

Prime Time News

October 2019

Fitchburg Senior Center
Volume XIV Issue 10

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Staff In-Service

Due to a staff in-service, the Senior Center will NOT be delivering or serving meals on Friday, October 11. The Center will be open for all morning programs occurring between 8:00 a.m. to 12:00 p.m. At 12:00 p.m. the Center will close.

Get Your Shots Here!



Flu/Pneumonia Shots with Fitchburg Family Pharmacy

Thad Schumacher is back once again offering immunizations on Tuesday, **Oct. 15 from 9:00–11:00 a.m.** No lines, hot coffee, and treats will be available, so come on in! Flu shots are free if you have Medicare Part B or Medicaid. **You will need to present your card.** If not, cost is \$35. Medicare covers the pneumonia shot. Out of pocket cost—ask day of.

Apple Pie Making W/ Gus



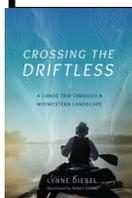
Apple season is in full swing—come learn and practice techniques to make the best crust and filling for a great apple pie. We start with apples from *Eplegaarden*, our local Fitchburg orchard. The crust has a secret ingredient to make it extra flaky. You will leave with a warm heart, and a pie ready to be popped in the oven at home. The class will have access to time-saving tools that will make the process easier than ever.

Cost of \$5 includes all ingredients and a glass pie plate.

October 16 from 2:00-4:00 p.m. Call 270-4290.

Thanks to Eplegaarden for donating the apples!

Crossing the Driftless—Author Talk



Come join Lynne Diebel at the Fitchburg Senior Center for a reading and discussion of her book, *CROSSING THE DRIFTLESS*, on October 28 at 1:00 p.m. Lynne will share stories and photos of her trip and of the rivers she canoed with her husband, as well as the many tributaries whose confluences they passed.

CROSSING THE DRIFTLESS is both a traveler's tale and an exploration of this dramatic environment, following the streams of geologic and human history. Lynne and her husband Bob crossed the Driftless Area by canoe, journeying 359 river miles (including six Mississippi River locks and five portages) from Faribault, Minnesota, where her family has a summer home on Cedar Lake, to their Wisconsin home in Stoughton, one block from the Yahara River. Traveling by river and portage, they paddled downstream on the Cannon and Mississippi rivers, and upstream on the Wisconsin River, in the tradition of voyageurs. Read more about the book and author at <http://uwpress.wisc.edu/books/5332.htm>



Medicare Part D Open Enrollment Oct.15–Dec. 7

Call to schedule an appointment with a Senior Center Social Worker to review your current plan or explore a new plan. 270-4290

Transportation Options!

Along with our nutrition transportation and rides to shopping, Dane County is now providing even more transportation options. See the flyer insert for destinations, pick-up and drop-off times!

Easy Yoga Plus—Six-Week Series

“Easy Yoga Plus!” - A safe yoga class designed especially for seniors that includes breath work, poses for balance, muscle strength, flexibility and range of motion. Register for the full six-week series starting October 1. The teacher, Ellen Millar, is a graduate of Duke Integrative Medicine Yoga for Seniors Master Class.

Tuesdays at 10:00 a.m. (Oct. 1-Nov 5) Cost: \$60 Call 270-4290 to register.

Make Time for Joy! - A celebration of Caregivers!

Wed., Oct.16 at the Lussier Family Heritage Center, 3101 Lake Farm Road, Madison 9:00 a.m. -3:00 p.m. (respite care provided on site) Register today by calling Joy Schmidt: 240-7472 or email Schmidt.joy@countyofdane.com

Support Networks

Caregiver Support

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

Low Vision Talk—October 23

Learn tips & tricks from the Wisconsin Council for the Blind. 10:30 a.m.

Experts On Local Resources

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

Patient Advocates

Need a bit of support at your next medical appointment? Patient Advocates can help. Call a Senior Center Social Worker for more information. 270-4290.

Flu Shots, Oct. 15



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.

