

THE Messenger

VOLUME 40, NUMBER 4

APRIL, 2023

Inside this Issue

For Your Information	2
Lifelong Learning	4
Groups, Clubs & Services.....	8
LGBTQ 50+ Alliance.....	9
Program & Activity List	10
Calendar	11
Entertainment - Movies	13
Volunteer View.....	14
Foundation	15
Health & Fitness	16
ePantry	18
Puzzle.....	19

Relevant, Inclusive, Enlightened

Madison Senior Center

330 W. Mifflin Street

Madison, Wisconsin 53703

(608) 266-6581

cityofmadison.com/senior-center



United We Serve

APRIL IS VOLUNTEER APPRECIATION MONTH

The Madison Senior Center is what it is because of dedicated and caring volunteers. They lead the majority of our programs, plan special events, sit on committees and boards, and assist with operations. Almost every day that you come to the Senior Center, you are greeted by a volunteer at our Front Desk.

People have many different reasons for volunteering. Some businesses donate their employees' time as a way of giving back to the community. Often people are very passionate about something they excel at or that is important to them. It gives them joy to be able to share that passion with others in the community.

One thing that volunteers and researchers agree on is that that when you volunteer, you get as much, or more, back as what you put in. In fact, "research shows that people who give back to their communities experience better overall health, greater life satisfaction, fewer hospitalizations, higher self-esteem, and a greater ability to manage their own chronic illnesses. Volunteering can even reduce your risk of high blood pressure, depression, and chronic pain." (Carnegie Mellon University, 2013)

We appreciate our volunteers more than you can know, and want to celebrate you during National Volunteer Week. Thinking about volunteering, but haven't taken the leap? Check out the opportunities on page 14 of the Messenger.

Volunteer Appreciation Pancake Breakfast

FRIDAY, APRIL 21, 9-10:30 AM

Master pancake chef, John Weichelt, will be serving up his top secret pancake recipe along with sausage, fruit and fresh coffee. Reserve your space by Tuesday, April 18, by calling (608) 266-6581 or emailing seniorcenter@cityofmadison.com.



FOR YOUR INFORMATION

Directory

Phone.....(608) 266-6581
FAX.....(608) 267-8684
Website..... madisonseniorcenter.org

SENIOR CENTER STAFF

Community Resources Manager, Yolanda Shelton-Morris
(she, her)

(608) 266-6563, yshelton-morris@cityofmadison.com

Older Adult Program & Outreach Coordinator, Laura Hunt
(she, her)

(608) 267-8650, lhunt@cityofmadison.com

Administrative Services Coordinator, Karen Cator (she, her)
(608) 266-6290, kcator@cityofmadison.com

Volunteer & Resource Coordinator, John Weichelt (he, him)
(608) 267-2344, jweichelt@cityofmadison.com

Facility Operations Assistant, Gary Flesher (he, him)
(608) 267-8651, gflesher@cityofmadison.com

Custodian, Ricky Butler (he, him)
(608) 266-6581, rbutter@cityofmadison.com

*"The Madison Senior Center promotes successful aging."
AA/EOC Employer and Service Provider*

Member of



MISSION STATEMENT

The Madison Senior Center provides opportunities for older adults to engage in healthy living education and activities in a relevant and inclusive community.

OUR VISION

Become known as an inclusive community where older adults thrive.

Program Format & Registration

Programs are offered in person, virtually and hybrid. Watch for the **"VIRTUAL"** after the program time. Classes that are both in person and virtual are referred to as **"Hybrid"**. **Register for the programs**, even if they are free. Most programs require a minimum number. If a program is virtual or hybrid, you will receive the Zoom link in an email after you register. If there is a fee, payment is required at the time of registration. **To register for a program, email seniorcenter@cityofmadison.com or call (608) 267-8651.** **R** = Registration Required. **Purple** text or a purple **S** means the program will be in Spanish.

Scholarship Fund

Scholarships are available to people age 55 and older with annual income less than \$25,760 (one person) or \$34,840 (two people) for programs and events. The application is simple and all information is confidential. Call 267-8650 or email Laura at lhunt@cityofmadison.com.

Public spaces (interior and exterior) at the Madison Senior Center are monitored by staff on video security cameras; participants and visitors may be recorded.

SUBSCRIBE TODAY!

To receive a mailed copy of the monthly newsletter, please send this completed form with an enclosed check (\$10 per year), payable to the Madison Senior Center.

Name _____

Address _____

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Phone _____

Mail to: Madison Senior Center, 330 W. Mifflin St., Madison, WI 53703

FOR YOUR INFORMATION

Aging & Disability Resource Center (ADRC)

ADRC works with older adults, adults with disabilities and caregivers to connect them to community services that help keep them healthy and safe in the community. They provide a friendly, welcoming place where you can get unbiased information about aging or living with a disability. Their contact information is 2865 N. Sherman Ave, Madison, WI 53704; (608) 240-7400 or email ADRC@countyofdane.com.

