

SUMMARY  
MEN'S GROUP MEETING  
DECEMBER 9,2025

The meeting started with looking at the newsletter. Giving tree - requests go quickly. Forensic presentation in January looks very interesting. Predict a full house for it . No registration needed.

Talked a lot about affordability issues. Sad that so many people are living day by day in need. Good to see how generous folks in the area are.

Our director, Jill, has new responsibilities. Besides the senior center, she wil now be in charge of recreation.

Roger showed us a book about setting goals for health. He talked about diligent tracking of progress daily. We talked about some of our health goals. With focus on heath issues, our menus have changed over the years, eating healthier foods and reducing portion sizes. Eating out is a challenge. Bruce mentioned how much he likes Ginos over by Home Depot.

Madisons health care is really great. One of the reasons many of the guys moved here. All three systems were considered great.

It was decided that current events was too depressing so we skipped that.

World Cup is in the USA. Many venues across the country. Gerhard knew quite a bit about the teams and stars.

10 years ago we spent two meetings on Prostate issues. With all the new guys that have joined our group since then, Is it time to revisit this topic? Jim will check to see if he can get his Urinologist to talk to us.

SUMMARY  
MEN'S GROUP MEETING  
11/11/25

We started out the meeting by having some Thanksgiving Fun.

We broke up into four groups for the activity.

First we were challenged on some facts about the first Thanksgiving

Next we needed to get our turkey for the dinner. Tossing pickle balls across the room at a cardboard turkey.

Then Wisconsin's cranberries were the topic.

Seeing how many cranberries we could get on a spoon crossing the room was the next activity.

We of course needed some vegetables for our feast, so we dropped carrots from the top of a ladder into a kettle.

Pumpkin pie is a tradition for this meal, so our challenge was to balance pumpkin candies on the top of an inverted glass.

After getting all the parts of the dinner we just needed to set the table. The goal was to set the table as a formal setting.

Nov 11 is Veterans Day.

We talked about the senior center celebration, and VD celebrations at other locations. Then the guys shared things they remember as a veteran.

Open discussion followed.

SUMMARY  
MEN'S GROUP MEETING  
OCTOBER 14, 2025

Due to the recent rains, the annual corn maze was switched to Thursday.

Jim shared his recent trip to Sequoia National Park, Kings Canyon National park, Yosemite National Park, and Death Valley National Park.

Dan told of his diving trip to Barbuda Island in the Caribbean Sea.

A trip to Georgia and Armenia was Jim S's most recent excursion.

Paul reported on his experience in Michigan's Keweenaw Peninsula

Roger talked about his trip with his son to the Colorado Plateau. Bryce, Capitol Reef, and the Powel Museum.

Going to nearby farms for fall festivals, pumpkins, bands food, mazes, and general fun was Eric's fun.

Bruce shared his daughter's experience in Quebec City. It was his honeymoon site.

General discussion:

Lays potato chips are changing their packaging as 42% of folks don't know they come from potatoes

90 year old joke by Jim

Brewers game

UW football

Tiny Car Museum in Mazo

RR museums

WWII plane museum

SUMMARY

MENS GROUP MEETING

SEPT 9, 2025

Tracy Foss, assistant director of public works, and Chelsea Wilson, utilities project engineer, gave a very informative presentation on the Fitchburg water system.

They talked about where our water comes from, how it's treated, and how the system works.

Some notable takeaways

1. Our aquifer is the second one down (400-1,000 feet down and is below four states. It's a sandstone aquifer.
2. There are no lead pipes in the system
3. Treated at the well site with Chlorine, Fluorine, and Polyphosphates (for iron precipitate)
4. Water tested for 3/32 different kinds of PFAS 2 consecutive quarters every 3 years. Nothing to worry about as only trace amounts found.

SUMMARY  
MENS GROUP MEETING  
JULY 8, 2025

1. Recommended all to attend the July 21st meeting at the FSC regarding :

“ Housing “ in Fitchburg. Starts at 12:30 in the Senior Center cafeteria. Talked about current options in the area.