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 **2nd & 4th Wednesday from 10:30-11:30 a.m.** Curt is a newsletter advertiser who helps support our mission.



FITCHBURG CENTER **Farmers Market** AT AGORA

THURSDAYS, MAY-OCTOBER | 3PM - 6PM

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Hawaiian Cruise in October

Oahu, Maui, Kauai, & the 'Big Island'
\$4,963 to \$6,073 pp twin

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 at 1:30 p.m. on October 10 at the Fitchburg Senior Center.

Book of discussion—*The Eighty-Dollar Champion: Snowman, the Horse That Inspired a Nation*

Nov. 14: *One Second After* by William R. Forstchen

Dec. 12: *Brooklyn: A Novel* by Colm Toibin

Please note the change in books from the original schedule.



Men's Group

Join us for our next meeting on **Tuesday, October 8 at 2:00 p.m.**

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

The I Love a Mystery Book Club will meet on Thursday, Oct. 24 to discuss the book *The Bee Keepers' Apprentice* by Laurie R. King. What would happen if Sherlock Holmes met a twentieth-century female? In 1914, a young woman named Mary Russell meets a retired bee-keeper on the Sussex Downs, named Sherlock Holmes. Holmes spots a fellow intellect in this fifteen-year-old woman. This is not a "Sherlock Holmes" story. It is the story of a modern young woman who comes to know and work with Holmes; a young woman coming to terms with herself and with this older man who embodies the age that is past. At this meeting we will have our Second Annual Book Exchange. Bring a book, take a different book home.

Active Women's Group

Tuesday, October 22 at 2:00 p.m.

Fall Harvest Potluck luncheon is at 12:30 p.m. on October 22. Please bring an appetizer or salad to share.

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

Eats★

Couples Dinner Group

Third Tuesday of each month. North of the Bayou. 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.

Save the Dates

November 11 - Veteran's Day Celebration

November 14 - Canvas Paint Class
(paint a winter scene)

November 21 - Bird Watching Club



Cutting The Cable Cord Options

Just a reminder that you don't need to wait for one of David's informational programs on alternative options to expensive cable and satellite tv. Feel free to call David at 270-4292 to schedule a time to sit down and brainstorm the best options for you. Whether you are just giving it some thought or are ready to make the move, let David help you sort through the options. Call today!



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.



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!

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



City Comprehensive Plan— Input Needed

Decisions that are being made now by the City of Fitchburg will influence the character of the community for years to come. The City needs your input to help guide these decisions on topics including land use, housing, economic development, recreation, transportation, and natural resources.

To give input, go to polco.us/fitchburg. The City is also hosting a series of public meetings as additional opportunities to provide feedback on the Comprehensive Plan update:

- Oct. 10, 6:30 p.m., Leopold Elementary
- Oct. 16, 5:00 p.m., City Hall
- Oct. 16, 6:30 p.m., City Hall
- Oct. 21, 6:30 p.m., Redeemer City Church
- Oct. 24, 6:30 p.m., City Hall

City-Wide Open House: This meeting will be held at 6:30 p.m., Nov. 20 at City Hall.

Please see the following website for further information: www.fitchburgwi.gov/CompPlanUpdate

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Cribbage!!!!

We have a new volunteer to lead Cribbage. Please welcome Terry Lins! Join us each Monday at 11:00 a.m. Cribbage is here, come on over!

Bucky Book Swap

Join us on Thursday, October 24 at 5:30 p.m. for a fun evening of swapping Bucky Book coupons! Write or type out the page numbers of the coupons you want. This swap is fast-paced. Be ready!

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.
- (NEW) Cribbage—Mon. @ 11:00 a.m.
- 500—2nd & 4th Tues. @ 12:45 p.m. (NEW)



Chinese Mahjong

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



\$20 Blackout Bingo!! Oct. 10

Special Sponsor:

Kettle Park Senior Living

Game begins promptly at 12:30 p.m.



Movie Day—Rocketman

Need I say more? The life of a legend, Elton John. Friday, October 25 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 available every Wednesday!
Call 270-4290 by noon one day in advance to register.

