



Prime Time News

January 2019

Fitchburg Senior Center
Volume XIV Issue 1

Look Ahead

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AARP Tax Help

For those who could benefit from FREE, simple tax return help, this program is for you! The following dates run with 45-minute slots, so your taxes must be straightforward.

Fri.—February 15 Fri.—March 1

Fri.—March 15 Fri. March 29

Fri.—April 12

Call 270-4290 for your 45-minute appointment.



Your Click Counts

During the week of January 22 we are asking for your click! As you enter the building, when you see a clicker, click it—once! This simple click can impact the future programming needs of the Senior Center.

Let's show the City that your involvement counts!

CLOSED

New Years Day 1/1

MLK Day 1/21

Travel Show

January 15. See Page 3 for details



Ukulele Lessons in January 2019

Learn a fun, new skill in the New Year!

Classes held 1:00-2:00 p.m. Mondays; January 7, 14, 28 and February 4. No class on January 21—MLK Day.

Learn some basic chords and play easy songs. You can bring your own ukulele or rent one from the Senior Center for \$10. If you have a uke and want to get back into playing, or just want to sing with a small group, there will be a strum/sing along from 2:00-3:00 p.m. each Monday.

Please sign up at front desk of Senior Center. Minimum of five; maximum of eight learners.



Annual Heating Moratorium

Wisconsin law prohibits utility companies from turning off electricity or natural gas to customers who are behind in payments from November 1 until April 15. However, this does not apply to customers who have already been disconnected prior to November 1. Customers who are currently disconnected and who have not made arrangements to pay their bills should call their utility companies right away. Utility companies do not have to reconnect service until a payment plan is in place. This means that the disconnection could last through the winter. Energy assistance is available for eligible households through the Wisconsin Home Energy Assistance Program (WHEAP). Eligibility is based on income. For more information about this program, call 1-866-HEATWIS (432-8947), visit the "Where to Apply" tab on www.homeenergyplus.wi.gov to find your local energy assistance agency, or call the Fitchburg Senior Center and ask to speak with one of the Social Workers.

Mind



Body

Memory Café

Every third Thursday.
Next meeting Jan. 17 at
10:30 a.m.

Spirit

Caregiver Support

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

Parkinson's Support With Bob Gilpatrick

Monday, Feb. 18 at 2:00 p.m.

Wellness Checks W/ The Nurse

Thursdays 10:00 a.m.—12:00 p.m.
Services Offered:
Blood Pressure/Weight
Individual education on: chronic health problems, healthy lifestyles, nutrition, med management.
Walk-ins welcomed. 270-4290

Book Clubs

REACH Book Club

REACH Book Club will meet on Thursday, January 10, 2019 at 1:30 p.m. at the Senior Center. We will discuss the book, *Claire of the Sea Light* by Edwidge Danticat. Claire Limyè Lanmè-Claire of the Sea Light-is an enchanting child born into love and tragedy in Ville Rose, Haiti. Claire's mother died in childbirth, and on each of her birthdays Claire is taken by her father, Nozias, to visit her mother's grave. Nozias wonders if he should give away his young daughter to a local shopkeeper, who lost a child of her own, so that Claire can have a better life. But on the night of Claire's seventh birthday she disappears. As Nozias and others look for her, painful secrets, haunting memories, and startling truths are unearthed among the community of men and women.

February 14, 2019 *Look Homeward Angel* (Classic)
by Thomas Wolfe

March 14, 2019 *Chilbury Ladies Choir* by Jennifer Ryan

April 11, 2019 *The Lost City of the Monkey God* by Douglas Preston

REACH Book Club meets the 2nd Thursday of each month, September thru June at the *Fitchburg Senior Center* at 1:30 p.m. All are welcome.

Travel!

TRAVEL WITH US



TRAVEL SHOW

January 15th at 2:30 p.m.

(mark your calendar)

focusing on these tours -

Mystery Tour - October

Autumn in New England - October

and a 2020 river cruise



Also Booking

Jekyll Island, Savannah, & Charleston
April 7th - 13th, 2019 \$2,999 pp, twin

Blue Ridge Country & Biltmore Estate

May 5th - 11th, 2019 \$2,197 pp, twin

Ireland

July 9th - 19th, 2019 \$4,297 pp, twin

Brochures at Fitchburg Senior Center

Fitchburg Senior Center Friends
Questions? Call Kathy S. 608-274-2768

The *I Love a Mystery Book*

Club will resume meeting on Thursday, January 24, 2019 at 1:30 p.m. at the Senior Center. We will discuss the book, *If Books Could Kill* by Kate Carlisle. On a trip to Scotland, bookbinder Brooklyn Wainwright gets caught up in a case involving a forbidden masterpiece in the second novel in the Bibliophile Mystery series.

