



Prime Time News

February 2019

Fitchburg Senior Center
Volume XIV Issue 2

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Save The Date!
Pancake Breakfast
Sunday, April 7
8:00 a.m.—12:00 p.m.

CBD Oil—April
Upcoming in April! Tim O'Brien, owner of Apple Wellness, will be with us to discuss CBD oil.

Black History Month— Milton House Underground Railroad In Wisconsin

Kari Klebba, Executive Director of the Milton Historical Society will be presenting on the history of The Milton House, Wisconsin's last, authenticated Underground Railroad Station that can be toured. The Milton House, built in 1844, served as a stagecoach inn and railroad stop in Milton, Wisconsin, a booming rural community in Northern Rock County. A major transportation hub during the pioneer era, few could have imagined the great secrets held within the cellar.

Klebba will discuss the origins of slavery in the United States, Wisconsin's role as an abolitionist stronghold, and the efforts of those in Milton who assisted men and women on their path to freedom.

Friday, February 8 at 12:45 p.m.

Q & A With County Exec Joe Parisi

County Executive Parisi will be visiting the Fitchburg Senior Center to have a discussion and give an update on the work Dane County is doing to clean up our lakes, finance renewable energy development, and how it benefits county taxpayers.

Joe will talk for roughly 30 minutes, then allow for questions.

Monday, March 11 at 10:45 a.m.

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.—March 1 / Fri.—March 15 / Fri. March 29 / Fri.—April 12

Call 270-4290 for your 45-minute appointment.

Alzheimer's Community Forum

You are invited to take part in a Community Forum on Alzheimer's disease and other dementias. The forum will provide an opportunity for people of all ages to come together and ask questions about the disease, share their personal experiences, learn about available resources and discover volunteer opportunities to support families affected by the disease.



Where: Fitchburg Community Center, Lower Level
5510 Lacy Rd, Fitchburg, WI 53711

When: March 14 at 6:00 p.m.
Call: 800.272.3900 to register.



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

Spirit

Memory Café

Every third Thursday.
Next meeting Feb. 21 at
10:30 a.m.

Caregiver Support

If you are caring for a loved one with dementia, you are not alone. Join us on Thursday, February 14 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, February 14, 2019 at 1:30 p.m. at the Senior Center. We will discuss the book, *Look Homeward Angel* (Classic) by Thomas Wolfe. "Thomas Wolfe's classic coming-of-age novel, first published in 1929, is a work of epic grandeur, evoking a time and place with extraordinary lyricism and precision. Set in Altamont, North Carolina, this semi-autobiographical novel tells the story of a restless young man who longs to escape his tumultuous family and his small town existence."

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

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

May 9, 2019 *The Cherry Harvest* by Lucy Santa

June 12, 2019 Choose books for next year

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.

The *I Love a Mystery Book Club*

will meet on Thursday, February 28 at 1:30 p.m. at the Senior Center. We will discuss the book, *The Coffin Dancer* by Jeffrey Deaver.

Detective Lincoln Rhyme, the foremost criminalist in the NYPD, is on the hunt for an elusive murderer, the Coffin Dancer. He's a brilliant hitman who changes his appearance even faster than he adds to his trail of victims, only one of whom has lived long enough to offer a clue: the assassin has an eerie tattoo on his arm of the Grim Reaper waltzing with a woman in front of a casket. This is the second book in the Lincoln Rhyme series.

Travel!

TRAVEL WITH US

NEW TOURS

Ark Encounter & Creation Museum

June 9th - 11th \$699 pp twin
Two nights Belterra Casino Resort

Toronto & Niagara Wine Trail

July 29th - August 2nd \$1,699 pp twin
Experience wineries, Toronto, & Niagara Falls

Autumn Mystery Tour

October 8th - 12th \$1,299 pp twin
Intrigued? Embrace the Adventure!