2. Discussed openings on the Fitchburg Senior Center Friends board. 4 current or former board members talked about their experiences on the board and how fulfilling it was for them. Talked about time commitment and how to apply to be a member.

3. During open agenda, the following were discussed:

A. Texas flooding

B. Mississippi flooding

C. Florida flooding

D. Asheville N.C. Flooding

E. Problems with Insurance Companies paying.

F. Autonomous trucks and cars on the road. Autonomous taxis in Texas and California.

G. Madison area buses and services

H. Fitchburg Family Pharmacy's new clinic

I. Mosquitoes and other bug infestations

J. Paying college athletes. How it is affecting fan loyalty.

## SUMMARY

### MEN'S GROUP MEETING

JUNE 10TH, 2025

We had a relaxed low-key discussion for our June meeting. Started with a good joke and then proceeded to discuss items in the agenda.

### QUIRKY THINGS

1. Snowshoe baseball (Summer)
2. Cockatoo turning on the water at public drinking fountains.
3. Donkey basketball
4. Beef-o-rama - Monaquia
5. Texas: Free 72 ounce steak if you can eat it all in an hour.
6. Chicago HotDog festival
7. Mustard Museum
8. Trollway in Mt. Horeb
9. Hole in the Chicago River- flooded the subbasements under the Loop
10. Spam Museum in Minnesota
11. Cow Chip Throwing

### WHAT MADE YOUR DAY BRIGHTER

1. Great cancer report
2. Bird watching
3. Bike group : Good Samaritan fixed his popped tire
4. Homemade smoked ribs

5. Tony Awards: "Hamilton" presentation

## WHAT CAN YOU DO TO BRIGHTEN THE DAY

1. Contact someone you haven't spoken to for a while.
2. Random texting a picture from long ago
3. Take someone out to lunch
4. Not singing at church
5. Have a "Brothers" outing

All in all it was a fun, relaxing meeting

## SUMMARY

### MEN'SGROUP MEETING

APRIL 8, 2025

We had a large crowd of 20 guys at the meeting to discuss the timely topic of the ECONOMY. So many things involved in what affects it.

We talked about the country's income and expenses, the national debt, balance of trade, etc.

Tariffs was the major discussion point. Lots of varying opinions. Some guys think this is a good thing while others thought they are a terrible idea. Some felt we will be seeing a

positive effect in about a month, and others said it would be 10 years before any positive results.

Talked about tariffs bringing manufacturing back to the USA. Guys expressed their ideas about when and how that would happen. Unemployment and how tariffs would affect it was scrutinized. The thought that "Why impose tariffs?" We had a great economy in January. "If it ain't broke, why fix it?"

Effects of the tariffs on the common citizen- Increased prices. Example cited- iPhone right now \$900. After tariffs \$3,400 Speculate that food, clothing, housing, electronics, energy would all go up.

Guys agreed that everything is in turmoil and nobody knows what is going to happen. Stock market is going berzerk.

We'll see what happens before our next meeting.

## SUMMARY

### MEN'S GROUP MEETING

MARCH 11, 2025

We welcomed another new guy to the group Eric Jazdzewski

We went over the highlights of the newsletter

According to Madison, there are 135 things that make a  
"Supper Club"

There was a TV spot on an older guy in Minnesota who makes  
large models of historic and famous buildings out of  
toothpicks. They showed some of his work such as the State  
capitol building in Minneapolis.