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Volunteer!

Looking To Give Back?

The Boys & Girls Club, located at 4619 Jenewein Rd. in Fitchburg, is looking for volunteers to help with their afternoon meal program. After school each day the Boys & Girls Club serves a light meal to over 100 children. The food is prepared and served on-site. Volunteers are needed for meal prep, serving and clean-up. Hours available are between 9:00 a.m.–6:00 p.m., although you do not need to commit to the entire time.

For more information about this opportunity please call 608-661-4757 or email Tiffany Loomis at tloomis@bgcdc.org

Groups



Men's Group

Join us for our next meeting on
Tuesday, January 8 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

Tuesday, January 22 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.

Education

iPhone & iPad—Both!

Have one or the other or both? Want to know how to make the best of the compatibility that iPhone and iPad users are benefiting from? Did you get one of these great pieces of tech for the holidays and have questions? This class is for you. Jeremy and Andrew from the FACTv Department are back in action on

Thursday, January 31 at 10:30 a.m.

You must call 270-4290 to reserve your spot.
Don't wait, call today!

Eats

Dine Out

Couples Dinner Group

January 15. The Thirsty Goat—Fitchburg.
5:00 p.m. cocktails, 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 Sandy Ermis at skermis@hotmail.com or call 608-358-1698.



Make A Difference Today Fitchburg Senior Center Legacy Fund

We have recently developed a new brochure outlining the ways you can give and the categories to which you can direct your donation. Brochures are available at the Senior Center, or call 270-4290 and ask to speak with the Director for more information.



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.



DISCOVER *the difference*

The Waterford at Fitchburg

5440 Caddis Bend
Fitchburg, WI 53711
t 608-270-9200 f 608-270-9222

waterfordatfitchburg.com

Walk in Medicare Clinic in partnership with Allen Maxwell Farmers Insurance Agency. Stop in to learn more about Medicare and many other cost saving options.

Leigh Maxwell

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608.630.9776 / 608-772-5700**





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FoodWise Nutrition—Jan. 16

Lytonia with U.W. Extension is back talking about cooking with herbs on Wednesday, Jan. 16 at 11:30 a.m. Join us!

Fitchburg Singers—Come Sing W/Us!
The Fitchburg Singers practice the 1st & 3rd Wednesday at 1:00 p.m.
On winter break. Call 270-4290 for more details of the 2019 upcoming season!

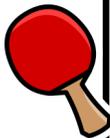


Fun Zone

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!! Jan. 10
Special Sponsor:
The Waterford of Fitchburg
Game begins promptly at 12:30 p.m.

Movie Day—January 25 at 12:40 p.m.
Movie: **First Man—Through the eyes of Neil Armstrong.**



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.



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

Exercise Opportunities

Pickup Basketball

Anyone interested in playing pickup basketball during the day/weekdays—give David a call at 270-4292 to learn more about the possibility.

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.



Zumba Gold W/ Wendy Diaz

Thursdays, Jan. 10–Feb. 14. 10:00 a.m.
Six weeks. \$36. Deadline to register is Jan. 8.
Call 270-4290 or stop by the front desk.

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.

Yoga W/ Kurt—Winter SESSION 1

Mondays: Level 2: Jan. 7–Mar. 18; 9:15-10:30 a.m.; 10 weeks; \$80. skip Jan. 21
Level 1: Jan. 7–Mar. 18; 10:45 a.m.-12:00 p.m.; 10 weeks; \$80. skip Jan. 21
Call 270-4290. Payment due upon sign-up.

Tai Chi Thursdays

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

Indoor Walking—Break Away Sports!

Join us every Tuesday & Thursday from 11:00 a.m. –12:00 p.m.
One of the best hidden gems in Fitchburg!



QiGong

QiGong is gentle, rhythmic movements that reduce stress, build stamina, increase vitality and enhance balance—we can all use some of that!
Series starting on Tuesdays.
Jan. 15–Feb 26 from 9:00–10:00 a.m. \$48.
Call 270-4290 or stop by the front desk.

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.



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

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



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Transportation Services

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

January 18

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.



Massage Therapy

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

Massage/ Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Massage

Denny Ginko
Call for dates/times

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!