New England and Cape Cod Foliage

October 13th - 20th \$2,879 pp twin + air
Enjoy New England in the Fall

Sensations of Lyon and Provence

River Cruise

May 12, 2020 (12 days)

*** free air until March 31, 2019 ***

price range dependent on cabin

French Riviera, UNESCO sites, Wine Region

Brochures at Fitchburg Senior Center

Fitchburg Senior Center Friends

Questions? Call Kathy S. 608-274-2768

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Education



Protect Yourself from Medicare Fraud

Did you know that Medicare loses billions, yes BIL-LIONS of dollars each year due to fraud, errors and abuse? Think it can't happen to you? Think it doesn't happen in Wisconsin? Unfortunately, think again: it could, and it does. Join us to learn more about how you can protect, detect and report Medicare fraud, errors and abuse with the help of Wisconsin's Senior Medicare Patrol. We will also talk about volunteer opportunities currently available to help spread the message to Wisconsin Medicare beneficiaries.

Join us on **Tuesday, February 19 at 1:00 p.m.** to learn more about how you can protect yourself against Medicare fraud, errors and abuse.

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, February 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

Tuesday, February 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.

Eats Dine Out

Couples Dinner Group

Feb. 19. Delaney's on Grand Canyon Dr.
For more information contact Bob at
robert.rottman@gmail.com

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

2980 Cahill Main, 205
Fitchburg, WI 53711
608.630.9776 / 608-772-5700





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FoodWise Nutrition—Feb. 19

Lytonia with U.W. Extension will be talking about savory soup's and sodium on Tuesday, Feb. 19 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.
Call 270-4290 for more details!

Fun Zone

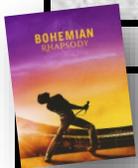


Drop-In Activities

- 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!! Feb. 14
Special Sponsor:
Farmers/United Health Care
 Game begins promptly at 12:30 p.m.



Movie Day—
Bohemian Rhapsody
 The story of the band, Queen
 Friday, Feb. 22 at 12:40 p.m.



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 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.



Zumba Gold W/ Wendy Diaz

Thursdays, Feb. 21–Mar. 28. 10:00 a.m.

Six weeks. \$36. Drop-in - \$8. Minimum of eight students. Deadline to register is Feb. 18.

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.



Tai Chi Thursdays

8:30 a.m. Beginner-friendly.

Donations at the front desk welcomed.



Yoga W/ Kurt—Spring

Mondays: Level 2: Apr. 1–May. 20; 9:15-10:30 a.m.; 8 weeks; \$64.

Level 1: Apr. 1–May. 20; 10:45 a.m.-12:00 p.m.; 8 weeks; \$64.

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



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.



Indoor Walking—Break Away

Sports! Join us every Tuesday & Thursday from 11:00 a.m. –12:00 p.m.

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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

February 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.



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 = \$14 / 30 minutes—\$27
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
avaloncommunity.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

In November, The Fitchburg Senior Center Friends bought meals for each Veteran and one guest totaling \$408.66. The Friends also paid for Thanksgiving meals for those in need, totaling \$159.60.

The Pancake Breakfast is Sunday, April 7, 2019 from 8:00 a.m.–12:00 p.m.

We are looking for volunteers for various positions. Please call the Volunteer Coordinator, Mandi Miller at 270-4293, leave your name and phone number and someone will contact you.

Thanks!

Salad Option Friday's

Call a day in advance: 270-4290!

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

February

NEW

February Salads!



2/1: 7 Layer Salad

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

Dressing: None

Meal items: Dinner roll, tropical fruit & cake

2/8: Tuna Salad

Mixed Greens topped with tuna salad, tomato & cucumber

Dressing: None

Meal items: Croissant, peaches & brownie

2/15: Beef Taco Salad

Shredded lettuce topped with seasoned Ground Beef, diced tomatoes, green onion, cheese, salsa, black olives, sour cream and tortilla strips.

Dressing: None

Meal items: Applesauce, roll & lemon bar.

2/22: Chef's Salad

Mixed Greens topped with deli ham & turkey, Swiss cheese, sliced green pepper, tomatoes, a hard boiled egg

Dressing: Ranch

Meal items: Oranges, bread & tapioca pudding

*Limited to dine in only.

