



Prime Time News

March 2019

Fitchburg Senior Center
Volume XIV Issue 3

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Trinity Irish Dancers!
Fitchburg Public
Library. Sunday,
March 17 at 10:30 a.m.

Pancakes + Volunteers = Winning Combination

The Friends need help in two ways to make the 2019 Pancake Breakfast a success.



- We need people to help staff the various shifts on Sunday, April 7, 2019
- We need homeowners willing to allow a lawn sign to be placed in their yard advertising the breakfast the week before. Call 270-4290 to volunteer for one or both. Thank you!

Pancake Breakfast—Sunday, April 7

8:00 a.m.—12:00 p.m.

\$10 Adults / \$5 Children up to 10 years.

Scrambled Eggs—Sausage—Pancakes—Apple Sauce—
Juice—Coffee



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 time for questions.

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



Discoveries In The Depths Of The Madison Lakes

Join us on Thursday, March 21 at 1:00 p.m. as local diver Rick Krueger discusses the history of the Madison lakes, as well as the fascinating items he has found over the years at the bottom of the lakes. After the program, Rick will be available for questions. Mark your calendar now!

CBD Oil—April

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

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.



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 29 / Fri.—April 12

Call 270-4290 for your 45-minute appointment.

Mind



Body

Memory Café

Every third Thursday.
Next meeting March 21
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,
March 14 at 10:00 a.m.

Parkinson's Support With Bob Gilpatrick

Monday, March 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

Travel!

Day Trips

Saturday March 23 Chicago Flower and Garden Show, and Cruise the lakefront.

Lunch included on board ship. **COST: \$125.**

Please call to inquire about space. Badger Bus departs at 5:30 a.m. and returns at 10:15 p.m.

Fitchburg Senior Center.

Wednesday June 12 Sculptures & Skylines. Tour the Lynden Sculpture Gardens in Milwaukee and take a 90- minute boat ride. Lunch at Miss Katie's Diner. **COST: \$109. Sign up by May 7, 2019.**

Bus departs at 7:00 a.m. and returns at 6:30 p.m.

Fitchburg Senior Center.

Tuesday June 18 Tea Trays & Tiffany Windows.

Tour Tiffany stained-glass windows at St Luke's United Methodist Church in Dubuque, Iowa.

Lunch is included at Breitbach's, followed by shopping and tea. **COST: \$99. Sign up by May 13.**

Bus departs at 8:15 a.m. and returns at 5:00 p.m.

Fitchburg Senior Center.

Friday July 26 Chicago by Sky and Sea. See Chicago from the John Hancock Building, then have a luncheon cruise on the Chicago River.

COST: \$129. Sign up by June 21. Bus departs at 5:15 a.m. and returns at 7:45 p.m. Fitchburg

Senior Center.

For all trips please refer to the flyers at the Senior Center for proper attire, and walking and steps involved with each trip. For questions, please contact Sharon Trimborn at 608-271-9077. Sign up by calling Badger Bus at 800-416-2049.

Extended Travel

Sensations of Lyon and Provence River Cruise departs May 12, 2020 (12 days)

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

price range dependent on cabin

French Riviera, UNESCO sites, Wine Region

Also Booking

Ark Encounter & Creation Museum

June 9th - 11th \$699 pp twin

2 nights at 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!

Brochures at Fitchburg Senior Center

Fitchburg Senior Center Friends

Questions? Call Kathy S 608-274-2768

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★ Groups ★

REACH Book Club

REACH Book Club will meet on **Thursday, March 14 at 1:30 p.m.** at the Senior Center. We will discuss the book, *Chilbury Ladies Choir* by **Jennifer Ryan**. "As England becomes enmeshed in the early days of World War II and the men are away fighting, the women of Chilbury village forge an uncommon bond. They defy the Vicar's stuffy edict to close the choir, and instead resurrect themselves as the Chilbury Ladies' Choir. There's a timid widow devastated when her only son goes to fight; the older daughter of a local scion drawn to a mysterious artist; her younger sister pining over an impossible crush; a Jewish refugee from Czechoslovakia hiding a family secret; and a con-ning midwife plotting to outrun her seedy past."

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

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

June 13, 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, March 28 at 1:30 p.m.** at the **Senior Center**. We will discuss the book, *Iron Lake* by **William Kent Krueger**. This is the first book in the Cork O'Connor series. "Cork is part Irish, part Anishinaabe Indian, and was once a cop on Chicago's South Sideso there's not much that can shock him. But when the town's judge is brutally murdered, and a young Eagle Scout is reported missing, Cork takes on this complicated and perplexing case of conspiracy, corruption, and a small-town secret that hits painfully close to home."



Men's Group

Join us for our next meeting on **Tuesday, March 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, March 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★

Couples Dinner Group

Mar. 19. Benvenutos, Fitchburg.
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
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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.