We shared a lot of things we have tried in the past and may  
want to try in the future. Trying new things is GREAT for the  
brain

### HOBBIES

making carved walking sticks

building "Ships -in-a-bottle"

woodworking

stained glass

building, flying, and competing with kites

old stereo systems

### COLLECTIONS

coins

beer

LPs

magazines

guns

stamps

## ACTIVITIES

cards

kites

woodcarving

model building

birding

Great Lakes sailing

fishing

gardening

golf

biking

cooking

snowmobiling

photography

pickleball

## GOALS

visit all 7 continents

bike 1000 miles

visit all State, National Parks

## MUSICAL INSTRUMENTS

uke

guitar

harmonica

piano

baritone

washboard

## CLASSES

In search for the perfect pint

ballroom dancing

fly fishing

PLATO

Discovery center

## SUMMARY

### MEN'S GROUP MEETING

FEB 12, 2025

Jerry K. told us all about his trip to Easter Islands, and Antarctica. He had plenty of pictures for us to view. We learned a lot about both areas. Weather was nice as it is summer down there.

Saw lots of penguins and wildlife. Apparently, penguin poop is really stinky. He even went down in a small submarine to see underwater life.

Next we talked about some of our favorite restaurants by category.

#### STEAKS

Ishnala  
Texas Roadhouse  
Tempest  
Johnies  
Delaneys  
Toby's

#### SEAFOOD

North and South  
Seafood store (Whitney)  
Cafe Hollander  
Bonfyre  
Sardines

#### BURGERS

Culvers  
Badger Tap

#### PIZZA

Sugar River Pizza  
Rockies

#### BBQ

Texas Roadhouse  
Smoky Joes

#### WINGS

Great Dane  
Buffalo Wild Wings

#### CHINESE

Pod Thai  
Imperial Garden  
Chang Jiang

#### MEXICAN

Tapatios  
Compadres (Middleton)  
La Mestiza (Odana)

#### INDIAN

Djaba  
Curry-in-a -box

#### GERMAN

Essenhaus  
Swiss Hotel (New Glarus)  
Dorfhouse  
Maders(Miwaukee)  
Convention Grill(Edina)

#### ITALIAN

Italian Workmans Club  
Benvenutos  
Biaggis  
Barbar Carolinis  
Lombardios  
Nonos

#### IRISH

Erins Snug Irish Pub

#### GREEK

Parkway

#### VEGAN

Poke Poke

#### OTHER

Mishqi (Peruvian)  
Amar Peru  
Hubbard Street Diner  
Sophies  
Green Acres (Sauk City)

We were all ready for dinner by the time we finished this list

Valentines Day coming. No one does anything for it. Chocolatiers mentioned: Candinas, Chocolate Caper, Gail Ambrosius

Talked about SuperBowl ads and halftime show. Nobody seemed to know the lead entertainer.

## SUMMARY

JAN 14

### MEN'S GROUP MEETING

We started off the meeting with lots of great jokes.

Then we shared holiday experiences

New Years Resolutions were discussed

Jim went over "24 things that made the world better in 2024" per Wired

Bird flu was quite a topic. Half of the US poultry population has been lost. Mutations allowing spread to other animals and people.

Climatologists report on the North Atlantic Current: Slowing down. Effecting the Gulf Stream which helps to warm Europe. Warning of a possible "Ice Age" impending for Europe.

Greenland and Panama made for an interesting discussion. Why do we want to take over these? Military and economic security. Greenland is 80% covered by glaciers. Worried about China owning the ports around the Panama Canal

The LA fires were a concern for many. Some guys have relatives in the area, but fortunately none have lost their homes. Santa Anna winds are the big problem.

New York has introduced a "Congestion Fee" for lower Manhattan. Good things and bad. Some of the guys have relatives there. How it effects them. Many major cities in Europe are doing it too. If it proves effective in NYC, may spread to other major cities in US, like Chicago.

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## FITCHBURG MEN'S GROUP MEETING

### DEC 10 SUMMARY

Again, we welcomed 2 more new guys to the group -- Rick VandenHeavel and Bob Alt.

Jim started off the meeting with an amusing joke.

Items from the newsletter were discussed

Friends gave a report

Jim brought up the idea of the Men's Group building a Trebuchet and then, after Halloween, having folks bring their used pumpkins to the senior center where we would launch them with the trebuchet into the field.

Talked about going down Monroe St. to see the 100 - 20 ft high Santas set up by the homes there.