Medical Insurance Solutions for Seniors

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

Phone: 608-662-8288

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Iris M. Christenson **Mark T. Johnson**
Barbara S. Hughes **Meghan M. Teigen**

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Fitchburg Senior Center
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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



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



February 2019



Friday 1

Chicken Stew
Roll/Butter
Broccoli
Tropical Fruit
White Cake

MO – Veggie Stew
NCS – SF Cookie

Monday 4

Beef Pot Pie w/Biscuit Top
Creamed Spinach
Apple Juice
Strawberry Jell-o

MO – Veggie Pot Pie
NCS – SSSF Jell-o

Tuesday 5

Chicken and Gravy over bread
Mashed Potatoes
Green Beans
Orange
Carnival Cookie

MO – Soy Pot Pie
NCS – SF Cookie

Wednesday 6

Fish Sandwich on Bun
Cheese Slice
Yams
Coleslaw
Fruit Cup
White Cake

MO – Bean Burger
NCS – SF Pudding

Thursday 7

Meatballs Marinara
Over Penne
Carrots
Mixed Salad
Banana
Ambrosia Salad

MO – Veg Meatballs
NCS – pineapple

Friday 8

Chicken Salad
Mini Croissant
Broccoli Salad
Pickled Beets
Peaches
Cheesecake Brownie

MO – Egg Salad
NCS – SF Ice Cream

Monday 11

Cheeseburger
Calico Beans
Potato Salad
Fruit Cocktail
Peanut Butter Cookie

MO – Garden Burger
NCS – SF Cookie

Tuesday 12

Egg Salad Sandwich
Tomato Soup
Grape Juice
Dreamsicle Whip

MO – N/A
NCS – Oranges

Wednesday 13

Beef Stew
Biscuit
Green Beans
Apple Sauce
Banana Cake

MO – Veg Burger
NCS – Banana

Thursday 14

Chicken Mac Casserole
Peas
Tomato Juice
Pineapple
Pudding

MO – Veggie Mac
NCS – SF Pudding

Friday 15

Saucy BBQ Ribs
Cheesy Potatoes
Tossed Salad
Chunky Applesauce
Dinner Roll/Butter
Lemon Bar

MO – Veg Wrap
NCS – SF Cookie

Monday 18

Cheese Tortellini Bake
Bread Stick/Butter
Spinach
Mandarin Oranges
Blueberry Crisp

MO – Veg Tortellini
NCS – SF Pudding

Tuesday 19

Chicken a la King
Over Biscuit
Carrots
Corn Salad
Peaches
Raspberry Sherbet

MO – Soy a la King
NCS – SF Ice Cream

Wednesday 20

BBQ Chicken
Mac & Cheese
Collard Greens
Cornbread
Melon/ Oranges
Sweet Potato Pie

MO – Mac-n-Cheese
NCS – SF Cookie

Thursday 21

Meatloaf
Mashed Potatoes
Gravy
Corn
Bread/Butter
Apple Juice Cup
White Cake

MO – Veg Meatballs
NCS – Banana

Friday 22

Pot Roast with Gravy
Mashed Potatoes
Mixed Green Salad
Dressing
Orange
WW Bread/Butter
Tapioca Pudding

MO – Hummus Wrap
NCS – SF Pudding

Monday 25

Egg Bake
Diced Roasted Red Potatoes
Grape Juice
Biscuit/Butter
Spiced Apples

MO – N/A
NCS – N/A

Tuesday 26

Pizza Burger w/ Marinara & cheese
Navy Bean Salad
cucumbers
Banana
Sugar Cookie

MO – Cheese/ Tomato Sandwich
NCS – SF Cookie

Wednesday 27

Ham and Potato Casserole
California Blend
Fruit Cup
MG Bread/ Butter
Chocolate Cream Pie

MO – Veggie Potato Casserole
NCS – SF Jell-o

Thursday 28

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

MO – Grain Burger
NCS – SF Ice Cream

Salad Option Fridays

(Salads are dine-in only)

1st – 7 Layer
8th – Tuna
15th – Beef Taco
22nd – Chef's



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.

