

Support Us

Contribute Service

There are many volunteer opportunities available: lead activities, host meals or refreshments, serve on board or committees, work as front desk reception, work with youth.



*Tim Otis,
Lead Volunteer,
assists a new
volunteer.*

Contribute Funds

Donations to the Madison Senior Center Foundation provide quality programs and are tax deductible!



Newsletter

Stay updated on our programs and activities! Subscribe to our monthly Center Messenger newsletter for \$6 per year. Call 266-6581 for a complimentary copy.

Contact Us

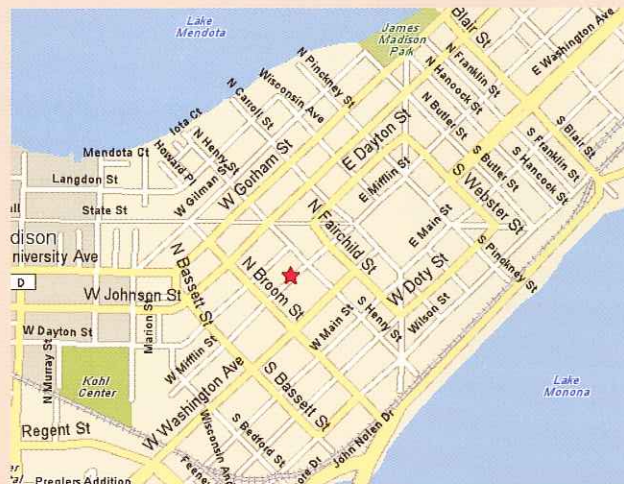
General Information	266-6581
Volunteer Coordinator	267-2344
Program Coordinator	267-8650
Rental Coordinator	266-6290
Nutrition Site	266-6416
Fax	267-8684
Textnet	1-866-704-2340



Open
Monday - Friday
8:30 am - 4 pm

Location

Located 3 blocks from the Capitol, 2 blocks from State Street, adjacent to the Overture Center Parking Ramp.



**330 W. Mifflin St.
Madison, WI 53703**



Madison Senior Center



*in the heart
of Madison*

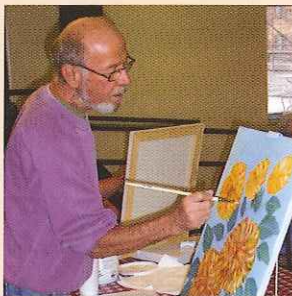
**Wisconsin's first nationally
accredited senior center!**

The Madison Senior Center Promotes Successful Aging!

MIND

Stimulate your mind! Choose from our wide variety of classes...

Computer
Camera
Internet & Email
Language
Brain Fitness
Book Bite Series
Poetry
Art
and many more!



BODY

Take care of your body by taking part in our activities...

Zumba
Ping Pong
Flu Shots
Gentle Exercise
Weekly Dance
Foot Care Clinic
Nutrition Education
Cholesterol Screening
Blood Pressure Screening
Health & Wellness Lectures
and many more!



SPIRIT

Rejuvenate your spirit by socializing and making new friends! Participate in intergenerational activities and attitude adjustment sessions. Play pool or bridge. Receive support from ongoing Latino, TOPS and AA groups.

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

Customer Survey



SPECIAL EVENTS

Many events happen annually including Festival of Wreaths, Classic English Tea, An Artful Affair, A Photo Affair, Celebration of Diversity, Musical Performances, Sunday and Special Event Meals, Holiday Dinner, and the Junior/Senior Prom.



Enjoy lunch at our Nutrition Site Monday - Friday. People over 60

contribute what they can afford toward meal costs.

SCHOLARSHIPS

Senior scholarships are available to participants who are unable to afford activities and qualify under certain guidelines.