



Prime Time News

June 2019

Fitchburg Senior Center
Volume XIV Issue 6

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Mind over Matter

Healthy Bowels, Healthy Bladder Workshop

If you have issues with bladder or bowel control, you are not alone. More than half of women aged 50 or older experience urine or bowel leakage!

The Mind Over Matter workshop is designed to give women the tools they need to take control of their symptoms.

This program is a three-session workshop for senior women that includes information, group activities, and simple exercises to do at home.

Join us for Mind Over Matter at the Senior Center

Dates: Tuesdays, July 9, July 23 and August 6.

Time: 9:00 - 11:00 a.m.

Cost: \$20. Includes all three sessions and workbook.

To sign up, please call the Center at 270-4290. Sign up deadline 7/2.



Your Financial Future

Whether it's up or down, the market is always on the move. How will you react to changing market conditions? What effects could your actions have on your financial approach? Many people have questions about their investment strategy, yet they never find the time to get them answered.

Join Curt Arnold with Edward Jones on June 27 at 1:00 p.m. to learn more about:

- How emotions can influence your investment decisions
- General market expectations for three types of investors
- Lessons from the last 88 years of US economic history

TV Donation

If you are upgrading your TV and your current one needs a new home, consider donating it to the Senior Center. Please call David at 270-4292.

Requirements:

- Less than seven years old
- Must have hdmi ports
- Must be capable of high definition picture

LGBTQ+ Terminology and Culture

The LGBT Senior Alliance supports and enriches the lives of lesbian, gay, bisexual and transgender (LGBT) people who are 50 and older.

LGBT Senior Advocate, Ticia Kelsey will present on the words we use and why, LGBTQ+ terminology and culture on

Wednesday, June 26 at 6:00 p.m.

Join us for this important educational opportunity.



Senior Farmers Market Vouchers

You may be eligible to receive vouchers for use in purchasing \$25 worth of locally grown fruits, vegetables and herbs at Farmers Markets and roadside farm stands in Wisconsin during the 2019 season. The Fitchburg Senior Center will hold distribution on **Thursday, June 6 from 10:00 a.m. –12:00 p.m.** Vouchers will be given on a first-come, first-served basis. You must be a resident of Dane County and at least 60 years of age. The 2019 gross income limit for a one-person household is \$1,926/mo. (\$23,170/year); for a two-person household it is \$2,607/mo. (\$31,284/year). You are not required to provide proof of income; when you fill out the application and sign it, you are self-declaring that you qualify for the program. Only one set of vouchers per household is allowed. Household is defined as anyone, related or not, living together and sharing expenses. Vouchers cannot be mailed to you. If you have questions, please call the Fitchburg Senior Center at 270-4290 and ask to speak with one of the Social Workers.



June is Alzheimer's and Brain Awareness Month!

Join us for a Lecture Series each Wednesday in June from 2:00-3:00 p.m.

Topics are:

June 5 - Healthy Living for Your Brain & Body / **June 12** - Know the Ten Signs

June 19 - Effective Communication / **June 26** - Understanding & Responding to Dementia-Related Behavior

These lectures will be presented by representatives from the Alzheimer's Association of Madison.

Mind

Caregiver Support
If you are caring for a loved one with dementia, you are not alone. Join us on Thursday, June 13 at 10:00 a.m.

Parkinson's Support With Bob Gilpatrick
Monday, June 17 at 2:00 p.m.

Body



Memory Café
Every third Thursday.
Next meeting June 20 at 10:30 a.m.

Spirit

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

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

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

New England and Cape Cod Autumn Foliage

Special airfare -

\$299 if booked by May 31st.

October 13th - 20th \$2,879 pp twin + air

Join the fun !

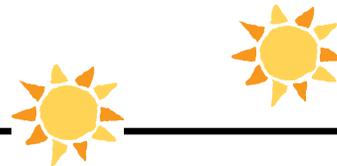
21 passengers booked
to leave Fitchburg Senior Center



SAVE THE DATE
July 16th, 1:00 p.m.
TRAVEL SHOW



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, June 13 at 1:30 p.m.** at the **Fitchburg Senior Center**. We are not discussing a book at this meeting. Join us as we discuss suggestions from book club participants and create a list of books to discuss next year. We have had a year of lively discussions and we are anticipating a great year of reading beginning in September 2019. A complete list of the books chosen will be in the July issue of PrimeTime News.

REACH Book Club takes a summer break and does not meet in July or August.



Men's Group

Join us for our next meeting on **Tuesday, June 11 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, June 25 at 2:00 p.m.

Social Hour from 1:00-2:00 p.m. before meeting.



For more info log on to: www.fitchburgwi.gov/823/Groups-to-Join and click on Active Women's Group.

