



Prime Time News

December 2019

Fitchburg Senior Center
Volume XIV Issue 12

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CLOSED:
Dec. 24,25 & 1/2
Day on 31st

Violins For Christmas

Madison Community Orchestra players Kathy Sylvester & Sharyn Burney will be performing Dec. 20 during lunch. Also performing on piano—Dorothy Konopacki.



VAP Films—Christmas Tree Ship

The true story of a Lake Michigan commercial schooner and its charismatic Captain challenging the elements to deliver thousands of Christmas trees to Chicago in 1912. A riveting tale of dedication, adventure, unflinching courage, and tragedy; but in the end, of inspiration and heartwarming redemption.

Bob Leff, documentary filmmaker, will be with us on Friday, December 13 at 12:45 p.m. Please call to register for lunch by noon on Wednesday, December 12.



Don't Let Parkinson's Disease Slow You Down!

For those living with Parkinson's, it's no secret that one must stay active with a consistent exercise regimen. And, did you know that Argentine tango dancing has been scientifically proven to have a positive impact on PD symptoms, including improved balance, stride length, and motor control?

The Senior Center is excited to offer this new class starting Monday, January 27. Class will meet for six consecutive Mondays from 1:30-2:30 p.m.

No partner needed!

Thanks to funding from the Saroj Bansal Memorial Fund, we are able to offer this incredible class for just \$55 per participant. Please call 270-4290 to register. Sign-up deadline is January 21.

About the instructor: Joe Yang has been certified by the ACE (American Council on Exercise) to teach adapted Argentine Tango classes for individuals with movement disorders.

Caregivers are welcome to attend the class at no extra charge.

The Giving Tree

Many seniors are alone and without friends or family during the holidays. The purpose of the Giving Tree is to provide a gift for those seniors who might not otherwise receive gifts this holiday season. In the front lobby you will find our tree, with gift ideas available at the front desk. The process is easy! Pick a male/female ornament off the tree; give your name to the receptionist; purchase a gift for \$30 or less; wrap the gift; place ornament on gift and return to the Senior Center before December 17.



How To Read Your Medicare Statements

Do insurance statements overwhelm you? Are you wondering what you should be looking for when you receive these statements? Please consider joining Ingrid Kundinger from the Wisconsin Senior Medicare Patrol program to learn more about how to read Medicare Summary Notices (MSNs) and Explanation of Benefits (EOBs). We will talk about the difference between these two statements and what to look for as a responsible health care consumer. Ingrid will also talk about how you can detect potential errors or fraudulent claims, and where to report these concerns.

Please join us on Tuesday, December 3 at 1:00 p.m.



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 January 7. The teacher, Ellen Millar, is a graduate of Duke Integrative Medicine Yoga for Seniors Master Class.

Tuesdays at 10:00 a.m. (Jan. 7–Feb. 11) Cost: \$60 Call 270-4290 to register.
Please bring mat. Limited mats supplied.

Support, Wellness & Resources

Caregiver Support

If you are caring for a loved one with dementia, you are not alone. Thursday, Dec. 12 at 10:00 a.m.

Wellness Checks W/ The Nurse

Thursdays 10:00 a.m.–12:00 p.m.

Services Offered:

Blood Pressure/Weight

Individual education on: chronic health problems, healthy lifestyles, nutrition, med management.

Walk-ins welcomed. 270-4290

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

Experts On Local Resources

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



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.

CHRISTENSON JOHNSON^{LLC}

ATTORNEYS AT LAW

Iris M. Christenson
Barbara S. Hughes

Mark T. Johnson
Meghan M. Teigen

2924 Marketplace Dr., Ste.102
Fitchburg, WI 53719
(608) 273-8609 · cjlawwi.com

Estate Planning · Estate & Trust Settlement
Elder Law · Special Needs Planning · Real Estate

Travel!

TRAVEL WITH US IN 2020 TRAVEL SHOW

January 21st at 1:00 PM

CURRENT GROUP TOURS FOR 2020

****Call in December Save \$100 pp ****

GREECE in April/May

Athens, Mykonos, & Santorini

\$3,499 pp twin

WESTERN CANADA in July

Vancouver, Victoria, & Whistler

\$3,769 pp twin

also

Wishing you could have gone with the 23 travelers who went to **NEW ENGLAND AND CAPE COD** this past October ?

Two travelers would like you to join them on the same trip departing October 4, 2020.

