



Prime Time News

November 2019

Fitchburg Senior Center
Volume XIV Issue 11

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CLOSED:

November 28 & 29

Indoor Walking

Let the fun begin!
Indoor walking at
Break Away Sports
5964 Executive Dr.
Tue/Thurs 11:00
am.—12:00 p.m.
Starting Nov. 5.



Veterans Day Recognition

Please join us for a very special program on
Monday, November 11 at 11:00 a.m.

The Vietnam War is the highlight of this year's Fitchburg Singers program. The morning will also feature Eagle School students. Lunch will immediately follow our program. BBQ ribs, cheesy potatoes and pumpkin pie. Reservations are required for the meal and can be made by calling 270-4290 by noon on Wednesday, November 6.
Lunch for all Veterans and one guest will be paid for by the Fitchburg Senior Center Friends.

Please indicate if you are a Veteran when making your reservation.

Gateway: Coming To America—Philip J. Martin

Gateway is the story of immigrants as they made the harrowing journey to a place they'd heard and—dreamed about: America. Set in 1907, Phil Martin plays Wilhelm Brenner, an apprentice at a print shop from Grindelwald, Switzerland, who gives up everything he has for the dream of a better life in Sheboygan, Wisconsin. Along the way he meets Rosa Milazzo, a young Italian girl on her way to Des Moines, and Iowa, Hugh Jurgenson from Norway, among others. Touching and humorous, Phil demonstrates his great skill at storytelling, weaving the stories together in a moving tribute to some of the people who made this great country.

Friday, November 22 at 12:45 p.m.

Meal: Turkey & mashed potatoes, glazed carrots and pumpkin pie.
You must call on or before Wednesday, November 20. 270-4290.

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.



Acupuncture Comes to the Senior Center

Acupuncture treats a variety of health issues, including neurological and muscular-skeletal disorders; headaches & migraines, neck, back & foot pain, joint pain, sciatica, fibromyalgia, and so much more. The Senior Center is proud to introduce Dr. Hao Wang. Dr. Wang will be providing Acupuncture on **Friday afternoons** in the Wellness Room. Call 270-4290 for pricing and available appointments.

Dr. Hao Wang MD, PhD, L.Ac

Over 20 years' experience in Western Medicine and Chinese Medicine:

- MD (China) and PhD in Pharmacology
- American Heart Association Fellowship
- 6 years' traditional Chinese Medicine experience in China
- Over 10 years' medical research experience at UW Hospital
- A number of publications in top international medical journals

New!



Easy Yoga Plus—Six-Week Series

“Easy Yoga Plus!” - A safe yoga class designed especially for seniors that includes breath work, and poses for balance, muscle strength, flexibility and range of motion. Register for the full six-week series starting November 12. The teacher, Ellen Millar, is a graduate of Duke Integrative Medicine Yoga for Seniors Master Class.

Tuesdays at 10:00 a.m. (Nov. 12–Dec. 17) Cost: \$60 Call 270-4290 to register.
Please bring mat. Limited mats supplied.

Support Networks

Caregiver Support

If you are caring for a loved one with dementia, you are not alone. Thursday, Nov. 14 at 10:00 a.m.

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.

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 today. 270-4290



Pumpkin & Succulent Program

Come join Lela McGee for a fun experience of making a living fall centerpiece on Monday, November 18 at 10:00 a.m. Using a real pumpkin, you will choose live succulents and colorful natural touches to create a delightful arrangement. You will also enjoy pumpkin bread and hot apple cider or tea as you learn about improving the health of your home.

Little touches can make a big difference. You'll love the fall scents in a small fine mist spray bottle you'll receive to keep the succulents alive.

The pumpkins are small so they can be used either as a table decoration or on your countertop without taking up too much room. They will be perfect through Thanksgiving time and longer. Misting the arrangement will allow the succulents to root so you can plant them in a small container after the holidays.

Fun, colorful and healthy! The price for this workshop is \$20 and a portion will go to the Senior Center to help meet needs of Seniors in Fitchburg. Call 270-4290



Attention Bird Watching Enthusiasts!

