



Prime Time News

July 2019

Fitchburg Senior Center
Volume XIV Issue 7

Look Ahead

Navigating Senior Housing P.2

Transportation Options P.2

Travel + Travel Show P. 3

Book Clubs / Groups P.4

ClearCaptions—Phone Ease P.5

Thank You! P.5

Exercise For All Levels P.7

Transportation/Wellness P.8



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 women age 50 and older 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.



Mallards Baseball!

Join us for a fun afternoon of baseball with the Madison Mallards. \$20 gets you optional transportation, game ticket, sandwich, soda, chips and hat! July 24 at 12:05 p.m.

Please call the Senior Center at 270-4290 to see if seats are still available.



Simple, Dignified & Affordable

Join Advanced Planning Specialist Jodi Johnston on Wednesday, July 31 at 10:30 a.m. to learn about the Cremation Society of Madison.

Come and learn about:

cremation—options—costs—protections

No pre-registration required. Light refreshments will be provided!



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

🏠 CLOSED July 4 🏠



Navigating Through Senior Housing

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 Sigl with The Waterford at Fitchburg.

Join us on Thursday, July 11 at 2:00 p.m.



Transportation Programs Applicable to Seniors (60+)

-Both public programs and DCDHS programs-

Call Center / RSG / RSVP / Veterans / Metro Bus Buddy / Paratransit

Dane County Transportation Manager Jane Betzig wants your input on how transportation for Seniors can be improved upon.

Join us on Thursday, July 25 at 11:30 a.m.



Support Networks

Caregiver Support

If you are caring for a loved one with dementia, you are not alone. Thursday, July 11 at 10:00 a.m.

Parkinson's Support With Bob & Cindy

Monday, July 15 at 2:00 p.m.

Memory Café

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

Wellness & Resource

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

Experts On Local Resources

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

Travel!



Day Trips

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.

TRAVEL WITH US IN 2020

July 16th, 1:00 p.m.
TRAVEL SHOW
Fitchburg Senior Center

Focusing on tours to:

-Florida in February

-Greece in May

-Western Canada in July

-Hawaii Cruising in October

Mayflower Tours

Brochures at Fitchburg Senior Center

Fitchburg Senior Center Friends

Questions? Call Kathy S 608-274-2768

Salad Option Friday's

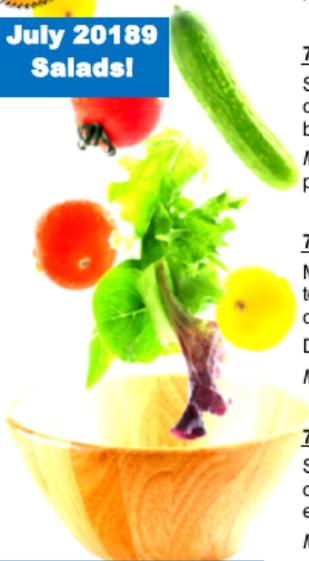
Call a day in advance: 270-4290!

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



NEW

July 20189
Salads!



7/5: Tuna Salad

Mixed greens topped with tuna salad, tomato, and cucumber.

Meal items: Bun, orange, cake

7/12: Chicken Taco Salad

Shredded lettuce topped with seasoned chicken, diced tomatoes, cheese, salsa, black olives, sour cream and tortilla strips.

Meal items: Bread, mandarin oranges & pudding

7/19: Caprese Salad

Mixed greens topped with basil marinated tomatoes, fresh mozzarella cheese and croutons.

Dressing: Balsamic Vinaigrette

Meal items: Breadstick, melon & cheesecake

7/26: 7 Layer Salad

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

Meal items: Banana & ambrosia salad

*Limited to dine in only.

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

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



A Fitchburg resident for over 35 years . . .



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★ Groups ★

REACH Book Club

REACH Book Club will not meet in July or August. We chose a new slate of books at the June meeting and we are anticipating a great year of reading beginning September 12, 2019. We did not have time to compile the list for the July newsletter due to the lateness of the June meeting. Watch for the complete list of books chosen in the August issue of *PrimeTime News*.

July - August - No discussions



Men's Group

Join us for our next meeting on
Tuesday, July 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, July 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.



