

2024 Program Calendar

Jan 10



Sturdy Peasant's Journeys: Resilience, Renewal, and Inspiration

Charli Fulton, at 67, hiked the 2200-mi Appalachian Trail. Her trail name, Sturdy Peasant, helped her fight pancreatic cancer and start a new life. She will inspire us with tales of her long-distance hikes.

Feb 14



Reviving Mobility: Stem Cell Therapies for Arthritis and Joint Pain

Adam Berge of Amplified Wellness delves into the groundbreaking use of stem cells to boost the body's natural healing potential.

Mar 13



Devil's Lake Rocks!

Join naturalist Sue Johansen-Mayo on a journey through time to learn about the ancient story of creation and destruction that makes Devil's Lake unique.

Apr 10



Portrait of an Artist: The Early Years

Georgia O'Keeffe was influenced by people and places that surrounded her, from Sun Prairie to New York City to Santa Fe. Historian Joe Chase shares her stories.

May 8



Insights on Household Waste Management and Recycling

Join Ben Schulte (City of Fitchburg) and Todd Bollenbach (Pellitteri Waste Management) to learn how you can reduce landfill waste, turn waste into valuable resources, and improve your recycling habits.

Jun 12



Ready, Set, Rehab: Physical Therapy Basics

If you've had injuries, nerve problems, or surgery, physical therapy might help. Learn how from Susan Armstrong, owner of Stellar Rehabilitation.

Jul 10



Identity Theft: Am I Protecting Myself from Fraud?

Jamie Hanson, Behavioral Financial Advisor, Akamai Investment Advisors, will help you safeguard your personal information and financial security.

Aug 14



Food Wants vs. Food Needs

Nutrition goes beyond eating; it's fuel for your body and mind. Emily Randerson, FoodWise Nutrition Educator, UW Ext-Dane County, empowers informed choices.

Sep 11



From Grass to Garden

Seasoned Master Gardener Rita Thomas describes her journey to transform her grassy lawn into a natural, welcoming haven for birds, insects, and humans.

Oct 9



Bring Your Skin Back to Life

Melissa Hoefling, Kneaded Relief's Esthetician Manager, will share the secrets to smooth hydrated skin for your face and body. It's never too late.

Nov 13



Be a Crime Prevention Champion

Become a valuable contributor to a safer, more secure community. Lieutenant Ned Hartwick from the Fitchburg Police Department helps you spot and stop potential threats.