Discussed a little about Christmas traditions

Notre Dame Cathedral has reopened. Some guys have been there. Amazed by how much better it looks after being cleaned up for the reopening

Joe has been in Canada for the last 5 months. Was in the Georgian Bay area. NHL legend Bobby Orr lived in the area he stayed in.

CEO killing United Health Care problems. Talked about insurance issues

AI and how it works for health programs. Talked about Epic and Promega

HAPPY HOLIDAYS 🎄

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## **MEN'S GROUP MEETING**

**NOV 12**

We welcomed 2 new guys to the group: Mike Christopher and Lee Olson.

It was the day after Veterans Day, we talked about the ceremony held by Fitchburg. Then Jim talked about his recent "Honors Flight" to D.C. Quite an impressive experience. General discussion ensued about other members who served in the military.

Dan talked about his recent diving trip to the Bahamas. He showed a professional video of the trip provided by the company that he went with.

Jim showed his "Walking Stick" collection. He carved a head on one, made a spiral out of one, made one with Egyptian symbols, and one had medals from the National Parks that he has visited.

Suggestion: If you have a collection that you would like to bring to one of our upcoming meetings let us know

General discussion of the recently rejected Fitchburg referendum

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## **SUMMARY**

### **MEN'S GROUP MEETING**

**OCT. 8th, 2024**

Jim started the meeting with a few Halloween jokes.

Reviewed newsletter

Friends report

Talked about the election, referendum, amendment, and the Electoral College.

We have so many new guys in the group, so we broke into groups of four to do a "Getting to know you" activity.

Jim prompted the groups with some topics to share:

Born where? Moved since then?

Good movie or theatre production?

Best trip?

What activities/hobbies do you have?

Favorite food?

Games you play or watch?

What charity or service do you support?

What health concerns do you have?

What is the Fitchburg Senior Center missing?

Is there something that you want to share that has not been mentioned yet?

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## **MEN'S GROUP MEETING**

**SEPT 10, 2024**

We welcomed 2 new guys to the group...Andy G. and Norm S.

We went over items in the FSC Newsletter

Talked about the topics listed below:

Report in WRS newsletter "Wisconsin is #1 in Sr. Health rankings"

Madison Ironman

Dane County airport is open 24/7

Jordan Loves injury

Alabama game vs. UW saturday

The Presidential debate

Movie "Peace by Chocolate" Problems of Syrian family immigrating to Nova Scotia

Problems with immigration

Jerry and Jack reported on "Friends" programs

Corn Maze

Hindu Temple and Cultural Center

COVID is high in Wisconsin. Flight 93 memorial in Pennsylvania

## **SUMMARY**

### **AUGUST 13 MEN'S GROUP MEETING**

Mike Zimmerman -, Economic Development Director for Fitchburg, spoke with the group.

Mike started out telling us about Fitchburg. Population 35,125. AAA bonded, one of only 6 in the state. Average home evaluation \$457,000. Most ethnically diverse in the state 16% Hispanic, 11% Black, 5% Asian. Fastest growing city in the state.

Topics Mike then discussed were:

Police facility

Healthy neighborhoods

Strategic Plan

Teen Center

B-Cycle

Renewable Energy

Post office and High School

Future neighborhoods south of Lacy

Focus on quality of development

Promega expansion

Development on Nobel

Uptown development- UW hospital, Grocery like the one on E Washington

Hartag, science and tech on Haight farm rd.

