

EMS BP&Glucose
Fourth Mon. 10:30 a.m.



Massage Therapy

June Newman
LMT,NCTMB.
Mon./Thurs.
Afternoons

Massage/ Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Massage

Denny Ginko
Call for dates/times

New!

Hair Care

Appointments occur one Monday per month - please call for dates/times. We are asking for a \$15 donation for the service. Payment must be made at the front desk prior to your appointment.

Call 270-4290

Chair Massage W/ Gary Kuzynski

2nd & 4th Thursday mornings
15 minutes = \$11 / 30 minutes—\$22
Call 270-4290 to register.



Wellness Checks with Nurse Nancy

Thursdays 9:30 a.m.—12:00 p.m.

Services Offered:

- Blood Pressure Checks
- Glucose Checks
- Weight Monitoring

Individual Education on: chronic health problems, healthy lifestyles, nutrition, med management.

Walk-ins welcomed. 270-4290

Cost:

- \$30 for 30 min.
- \$50 for 60 min.
- \$70 for 90 min.

Cancellations must be made 24 hrs in advance to avoid being charged.

Call 270-4290

The Fitchburg Senior Center Friends

The Friends paid \$74 towards special needs and \$400 for the purchase of a ping pong table for our Center. The ping pong players donated \$145 to the center in appreciation of the purchase of the table.



Over the Retirement Rainbow: Personal Finances for LGBT Seniors

June 20 at 1:00 p.m. Outreach LGBT Community Center,
2701 International Ln. Ste. 101, Madison, WI

Financial planning before retirement is complex; at, and after, retirement it only gets more so. Learn about what financial tools, legal considerations, and planning options are out there, and gain insight in applying them to your situation. This free class is designed specifically for older LGBT adults.

Our presenter, Laurie Ellis-McLeod, teaches financial planning classes at UW-Madison, area Assisted Living and Independent Living communities, Madison area libraries, and Dane Co. area Senior Centers. For more information or to register, contact Michal Osier, LGBT Senior Advocate, 608-255-8582, or email: michalo@lgbtoutreach.org by June 13, 2018.

Call 608.274.4350 today to schedule a tour and enjoy a complimentary lunch!



Avalon Assisted Living Community
2879 Fish Hatchery Rd
Fitchburg, WI 53713
avalonalcommunity.com



CHRISTENSON JOHNSON^{LLC}

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Meals in Memory....

In memory of Saroj and Sushil Bansal, who were long-time participants at the Senior Center, lunch on the 4th Monday of every month will be sponsored in their memory. *All who join us for lunch on this day will not need to make a donation.*

Fitchburg Senior Center
5510 East Lacy Road
Fitchburg, WI 53711
608-270-4290

www.fitchburgwi.gov

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



Accredited by the Wisconsin
Association of Senior Centers



For general questions, email us at:
FitchburgSeniorCenter@fitchburgwi.gov



Class Registration/Payment

Class: _____

Name: _____

Address: _____

City & Zip: _____

Phone: _____

Email: _____

Cash: _____

Check: _____

Program Cancellation Policy: Class payments must be received seven days prior to the start of class. Certain classes require a minimum attendance. If your cancellation puts the class attendance under the minimum, a refund may not be possible.

Fitchburg Family Pharmacy

Thad Schumacher, PharmD
tschumacher@fitchburgfamilyrx.com

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June 2018



Salad Option Friday's

- 1st- Tuna
- 8th – Fruit Plate
- 15th – Beef Taco Salad
- 22nd – Caprese
- 29th- 7 Layer Salad

Reservations must be made
by 12:00 the day before by calling 270-4290

Friday 1

- Egg Salad Sandwich on WW Bread
- Carrot Raisin Salad
- 3 Bean Salad
- Grape Juice
- Dreamsicle Whip
- VO- N/A
- NCS – SF Jell-o

Monday 4

- BBQ Chicken Breast
- Baked Potato
- WW Bread /Butter
- Tropical Fruit
- Chocolate Cake

- VO- Bl. Bean burger
- NCS – SF Cookie

Tuesday 5

- Pulled Pork on a Bun
- Creamy Coleslaw
- Pickled Beets
- Melon Slice
- Cheesecake Brownie

- VO- Veggie Wrap
- NCS – SF Pudding

Wednesday 6

- Taco Pasta Casserole
- Broccoli
- Cauliflower
- Pineapple
- Blueberry Crisp

- VO- Bean Burrito
- NCS – Orange

Thursday 7

- Chicken Mac Salad
- Marinated Tomatoes
- Mixed Green Salad
- Peaches
- Sugar Cookie

- VO- Garbanzo Mac
- NCS – SF Cookie

Friday 8

- Vegetable & Cheddar
- Cheese Egg Bake
- Hash Brown Patty
- Fresh Melon/Grapes
- Cottage Cheese
- Iced Cinnamon Roll
- NCS – Banana

Monday 11

- Cheeseburger on WW Bun
- Potato Salad
- Peas
- Fruit Cocktail
- Pineapple Fluff
- VO- Veggie Burger
- NCS – Pineapple

Tuesday 12

- Lemon Baked Fish
- Tartar Sauce
- Baked Sweet Potato
- Creamy Coleslaw
- WW Bread/Butter
- Apricots
- Ice Cream Cup
- VO- Veggie Quiche
- NCS – SF Ice Cream

Wednesday 13

- Chicken Mac Casserole
- California Blend
- Tomato Juice
- Honeydew
- Chocolate Chip
- Banana Cake
- VO- Baked Potato w/Cheese Sauce
- NCS – SF Cookie

