

The Madison Senior Center Promotes Successful Aging

CLASSES & PROGRAMS

- Poetry
 - Painting
 - Yoga
 - French
 - Spanish
 - Writing
 - Dance
 - UW PLATO classes
- ... and many more!

COMPUTER CLASSES

- Basic Use, Word Processing, Computer Accessories
- Internet & Email
- Advanced Internet
- Spreadsheets
- Databases
- Digital Camera

ONGOING PROGRAMS

- Book Club
- Bridge
- Canasta
- Movies
- Piano Music
- Birthday Celebrations
- Attitude Adjustment Sessions
- Intergenerational Projects
- Wednesday Square Dance
- Thursday Dance with Live Band

SENIOR SCHOLARSHIPS
are available to participants who
are unable to afford activities.

HEALTH & SERVICES

- Blood Pressure, Bone Density, Hearing, Cholesterol and Glaucoma Screenings
- Health & Wellness Lectures
 - Flu Shots
 - Toe Nail Clinic
 - Service Manager
 - AARP Tax Assistance
 - SHARE Food Program
 - Open Computer Lab
 - Gentle Exercise

SUPPORT GROUPS

- AA
- Latino
- TOPS

SUBSCRIBE NOW

to the monthly newsletter,
SENIOR MESSENGER,
for \$6 per year.
Call 266-6581 for a
complimentary copy.



Participants feel their quality of life improved by attending the Madison Senior Center.

-- Customer Survey

EVENTS

- Absolutely Antiques
- An Artful Affair
- A Photo Affair
- Book Bites
- Affordable Treasures Sale
- Positive Aging Theatre
- Junior/Senior Prom
- Bicycle Trips
- VFW Band Concert
- Dance Alive
- Celebration of Diversity
- Candidate Forums
- Senior Center Week
- Older Americans Month
- Musical Performances
- Special Event Meals
- Sunday Meals
- Holiday Dinner

NUTRITION SITE

Lunch is offered
Monday - Friday to
people over 60 who
contribute to the
meal cost.

The Madison Senior Center is a City of Madison agency dedicated to serving people over the age of 55. Fundraising, donations and participant fees pay for programs.

Donations to the Madison Senior Center Foundation are welcome and deductible as allowed by law.

VOLUNTEER LEADERSHIP OPPORTUNITIES

- Lead Programs and Activities
- Host Meals and Refreshments
- Serve on Board or Committees
- Work as Front Desk Receptionist
- Plan Special Events
- Serve the Community
- Work with Youth

HOLD YOUR SPECIAL EVENT AT THE MADISON SENIOR CENTER

Space can be rented for fundraisers, weddings, meetings, family reunions, and more!

Senior groups may use space free of charge.

CONTACT US

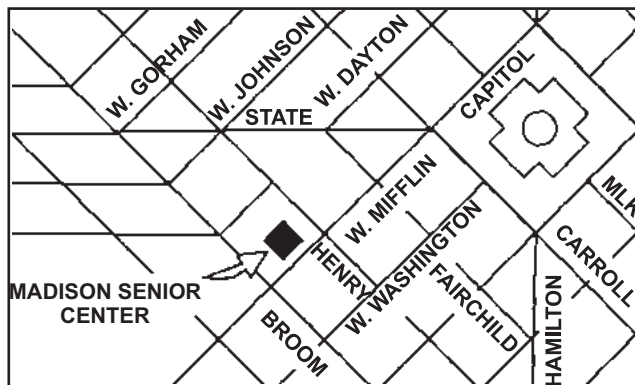
GENERAL INFORMATION 266-6581
 Volunteer Coordinator 267-2344
 Program Coordinator 267-8650
 Rental Coordinator 266-6290
 Fax 267-8684
 TTY 267-8683

Email: seniorcenter@cityofmadison.com

Website: www.madisonseniorcenter.org

VISIT US

- Located 3 blocks from the Capitol Square and 2 blocks from State Street.
- Adjacent to the Overture Center Parking Ramp.



Madison Senior Center
330 West Mifflin Street
Madison, WI 53703
Monday – Friday 8:30 a.m. – 4 p.m.



MADISON SENIOR CENTER

Wisconsin's first nationally accredited senior center!

CREATE		
SOCIALIZE	LEARN	
	ASPIRE	
		DANCE