



Prime Time News

April 2019

Fitchburg Senior Center
Volume XIV Issue 4

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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



The Edvard Grieg Chorus Of Madison

We are super excited to welcome the Edvard Grieg Chorus to the Fitchburg Senior Center for the very first time! Founded in 1925, the Chorus mission is to preserve and share the choral music and traditions Norwegian immigrants brought with them from Norway. The Edvard Grieg Chorus is an all-male choral ensemble that performs Norwegian, Sacred, and secular choral pieces.

Join us for this special program on Wed. April 17 at 12:30 p.m.
Upper level of the Community Center.

Save The Date!
“Downsizing w/ Ease”
Thursday, May 23 @
1:00 p.m.



Plastic Planet

Join us for the documentary, Plastic Planet. Today, about 240 million tons of plastic are produced worldwide annually, while an estimated 6.4 million tons of plastic waste is dumped into the sea each year. Filmmaker Werner Boote asks several families from many different income levels and nations around the world, “How much plastic is in your house?” The answers will shock you! Join us, Tues. Apr. 23 at 2:45 p.m.

Shopping Change!
With Shopko closing, we shifted the 2nd Tuesday to Dollar Store & McDonalds—Fish Hatchery locations.



April is Health Care Decisions Month

Stop by our information table at the Fitchburg Senior Center

April 3 from 8:30-noon,

April 7 from 8:00-noon (during the Pancake breakfast) or

*April 16 from 8:30-noon. Advance Directive forms will be available, as well as information and booklets on how to start "The Conversation" with loved ones.

FSC Patient Advocates will be on hand to answer your questions.

Paint Class

Whether you are a master painter or have never picked up a paint brush, this will be a fun event for all! Each person will be creating an acrylic painting on a 16 x 20 canvas.



Local artist and instructor, Sara Lenz, will be here to instruct and help you create your own beautiful piece of art! Join us and spend the morning expressing your creativity!

Wednesday, April 17 from 10:00 a.m.-12:00 p.m. Cost \$35.

Scholarships are available and have been made possible by the Sushil Bansal Arts Memorial Fund.

Mind



Body

Spirit

Memory Café

Every third Thursday.
Next meeting April 18
at 10:30 a.m.

Supporting you through the medical maze. Call to speak with our Social Workers.
270-4290

Caregiver Support
If you are caring for a loved one with dementia, you are not alone. Join us on Thursday, April 11 at 10:00 a.m.

Parkinson's Support With Bob Gilpatrick
Monday, April 15 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

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 stairs 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



EXTENDED TRAVEL WARM WEATHER TOURS all three to five days

Ark Encounter & Creation Museum
 June 9th - 11th \$699 pp twin
 Family-oriented

Full-size all wood replica of Noah's Ark
 Two nights Belterra Casino Resort

Toronto & Niagara Wine Trail
 July 29th - August 2nd \$1,699 pp twin
 Narrated tour of Toronto, Casa Loma Castle
 Two nights in Niagara Falls
 Lunch and wine-pairing at Jackson-Triggs

Autumn Mystery Tour
 October 8th -12th \$1,299 pp twin
 Flyer gives a glimpse of the previous tours
 Intrigued ? Embrace the Adventure!

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



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

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★ Groups ★

REACH Book Club

REACH Book Club will meet on Thursday, April 11, 2019 at 1:30 p.m. at the Fitchburg Senior Center. We will discuss the book, *The Lost City of the Monkey God* by Douglas Preston. This book is a nonfiction account of an expedition to the deepest jungles of Honduras, in an attempt to find the legendary "White City", or "The Lost City of the Monkey God". The author provides interesting historical background about Honduras, and sets the stage for a truly risky initial expedition in which he participated.

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

June 13, 2019 Choose books for next year

REACH Book Club does not meet in July or August. It's time to think about books for next year.

If you have a suggestion for a book that would provide an interesting discussion, email it to dmullaly@att.net, bring it to the May meeting, or give it to David. We will choose books in June from a list of books suggested by members of REACH.



Men's Group

Join us for our next meeting on
Tuesday, April 9 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, April 23 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

Apr. 16. Fuji Sushi, Middleton.

For more information contact Bob at
robert.rottman@gmail.com

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.



