Fitchburg Active Women's Group

2027 Presenter Schedule

Jan 13



Agrace and its Groundbreaking Dementia Village

Beth Larson, Chief Development Officer, shares Agrace's vision for one of America's first dementia villages, inspired by an innovative European model that prioritizes independence, dignity, and quality of life for people living with dementia.

Feb 10



Learning to Love the Hyphen: Bangladeshi-American.

Istiaq Mian shares what growing up between two cultures taught him.

Mar 10



Aging Well: What Actually Matters for Staying Strong, Healthy & Independent

Maira Luettinger, DNP, leads a discussion on key factors for healthy aging, such as cardiovascular health, bone and muscle strength, nutrition, exercise, prevention, and daily choices for women's health and independence.

Apr 14



Behind the Scenes at FACTv

Discover how Jeremy Crosby, Community Media Services Manager, and FACTv use community media to keep Fitchburg informed, engaged, and connected.

May 12



Inside the Madison Symphony Orchestra

Join horn player Dafydd Bevil with the Madison Symphony Orchestra for an insider's look at the artistry, stories, and experiences behind the music.

Jun 9



Empower Your Mind

Donna Varen at Absolute Hypnosis guides you in discovering how hypnosis can assist in breaking habits.

Jul 14



Fitchburg Public Library Update

Join Wendy Rawson, Fitchburg Public Library Director, to hear about services the library offers, upcoming projects, and a few book recommendations as well!

Aug 11



What if a Grocery Store Was More Like a Farmers' Market?

Learn how Patrick Randolph created Grandad's Farm Stop on Mineral Point Road with a powerful proposition: giving small farms a new way to reach customers without staffing a farmers' market every week.

Sep 8



Fighting Hunger in Turbulent Times

September is Hunger Action Month, an effort to reduce hunger. Marcia Kasieta, Business Director, Badger Prairie Needs Network, brings it to the local level.

Oct 13



Keeping Memory Healthy

Neuropsychologist Gordon Herz will discuss how memory works—and sometimes doesn't—and how to keep memory healthy and tuned up. He'll share tips and techniques and encourage participant practice.

Nov 10



Demystifying E-Bikes and BCycle Bike Share

Steve Arnold, former Mayor and certified League Cycling Instructor, explains the different types of e-bikes and how to use Fitchburg's BCycle bike share system.