Please note: Guests on a NAS diet should not be receiving: gravy, ketchup or mustard
MO = meatless option

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

Senior Dining



Fellowship, Food & Fun

February 2019

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid red; padding: 5px; margin: 5px;"> <p style="text-align: center; font-size: small;">Jan 2019</p> <table style="width: 100%; border-collapse: collapse; font-size: x-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; margin: 5px;"> <p style="text-align: center; font-size: small;">Mar 2019</p> <table style="width: 100%; border-collapse: collapse; font-size: x-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>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>29</td><td>30</td><td>31</td></tr> </tbody> </table> </div> </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; margin: 0;">1</p> <p>8:30 AM Aerobics</p> <p>9:00 AM Ping Pong</p> <p><u>10:00 AM Shop-Pick N Save</u></p> <p>11:00 AM F-Fitness</p> <p>1:30 PM Scrabble</p>
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<p style="text-align: right; font-size: 2em; margin: 0;">4</p> <p>8:30 AM Aerobics</p> <p>9:00 AM Yarn Group</p> <p>9:45 AM Aerobics</p> <p>10:00 AM Bridge</p> <p>11:00 AM F-Fitness</p>	<p style="text-align: right; font-size: 2em; margin: 0;">5</p> <p>8:30 AM Quilters</p> <p>10:00 AM Shop-Walmart</p> <p>11:00 AM Indoor Walking</p> <p>12:45 PM Euchre</p> <p>1:00 PM Mahjong</p> <p style="text-align: center;"><u>NO Pickleball</u></p>	<p style="text-align: right; font-size: 2em; margin: 0;">6</p> <p>8:30 AM Aerobics</p> <p>9:45 AM Aerobics</p> <p>10:45 AM Library Shuttle</p> <p>11:00 AM F-Fitness</p> <p>1:00 PM Bunko</p>	<p style="text-align: right; font-size: 2em; margin: 0;">7</p> <p>8:30 AM Cross Stitch</p> <p>8:30 AM Tai Chi</p> <p>9:30 AM FSC Friends</p> <p>10:00 AM Visiting Nurse</p> <p>11:00 AM Indoor Walking</p> <p>12:30 PM Bingo!!</p> <p>1:00 PM Sheepshead</p>	<p style="text-align: right; font-size: 2em; margin: 0;">8</p> <p>8:30 AM Aerobics</p> <p>9:00 AM Ping Pong</p> <p>11:00 AM F-Fitness</p> <p><u>12:45 PM Underground Railroad</u></p> <p>1:30 PM Scrabble</p>																																																																																				
<p style="text-align: right; font-size: 2em; margin: 0;">11</p> <p>8:30 AM Aerobics</p> <p>9:00 AM Yarn Group</p> <p>9:45 AM Aerobics</p> <p>10:00 AM Bridge</p> <p>11:00 AM F-Fitness</p> <p>1:00 PM Dominos</p>	<p style="text-align: right; font-size: 2em; margin: 0;">12</p> <p>8:30 AM Pickleball</p> <p>8:30 AM Quilters</p> <p>10:00 AM Hookers</p> <p>10:00 AM Shop-Woodmans</p> <p>11:00 AM Indoor Walking</p> <p>2:00 PM Men's Group</p>	<p style="text-align: right; font-size: 2em; margin: 0;">13</p> <p>8:30 AM Aerobics</p> <p>9:00 AM Footcare</p> <p>9:45 AM Aerobics</p> <p>10:45 AM Library Shuttle</p> <p>11:00 AM F-Fitness</p> <p>1:00 PM Bunko</p>	<p style="text-align: right; font-size: 2em; margin: 0;">14</p> <p>8:30 AM Cross Stitch</p> <p>8:30 AM Tai Chi</p> <p>10:00 AM Caregiver Support</p> <p>10:00 AM Visiting Nurse</p> <p>11:00 AM Indoor Walking</p> <p>12:30 PM Bingo!!</p> <p>1:00 PM Sheepshead</p> <p>1:30 PM Book Club</p>	<p style="text-align: right; font-size: 2em; margin: 0;">15</p> <p>8:30 AM Aerobics</p> <p>9:00 AM Ping Pong</p> <p><u>10:00 AM Shop-Pick N Save</u></p> <p>11:00 AM F-Fitness</p> <p>1:30 PM Scrabble</p> <p>Diabetic Footcare</p>																																																																																				