The Senior Center is forming a group for adults who share a passion for bird watching. The group will meet the 3rd Thursday of each month at 1:00 p.m., will feature a different topic each month and will always include time to share your birding adventures!

Kick-off meeting is Thursday, November 21. Discussion will include:

- 1) Meet & Greet
- 2) What are your expectations from this new group?
- 3) Share birding hot spots around Dane County.



Canvas Paint Class

November 14 from 10:00 a.m. - 12:00 p.m.
Cost \$25.00

Thank you to the Sushil Bansal Art Fund for funding a portion of this class. Scholarships available. Please see Suzie at the Front Desk to apply.

For this class, each painter will be creating a beautiful winter painting of the picture you see here (you pick the colors). No artistic experience needed and all supplies included! You will be using acrylic paint on 16 x 20 canvases. Instructor will be walking you through the painting step by step. These paintings turn out colorful and whimsical and they are so much fun to do!

Please pay upon sign-up. Checks payable to the Senior Center.

Tango For Those W/ Parkinson's

Behind the passionate, mysterious, and exotic reputation of tango is a fun, fulfilling, and accessible social activity that *anyone* can enjoy. This class is adapted specifically for those with PD, so don't worry if you've never danced in your life or have two left feet. This is a lifelong learning activity for all ages, and we'll be with you every step of the way!



FREE DEMO CLASS

Instructor: Joe Yang. Over 20 years of experience as a Tango teacher!

Wednesday, November 13 at 1:00 p.m.

In a Nutshell – Do I qualify for that?

In anticipation of the holidays approaching, you may be thinking about ways to save money. Chances are you have not thought about a public benefits program as one of those ways! There are programs available that many people do not know they can access – nor do they know how to apply. If you receive Medicare Part B, you might qualify for the State of Wisconsin to pay your premium. If you have a hard time making it through the month on your grocery budget, you might qualify for Food Share. If you have high medication co-pays but a lower income, you might qualify for extra help paying for your Medicare Part D premiums and co-pays. As a Fitchburg resident, you have access to two full-time, State of Wisconsin certified Social Workers who can help! Call the Fitchburg Senior Center at 270-4290 and ask to speak with a Social Worker.

CHRISTENSON JOHNSON^{LLC}

ATTORNEYS AT LAW

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Barbara S. Hughes

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Elder Law · Special Needs Planning · Real Estate

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Marvelous Medicare!

It's that time of year again, time to look at your Medicare coverage: Open Enrollment is October 15 thru December 7.

Is your plan meeting your needs?

Have your health or prescription needs changed over the past year?

Are you satisfied with your doctor, your drug plan, your costs?

Are your healthcare costs in line with your budget?

Do you know your options?

Join us **Tuesday, November 12 at 10:30 a.m.** for a Medicare Workshop. We'll cover the ins and outs of Medicare, your options, and the timeline. Our Medicare Workshop will be hosted by Allen and Leigh Maxwell, UHC Medicare Advisors.



Leopold School Food Pantry

Thank you to all who have and continue to donate items to our food collection barrels at the Senior Center. In addition to collecting for the Bader Prairie Needs Network and the Allied Drive Food Pantry, we now have added Leopold School to our list.

For the month of November, our focus will be on the needs of Leopold School. Below is a list of items that they have specifically requested. Again, thank you for your on going support!

- Oil (vegetable or canola)
 - Cereal
 - Canned fruit
- Applesauce/fruit cups
 - Pasta
 - Pancake mix
- Ravioli and Spaghettios
 - Soup



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.

Travel!

TRAVEL WITH US IN 2020

Florida in February

St. Augustine, Orlando, & Indian Rocks Beach
\$3,564 pp twin

Greece in May

Athens, Mykonos, & Santorini
\$3,499 pp twin

Western Canada in July

Vancouver, Victoria, & Whistler
\$3,769 pp twin

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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domackr@firstweber.com



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★ Groups ★

REACH Book Club

Thursday, November 14, 2019 at 1:30 p.m. at the Fitchburg Senior Center. We will discuss the book, *One Second After* by William R. Forstchen. This is “a story in which one man struggles to save his family and his small North Carolina town after America loses a war, in one second, a war that will send America back to the Dark Ages...A war based upon a weapon: an Electro Magnetic Pulse (EMP). A weapon that may already be in the hands of our enemies.”

