



Prime Time News

July 2018

Fitchburg Senior Center
Volume VIII Issue 7

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**CLOSED
WEDNESDAY
JULY 4**

Coffee with a Cop is back! Stop in to the Senior Center at **11:15 a.m. on Tuesday, July 31** to enjoy a hot cup of coffee with one of Fitchburg's finest. Come with questions, concerns, or compliments!

Alternatives To TV One On One

Now is your opportunity! Call the front desk at 270-4290 to sign up for a 30-minute slot to talk with Assistant Director David Hill about your current cable or satellite setup. David will discuss ways to enjoy better content at a cheaper price. Call today to schedule a time with David!

July Cook-Out & Tunes

Join us on Friday, July 13 at 11:30 a.m. for a great meal and music. The menu includes: Saucy BBQ Ribs, Potato Salad, Baby Carrots and Banana Cream Pie. Before, during and after, you will love the smooth tunes provided by Virgil—the one-man band. For reservations, call 270-4290 by noon on July 12.



All-Terrain Wheelchair Rides!

Access Ability Wisconsin all-terrain wheelchair rides!

Access Ability Wisconsin is offering our Seniors who find it difficult to get outdoors, the opportunity to ride (for free) the access all-terrain wheelchairs through a wonderful tree covered trail right near City Hall. Rides are approximately 30-40 minutes. If you would like to ride, call 270-4290 to register. Wednesday, July 18 starting at 10:30 a.m.

If you would like to learn more about this wonderful program, check out their website: www.accessabilitywi.org





Bridge Instruction With Mary Olsky

Improve Your Slam Bidding With Jacoby 2 NT and Splinter Bids

We will discuss how to evaluate a hand for slam and how to use these conventions. There will be many opportunities to practice them.

Tuesdays, July 10 & 17 from 9:30–11:30 a.m.
Cost: \$20. Call 270-4290 to register and pay.

Wednesday Bike Rides

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 Wednesdays at 10:00 a.m.!
Any questions, call David at 270-4292.



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Mind

Body

Spirit



Caregiver Support
If you are caring for a loved one with dementia, you are not alone. Join us on Thursday, July 12 at 10:00 a.m.

Memory Café
Every third Thursday—Next meeting July 19 at 10:30 a.m.

Parkinson's Support With Bob Gilpatrick
Monday, July 16 at 2:00 p.m.

Wellness Checks W/ The Nurse
Thursdays 10:00 a.m.–12:00 p.m.
Services Offered:
Blood Pressure Checks
Glucose Checks
Weight Monitoring
Individual Education on: chronic health problems, healthy lifestyles, nutrition, medication management. Walk-ins welcomed. 270-4290

Travel! Travel!

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.

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.



Remember the cold, snow, and ice? Plan to get away this year with a

WINTER ESCAPE



Fitchburg Senior Center
Travel Show

Tuesday, July 10 at 1:00 p.m.

PANAMA - February 2019
10 days, \$3,599 pp twin (includes air)
land tour with one day on canal
3 hotels, 3 nights each



JEKYLL ISLAND, SAVANNAH, &
CHARLESTON

April 2019
7 days, \$2,999 pp twin (includes air)
3 hotels, 2 nights each

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Questions?
Call Kathy S. 608-274-2768



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REACH Book Club

REACH Book Club will not meet in July or August. We chose a new slate of books at the June meeting and are anticipating a great year of reading, beginning September 13, 2018. We did not have time to compile the list for the July newsletter due to the lateness of the June meeting. A complete list of books chosen will be in the August issue of *PrimeTime News*.

July - August - No discussions

Groups



Men's Group

Join us for our next meeting on
Tuesday, July 10 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, July 24 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, July 26, 2018 at 1:30 p.m. at the Fitchburg Senior Center.** (the 4th Thursday). We will discuss the book, *Snowblind* by **Ragnar Jonasson**. The story takes place in a quiet fishing village in northern Iceland, where no one locks their doors. It is accessible only via a small mountain tunnel. Ari Thor is a rookie policeman on his first posting. A young woman is found lying half-naked in the snow, bleeding and unconscious, and a highly esteemed elderly writer falls to his death. Ari is dragged straight into the heart of a community where he can trust no one, and secrets and lies are a way of life.

Dine Out



Couples Dinner Group

On **Tuesday, July 17**, The Fitchburg Couples Dinner Group will dine at Paisan's patio overlooking Lake Monona. 131 W. Wilson St. 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.

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

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**

iPhones & iPads

Wondering about upgrading your iPhone or iPad? Is your device running slow? What are the best options when you damage your phone? These questions, plus tips and tricks, will be discussed with Jeremy and Andrew from the Fitchburg Community Access Channel—FACTv. Please call the main line to sign up for your spot. 270-4290.