The *I Love a Mystery Book Club* will meet on **Thursday, July 25, 2019 at 1:30 p.m. at the Fitchburg Senior Center.** (the 4th Thursday). We will discuss the book, *The Red Hunter* by Lisa Unger. "A creaky old New Jersey farmhouse is the meeting place for Unger's two cleverly interwoven plotlines. One involves new owner Claudia Bishop, a single mother who blogs about the farmhouse's renovation while caring for her troubled teenage daughter, Raven. Plot two follows Zoey Drake, the vengeance-motivated hunter of the title, who's planning to use her deadly martial arts expertise on the home invaders who murdered her parents and tortured her a decade ago when they lived in the farmhouse."

Eats★

Couples Dinner Group

July 18. Pisan's.

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



ClearCaptions—A Better Way To Communicate

ClearCaptions offers no-cost, federally-funded captioning phones to those who need help hearing better on the phone. Title IV of the Americans With Disabilities Act established the Telecommunications Relay Service Fund which requires all telecommunications companies in the United States to pay a fraction of their fees into this fund. This is how we get paid and can offer the phones at no cost. The only requirements are a landline and WI-FI. ClearCaptions also has a no cost mobile app for iPhone, and will be rolling out mobile apps for Android and other cell phones later this year.

Join us on Friday, July 26 at 11:30 a.m. Ice cream provided!!



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.

Thank You

Phil and Winnie Lacy extend heartfelt thanks to all who showered them with cards, prayers, flowers, food, visits and well wishes as they traveled through health issues for the past year. They deeply appreciate all the care and concern. Thank you!

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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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.
- Chinese Mahjong—1st & 3rd 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.



Chinese Mahjong

Now 1st & 3rd Tuesday. All skill levels are invited, including beginners!



\$20 Blackout Bingo!! July 11

Special Sponsor:

Avalon Assisted Living

Game begins promptly at 12:30 p.m.



Movie Day—Hotel Mumbai

Friday, July 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.



YES!!

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

Exercise Opportunities

Running/Walking Club



The Senior Center is interested in being a meet-up site for a running and or walking 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.



Tai Chi Thursdays

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



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.

Schedule a complimentary portfolio review.



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

Edward Jones
MAKING SENSE OF INVESTING

MKT-58941-A



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

If you've been thinking about starting your yoga practice, keep an eye out for all new classes with Kurt starting in early September. Ask staff how wonderful Kurt is!

Call 270-4290.



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

July 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 provided \$35 in scholarships and gave \$430 in special needs.

Wishing all a happy Fourth of July and a safe, sun- and fun-filled summer.



Feel The Pressure—Blood Pressure!

About one in three U.S. adults have high blood pressure—and you could be one of them. If you haven't checked your blood pressure lately, now's the perfect time. High blood pressure usually has no signs or symptoms, but it can lead to a higher risk of heart disease, stroke and kidney failure.

Get it checked!

This message brought to you by MIPPA (Medicare Improvements for Patients and Providers Act).

Tech Support Scams On The Rise

Remember:

1. No one from Microsoft or any anti-virus company will ever cold-contact you by phone.
2. No one on the Internet has the ability to tell if your computer is running poorly and needs work.
3. Nor will anyone ever know if your computer has been infected with a virus. Unless, of course, they infected it themselves.
4. I have never heard of anything good coming from playing along with any kind of technician who calls you and wants access to your computer.

Good tips from our advertiser Dave St. Amant—Community PC. Call Dave at 268-7178 if you encounter any issues related to the above.

Medical Insurance Solutions for Seniors

Diane Dillett, CLTC, LUTCF

diane@dillettcompany.com
www.medinsuranceseniors.com

Phone: 608-662-8288

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ATTORNEYS AT LAW

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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



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 Hughes
Professional Organizer

