



# Prime Time News

## February 2020

Fitchburg Senior Center  
Volume XV Issue 2

### Look Ahead



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Trips Trips Trips P.3

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Legacy Fund—Back Page

History of Ice Harvesting  
Madison Lakes, coming  
in April.

Norwegian Dancers  
March 4 at 10:30 a.m.

**Bird Watching Club**  
Special presenter from  
Wild Birds Unlimited.  
See page 5.  
**Beer Gallery!**  
See page 5.

### Valentine's W/ Virgil

Join us on Friday, February 14 for a wonderful lunch, and music by Virgil Grenia. Virgil has promised to pull out all the romantic classics! Our special meal for the day includes: baked chicken, mashed potatoes and gravy finishing things off with cherry pie. Call 270-4290.

### Elderberry Syrup—Wellness Workshop

Come join Lela McGee on Thursday, February 6 from 2:00-4:00 p.m. This interactive workshop you will walk away with: 10oz bottle of elderberry syrup, roller bottle of an essential oil immunity blend, and all-natural plant-based, non-toxic cleaner. Cost: \$20. Call 270-4290 to register.

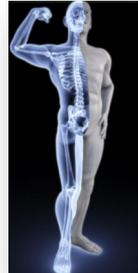


### Boost Your Bones - Round Two!

Join us for another session of Boost Your Bones! This class focuses on building and/or maintaining your bone density, as well as improving balance, flexibility and muscle strength. Mats and weights provided. Class is great for beginners and regular exercisers.

**Tuesdays & Thursdays from 4:30-5:30 p.m.**  
**February 4 - March 12**

Cost \$60. Scholarships available upon request.  
Call 270-4290 to register today!



### AARP Tax Help

For those who could benefit from FREE, simple tax return help, this program is for you! The following dates run with 45-minute slots, so your taxes must be straightforward.

Bring all paperwork to this appointment!

Fri.—February 7 Fri.—February 21 Fri.—March 20 Fri.—April 3  
Fri. April 10.

Call 270-4290 for your 45-minute appointment.





## 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.

### Madison College Class Offerings

It has been many years since the Senior Center offered classes through MATC. That comes to an end this year! Here is a listing of upcoming classes. Please use this web link and enter the # of the course to see details and to register.

Use this link: <https://madisoncollege.edu/ce> then enter # for class.

Fundamentals of Drawing #64275 / Spanish 1 #64260 / Creative Writing: Memoirs #64262 / Global Religions #64421 / Genealogy Introduction #64335 / Genealogy Intermediate #64336



## Learning Annex 2.0- Chef Dave Heide

Join us for another great year of guests at the Learning Annex 2.0. In partnership with FACTv, we welcome local Chef Dave Heide. Dave is the owner & executive chef for Lilianas Restaurant in Fitchburg, & Charlie's On Main in Oregon. Along with running his two businesses, Chef Dave has launched a new restaurant concept called Little John's. Come learn about Dave's journey to help others through food with Little John's on Wednesday, February 26 at 1:00 p.m. at the Fitchburg Senior Center.



## Tech Toys

### With The Fitchburg Library

Ever wonder what all the kids are playing with in the world of tech toys? Now is your chance to try some fun techy toys at the Senior Center. Join librarian Kristin Garvey and staff on Thursday, February 6 and 13 at 11:00 a.m. No sign-up required.

# Support, Wellness & Resources

## Caregiver Support

If you are caring for a loved one with dementia, you are not alone. Thursday, Feb. 13 at 10:00 a.m.

## Wellness Checks W/ The Nurse

Thursdays 10:30 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



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5440 Caddis Bend, Fitchburg, WI, 608-270-9200  
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# Travel!

## Day Trip: The Secret To My Success

Wednesday, March 18, 2020

Enjoy an entertaining day at the Paramount Theatre in Aurora, IL with *The Secret to My Success*. Is success money? A powerful job? A happy marriage? Join us for the world premier of this hilarious, heartfelt new musical based on the Universal Pictures film.

The featured menu: Garden salad, rolls, baked ham, mashed potatoes and gravy, green beans and dessert.

Departing the Fitchburg Senior Center at 7:00 a.m. and returning at 8:45 p.m.

For questions, please contact Sharon Trimborn at 608-271-9077. Sign up by calling Badger Bus at 800-416-2049.

# Book Sale

The Friends of Fitchburg Library Used Book Sale will be held Friday, February 21, from 12:00–5:00 p.m. and Saturday, February 22, from 10:00 a.m.–4:00 p.m. at the Fitchburg Public Library, 5530 Lacy Road. There will be a wide variety of fiction, nonfiction, mystery, children’s books, and much more at low prices. Proceeds support the Fitchburg Public Library.