Chair Massage W/ Gary Kuzynski
1st & 3rd Wednesday mornings
15 minutes = \$11 / 30 minutes—\$22
Call 270-4290 to register.



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

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 Fitchburg Senior Center Friends annual Pancake Breakfast will be Sunday, April 7, 2019. Adults \$10, Children under 10, \$5.

This month Friends spent \$396.75 for special needs, made honorariums to Tom Klingele for the pictures of the Friends' Board members in the display case and to Carolyn White, pianist of the Fitchburg Singers.

Our gratitude to Betty Forest of Eplegaarden for the ice cream donation for the Labor Day weekend fundraiser, as well as the cash donation from Grandparents Day.

Wishing everyone Happy Holidays and a Happy and Healthy New Year!



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.

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 diane@dillettcompany.com
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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



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. 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.

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.



Thad Schumacher, PharmD

tschumacher@fitchburgfamilyrx.com

Location: Fish Hatchery Road and High Ridge Trail

Phone: (608) 274-3784

Fax: (608) 274-3780

After Hours: (608) 886-7117

Hours:

9am-6pm, Mon-Fri

9am-1pm, Sat

JANUARY

2019

| Salad Option Friday's | Tuesday 1 | Wednesday 2 | Thursday 3 | Friday 4 |
|---|---|---|---|---|
| 4TH- Chicken Taco 11th- Cordon Bleu 18th t- Harvest 25th- Pulled Pork Confetti Reservations must be made by 12:00 the day before by calling 270-4290 |  | BBQ Chicken Breast Baked Sweet Potato WW Bread Tropical Fruit Cake MO – Bean Burger NCS – SF Pudding | Tuna Sandwich Tomato Soup Chickpea Salad Pears Churro Cake MO – Egg Salad NCS – SF Cookie | Enchilada Casserole Cauliflower Corn w/Black Beans Mandarin Oranges Apple Sauce Bar MO – Bean Burrito NCS –Apple Sauce |
| Monday 7 | Tuesday 8 | Wednesday 9 | Thursday 10 | Friday 11 |
| Beef Stroganoff over Egg Noodles Stewed Tomatoes Pea Salad Fruit Cocktail Ice Cream MO – Soy Stroganoff NCS - Apple | Tuna Casserole Baby Carrots Pickled Beets Banana Blueberry Crisp MO – Veggie Wrap NCS – SF Cookie | Pork Loin in Gravy* Roasted Potatoes, carrots & Onions Spinach Dinner Roll Chunky Applesauce Cake MO – Garden Burger NCS – SF Pudding | Chicken Strips BBQ Sauce Green Beans Mixed Green Salad Dinner Roll Fruit Cup Apple Crisp MO – Hummus and Pita NCS – SF Ice Cream | Taco Pasta Casserole Broccoli Cauliflower Pineapple Lime Sherbet MO – Red Beans & Rice NCS - SF Ice Cream |
| Monday 14 | Tuesday 15 | Wednesday 16 | Thursday 17 | Friday 18 Verona |
| Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Fruit Cocktail Brownie MO – Hummus Wrap NCS – SF Jell-o | Chicken Sandwich w/ Lettuce/Tomato/Mayo Cheesy Potatoes 4 Bean Salad Orange Cake MO – Cheese and Tomato Sandwich NCS – SF Cookie | Meatballs in Gravy* Mashed potatoes California Blend Tropical Fruit Dinner Roll Ice Cream MO – Veggie Meatballs NCS – SF Ice Cream | Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Banana Cake MO – Soy Sloppy Joe NCS – SF Jell-o | Ham* Scalloped Potatoes Green Beans Grape Juice Corn Bread Apple Pie MO – Cheese Sandwich NCS - Spiced Apples |
| Monday 21 | Tuesday 22 | Wednesday 23 | Thursday 24 | Friday 25 |
|  | Meat Spaghetti Wax beans Mixed Green Salad Peaches Brownie MO – Veggie Sauce NCS – SF Pudding | Chicken White Bean Chili Toss Salad Cornbread Fresh Orange Cake MO – Veggie Chili NCS – SF Jell-o | Pork Loin in Gravy* Mashed Potatoes Vegetable Blend WW Bread/Butter Mandarin Oranges Pudding MO – Multigrain Burger NCS – Cinnamon Pears | Lemon Baked Fish Baked Sweet Potato Tropical Fruit WW Bread Pound Cake MO – Veggie Wrap NCS – SF Cookie |
| Monday 28 | Tuesday 29 | Wednesday 30 | Thursday 31 | |
| Italian Sausage* on Bun Roasted Potatoes Stewed Tomatoes Orange Ice Cream MO – Veggie Meatballs NCS – SF Ice Cream | Chili Baked Potato Sour Cream Banana Cornbread Rice Pudding MO – Veggie Chili NCS – SF Jell-o | Turkey in Gravy Mashed Potatoes Broccoli Salad Cranberry Stuffing Cranberry Sauce Pumpkin Pie MO – Soy in Gravy NCS – SF Pumpkin Pie | Pulled Pork* on a WW Bun Creamy Coleslaw Carrot Raisin Salad Melon slice Vanilla Pudding MO – Egg Salad NCS – SF Pudding |   <small>Fellowship, Food & Fun</small> |