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FoodWise Nutrition—Mar. 19

Lytonia with U.W. Extension will be talking about **Fitness Fun** 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!! Mar. 14

Special Sponsor:

Avalon Assisted Living

Game begins promptly at 12:30 p.m.



Movie Day—Green Book

Rotten Tomatoes scores this movie a 4 out of 5 stars!

Friday, Mar. 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, Apr. 4—May 2. 10:00 a.m.

Six weeks. \$36. Drop-in - \$8. Minimum of eight students. Deadline to register is Apr. 1. 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. One of the best hidden gems in Fitchburg!



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

March 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
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

In January, the Fitchburg Senior Center Friends spent \$819 for special needs.

We are busy getting ready for our annual Pancake Breakfast. Hoping for nice weather and hoping to see you on Sunday, April 7! (More info on first page of newsletter.)



Registration Opens February 26

Aging Advocacy Day!

May 14, 2019, Madison, WI

Join advocates from around the state to help educate state legislators about issues affecting older adults and care-givers in Wisconsin!

No experience necessary; training is provided prior to your meetings with state lawmakers at the State Capitol.

10:00 a.m. — 3:00 p.m.
Park Hotel, 22 S. Carroll St., Madison
and the Wisconsin State Capitol

Make a Difference. Let Your Voice Be Heard!

Aging Advocacy Day 2019 activities focus on connecting aging advocates with their legislators to share the WAAN priorities and discuss state policy solutions to improve the health and well-being of the state's older adults.



Registration begins Feb. 26, 2019 at:
<https://gwaar.org/AgingAdvocacyDay> or contact your local aging unit or ADRC. **Registration deadline is April 30, 2019.**
#WIAgingAdvocacyDay #WIAAD.

Wisconsin Senior Medicare Patrol—FRAUD ALERT!

The latest scam right now is DNA and genetic testing. Medicare beneficiaries are being contacted at home by phone and told that they will be sent a DNA testing kit in the mail. In this case, the person is asked to perform the cheek swab and return the kit. The caller will ask for the person's Medicare number and will state that there is no charge to the beneficiary. **DON'T DO IT.**

If you receive this call, hang up and call Wisconsin Medicare Patrol at (888)818-2611.

Medical Insurance Solutions for Seniors

Diane Dillett, CLTC, LUTCF
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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



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.

Schedule a complimentary portfolio review.



Curt Arnold
Financial Advisor
2979 Triverton Pike Dr Ste 101
Fitchburg, WI 53711-7505
608-238-3664

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Thad Schumacher, PharmD
tschumacher@fitchburgfamilyrx.com

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Fax: (608) 274-3780
After Hours: (608) 886-7117

Hours:
9am-6pm, Mon-Fri
9am-1pm, Sat

March 2019

				Friday 1
				Tuna Salad Sandwich Tomato Soup Pears Apple Sauce Bar MO – Egg Salad NCS – Apple Sauce
Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Enchilada Casserole Cauliflower Confetti Corn w/Black Beans Mandarin Oranges Churro Cake MO – Bean Burrito NCS – SF Cookie	Beef Stroganoff over Noodles Stewed Tomatoes Mixed Green Salad w/ Dressing Ice Cream MO – Veg Meatballs NCS – SF Ice Cream	Spinach, Mushroom, Swiss Quiche Red Potatoes Stewed Tomatoes Tropical Fruit Iced Zucchini Bars NCS – SF Pudding	Chicken Strips BBQ Sauce Green Beans Chickpea Salad Dinner Roll Fruit Cup, Apple Crisp MO – Garden Burger NCS – Spiced Apples	Tuna Casserole Roasted Baby Carrots Pickled beets Banana Lime Sherbet MO – Tomato Cheese Sandwich NCS – SF Ice Cream
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Fruit Cocktail Frosted Brownie MO – Veggie Wrap NCS – SF Pudding	Taco Pasta Casserole Broccoli Cauliflower Pineapple Blueberry Crisp MO – Rice & Beans NCS – Blueberries	Chicken Sandwich on Bun w/ Lettuce/Tomato/Mayo Cheesy Potatoes 4 Bean Salad Orange Chocolate Cake MO – Grain Burger 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 Cookie
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
 Corned Beef Cabbage & Carrots Red Potatoes Mandarin Oranges Rye Bread Mint Brownie MO – Veg Meatballs NCS – SF Pudding	Chicken Mac Salad Marinated Tomatoes Broccoli Salad Melon or fruit cup Sugar Cookie MO – Veggie Mac NCS – SF Cookie	Meat Spaghetti Wax beans Mixed Green Salad w/ Dressing Peaches Ice Cream Cup MO – Veggie Sauce NCS – Sf Ice Cream	Pork Loin in Gravy Mashed Potatoes Garden Vegetables WW Bread/Butter Mandarin Oranges Butterscotch Pudding MO – Hummus Wrap NCS – SF Pudding	Lemon Baked Fish Tartar Sauce Baked Sweet Potato Tropical Fruit WW Bread Pound Cake MO – Black Bean Burger NCS – Banana
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29 Belleville
Italian Sausage on WW Bun Roasted Potatoes Stewed Tomatoes Orange Rice Pudding MO – Veggie Wrap NCS – SF Pudding	Chili Baked Potato/Sour Cream Banana Cornbread/Butter Ice Cream MO – Veggie Chili NCS – SF Ice Cream	Pulled Pork on WW Bun Creamy Coleslaw Carrot Raisin Salad Melon slice Frosted White Cake MO – Hummus & Pita NCS – SF Cookie	Chicken Stew WW Dinner Roll/Butter Broccoli Tropical Fruit Vanilla Pudding MO – Veggie Stew NCS – SF Pudding	Pot Roast & Gravy Potatoes/Carrots/Onion Corn Dinner Roll Cinnamon Apples Blueberry Cobbler MO – Veggie Meatballs NCS – Blueberries