**DID YOU KNOW?**  
 The Fitchburg Senior Center has had a travel program for 20 years !  
 Our first tour was to Florida in March, 2000.  
**JOIN US IN 2020!**

GREECE in May  
 Athens, Mykonos, & Santorini

WESTERN CANADA in July  
 Vancouver, Victoria, & Whistler

NEW ENGLAND & CAPE COD in October  
 Boston, Cape Cod, Newport,  
 Backroads of Vermont

AND - 2021  
 COSTA RICA in February  
 Volcanoes, monkeys, & birds  
 Brochures at Fitchburg Senior Center  
 Fitchburg Senior Center Friends  
 Questions? Call Kathy S. 608-274-2768

## Complimentary investment review.



**Stephanie Blankenheim**  
 Financial Advisor  
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# ★ Groups ★

## REACH Book Club

REACH Book Club will meet on Thursday, February 13, 2020 at 1:30 p.m. at the Fitchburg Senior Center. We will discuss the book, *The Nightingale* by Kristin Hannah. It is the story of two sisters, and the circumstances that envelop them during World War II and the German invasion of France. Although they appear to be poles apart in their views, they have one thing in common, courage on a grand scale that overcomes and surpasses all their differences. Separately they make a stand against the invaders of their homeland, never losing sight of their desire for freedom even when it means their personal sacrifice.

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, February 11 at 2:00 p.m.**

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



## Active Women's Group

**Tuesday, February 25 at 2:00 p.m.**

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



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

# Eats ★

## The I Love a Mystery Book Club

The I Love a Mystery Book Club will meet on Thursday, February 27, 2020 at the Fitchburg Senior Center at 1:30 p.m. We will be discussing the book *A Carrion Death* by Michael Stanley. In the aftermath of the murder of an anonymous victim, assistant superintendent David Bengu begins his career in Botswana, where his convivial passions and determined methods earn him a local nickname that likens him to a hippopotamus.

## Couples Dinner Group

For more information contact  
Bob at [robert.rottman@gmail.com](mailto:robert.rottman@gmail.com)



## Women's Breakfast

**Women's Breakfast at The Egg and I on the second Monday of every month at 9:00 a.m.**

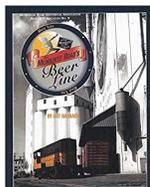
Those who would like to join should e-mail Beth Wick at [tebewick@charter.net](mailto:tebewick@charter.net) or call

608-467-3131 .



## Birding Club

The Birding Club will be meeting Thursday, February 20 at 1:00 p.m.  
 Topic: Optics—binoculars and scopes. Special speaker from Wild Birds Unlimited. This group is open to all. Join us!



### Milwaukee Beer Line Gallery

Since statehood, beer has played an integral role in the growth of Wisconsin industry, while bringing Milwaukee national fame. What might be less obvious, but no less important, was the profound role that rail transportation played in this story. To shine a light on both, the Center for Railroad Photography & Art curated the touring exhibition *Milwaukee's Beer Line*, which narrates the rise, fall, and rise again of Milwaukee's beer industry through the eyes of the Milwaukee Road's Beer Line.

Photographs from the show come from the Center's Wallace W. Abbey Collection. During the 1950s, Abbey was an associate editor for *Trains* magazine, the nation's foremost railroad magazine. With offices located in downtown Milwaukee, the Beer Line became a natural subject of interest. Come view at the Senior Center starting February 4 through March.

### FoodWise Nutrition—Feb. 5



Lytonia with U.W. Extension will be talking about all-star snacks on Wednesday, Feb. 5 at 11:30 a.m. Join us!

### 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!

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## 2020 Voting

Spring Primary Election – Tuesday, Feb. 18  
 Spring Election & Presidential Primary –  
 Tuesday, Apr. 7  
 Fall Primary Election – Tuesday, Aug. 11  
 Presidential Election – Tuesday, Nov. 3

## Refuse Tags Update



Starting in January 2020, physical refuse tags are no longer sold to residents by the City of Fitchburg. Instead, residents should call Pellitteri Waste Systems to pay for additional refuse bags over the phone. Pricing for additional bags will be \$3.50 each for up to a 32-gallon bag. This bag should not weigh over 50 pounds. You can schedule your extra refuse bags by calling 608-257-4285 any time before 4:00 p.m. on the weekday preceding the next collection day.