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION

All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. MO = meatless option

January 2019

Senior Center Activity Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; font-size: small;">Dec 2018</p> <table style="width: 100%; text-align: center; font-size: x-small;"> <tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td></td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </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 | | | | | | | <p style="font-size: 2em; font-weight: bold;">1</p> <p style="font-size: 1.5em; font-weight: bold; text-align: center;">CLOSED</p> | <p style="font-size: 2em; font-weight: bold;">2</p> <p>8:30 AM Aerobics 9:45 AM Aerobics 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko</p> | <p style="font-size: 2em; font-weight: bold;">3</p> <p>8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM FSC Friends 10:00 AM Visiting Nurse 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead</p> | <p style="font-size: 2em; font-weight: bold;">4</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> |
| M | T | W | T | F | S | S | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 17 | 18 | 19 | 20 | 21 | 22 | 23 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 31 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p style="font-size: 2em; font-weight: bold;">7</p> <p>8:30 AM Aerobics 9:00 AM Yam Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness</p> | <p style="font-size: 2em; font-weight: bold;">8</p> <p>8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Hookers 10:00 AM Shop-Woodmans 11:00 AM Indoor Walking 2:00 PM Men's Group</p> | <p style="font-size: 2em; font-weight: bold;">9</p> <p>8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko</p> | <p style="font-size: 2em; font-weight: bold;">10</p> <p>8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Caregiver Support 10:00 AM Visiting Nurse 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Book Club</p> | <p style="font-size: 2em; font-weight: bold;">11</p> <p>8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 1:30 PM Scrabble</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p style="font-size: 2em; font-weight: bold;">14</p> <p>8:30 AM Aerobics 9:00 AM Yam Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos</p> | <p style="font-size: 2em; font-weight: bold;">15</p> <p>8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Shop-South Town 11:00 AM Indoor Walking 12:45 PM Euchre</p> | <p style="font-size: 2em; font-weight: bold;">16</p> <p>8:30 AM Aerobics 9:45 AM Aerobics 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko</p> | <p style="font-size: 2em; font-weight: bold;">17</p> <p>8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Visiting Nurse 10:30 AM Memory Cafe 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead</p> | <p style="font-size: 2em; font-weight: bold;">18</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 Diabetic Footcare</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p style="font-size: 2em; font-weight: bold;">21</p> <p style="font-size: 1.5em; font-weight: bold; text-align: center;">CLOSED</p> | <p style="font-size: 2em; font-weight: bold;">22</p> <p>8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Hookers 10:00 AM Shop-Target/HyVee/Aldis 11:00 AM Indoor Walking 2:00 PM Women's Group</p> | <p style="font-size: 2em; font-weight: bold;">23</p> <p>8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko</p> | <p style="font-size: 2em; font-weight: bold;">24</p> <p>8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Visiting Nurse 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Mystery Book Club</p> | <p style="font-size: 2em; font-weight: bold;">25</p> <p>8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 12:40 PM Movie Day 1:30 PM Scrabble</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p style="font-size: 2em; font-weight: bold;">28</p> <p>8:30 AM Aerobics 9:00 AM Footcare 9:00 AM Yam Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos</p> | <p style="font-size: 2em; font-weight: bold;">29</p> <p>8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Shop-Walmart 11:00 AM Indoor Walking</p> | <p style="font-size: 2em; font-weight: bold;">30</p> <p>8:30 AM Aerobics 9:45 AM Aerobics 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko</p> | <p style="font-size: 2em; font-weight: bold;">31</p> <p>8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Visiting Nurse 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead</p> | <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; font-size: small;">Feb 2019</p> <table style="width: 100%; text-align: center; font-size: x-small;"> <tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td></td><td></td><td></td></tr> </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 | | | | | | | | | | |
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