<p style="text-align: right; font-size: 2em; margin: 0;">18</p> <p>8:30 AM Aerobics</p> <p>9:00 AM Yarn Group</p> <p>9:45 AM Aerobics</p> <p>10:00 AM Bridge</p> <p>11:00 AM F-Fitness</p> <p>1:00 PM Open Art</p> <p>2:00 PM Parkinson's Support</p>	<p style="text-align: right; font-size: 2em; margin: 0;">19</p> <p>8:30 AM Quilters</p> <p>10:00 AM Shop-South Town</p> <p>11:00 AM Indoor Walking</p> <p>11:30 AM U.W. Nutrition</p> <p>12:45 PM Euchre</p> <p>1:00 PM Medicare Fraud Program</p> <p style="text-align: center;"><u>NO Pickleball</u></p>	<p style="text-align: right; font-size: 2em; margin: 0;">20</p> <p>8:30 AM Aerobics</p> <p>9:45 AM Aerobics</p> <p>10:45 AM Library Shuttle</p> <p>11:00 AM F-Fitness</p> <p>1:00 PM Bunko</p>	<p style="text-align: right; font-size: 2em; margin: 0;">21</p> <p>8:30 AM Cross Stitch</p> <p>8:30 AM Tai Chi</p> <p>10:00 AM Visiting Nurse</p> <p>10:30 AM Memory Cafe</p> <p>11:00 AM Indoor Walking</p> <p>12:30 PM Bingo!!</p> <p>1:00 PM Sheepshead</p>	<p style="text-align: right; font-size: 2em; margin: 0;">22</p> <p>8:30 AM Aerobics</p> <p>9:00 AM Ping Pong</p> <p>11:00 AM F-Fitness</p> <p>12:40 PM Movie Day</p> <p>1:30 PM Scrabble</p>																																																																																				
<p style="text-align: right; font-size: 2em; margin: 0;">25</p> <p>8:30 AM Aerobics</p> <p><u>9:00 AM Footcare</u></p> <p>9:00 AM Yarn Group</p> <p>9:45 AM Aerobics</p> <p>10:00 AM Bridge</p> <p>11:00 AM F-Fitness</p> <p>1:00 PM Dominos</p>	<p style="text-align: right; font-size: 2em; margin: 0;">26</p> <p>8:30 AM Pickleball</p> <p>8:30 AM Quilters</p> <p>10:00 AM Hookers</p> <p>10:00 AM Shop-Target/HyVee/Aldis</p> <p>11:00 AM Indoor Walking</p> <p>2:00 PM Women's Group</p>	<p style="text-align: right; font-size: 2em; margin: 0;">27</p> <p>8:30 AM Aerobics</p> <p>9:00 AM Footcare</p> <p>9:45 AM Aerobics</p> <p>10:45 AM Library Shuttle</p> <p>11:00 AM F-Fitness</p> <p>1:00 PM Bunko</p>	<p style="text-align: right; font-size: 2em; margin: 0;">28</p> <p>8:30 AM Cross Stitch</p> <p>8:30 AM Tai Chi</p> <p>10:00 AM Visiting Nurse</p> <p>11:00 AM Indoor Walking</p> <p>12:30 PM Bingo!!</p> <p>1:00 PM Sheepshead</p> <p>1:30 PM Mystery Book Club</p>																																																																																					

Don't let a fall cramp your style!

One in four people age 65 or older has a fall each year. You don't have to be one of them.

Take a Stepping On workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

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- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

**Stepping On has been
researched and proven
to reduce falls
by 30%!**

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