# 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.
- Cribbage—Mondays @ 11:00 a.m.



### Chinese Mahjong

Back in Mar. 2020.

### \$10 Blackout Bingo!! Feb. 13



Game begins promptly at 12:30 p.m.



### Movie Day—The Irishman

Friday, February 28 at 12:40 p.m.

### Bird Watching



The group will meet the 3<sup>rd</sup> 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.

**YES!!**

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



Mondays and Wednesdays. 8:30 a.m. (class full) & 9:45 a.m. (new students must join the 9:45 a.m. class); Fridays at 8:30 a.m. Class focuses on cardio, strength, and flexibility.  
Cost is \$25 per month.



## Tai Chi Thursdays

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



## Functional Fitness

Monday, Wednesday and Friday from  
11:15-11:45 a.m. Class is chair-based and focuses on strength, range of motion and balance.  
Cost is \$15 per month.

## Yoga W/ Kurt



Spring Sessions Coming in March!  
Call 270-4290. Payment due upon sign-up.

## Easy Yoga Plus



Register for the full seven-week series starting February 18. The teacher, Ellen Millar, is a graduate of Duke Integrative Medicine Yoga for Seniors Master Class.

Tuesdays at 10:00 a.m. (Feb. 18–Mar. 31)  
Cost: \$70 Call 270-4290 to register.

## Indoor Pickle Ball

Every Tuesday. 8:30 a.m. to 3:30 p.m. Tuesday is encouraged for those fluid with the game.  
Mondays (when available) 12:30-3:30 p.m. is set aside for beginners only.

Wed/Thurs/Fri—when room is available.

*To get updates you must get on the email list.  
Contact David at david.hill@fitchburgwi.gov*



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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**  
**February 21**  
The cost of this clinic is \$30. Please call 270-4290 to schedule an appointment.

**Blood Pressure**  
Offered during the "Wellness Check" hours:  
10:00 a.m.—12:00 p.m.  
No appt. needed.  
**Every Thursday.**



**Massage Therapy**  
**June Newman**  
LMT,NCTMB.  
Mon./Thurs.  
Afternoons

**Massage/ Reflexology**  
**Gregory Newman**  
LMT,NCTMB.  
Wed. Afternoons

**Massage**  
**Denny Ginko**  
Call for dates/times

**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.

**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.

**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!**



## The Fitchburg Senior Center Friends

The Friends of the Senior Center provided \$650 for special needs. The date for the Pancake Breakfast is April 26 from 8:00 a.m. to 12:00 p.m. We are looking for volunteers.

### 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.



### 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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## Weekly Cable Cutting Tip

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5510 East Lacy Road  
Fitchburg, WI 53711  
608-270-4290

[www.fitchburgwi.gov](http://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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Association of Senior Centers



For general questions, email us at:  
[FitchburgSeniorCenter@fitchburgwi.gov](mailto:FitchburgSeniorCenter@fitchburgwi.gov)

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



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**Thad Schumacher, PharmD**  
[tschumacher@fitchburgfamilyrx.com](mailto:tschumacher@fitchburgfamilyrx.com)