The *I Love a Mystery Book Club* will meet on **Thursday, June 27 at 1:30 p.m.** at the **Senior Center**. We will discuss the book, *Whose Body?* by **Dorothy Sayers**. It is the first book in her **Lord Peter Wimsey series**. A corpse has been found in the bath of an architect's flat, wearing nothing but a pair of pince-nez. A financier has seemingly vanished into thin air from his bedroom. A challenging case for Lord Wimsey.

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.

Eats ★

Couples Dinner Group

June 18. Doolittles Woodfire Grill, East Towne Mall. 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 9:00 a.m.
Those who would like to join should e-mail Sandy Ermis at skermis@hotmail.com or call 608-358-1698.



FITCHBURG CENTER
Farmers Market AT AGORA

THURSDAYS, MAY-OCTOBER | 3PM - 6PM

5511 E. CHERYL PARKWAY, FITCHBURG

FITCHBURGMARKET.COM



Seniors Don't Have To Fight Fraud Alone

Two speakers from the Department of Agriculture, Trade and Consumer Protection (DATCP) will be presenting on **Friday, June 14 at 2:00 p.m.**

Numerous scams target seniors at a higher rate than the general public, so DATCP makes an extra effort to inform seniors about the warning signs of a scam. One of the DATCP's key educational resources addresses financial elder abuse head-on.

This is a free and very important topic. Mark your calendars and join us.

New

Financial Fitness Drop-In Sessions

Do you have financial questions and don't know where to start? How much do you need for retirement? How much should you put in an emergency fund? These are just some of the questions that Curt Arnold, financial advisor with Edward Jones, can help answer. Curt will be available every **1st & 3rd Wednesday** from **10:30-11:30 a.m.** Curt is a newsletter advertiser who helps support our mission.

Coming July 11



Navigating Through Senior Housing is an educational presentation that is intended to provide an overview of housing choices available to the senior population. The goal of the presentation is to provide insight into what Home Health Agencies, Independent Living, Assisted living, Memory Care and Skilled Nursing Communities offer. Participants will gain a better understanding on what questions to ask and what to look for if needing to find and/or start visiting senior housing options. Presented by Sara with The Waterford at Fitchburg.

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



FoodWise Nutrition—June 19

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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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.

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!! June 13
Special Sponsor:

The Fitchburg Senior Center Friends (FSCF)

Game begins promptly at 12:30 p.m.

Movie Day—BlackKkKlansman



Critics Consensus *BlackKkKlansman* uses history to offer biting trenchant commentary on current events ~ and brings out some of Spike Lee's hardest-hitting work in decades along the way.

Friday, June 28 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.

YES!!

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

Exercise Opportunities

Running Club



The Senior Center is interested in being a meet-up site for a running club. There are lots of great trail options right out our door!

If you are interested, please email David at david.hill@fitchburgwi.gov

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.



Games Worth Playing 2019

Get ready! It's coming! The Wisconsin Senior Games offers competitive events for seniors 50 +. From **June 1-15**, events are held in Madison and the surrounding area. Registration books are available or check www.WiSeniorGames.org.



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.

Zumba Gold W/ Jeliel Pena



Thurs., May 30–July 11. (no class July 4)
10:00 a.m.

Six weeks. \$36. Drop-in - \$7. Minimum of eight students. Deadline to register is May 23. Call 270-4290 or stop by the front desk. If you are unsure if Zumba Gold is for you, try a class for FREE. Sign-up required.



Tai Chi Thursdays

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



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.



Yoga W/ Kurt

Mondays: Level 2: June 3–Aug. 26; 9:15-10:30 a.m.; 11 weeks; \$88. (Skip 7/8&8/19)
Level 1: June 3–Aug. 26; 10:45 a.m.-12:00 p.m.; 11 weeks; \$88. (Skip 7/8&8/19)
Call 270-4290. Payment due upon sign-up.



Outdoor Pickleball

A reminder that tennis courts are lined at Swan Creek and McGaw Parks. Must have your own equipment for play. Have fun!

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

June 21

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

The Friends provided \$100 in scholarships and gave \$820 for special needs.

Please take a moment to reflect upon those who died in service to our country.

We welcome the unofficial start of summer in Wisconsin on Memorial Day.

May your gardens prosper and weeds be few, sunshine plentiful and rains just enough.



Pizza Party!

In memory of past participants Saroj and Sushil Bansal, we will be having a pizza party on Monday, June 17 at noon. We will have a variety of pizzas, chips, soda and a dessert. We are asking for a \$2 donation to cover the additional costs.

Please register by Friday, June 14. **Our regular meal will not be served at the Center that day**

As you think about your planned giving, please keep the Senior Center's Legacy Fund in mind.



FITCHBURG SENIOR CENTER LEGACY FUND

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 diane@dillettcompany.com
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Jill McHone, Director
David Hill, Assistant Director
Mandi Miller, Nutrition Site
Mgr/Volunteer Manager
Amy Jordan, Social Worker
Sarah Folkers, Social Worker
Suzie Jones, Office Asst.