See the flyer for details.

Flyers available 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

REACH Book Club will meet on Thursday, December 12, 2019 at 1:30 P.M. at the Fitchburg Senior Center. We will discuss the book, *Brooklyn: a novel* by Colm Toibin. "Ellis Lacey has come of age in small-town Ireland in the hard years following World War Two. When an Irish priest from Brooklyn offers to sponsor Ellis in America, she decides she must go, leaving her fragile mother and her charismatic sister behind."

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

February 13, 2020 *The Nightingale* by Kristin Hannah

March 12, 2020 *Calling This Place Home* by Joan Jensen

April 9, 2020 *Madonnas of Lennigrad* by Debra Dean

May 14, 2020 *The Underground Railroad* by Colson Whitehead

June 11, 2020 *Select books for next year*



Men's Group

Join us for our next meeting on **Tuesday, December 10 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 Meeting 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.

Eats★

Couples Dinner Group

Returns in January 2020



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.

The I Love a Mystery Book Club

The I Love a Mystery Book Club will not meet in 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."



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

608.630.9776 / 608-772-5700



Salad Option Friday's

Call a day in advance: 270-4290!

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

December 2019



December Salads!



12/6: Tuna Salad

Mixed Greens topped with tuna salad, tomato & cucumber. No dressing.

Meal Items: Mandarin oranges, chocolate cream pie

2/13: Beef Taco Salad

Shredded lettuce topped with seasoned ground beef, diced tomatoes, shredded cheese, salsa, black olives, sour cream and tortilla strips. No dressing.

Meal Items: fruit cocktail & brownie

12/20: Chicken Cranberry Bacon Bleu

Mixed Greens topped with diced chicken, bacon crumble, dried cranberries and bleu cheese crumbles.

Dressing: Balsamic Vinaigrette

Meal Items: Pineapple & cherry pie

12/27: T Layer Salad

Shredded lettuce topped with peas, celery, onion, mayo, shredded cheese, bacon & eggs. No dressing.

Meal Items: Spiced pears & cookie bars

**Limited to dine in only.*

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 diane@dillettcompany.com
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2935 S. Fish Hatchery Rd. #107 • Fitchburg, WI 53711



Transportation Options!

Updated transportation options. Call the Senior Center for lunch, exercise, shopping 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.
 500—2nd & 4th Tues. @ 12:45 p.m.

Chinese Mahjong

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



\$20 Blackout Bingo!! Dec. 12

Police serving lunch!

Special Sponsor:
Sylvan Crossings of Fitchburg

Game begins promptly at 12:30 p.m.

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!



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 focus-
es on strength, range of motion and balance.
Cost is \$12 per month.



Yoga W/ Kurt—Winter SESSION

Mondays: Level 2: Jan. 6 - Mar.16; 9:15-10:30
a.m.; 10 weeks; \$80. (Skip 1/20)
Level 1: Jan. 6 - Mar. 16; 10:45 a.m.-12:00 p.m.;
10 weeks; \$80. (Skip 1/20)
Call 270-4290. Payment due upon sign-up.



Indoor Pickle Ball

Every Tuesday. Advanced Play 8:30-12:00 p.m.
Beg./Inter. 12:30 p.m.—3:30 p.m. Open play
encouraged during the afternoon.

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
December 20
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

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

Chair Massage W/ Gary Kuzynski
1st & 3rd Wednesday mornings
15 minutes = \$14 / 30 minutes—\$27
Call 270-4290 to register.



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!

Acupuncture at 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 **Fridays** in the Wellness Room. Call 270-4290 for pricing and available appointments.

The Fitchburg Senior Center Friends

- A big thank you to Lois Hirsch for making the beautiful fall flower arrangements at the entrance to the Senior Center.

The Friends provided \$505.00 for special needs and \$92.00 for scholarships.

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 ongoing support!

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



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!