December 12, 2019 *Brooklyn: a novel* by Colm Toibin

January 9, 2020 *A Man Called Ove* by Fredrik Backman

February 13, 2020 *The Nightingale* by Kristin Hannah



Men's Group

Join us for our next meeting on Tuesday, November 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

No Meetings in November or December 2019. See you next year!

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

The I Love a Mystery Book Club will not meet in **November or December** due to the holidays. We will resume on **January 23, 2020** with a discussion of the book, *The Marsh King's Daughter* by Karen Dionne. “The Marsh King's Daughter is the mesmerizing tale of a woman who must risk everything to hunt down the dangerous man who shaped her past and threatens to steal her future: her father.”



Fitchburg Historical Society

“How the great battle for Woman's Suffrage was Won”

Sunday, November 3 at 1:30 p.m.

Fitchburg Public Library

Speaker: Bob Kann PhD

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.



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.



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
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Salad Option Friday's

Call a day in advance: 270-4290!

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

November

November Salads!



11/2: Chicken Taco Salad

Shredded lettuce topped with seasoned chicken, diced tomatoes, shredded cheese, salsa, black olives, sour cream and tortilla strips.
Meal items: Bun, tropical fruit & pudding

11/8: Cordon Bleu Salad

Mixed Greens topped with diced: chicken, ham, Swiss cheese, green peppers & tomatoes.
Meal items: Roll, fruit cocktail & pumpkin bar

11/15: Harvest Salad

Mixed greens topped with beets, garbanzo beans, cucumber, red onion, feta & croutons.
Dressing: Balsamic Vinaigrette
Meal items: Crackers, grape juice & cake

11/22: Pulled Pork Confetti Salad

Shredded lettuce topped with shredded pulled pork, tomatoes, cucumber, corn and bacon.
Dressing: Ranch
Meal items: Cranberry stuffing, cinnamon apples & pumpkin pie

**Limited to dine in only.*



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Cribbage!!!!
 Join us each Monday at
 11:00 a.m.
 Cribbage is here, come
 on over!



Transportation Options!
 Updated transportation options. Call the
 Senior Center for lunch, exercise, shop-
 ping to grocery stores and
St. Vinny's. Food Pantry.

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—No Play Until Mar. 2020
- 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

No play Dec./Jan./Feb. Back in Mar. 2020.



\$20 Blackout Bingo!! Nov. 14

Special Sponsor:

Kelly Pretty—Clear Caption

Game begins promptly at 12:30 p.m.



Movie Day

No movie for November. See both programs on front page for substitute.

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

Exercise Opportunities

Indoor Walking



Break Away Sports 5964 Executive Dr. Fitchburg.

Tuesdays/Thursdays from 11:00 a.m. -12:00 p.m. FREE!



Aerobics With Diane Fronck

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.



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.



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.

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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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

November 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
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 Board paid \$1,386 to the Senior Center to support the Patient Advocacy Program and \$613.00 for other Senior Center programs.

Cutting The Cable Cord Options—FREE Antenna Loan Closet



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!



Do You YouTube?

David is back and excited to offer a class on YouTube. This is one of David's favorite channels to use. The potential for uses are unlimited, but include how-to videos and news brief updates.

Wednesday. November 20 at 10:30 a.m.
Call 270-4290 to secure a spot. David is asking for a class donation of \$5.00 per student. The funds go directly towards the TV equipment loan closet.



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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 Manager



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

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

Hours:
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9am-1pm, Sat

November 2019

Friday 1
 *Pulled Pork
 on a WW Bun
 Creamy Coleslaw
 Carrot Raisin Salad
 Tropical Fruit
 Vanilla Pudding
MO – Hummus Wrap
NCS – SF Pudding