Exercise Opportunities



Pre-Indoor Walking Club

9:00–10:00 a.m.
 McKee Farms Park (shelter).
 Tuesday/Thursday



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
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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—FALL SESSION 2

Mondays: Level 2: Nov. 4 - Dec.16; 9:15-10:30 a.m.; 7 weeks; \$56.
 Level 1: Nov. 4 - Dec. 16; 10:45 a.m.-12:00 p.m.; 7 weeks; \$56.
 Call 270-4290. Payment due upon sign-up.



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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

October 18

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 Fitchburg Senior Center Friends extends an enormous thank you to all the volunteers who helped scoop ice cream at Eplegaarden over the Labor Day Weekend. We also thank Mandi Miller for her assistance in scheduling the volunteers, and Betty Forest and her staff at Eplegaarden for allowing the Friends to conduct this fundraiser to support the Patient Advocate Program.

During September, four splendid area restaurants helped local seniors and their guests celebrate National Senior Center Month by providing a 20% discount on one of the four Wednesdays of the month. They were Quivey's Grove, Benvenuto's, Me & Julio, and HyVee Market Grille. A big thank you to these establishments for their generosity.

The Fitchburg Senior Center Friends thanks outgoing Board members Judy Christie and Roger Elver for their years of service.

The Friends supported scholarships during August in the amount of \$90.



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Almost Sunrise
 Hope is on the Horizon

Join us on **Thursday November 14 at 1:00 p.m.** for a showing of *Almost Sunrise*. Emmy nominated in 2018 for outstanding current-affairs documentary, it follows Wisconsin veterans Tom Voss and Anthony Anderson on their 2,700 mile walk across America in an effort to confront the invisible wounds of war.

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5510 East Lacy Road
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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 Manager



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

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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



2019



Friday Salad Option	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
4th- Chicken Confetti 11th- Harvest 18th- Beef Taco 25th- Pork Santa Fe Reservations <u>must</u> be made by 12:00 the day before by calling 270-4290*	*Italian Sausage on Bun Oven Roasted Potatoes Stewed Tomatoes Orange Ice Cream MO – Veggie Wrap NCS – SF Ice Cream	Chicken a la King Brown Rice Carrots Corn Salad Peaches Cake MO – Veggie a la King NCS – Banana	Pot Roast with Gravy Mashed Potatoes Mixed Green Salad Orange WW Bread Pudding MO– Bean Burger NCS – SF Pudding	Sausage Veggie Egg Bake Orange Juice Mini Biscuit Spiced Apples Coffee Cake MO– Veggie Bake NCS - SF Cookies
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Rustic Tomato Bean Soup Dinner Roll Broccoli Fruit Cup Cookie MO –Tomato Bean NCS - SF Cookies	*Ham & Potato Casserole California Blend Banana Bread Chocolate Pie MO – Veggie & Potato NCS - SF Pudding	Cabbage Rolls in Tomato sauce Brown Rice Roasted Carrots Dinner Roll Cottage Cheese Peaches MO – Veggie Wrap	BBQ Chicken Breast Baked Sweet Potato WW Bread Tropical Fruit White Cake MO – Veggie in BBQ NCS - SF Cookies	CLOSED!
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Enchilada Casserole Spanish Rice Pinto Beans Mandarin Oranges Cake MO – Veggie Enchilada Cass NCS - SF Cookies	Brat on a bun Stewed Tomatoes Mixed Salad Dressing Fruit Cocktail Ice Cream MO – Veggie Dog NCS – SF Ice Cream	Chicken Strips BBQ Sauce Brussel Sprouts Coleslaw Dinner Roll Fruit Cup Blueberry Crisp MO – Hummus Wrap NCS - SF Pudding	Tuna Casserole Roasted Baby Carrots Pickled beets Banana Sugar Cookie MO – Garden Burger NCS - SF Cookies	Italian Lasagna Green Beans Toss Salad Dressing Breadstick Cinnamon Apples Brownie MO – Veggie Lasagna NCS - SF Cookies
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Fruit cocktail Vanilla Pudding MO – Veg Chick NCS - SF Pudding	Taco Pasta Casserole Broccoli Cauliflower Pineapple Apple Crisp MO – Bean Burrito NCS - SF Jell-o	Chicken Sandwich on WW Bun Lettuce/Tomato/Mayo Cheesy Potatoes 4 Bean Salad Orange Cake MO – Veggie Burger NCS – SF Pudding	*Meatballs in Gravy Mashed potatoes California Blend Tropical Fruit Dinner Roll/Butter Ice Cream MO – Veggie Meatballs NCS - SF Ice Cream	Tuna Salad Sandwich Tomato soup Fruit cup Pound Cake MO – Egg Salad NCS - SF Cookies
Monday 28	Tuesday 29	Wednesday 30	Thursday 31	
Sloppy Joe on Bun Kidney Bean Salad Mixed Vegetable Peaches Cake MO – Chickpea Joe NCS – OJ Carton	Honey Chicken Broccoli Yams Dinner Roll Banana Brownie MO – Veggie Honey Chicken NCS - SF Pudding	Meat Spaghetti Wax beans Mixed Green Salad Peaches Cookie MO – Marinara Sauce NCS - SF Cookies	Lemon Baked Fish Baked Potato Sour Cream Fruit Cup WW Bread Strawberry Jell-o MO – Veggie Wrap NCS – SF Jell-o	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