Thursday, July 26 from 10:00–11:30 a.m.

Did You Know?

Senior Center Help

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

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270-4290 today!

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Leigh Maxwell

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Fitchburg Singers—Come Sing W/Us!

The Fitchburg Singers practice the 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! Summer break—practices resume Wednesday, September 5.

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!! July 12

Special Sponsor:

The Waterford

Game begins promptly at 12:30 p.m.



Movie Day—Black Panther

Ok, the movie everyone has been talking about is finally here! Black Panther, with a run time of 2:15 minutes.

Rotten Tomatoes score of 97%!

Popcorn provided! Friday, July 27 at 12:40 p.m.



YES!!

Library Shuttle now available
every Wednesday!
Call 270-4290 by noon one day
in advance 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

Teaser dates: October 4, 11, 18 & 25



Aerobics With Diane Fronek

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.



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.



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

Teaser dates: October 3, 10, 17 & 24



Tai Chi Thursdays

8:30 a.m. Beginner-friendly.

Donations at the front desk welcomed.

Yoga W/ Kurt—2018

FALL SESSION 1

Mondays: Level 2: Sept. 10- Oct.22; 9:15-10:30 a.m.; 7 weeks; \$56.

Wednesdays: Level 1: Sept. 12- Oct. 24; 10:45 a.m.- 12 p.m.; 7 weeks; \$56.

FALL SESSION 2

Mondays: Level 2: Nov. 5- Dec.17; 9:15- 10:30 a.m.; 7 weeks; \$56.

Wednesdays: Level 1: Nov. 7- Dec.19; 10:45 a.m. - 12 p.m.; 7 weeks; \$56.

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



Program Scholarships

Thanks to the generosity of the Fitchburg Senior Center Friends, we are able to offer program scholarships for classes offered at the Center. Scholarship applications are available at the front desk, or you can speak with a staff person to obtain an application. All applications are kept confidential.



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.

Outdoor Pickleball

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

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

July 20

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 W/ The Nurse

Thursdays 10:00 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

Friends of the Fitchburg Senior Center are looking for candidates to serve on the Friends Board of Directors. This is an opportunity for those interested to help promote all of the programs and activities being offered by the Fitchburg Senior Center. If you are interested in helping with this worthwhile activity, please call Scotty Sheets at 608-835-3267.

The board provided funds for the beautiful flowers and planters at our entrance. Please take a moment to enjoy their loveliness and great fragrance!

Salad Option Fridays

Call a day in advance: 270-4290!

Join us for lunch on a Friday & ask for the salad du jour!

JULY

7/6: Tuna Salad

Mixed greens topped with tuna salad, tomato, and cucumber.

Meal items: Grape juice, spiced apples & biscuit

7/13: Chicken Taco Salad

Shredded lettuce topped with seasoned chicken, diced tomatoes, cheese, salsa, black olives, sour cream and tortilla strips.

Meal items: Melon salad, roll, butter, banana cream pie

7/20: Caprese Salad

Mixed greens topped with basil marinated tomatoes, fresh mozzarella cheese and croutons.

Dressing: Balsamic Vinaigrette

Meal items: Grapes & brownie

7/27: 7 Layer Salad

Shredded lettuce topped with peas, celery, onion, mayo, shredded cheese, bacon & eggs.

Meal items: Melon, sugar cookie



*Limited to dine in only.

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

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ATTORNEYS AT LAW

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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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it's JULY all!