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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 Manager



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

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LEGACY FUND**



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Professional Organizer

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dhhands@sbcglobal.net

**Fitchburg Family
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

DECEMBER

2019

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
*Brat on a bun Stewed Tomatoes Green Beans Fruit Cocktail Apple Crisp MO – Veggie Dog NCS–Spiced Apples	BBQ Chicken Breast Baked Sweet Potato WW Bread Tropical Fruit Lime Sherbet MO – BBQ Veggie NCS – SF Ice Cream	*Ham and Potato Casserole California Blend Banana MG Bread Frosted Churro Cake MO – Veggie Cass. NCS – SF Pudding	Stuffed Pepper Soup Mixed greens Crackers Spiced Apple Slices MO – Veggie Stuffed Pepper Soup	Enchilada Casserole Spanish Rice Pinto Beans Mandarin Oranges Chocolate Cream Pie MO – Bean/Cheese Burrito NCS – SF Pudding
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Tomato Bean Soup Dinner Roll Broccoli Fruit cup Cookie MO – Veggie Tomato Bean Soup NCS – SF Cookie	Chicken Strips BBQ Sauce Brussel Sprouts Coleslaw Dinner Roll Fruit Cup Jell-o MO – Bean Burger NCS – SF Jell-o	Baked Mostaccioli Garlic bread stick Mixed greens Green beans Tropical fruit Sherbet MO – Veg Mostaccioli NCS – SF Ice Cream	Tuna Casserole Roasted Baby Carrots Pickled beets Banana Frosted Marble Cake MO –Bean Burger NCS – SF Cookie	Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Fruit cocktail Brownie MO – Veggie & Gravy NCS – SF Pudding
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Taco Pasta Casserole Broccoli Cauliflower Pineapple Preach Crisp MO – Red Beans & Rice NCS –Spiced Peaches	Chicken Sandwich on WW Bun Lettuce/Tomato/Mayo Cheesy Potatoes 4 Bean Salad OJ carton Cake. MO – Garden Burger NCS – SF Cookie	*Meatballs in Gravy Mashed potatoes California Blend Spiced Applesauce Dinner Roll Ice Cream MO – Veggie balls/Gravy NCS – SF Ice Cream	Tuna Salad Sandwich Tomato soup Fruit cup Blueberry Pound Cake MO– Egg Salad Sandwich NCS – SF Jell-o	*Ham Sweet Potato Green Bean Casserole Mini Croissant Pineapple Cherry Pie MO – Grain Burger NCS – SF Apple Pie
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Peaches Cake MO – Chickpea Sloppy Joe NCS – SF Jell-o	 CLOSED	 CLOSED	Honey Baked Chicken Broccoli Yams Dinner Roll Tropical Fruit Cheesecake Brownie MO– Hummus Wrap NCS – SF Pudding	Meat Spaghetti Wax beans Mixed Green Salad Spiced Pears Cookie Bars MO– Marinara NCS – SF Cookie
Monday 30	Tuesday 31	 <p>Salad Option Fridays 6th- Tuna 13th- Beef Taco 20th- Chicken Cranberry Bacon Bleu 27th- 7 Layer Reservations <u>must</u> be made by 12:00 the day before by calling 270-4290</p> 		
Lemon Baked Fish Tartar Sauce Baked Potato Sour Cream Fruit Cocktail WW Bread Sugar Cookie MO – Veggie Wrap NCS – SF Cookie	*Italian Sausage on a Bun Roasted Potatoes Stewed Tomatoes Orange Juice Cup Strawberry Ice Cream Cup MO– Veggie Hot Dog NCS – SF Ice Cream	<p>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>		

DECEMBER 2019

SENIOR CENTER ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																				
2	3	4	5	6																																																																																				
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 11:00 AM Indoor Walking 12:45 PM Euchre 1:00 PM Medicare Statements	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 9:30 AM FSC Friends 10:00 AM Visiting Nurse 11:00 AM Indoor Walking 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																																																																																				
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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 11:00 AM Indoor Walking <u>12:45 PM 500 (NEW)</u> 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 10:00 AM Caregiver Support 10:00 AM Visiting Nurse 11:00 AM Indoor Walking 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 <u>12:45 PM Christmas Tree Ship Program</u> 1:30 PM Scrabble																																																																																				
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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	<u>CLOSED</u>	<u>CLOSED</u>	8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Visiting Nurse 11:00 AM Indoor Walking 12:30 PM Bingo!! 1:00 PM Sheepshead	8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 1:30 PM Scrabble																																																																																				
30	31	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid #ccc; padding: 5px; width: 45%;"> <p style="text-align: center; font-size: small;">Nov 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>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> </tbody> </table> </div> <div style="border: 1px solid #ccc; padding: 5px; width: 45%;"> <p style="text-align: center; font-size: small;">Jan 2020</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>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</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		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	
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