Thursday 14

- Cheese Tortellini Bake
- Bread Stick/Butter
- Green Beans
- Mandarin Oranges
- Blueberry Crisp
- VO- Veggie Tortellini
- NCS – SF Pudding

Friday 15

- BBQ Chicken
- Creamy Coleslaw
- Calico Beans
- Cornbread/Butter
- Lemon Bar
- VO- Hummus Wrap
- NCS - Orange

Monday 18

- Chicken Salad
- Mini Croissant
- Broccoli Salad
- Pickled Beets
- Grapes
- Pudding w/topping
- VO- Egg Salad
- NCS – SF Pudding

Tuesday 19

- Shepherds Pie
- WW Bread/Butter
- Creamed Spinach
- Apple Juice
- Strawberry Jell-o
- VO- Red beans &Rice
- NCS – SF Jell-o

Wednesday 20

- BBQ Pork on Bun
- 3 Bean Salad
- Creamy Coleslaw
- Cinnamon Apples
- Strawberry Shortcake
- VO- Garden Burger
- NCS – SF Cookie

Thursday 21

- Chicken Sandwich W/ Lettuce/Tomato
- Cheesy Potatoes
- Peas
- Orange
- Chocolate Cake
- VO- Cheese &Tomato Sandwich
- NCS – Apple

Friday 22

- Meatballs in Marinara
- Penne Noodles
- Carrots
- Mixed Greens
- Banana
- Ambrosia Salad
- VO- Veggie Meatball
- NCS - Pineapple

Monday 25

- Spinach Mushroom
- Swiss Quiche
- Red Potatoes
- Biscuit/Butter
- Orange Juice
- Spiced Apples
- VO- Veggie Quiche
- NCS – SF Cookie

Tuesday 26

- Sloppy Joe on Bun
- Tater Tots
- Green Beans
- Banana
- Strawberry Pretzel Salad
- VO- Soy Sloppy Joe
- NCS – SF Jell-o

Wednesday 27

- Pork Loin in Gravy
- Mashed Potatoes
- Garden Blend
- Vegetables
- WW Bread/Butter
- Mandarin Oranges
- Blueberry Pound Cake
- VO- Veggie Wrap
- NCS – SF Pudding

Thursday 28

- Tuna Sandwich
- Tomato/Cucumber/ Salad
- Carrot Raisin Slaw
- Pears
- Apple Sauce Bar
- VO- Pita and Hummus
- NCS – Apple Sauce

Friday 29

- Saucy BBQ Ribs
- Calico Beans
- Toss Salad
- Dinner Roll/Butter
- Watermelon
- Root Beer Float
- VO- Cottage Cheese & Tomatoes

June 2018

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																								
<div style="border: 1px solid red; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; margin: 0;">May 2018</p> <table border="1" style="width: 100%; border-collapse: collapse; font-size: small;"> <thead> <tr> <th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th> </tr> </thead> <tbody> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </tbody> </table> </div> <div style="border: 1px solid red; padding: 5px;"> <p style="text-align: center; margin: 0;">Jul 2018</p> <table border="1" style="width: 100%; border-collapse: collapse; font-size: small;"> <thead> <tr> <th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th> </tr> </thead> <tbody> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </table> </div>	M	T	W	T	F	S	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				M	T	W	T	F	S	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						<p style="text-align: right; font-size: 2em; color: blue;">1</p> <p>8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM Shop-Pick N Save</u> 11:00 AM F-Fitness 1:30 PM Scrabble</p>
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<p style="text-align: right; font-size: 2em; color: blue;">4</p> <p>8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness</p>	<p style="text-align: right; font-size: 2em; color: blue;">5</p> <p>8:30 AM Pickleball 8:30 AM Quilters 9:00 AM Outdoor Pickleball 10:00 AM Shop-Walmart 12:45 PM Euchre 1:00 PM Mahjong</p>	<p style="text-align: right; font-size: 2em; color: blue;">6</p> <p>8:30 AM Aerobics 9:45 AM Aerobics 10:00 AM Bike Club 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers</p>	<p style="text-align: right; font-size: 2em; color: blue;">7</p> <p>8:30 AM Cross Stitch 8:30 AM Tai Chi 9:30 AM Visiting Nurse 10:00 AM FSC Friends 12:30 PM Bingo!! 1:00 PM Sheepshead</p>	<p style="text-align: right; font-size: 2em; color: blue;">8</p> <p>8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 1:30 PM Scrabble</p>																																																																																								
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<p style="text-align: right; font-size: 2em; color: blue;">25</p> <p>8:30 AM Aerobics 9:00 AM Footcare 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 10:30 AM BP/Glucose Checks 11:00 AM F-Fitness 1:00 PM Dominos</p>	<p style="text-align: right; font-size: 2em; color: blue;">26</p> <p>8:30 AM Pickleball 8:30 AM Quilters 9:00 AM Outdoor Pickleball 10:00 AM Hookers 10:00 AM Shop-Target/HyVee/Aldis 2:00 PM Women's Group</p>	<p style="text-align: right; font-size: 2em; color: blue;">27</p> <p>8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:00 AM Bike Club 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko</p>	<p style="text-align: right; font-size: 2em; color: blue;">28</p> <p>8:30 AM Cross Stitch 8:30 AM Tai Chi 9:30 AM Visiting Nurse 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Mystery Book Club</p>	<p style="text-align: right; font-size: 2em; color: blue;">29</p> <p>8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 1:30 PM Scrabble</p>																																																																																								