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Chili Baked Potato Sour Cream Banana Cornbread Lemon Dream Bars MO – Veggie Chili NCS – Spiced Apples	Beef Pot Pie w/Biscuit Creamed Spinach Apple Juice Strawberry Jell-o MO – Veggie Pot Pie NCS – SF Jell-o	Chicken and Gravy Mashed Potatoes Green Beans Orange Cake MO – Veggie Gravy NCS – SF Cookie	Fish Sandwich w/Cheese Yams Coleslaw Fruit Cup Cookie MO – Cheese & Tomato Sandwich NCS – SF Cookie	Chicken Stew WW Dinner Roll Broccoli Fruit Cocktail Pumpkin Bar MO – Veggie Stew NCS – SF Pudding
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Saucy BBQ Ribs Cheesy Potatoes Herb Roasted Carrot Cinnamon Apples Pumpkin Pie MO – Grain Burger NCS – SF Pie	*Meatballs in Marinara Over Penne Carrots Mixed Greens Salad Banana Ambrosia Salad MO – Veggie Meatballs NCS – Pineapple	*Pork Loin in Gravy Mashed Potatoes Garden Blend Veggie WW Bread Mandarin Oranges Chocolate Pudding MO – Veggie Wrap NCS – SF Pudding	Cheeseburger on WW Bun Calico Beans Potato Salad Fruit Cocktail Pineapple Fluff MO – Bean Burger NCS – SF Jell-o	Chicken Noodle Soup Saltine Crackers California Blend Veg. Grape Juice White Cake MO – Veggie Soup NCS – SF Cookie
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Beef Stew Biscuit Green Beans Chunky AppleSauce Banana Cake MO – Veggie Stew NCS – SF Cookie	Chicken Mac Casserole Peas Tomato Juice Pineapple Vanilla Pudding MO – Mac & Cheese NCS – SF Pudding	Cheese Tortellini With meat sauce Bread Stick Spinach Mandarin Oranges Blueberry Crisp MO–Marinara Tortellini NCS – Fruit Cup	Traditional Meatloaf Mashed Potatoes w/Gravy Broccoli White Bread Apple Juice Cup Lemon Cake MO – Garden Patty NCS – SF Jell-o	Turkey in Gravy Mashed Potatoes Glazed Carrots Cranberry Stuffing Cinnamon Apple Pumpkin Pie MO – Veggie in Gravy NCS –SF Pumpkin Pie
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Chicken a la King Brown Rice Carrots Corn Salad Peaches Cookie Bars MO – Soy a la king NCS – SF Cookie	Pot Roast with Gravy Mashed Potatoes Mixed Green Salad Orange WW Bread Raspberry Sherbet MO – Veggie balls NCS – SF Ice Cream	*Sausage Veggie Egg Bake Orange Juice Mini Biscuit Spiced Apples Coffee Cake MO– Veggie Egg Bake NCS – SF Pudding		

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



Friday Salad Option
1st- Chicken Taco
8th- Cordon Bleu
15th- Harvest
22nd- Pulled Pork Confetti

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. MO = meatless option

NOVEMBER 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; font-size: small;">Oct 2019</p> <table style="width: 100%; border-collapse: collapse; font-size: x-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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </tbody> </table> </div> <div style="border: 1px solid red; padding: 5px;"> <p style="text-align: center; font-size: small;">Dec 2019</p> <table style="width: 100%; border-collapse: collapse; font-size: x-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></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</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	29	30	31				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						<p style="text-align: right; font-size: 2em; color: blue;">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; color: blue;">4</p> <p>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</p>	<p style="text-align: right; font-size: 2em; color: blue;">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; color: blue;">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; color: blue;">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 Sheephead</p>	<p style="text-align: right; font-size: 2em; color: blue;">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; color: blue;">11</p> <p>8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM Cribbage 11:00 AM F-Fitness <u>11:00 AM Veterans Program</u> 1:00 PM Dominos</p>	<p style="text-align: right; font-size: 2em; color: blue;">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 <u>12:45 PM 500 (NEW)</u> 2:00 PM Men's Group</p>	<p style="text-align: right; font-size: 2em; color: blue;">13</p> <p>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</p>	<p style="text-align: right; font-size: 2em; color: blue;">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!! <u>1:00 PM Almost Sunrise</u> 1:00 PM Sheephead 1:30 PM Book Club</p>	<p style="text-align: right; font-size: 2em; color: blue;">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>																																																																																									
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