7 story building on Bowman Plaza site

Performing Arts center on Index

Working on affordable housing

SubZero Global headquarters

New housing and shops west of Wingra quarry

Verona elementary near Kwick Trip on west side

Assisted living/ memory care by Target

Mariott by Staybridge

TID closings leaves \$9.5 for affordable housing development

## SUMMARY

### JULY 9th MEN'S GROUP MEETING

We welcomed two new guys to the Men's Group this month:  
David Meldman and Paul Fieber

Topics discussed:

1. Went over the Senior Center newsletter and covered item of possible interest.
2. Details were shared about the new rehabilitation Hospital at the corner of Fish Hatchery and Nobel
3. 4th of July celebrations and problems
5. NASCAR race in downtown Chicago and other major cities
6. Flooding in the area
7. International Owl enter in Minnesota
8. Merlin App for bird calls
9. TV series - "Franklin"
10. Transportation possibilities in Fitchburg

Next month we will have Mike Zimmerman talking with us about  
Economic development in Fitchburg

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**Mens Group Meeting Notes**

**May 14, 2024**

1. Bob R. passed away on Sunday ,March 4. We passed around a card to send to Barb.

2. Friends report

Pancake breakfast Success, more than 500 people attended

Other Brat Fry lunch is scheduled for Friday, August 16 (not August 11 as I said off the top of my head)

3. Trips

Joe Cassinelli went to Muncie, Indiana to view the eclipse in totality. He passed around some great pictures. Dan also traveled to central Indiana for the viewing and had a great view.

4. FSC newsletter

Zorba

Fun Fridays

Walking group

Patio Party

All mentioned.

5. Results of the City Survey- ( Jill has a link for the presentation )

Mentioned, little comment

6. Sports

UW Men's Basketball loses 7 guys to portal transfer - 3 major players What's going on? Good question, no answers (locally or nationally)

Packer draft

7. College protests about Israel War

No conflicts at the UW graduation

8. Good hiking and/or biking options.

Some discussion, especially regarding access to the trail system.

Adjourned at 3:05, too good a day to be spent indoors.

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## SUMMARY APRIL 9, 2024

Good discussions about the following topics:

1. Dan B recovery is going well
2. Impressions of the solar eclipse
3. Easter traditions
4. Discussed the NCAA championships
5. NIL money and its effects on sports
6. Paoli - restaurant

7. Pancake Breakfast
8. Joe's Bike Rides will start up again in May
9. Electric Vehicles
10. Spring opening of the Sr. center Patio
11. TDS vs. Spectrum
12. SSM medical records hacked. No SSN# involved
13. Property theft - fake titles and illegal mortgage
14. Public transportation plans for Fitchburg

**SUMMARY**

**MEN'S GROUP MEETING**

**MARCH 12**

We welcomed a new member, Craig Johnson. Craig has lived here for 2 years, moving from Arkansas to be closer to grandkids.

Group talked about interesting things in Arkansas like, Razorback submarine, Clinton Museum, and Art Facilities

Jim promoted Roger D's class on living on the brink of everything. Still room to register.

St. Patty's Day music at the FSC

Dan B. is still on the road to recovery. Jim told about his condition after visiting him in end of Feb.

Bruce was happy to tell us how he lost 1100 pounds. He is diabetic and has been taking a new medication that really works well.

More discussion on the new Fitchburg police station and why it failed to pass.

Why doesn't Fitchburg have a post office? Lots of thoughts here.

Sports:

Expansion of Big Ten to 16 teams. Increased travel costs. Lots of other issues too

Caitlyn Clark, Iowa, has set records for scoring and three point shots that break the NBA records.

Lively interplay on cataract surgery

Jim reported on his recent trip to Puerto Rico. Learned a lot about history, culture, traditions, etc.

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## **SUMMARY**

### **MEN'S GROUP MEETING**

**FEB. 13**

Jack gave a report about the upcoming Tours that the senior center is offering

Jerry gave a report from the FSCFriends and that the Pancake Breakfast will be April 21

Talked about the AI newscast put out by Middleton

3D printing of brain cells and implications for treatment of Dementia

Discussed the proposal for a new \$50M police Station in Fitchburg

2 books recommended: "36 hr day "Alzheimers" and "A stroke of Insight"

Discussed dementia and when a caregiver can take over. Some thought if 2 Drs. say the person is incompetent Others say that's not true

Lots of "End of life" decisions and advice. Make sure you have everything in place.