The *I Love a Mystery Book Club* will meet on Thursday, April 25, 2019 at 1:30 p.m. at the Senior Center. We will not be discussing one particular book but will discuss the author, Arthur Upfield. Participants are invited to read any of the mysteries by this author, as the discussion will be a comparison of the various books that have been read by members.

The *I Love a Mystery Book Club* meets the 4th Thursday of each month, January through October at the Fitchburg Senior Center at 1:30 p.m. All are welcome.

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 **Monday, April 22 at 10:30 a.m.**



Food Collection Site

A reminder that the Senior Center is a year round drop-off site for the Badger Prairie & Allied Drive food pantries. Stop in today with your donations!



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.



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Fitchburg Historical Society
 Annual meeting plus speakers on the topic:
"This is Fitchburg"
 Sunday, April 14 from 1:30-3:30 p.m.
 Fitchburg Public Library

**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!! April 11

Special Sponsor:

Ruth Domack-First Weber

Game begins promptly at 12:30 p.m.

Movie Day—A Star Is Born ★★

Not much needs to be said about this movie, except get here early for a seat!

Friday, Apr. 26 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/ Jeliel Pena

Thursdays, Apr. 4—May 9. 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. Ends after the first two weeks in April.

Yoga For Caregivers

Coming soon! Call Sarah at 270-4294 with any questions.



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

April 19

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

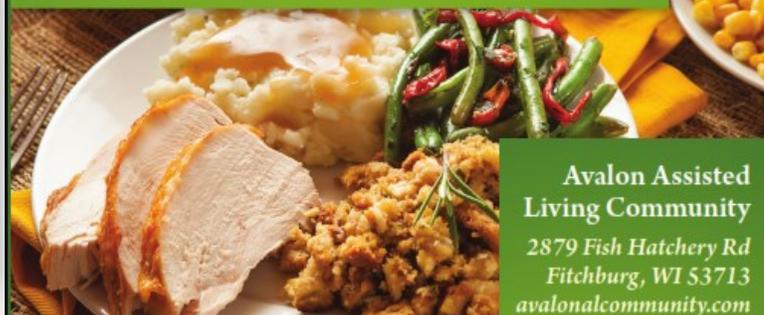
Call Amy Jordan or Sarah Folkers at 270-4290 today!

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

The Friends paid for the new flooring in the Wellness Room, and the new coffee urns. These are welcome improvements to the Fitchburg Senior Center.

The Friends are looking forward to seeing lots of community members at the annual Pancake Breakfast on Sunday, April 7! Come out of hibernation to visit with your neighbors.

We thank all the volunteers who will give of their time that day to make this annual event a huge success. We especially thank HyVee for providing us with sausage.

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.



FoodWise Nutrition—Apr. 23

Lytonia with U.W. Extension will be talking about Dietary Fat, Fact or Fiction at 11:30 a.m. Join us!

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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.



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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.

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tschumacher@fitchburgfamilyrx.com