Accredited by the Wisconsin
Association of Senior Centers



For general questions, email us at:
FitchburgSeniorCenter@fitchburgwi.gov



Class Registration/Payment

Class: _____

Name: _____

Address: _____

City & Zip: _____

Phone: _____

Email: _____

Cash: _____

Check: _____

Program Cancellation Policy: Class payments must be received seven days prior to the start of class.

Certain classes require a minimum attendance. If your cancellation puts the class attendance under the minimum, a refund may not be possible.

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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MKT-58941-A

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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



JUNE 2019



Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Meatballs w/Marinara Over Penne Carrots Broccoli Salad Fresh Fruit Ambrosia Salad MO – Veg Meatballs NCS – Pineapple	Chicken Salad Mini Croissant Mixed Greens Pickled Beets Peaches Cheesecake Brownie MO – Hummus & Pita NCS – SF Cookie	Beef Stew Biscuit Green Beans Chunky Apple Sauce Chocolate Chip Banana Cake MO – Veggie Stew NCS – Banana	Egg Salad Sandwich on WW Pickled Beets 3 Bean Salad Grape Juice Dreamsicle Whip NCS –Orange	Cheeseburger w/tomato, lettuce Potato Salad Calico Beans Fruit Cup Cookie MO – Black Bean Burger NCS – SF Cookie
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Chicken MacCasserole Peas Tomato Juice Pineapple Butterscotch Pudding MO – Mac & Cheese NCS – SF Pudding	Cheese Tortellini Bread Stick Spinach Mandarin Oranges Blueberry Crisp MO – Veggie Tortellini NCS – SF Cookie	Chicken a la King Brown Rice Carrots Corn Salad Peaches Raspberry Sherbet MO – Veggie Ala King NCS – SF Ice Cream	Meatloaf& Mashed Potatoes w/Gravy Corn White Bread Apple Juice Cake MO – Garden Burger NCS – SF Jell-o	Pot Roast with Gravy Mashed Potatoes Mixed Green Salad Orange WW Bread Tapioca Pudding MO – Egg Salad NCS – SF Pudding
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Egg Bake Diced Roasted Red Potatoes Grape Juice Biscuit Spiced Apples	Ham and Potato Casserole California Blend Mixed Fruit Cup MG Bread Chocolate Cream Pie MO – Veggie & Potato NCS – SF Pudding	Meatloaf Mashed Potatoes & Gravy Green Bean Cass. Croissant Chunky Applesauce Carrot Cake MO – Veg Meatballs NCS – SF Cookie	Pizza Burger (Beef Patty, white cheese slice, marinara Navy Bean Salad Marinated Cucumbers Banana Pecan Pie MO – Garden Burger NCS – SF Jell-o	BBQ Chicken Breast Baked Sweet Potato WW Bread Tropical Fruit Chocolate Cake MO – Veggie BBQ Chicken NCS – Orange
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Enchilada Casserole Cauliflower Confetti Corn w/Black Beans Mandarin Oranges Churro Cake MO – Bean and Cheese Burrito NCS – SF Cookie	Beef Stroganoff Stewed Tomatoes NAS – 3 tomato slice Mixed Green Salad Fruit Cocktail Apple Crisp MO – Veg Stroganoff NCS – Spiced Apples	Seafood Salad on Romaine Tomato Slices French Roll Mixed Fruit w/Strawberries Shortcake & topping MO – Egg Salad NCS – Banana	Chicken Strips BBQ Sauce Green Beans Pea Salad NAS-peas Dinner Roll Fruit Cup Ice Cream MO – Veggie BBQ NCS – SF Ice Cream	Tuna Casserole Roasted Baby Carrots Pickled beets Banana Lime Sherbet MO – Veggie Casserole NCS –SF Ice Cream

Friday Salad Option!

7th- Cottage Cheese Platter

14th- Egg Salad

21st- Beef Taco Salad

28th- Chicken Salad

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

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION
All menu items are prepared in kitchens that are not allergen-free..

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

JUNE 2019

SENIOR CENTER ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
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 10:00 AM Bike Club 10:30 AM Financial Fitness 10:45 AM Library Shuttle 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 Nurse 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
10	11	12	13	14
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 10:00 AM Bike Club 10:45 AM Library Shuttle 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 2:00 PM Fraud Presentation
17	18	19	20	21
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 10:00 AM Shop-South Town 12:45 PM Euchre	8:30 AM Aerobics 9:45 AM Aerobics 10:00 AM Bike Club 10:30 AM Financial Fitness 10:45 AM Library Shuttle 11:00 AM F-Fitness 11:30 AM U.W Nutrition 1:00 PM Bunko 1:00 PM Singers	8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Visiting Nurse 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
24	25	26	27	28
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	8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Hookers 10:00 AM Shop-Target/HyVee/Aldis 2:00 PM Women's Group	8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:00 AM Bike Club 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko	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

MAY 2019						
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		

JUL 2019						
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				