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

Hours:  
9am-6pm, Mon-Fri  
9am-1pm, Sat

# February 2020

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Enchilada Casserole Spanish Rice Pinto Beans Spiced Applesauce Vanilla Pudding MO- Bean burrito NCS - SF Pudding	*Brat on a bun Stewed Tomatoes Green Beans Mandarin Oranges Apple MO - Veggie Dog NCS - Spiced Apple	Chicken Strips BBQ Sauce Brussel Sprouts Coleslaw Dinner Roll Fruit Cup Cake MO-Bean Burger NCS - SF Cookies	Tuna Casserole Roasted Baby Carrots Pickled beets Banana Lime Sherbet MO- Mac& Cheese NCS - SF Ice Cream	Roasted Turkey in Gravy w/Rice Pilaf Creamed Corn Cranberry Sauce Fruit cocktail Brownie w/ Frosting MO - Veg Chicken NCS - SF Pudding
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Taco Pasta Casserole Broccoli Cauliflower Pineapple Peach Crisp MO - Red Beans & Rice NCS - Spiced Peaches	Chicken Sandwich On WW Bun Lettuce/Tomato/Mayo Cheesy Potatoes 4 Bean Salad Fruit cup Brownie MO - Garden Burger NCS - SF Cookies	Tuna Salad Sandwich Tomato soup Peaches/Pears Blueberry Pound Cake MO - Egg Salad NCS - Apple	*Meatballs in Gravy Mashed potatoes California Blend Tropical Fruit Dinner Roll Ice Cream MO - Veg Meatballs NCS - SF Ice Cream	Baked Chicken Mashed Potatoes Gravy Coleslaw Dinner Roll Mandarin Oranges Cherry Pie MO- Grain Burger NCS - Spice Apples
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Sloppy Joe On WW Bun Kidney Bean Salad Mixed Vegetable Pears Orange juice Cookie MO - Chickpea Joe NCS - SF Cookies	Lemon Baked Fish Baked Potato Sour Cream Fruit Cup WW Bread Cake MO - Tomato & Cheese Sandwich NCS - SF Cookies	Meat Sauce Spaghetti Noodles Wax beans Mixed Green Salad Dressing Peaches Brownie MO- W/ Marinara NCS - SF Jello	Honey Baked Chicken Broccoli Yams Dinner Roll/Butter Applesauce Sugar Cookie MO - Veg Wrap NCS - Peaches	*Italian Sausage On Bun Roasted Potatoes Stewed Tomatoes Banana Ice Cream MO - Veg Dog NCS - SF Pudding
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
*BBQ Pulled Pork On a WW Bun Carrot Coins Creamy Coleslaw Applesauce Pudding MO -Veg Chicken NCS - SF Pudding	Chili Baked Potato/Sour Cream Tropical Fruit Cornbread Lemon Bar MO - Veg Chili NCS - Pineapple	Fish Sandwich on Bun w/Cheese Peas and Carrots Coleslaw Mandarin Oranges Cookie Bar MO - Veg Burger NCS - Apple	Chicken Stew WW Dinner Roll/Butter Broccoli Banana Cake MO - Veggie Stew NCS - SF Cookie	Beef Pot Pie w/Biscuit Top Creamed Spinach Apple Juice. Strawberry Jello MO- Veg Meatballs NCS - SF Jello

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.*

*No substitutions allowed. MO = meatless option*

## Salad Option Fridays

(Salads are dine-in only)

7<sup>th</sup> - Tuna

14<sup>th</sup> - 7 Layer

21<sup>st</sup> - Chicken Cranberry Cordon Bleu

28<sup>th</sup> - Chicken Taco Salad



Senior Dining



Fellowship, Food & Fun



# FEBRUARY 2020

## SENIOR CENTER ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
8:30 AM Aerobics 9:00 AM Yam Group 9:45 AM Aerobics 10:00 AM Bridge 11:15 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	8:30 AM Aerobics 9:45 AM Aerobics 10:45 AM Library Shuttle 11:15 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 11:15 AM F-Fitness <b><u>11:15 AM Shop-Pick N Save</u></b> 1:30 PM Scrabble
10	11	12	13	14
8:30 AM Aerobics 9:00 AM Yam Group 9:45 AM Aerobics 10:00 AM Bridge 11:15 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 <b><u>12:45 PM 500</u></b> 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 11:15 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 11:15 AM F-Fitness <b><u>11:45 AM Valentines w/Virgil</u></b> 1:30 PM Scrabble
17	18	19	20	21
8:30 AM Aerobics 9:00 AM Yam Group 9:45 AM Aerobics 10:00 AM Bridge 11:15 AM F-Fitness 1:00 PM Open Art	8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Shop-South Town 11:00 AM Indoor Walking 12:45 PM Euchre	8:30 AM Aerobics 9:45 AM Aerobics 10:45 AM Library Shuttle 11:15 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 11:00 AM Indoor Walking 12:30 PM Bingo!! <b><u>1:00 PM Bird Watching Group</u></b> 1:00 PM Sheepshead	8:30 AM Aerobics 9:00 AM Ping Pong 11:15 AM F-Fitness <b><u>11:15 AM Shop-Pick N Save</u></b> 1:30 PM Scrabble Diabetic Footcare
24	25	26	27	28
8:30 AM Aerobics <b><u>9:00 AM Footcare</u></b> 9:00 AM Yam Group 9:45 AM Aerobics 10:00 AM Bridge 11:15 AM F-Fitness 1:00 PM Dominos	8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Hookers 10:00 AM Shop-Target/HyVee/Aldis 11:00 AM Indoor Walking <b><u>12:45 PM 500</u></b> 2:00 PM Women's Group 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 11:15 AM F-Fitness 1:00 PM Bunko	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 1:30 PM Mystery Book Club	8:30 AM Aerobics 9:00 AM Ping Pong 11:15 AM F-Fitness 12:40 PM Movie Day 1:30 PM Scrabble

Jan 2020

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		

Mar 2020

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