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

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



APRIL 2019

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Beef Pot Pie w/Biscuit Top Creamed Spinach Apple Juice Strawberry Jell-O MO – Veggie Pot Pie NCS – SF Jell-O	Chicken and Gravy Over White bread Mashed Potatoes Green Beans Orange Carnival Cookie MO – Veggie Gravy NCS – SF Cookie	Fish Sandwich W/ Cheese & Tartar Sauce & Coleslaw Yams Fruit Cup Cake MO – Black Bean Burger NCS – SF Pudding	BBQ Chicken Potato Salad California Blend Mixed Melon Cup Dinner Roll Pineapple Cake MO – Veggie Wrap NCS – Pineapple	*Meatballs in Marinara Over Penne Pasta Carrots Mixed Greens Salad Banana Ambrosia Salad MO – Veg Meatballs NCS – Orange
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Chicken Salad Mini Croissant Broccoli Salad Pickled Beets Peaches Cheesecake Brownie MO – Egg Salad NCS – SF Pudding	Cheeseburger Calico Beans Potato Salad Fruit Cocktail Pineapple Fluff MO – Garden Burger NCS – SF Jell-O	Egg Salad Sandwich Carrot Cabbage Slaw 3 Bean Salad Grape Juice Dreamsicle Whip NCS – Orange	Beef Stew Biscuit Green Beans Chunky Apple Sauce Banana Cake MO – Veggie Stew NCS – Banana	Italian Lasagna Romaine w/ Tomatoes & Cucumber Garlic Breadstick Fresh Fruit Lemon Bar MO – Veggie Lasagna NCS – SF Cookie
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Chicken Mac Casserole Peas Tomato Juice Pineapple Pudding MO – Mac & Cheese NCS – SF Pudding	Cheese Tortellini Bread Stick Spinach Mandarin Oranges Sugar Cookie MO – Veggie Tortellini NCS – SF Cookie	Baked Chicken Potatoes & Gravy Glazed Green Beans Croissant Chunky Applesauce Blueberry Pie MO – Veggie BBQ NCS – SF Pie	Meatloaf Potatoes w/Gravy Corn White Bread Apple Juice Cake MO – Hummus Wrap NCS – SF Cookie	Chicken a la King Over Biscuit Carrots Corn Salad Peaches Sherbet MO – Veggie a la King NCS – SF Ice Cream
Monday 22 –	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
*Ham Slice Sweet Potatoes Broccoli Salad Dinner Roll Pineapple Coconut Cream Pie MO – Grain Burger NCS – SF Pie *Easter Meal	Pot Roast with Gravy Mashed Potatoes Mixed Green Salad Orange WW Bread Pudding MO – Veggie Meatballs	Egg Bake Diced Roasted Red Potatoes Grape Juice Biscuit/Butter Spiced Apples	Pizza Burger on Bun (w/ cheese, marinara) Navy Bean Salad Marinated cucumbers Banana Cookie MO – Garden Burger NCS – SF Cookie	*Ham and Potato Casserole California Blend Fruit Cup MG Bread Chocolate Cream Pie MO – Potato, veg, casserole NCS – SF Ice Cream
Monday 29	Tuesday 30	Salad Option Friday's 5 th – Chicken Salad 12 th – Tuna Salad 19 th – Chef's 26 th – Chicken Taco Salad Reservations <u>must</u> be made by 12:00 the day before by calling 270-4290		
BBQ Chicken Breast Baked Sweet Potato/Butter WW Bread /Butter Tropical Fruit Chocolate Cake MO – Diced BBQ Soy NCS – SF Pudding	Tuna Salad Sandwich on WW Bread Tom./Cuc./Onion Salad Chickpea Salad Pears Apple Sauce Bar MO – Egg Salad NCS – Spiced Apples			

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION *All menu items are prepared by chefs 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



APRIL 2019

SENIOR CENTER ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8:30 AM Aerobics 9:00 AM Yam Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness	8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Shop-Walmart 12:45 PM Euchre 1:00 PM Mahjong	8:30 AM Aerobics 9:45 AM Aerobics 10:45 AM Library 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers	8:30 AM Cross Stitch 8:30 AM Tai Chi 9:30 AM FSC Friends 10:00 AM Visiting 12:30 PM Bingo!! 1:00 PM Sheepshead	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
8	9	10	11	12
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	8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Hookers 10:00 AM Shop-Woodmans 2:00 PM Men's Group	8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:45 AM Library 11:00 AM F-Fitness 1:00 PM Bunko	8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Caregiver Support 10:00 AM Visiting Nurse 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Book Club	8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 1:30 PM Scrabble
15	16	17	18	19
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 Open Art 2:00 PM Parkinson's Support	8:30 AM Pickleball 8:30 AM Quilters <u>10:00 AM Transit - Dollar Store/ Eat - McDonalds</u> 12:45 PM Euchre	8:30 AM Aerobics 9:45 AM Aerobics 10:45 AM Library 11:00 AM F-Fitness <u>12:30 PM Grieg Chorus</u> 1:00 PM Bunko 1:00 PM Singers	8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Visiting 10:30 AM Memory Cafe 12:30 PM Bingo!! 1:00 PM Sheepshead	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
22	23	24	25	26
8:30 AM Aerobics <u>9:00 AM Footcare</u> 9:00 AM Yam Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos	8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Hookers 10:00 AM Shop-Target/HyVee/Aldis 11:30 AM U.W. Nutrition 2:00 PM Women's Group <u>2:45 PM Plastic Planet</u>	8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:45 AM Library 11:00 AM F-Fitness 1:00 PM Bunko	8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Visiting Nurse 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Mystery Book Club	8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 12:40 PM Movie Day 1:30 PM Scrabble
29	30			
8:30 AM Aerobics 9:00 AM Yam Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness	8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Shop-Walmart			