Salad Option Friday's (Salads are dine-in only)

1st – Chicken

8th – Hummus Platter

15th - Pork Taco Salad

22nd – Tuna

29th- Chef's

Senior Dining



Fellowship, Food & Fun



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: MO = meatless option

March 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;"> <p style="text-align: center; margin: 0;">Feb 2019</p> <table 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>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> </tbody> </table> </div> <div style="border: 1px solid red; padding: 5px;"> <p style="text-align: center; margin: 0;">Apr 2019</p> <table 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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></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				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						<p style="text-align: right; font-size: 2em; margin: 0;">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; margin: 0;">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; margin: 0;">5</p> <p>8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Shop-Walmart 11:00 AM Indoor Walking 12:45 PM Euchre 1:00 PM Mahjong</p>	<p style="text-align: right; font-size: 2em; margin: 0;">6</p> <p>8:30 AM Aerobics 9:45 AM Aerobics 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; margin: 0;">7</p> <p>8:30 AM Cross Stitch 8:30 AM Tai Chi 9:30 AM FSC Friends 10:00 AM Visiting Nurse 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead</p>	<p style="text-align: right; font-size: 2em; margin: 0;">8</p> <p>8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 1:30 PM Scrabble</p>																																																																																		
<p style="text-align: right; font-size: 2em; margin: 0;">11</p> <p>8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge <u>10:45 AM Joe Parisi</u> 11:00 AM F-Fitness 1:00 PM Dominos</p>	<p style="text-align: right; font-size: 2em; margin: 0;">12</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="text-align: right; font-size: 2em; margin: 0;">13</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="text-align: right; font-size: 2em; margin: 0;">14</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="text-align: right; font-size: 2em; margin: 0;">15</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="text-align: right; font-size: 2em; margin: 0;">18</p> <p>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</p>	<p style="text-align: right; font-size: 2em; margin: 0;">19</p> <p>8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Shop-South Town 11:00 AM Indoor Walking 11:30 AM U.W. Nutrition 12:45 PM Euchre</p>	<p style="text-align: right; font-size: 2em; margin: 0;">20</p> <p>8:30 AM Aerobics 9:45 AM Aerobics 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; margin: 0;">21</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!! <u>1:00 PM Madison Lakes!</u> 1:00 PM Sheepshead</p>	<p style="text-align: right; font-size: 2em; margin: 0;">22</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="text-align: right; font-size: 2em; margin: 0;">25</p> <p>8:30 AM Aerobics <u>9:00 AM Footcare</u> 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos</p>	<p style="text-align: right; font-size: 2em; margin: 0;">26</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="text-align: right; font-size: 2em; margin: 0;">27</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="text-align: right; font-size: 2em; margin: 0;">28</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="text-align: right; font-size: 2em; margin: 0;">29</p> <p>8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 1:30 PM Scrabble</p>																																																																																		

Faces Of Railroading



The Center for Railroad Photography & Art, located on the west side of Madison, Wisconsin, and the Fitchburg Senior Center are excited to announce the traveling exhibition *Faces of Railroading: Railroading and the Making of Madison and Dane County*.

The exhibit looks at the historic role railroad workers have played in Dane County through compelling images of the past and present. In addition, the exhibit explores the changing geography of Madison in relation to the railroads. This show seeks to bring greater awareness of and appreciation for the railroad retirees and laborers who have significantly contributed to Madison's development

The exhibit consists of thirty-six matted and framed photographs with accompanying labels, as well as one introductory panel that provides a brief overview of the show as well as information about the Center.

The exhibit will be on display at the Senior Center starting March 18 through mid-May. Come and experience this great piece of Madison history!