2018

Senior Dining



Fellowship, Food & Fun

Monday 2	Tuesday 3 NW Dane	Wednesday 4	Thursday 5	Friday 6
Chicken a la King Over Biscuit Carrots Corn Salad Peaches Raspberry Sherbet VO – Soy a la King	Seafood Salad on a Lettuce Leaf Pretzel Roll Coleslaw Fresh Fruit Salad Brownie VO – Egg Salad NCS – SF Cookie	Closed Happy 4th of July	Pot Roast with Gravy Mashed Potatoes Mixed Green Salad Orange WW Bread/Butter Tapioca Pudding VO – Veggie Wrap NCS – SF Pudding	Egg Bake Diced Roasted Red Potatoes Grape Juice Spiced Apples Biscuit/Butter
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Pizza Burger Navy Bean Salad Marinated cucumbers Banana Cookie VO – Veg Burger NCS – SF Cookie	Ham and Potato Casserole California Blend Fresh Fruit Cup MG Bread/ Butter Chocolate Cream Pie VO – Soy Casserole NCS – SF Pudding	BBQ Chicken Breast Baked Sweet Potato/Butter WW Bread /Butter Tropical Fruit Chocolate Cake VO – Hummus Wrap NCS – SF Jell-o	Tuna Sandwich Tomato/Cucumber Salad Chickpea Salad Pears Apple Sauce Bar VO – Tomato & Cheese Sandwich NCS – Apple Sauce	Saucy BBQ Ribs Potato Salad Baby Carrots Melon Salad Roll/Butter Banana Cream Pie VO – Garden Burger NCS – Banana
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Enchilada Casserole Stewed Tomatoes Confetti Corn w/Black Beans Mandarin Oranges Churro Cake VO – Bean Burrito NCS – SF Cookie	Beef Stroganoff over Noodles Cauliflower Mixed Green Salad Fruit Cocktail White Bread/Butter Apple Crisp VO – Garden Burger NCS – Spiced Apples	Chicken Strips BBQ Sauce Green Beans Pea Salad Dinner Roll/Butter Fruit Cup Ice Cream VO – Hummus & Pita NCS – SF Ice Cream	Tuna Casserole Roasted Baby Carrots Pickled beets Banana Lime Sherbet VO – Egg Salad NCS – SF Ice Cream	Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Grapes Brownie w/Frosting VO – Veg Meatballs NCS – SF Pudding
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Taco Pasta Casserole Broccoli Cauliflower Pineapple Blueberry Crisp VO – Veggie Pasta NCS – SF Jell-o	Chicken Sandwich Lettuce/Tomato/Mayo Cheesy Potatoes 4 Bean Salad Orange Chocolate Cake VO – Bean Burger NCS – SF Cookie	BBQ Shredded Beef on Bun Corn on Cob/Butter Creamy Coleslaw Watermelon Slice Choc Banana Cake VO – Baked Potato Cheese Sauce NCS – Banana	Meatballs in Gravy Mashed potatoes California Blend Tropical Fruit Dinner Roll/Butter Ice Cream VO – Veggie Meatballs NCS – SF Ice Cream	Chicken Macaroni Salad Marinated Tomatoes Broccoli Salad Melon Sugar Cookie VO – Veggie Mac Casserole NCS – SF Cookie
Monday 30	Tuesday 31	Salad Option Fridays! (Salads are dine-in only) 6th - Tuna Salad 13th –Chicken Taco Salad 20st - Caprese Salad 27th - 7 Layer Salad *Meal has pork product Reservations <u>must</u> be made by 12:00 the day before By calling 270-4290		
Sloppy Joe on Bun Kidney Bean Salad Mixed Vegetable Banana Frosted Strawberry Cake VO – Soy Joe NCS – SF Jell-o	Pork Loin in Gravy Mashed Potatoes Garden Blend Vegetables WW Bread/Butter Mandarin Oranges Pudding VO – Red Beans & Rice NCS - SF Pudding			

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES

July 2018

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
2 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness	3 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	CLOSED	5 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	6 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																																																																																				
9 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos	10 8:30 AM Pickleball 8:30 AM Quilters 9:00 AM Outdoor Pickleball 10:00 AM Hookers 10:00 AM Shop-Woodmans <u>1:00 PM TRAVEL SHOW</u> 2:00 PM Men's Group	11 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	12 8:30 AM Cross Stitch 8:30 AM Tai Chi 9:30 AM Visiting Nurse 10:00 AM Caregiver Support 12:30 PM Bingo!! 1:00 PM Sheepshead	13 8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 11:30 AM COOKOUT 1:30 PM Scrabble																																																																																				
16 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Open Art 2:00 PM Parkinson's Support	17 8:30 AM Pickleball 8:30 AM Quilters 9:00 AM Outdoor Pickleball 10:00 AM Shop-South Town 12:45 PM Euchre	18 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	19 8:30 AM Cross Stitch 8:30 AM Tai Chi 9:30 AM Visiting Nurse 10:30 AM Memory Cafe 12:30 PM Bingo!! 1:00 PM Sheepshead	20 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 Diabetic Footcare																																																																																				
23 8:30 AM Aerobics 9:00 AM Footcare 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos	24 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	25 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	26 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	27 8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 12:40 PM Movie Day 1:30 PM Scrabble																																																																																				
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Client Advocates

Do you have someone that can accompany you to medical appointments? Are you able to follow and/or understand the information presented by medical staff? Are you comfortable questioning what your provider suggests in terms of treatment?

If you answered no to the questions above, then the Client Advocate program might be for you!

What can a Client Advocate do?

Client Advocates educate, mentor, empower and advocate for older adults that typically have no supports or limited supports in place. Advocates would do this by meeting with the older adult individually in their homes and then attending medical appointments with them to address needs.

Advocates will make sure information presented by medical staff is understood and that client has a “voice” in any decision making.

Who is eligible?

Adults aged 60 and older with complex medical and case management needs and incomes of 240% below poverty level (approximately \$30,000/year for a single person). Clients must live in their own home or apartment.

Call the Fitchburg Senior Center today for more information and/or to be connected with a Client Advocate.

270-4290