608-575-3759
dhhands@sbcglobal.net

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Pharmacy**

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



it's
JULY *is all!*

2019



Monday 1	Tuesday 2	Wednesday 3 -	Thursday 4	Friday 5
Roasted Turkey in Gravy w/Rice Pilaf Creamed Corn Cranberry Sauce Fruit cocktail Brownie MO – veggie strip NCS – SF Pudding	Taco Pasta Casserole Broccoli Cauliflower Pineapple Blueberry Crisp MO – Veggie Pasta NCS – SF Cookie	Saucy BBQ Ribs Cheesy Potatoes Salad & Dressing Dinner Roll Watermelon Root beer Float MO – Bean Patty NCS – SF Ice cream	CLOSED Happy 4th of July	Chicken Sandwich w/Lettuce & Tomato Cheesy Potatoes 4 Bean Salad Orange Cake MO – Egg Salad NCS – SF Jell-o
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Meatballs in Gravy. Mashed potatoes California Blend Fresh Melon Dinner Roll Ice Cream MO – Veggie meatballs NCS – SF ice cream	Sloppy Joe on Bun Kidney Bean Salad Mixed Vegetable Banana Strawberry Cake MO – Chickpea Joe NCS – SF Pudding	Chicken Macaroni Marinated Tomatoes Broccoli Salad Fruit cup Sugar Cookie MO – Veggie Mac NCS – SF Cookie	Meat Sauce Spaghetti Noodles Wax beans Salad & Dressing Peaches Brownie MO – Marinara Sauce NCS – banana	Pork Loin in Gravy Mashed Potatoes Garden Vegetables WW Bread Mandarin Oranges Pudding MO – Cheese Sandwich NCS – SF Pudding
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Lemon Baked Fish Tartar Sauce Baked Sweet Potato Tropical Fruit WW Bread Pound Cake MO – Hummus and Pita NCS – SF Cookie	Italian Sausage on a Bun Roasted Potatoes Green beans Orange Ice Cream MO – Veggie Burger NCS – SF Ice Cream	Chili Baked Potato Sour Cream Banana Cornbread Rice Pudding MO – Veggie Chili NCS – SF Pudding	Pulled Pork on a WW Bun Creamy Coleslaw Carrot Raisin Salad Melon Slice Vanilla Pudding MO – Bean Burger NCS – SF Pudding	Baked Chicken Potato Salad Stewed Tomatoes Bread Stick Melon Mix Cheesecake MO – Veggie Wrap NCS – spiced apples
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Chicken Stew WW Dinner Roll Broccoli Tropical Fruit Cake MO – Veggie Stew NCS – SF Cookie	Beef Pot Pie w/Biscuit Top Creamed Spinach Apple Juice Strawberry Jello MO – Veggie Pot Pie NCS – SF Jell-o	Chicken and Gravy Over Mashed Potatoes w/ bread Green Beans Orange Cookie MO – Veggie Strips NCS – SF Cookie	Fish Sandwich w/ Cheese & Tartar Yams Coleslaw Fruit Cup Cake MO – Garden Burger NCS – SF Pudding	Meatballs Marinara Over Penne Carrots Salad w/ Dressing Banana Ambrosia Salad MO – Veggie Meatballs NCS – Spiced Pears
Monday 29	Tuesday 30	Wednesday 31	<p>Friday Salad Option: (dine-in only) 5th - Tuna Salad 12th –Chicken Taco Salad 19th - Caprese Salad 26th - 7 Layer Salad Reservations must be made by 12:00 the day before by calling 270-4290 Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION <i>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.</i> No substitutions allowed. MO = meatless option</p>	
Chicken Salad Mini Croissant Broccoli Salad Pickled Beets Peaches Brownie MO – Veggie Wrap NCS – SF Cookie	Cheeseburger Calico Beans Potato Salad Fruit Cocktail Pineapple Fluff MO – Multigrain Burger NCS – pineapple	Egg Salad Sandwich Creamy Coleslaw 3 Bean Salad Grape Juice Dreamsicle Whip NCS – SF Pudding		

JULY 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 10:00 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	CLOSED	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																																																																																											
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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 2:00 PM Senior Housing	8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 1:30 PM Scrabble																																																																																											
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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 1:00 PM Travel Show!	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 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																																																																																											
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Boost Your Bones

The Fitchburg Senior Center is collaborating with DEXAFIT in Madison to get you excited about a new wellness class which focuses on building and/or maintaining your bone density, as well as improving balance, flexibility and muscle strength.

Tuesdays & Thursdays from 5:30-6:30 p.m.



1st Session - August 20-September 26

2nd Session - October 1-November 7

Cost \$60 per session. Scholarships available upon request. Sign up deadline one week prior to first class.

For each registered participant of this class, DEXAFIT will be offering an **optional** DEXA Scan at a reduced rate of \$90. This is \$60 off their normal fee. This scan will provide you with the following information:

- ⇒ Bone Density
- ⇒ Body Composition (type and distribution of fat mass vs lean mass)
- ⇒ Body Fat %
- ⇒ Quantity of Visceral Fat (harmful fat surrounding organs)
- ⇒ Muscle Symmetry

There is the option of a before and after scan (must take both six-week sessions to see results) for \$170.

To learn more about the class and benefits of this scan, please join us for a presentation from DEXAFIT on Tuesday, August 13th at 10:30 a.m. Class and presentation held at the Senior Center. To register or for more information, call 270-4290.