OCTOBER 2019

SENIOR CENTER ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	8:30 AM Pickleball 8:30 AM Quilters 9:00 AM Outdoor Walking 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 Shuttle 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers	8:30 AM Cross Stitch 8:30 AM Tai Chi 9:00 AM Outdoor Walking 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
7	8	9	10	11
8:30 AM Aerobics 9:00 AM Yam Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM Cribbage 11:00 AM F-Fitness	8:30 AM Pickleball 8:30 AM Quilters 9:00 AM Outdoor Walking 10:00 AM Hookers 10:00 AM Shop-Woodmans 12:45 PM 500 (NEW) 2:00 PM Men's Group	8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:30 AM Financial Fitness 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko	8:30 AM Cross Stitch 8:30 AM Tai Chi 9:00 AM Outdoor Walking 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
14	15	16	17	18
8:30 AM Aerobics 9:00 AM Yam Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM Cribbage 11:00 AM F-Fitness 1:00 PM Dominos	8:30 AM Pickleball 8:30 AM Quilters 9:00 AM Outdoor Walking 10:00 AM Shop-South Town 12:45 PM Euchre 1:00 PM Mahjong Flu Shots	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	8:30 AM Cross Stitch 8:30 AM Tai Chi 9:00 AM Outdoor Walking 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 Diabetic Footcare
21	22	23	24	25
8:30 AM Aerobics 9:00 AM Yam Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM Cribbage 11:00 AM F-Fitness 1:00 PM Open Art	8:30 AM Pickleball 8:30 AM Quilters 9:00 AM Outdoor Walking 10:00 AM Hookers 10:00 AM Shop-Target/HyVee/Aldis 12:45 PM 500 (NEW) 2:00 PM Women's Group	8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:30 AM Financial Fitness 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko	8:30 AM Cross Stitch 8:30 AM Tai Chi 9:00 AM Outdoor Walking 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
28	29	30	31	
8:30 AM Aerobics 9:00 AM Footcare 9:00 AM Yam Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM Cribbage 11:00 AM F-Fitness 1:00 PM Dominos	8:30 AM Pickleball 8:30 AM Quilters 9:00 AM Outdoor Walking 10:00 AM Shop-Walmart	8:30 AM Aerobics 9:45 AM Aerobics 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko	8:30 AM Cross Stitch 8:30 AM Tai Chi 9:00 AM Outdoor Walking 10:00 AM Visiting Nurse 12:30 PM Bingo!! 1:00 PM Sheepshead	