NewBridge Madison

NewBridge is a not for profit agency that serves adults age 60+. Their phone number is (608) 512-0000 and their website is www.newbridgemadison.org. NewBridge provides programs and services throughout the community: Bridge Buddies - Friendly Callers, Case Management, Diversity & Inclusion Activities, Food Bridge Delivery, Foot Clinics, Home Chore Program, Loan Closet, Representative Payee & Guardianship Service and Classes & Activities. NewBridge case managers have drop-in hours at the Madison Senior Center once a month usually. Check the "Calendar" page for the correct day and time.



Area Agency on Aging

The Area Agency on Aging of Dane County serves individuals age 60 plus and their families in accessing services that will help older adults continue living in their own homes and communities. The amount of assistance provided depends on the needs of the older adult. Examples of community-based services include congregate and home-delivered meals, caregiver support, case management, and help with benefit questions. Contact Information: 2865 N Sherman Ave, Madison, WI 53704; 608-261-2995 or email AAA@countyofdane.com.

Like us on Facebook:

facebook.com/MadisonWISeniorCenter



Health & Safety Precautions

To protect the health and safety of all participants, volunteers, and staff in our building, we ask that all facility visitors agree to the following practices:

- ♥ Follow guidance provided by the CDC and Public Health Madison and Dane County.
- ♥ Stay home if you are sick.
- ♥ Masks are welcome and encouraged (but not required).
- ♥ If you appear sick, you may be asked to leave the building.
- ♥ Wash hands often with soap and water for at least 20 seconds.
- ♥ Take advantage of hand sanitizer stations.
- ♥ Use a tissue to cover a cough or sneeze.
- ♥ Social distance when possible.

NewBridge Nutrition Site

NewBridge Madison operates the Senior Nutrition Site at the Madison Senior Center. Monday – Friday, at 11:30 am, adults age 60+ can enjoy a hot, nutritious meal. Menus and additional information are available at www.newbridgemadison.org/nutrition.



DO I NEED A RESERVATION FOR THE MEAL AND/OR TRANSPORTATION?

Meal and transportation reservations are required. **Reservations & cancelations are due by Noon, two business days in advance.** Contact Candice (608) 512-0000, Ext. 4006.

IS THERE A COST?

If you are age 60 and older, the suggested minimum donation is **\$4.50**. If you are under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost \$15.44.

LIFELONG LEARNING

To register for programs, call (608) 266-6581 or email seniorcenter@cityofmadison.com

Philosophy for Life

WEDNESDAYS, 1-2:30 PM

Why am I here and what am I supposed to do about it? Allow Patrick McCarty, 35-year Professor of Philosophy and Literature, to guide you through a genuine conversation over the things that still strike you with wonder, whether it is the nature of time, consciousness, love, justice, reality, truth, happiness, friendship or science and technology. Each meeting will begin with a handout and a list of topics and questions. We are free to have fun with them, explore, discover, learn and bond with each other at the deep levels of connection that sustained attention reveals. We have all been natural philosophers since childhood, so no expertise or formal experience is required. Please join us! *R*



Exploring Poetry

2ND & 4TH WEDNESDAYS,
11 AM - 12:30 PM

This program is for anyone who enjoys poetry. There will be opportunities to read, recite and write. *Best Words, Best Order* is the title of a collection of essays by the poet Stephen Dobyns which in just those four well-chosen words perfectly describes what a poet aspires to when putting a poem together. Writing poetry is spills and thrills for the beginner and expert, too. There can be countless pitfalls, but sometimes in the writing process something happens—an "ah ha" moment where the poet feels he/she can say or almost say precisely what needs to be said. Exploring Poetry is led by Mark Kraushaar. *R*



Brain Health and Aging

THURSDAY, APRIL 27, 10-11 AM

Have you ever walked into a room and forgot why you are there? Join us to find out what happens to our brains as we get older and learn more about ways to keep our brains healthy. *R*



Presented By: Ellen Taylor, ADRC of Dane County

Brain and Body Fitness

MONDAYS, MAY 8 & 15, 1-3 PM

The Gilmore-Bykovskyi Brain Health Team from UW-Madison is expanding the Brain and Body Fitness Program to the Madison Senior Center. Don't miss the opportunity to benefit from this research-informed program on ways to maintain brain health and engage in brain and physical exercises. *R*

See full description on page 16.

Caregiver Support Group **VIRTUAL**

A caregiver support group is a regular gathering of people who are in a similar situation who meet to give and receive help, advice, friendship, and emotional support. Participants also gain knowledge on local resources and other issues related to their situation. If are interested in learning more about participating, or just have questions, call or email Laura Hunt at (608) 267-8650 or lhunt@cityofmadison.com.

All About Jewelry

MONDAY, APRIL 24, 10-11 AM

This program, presented by Art Fish, includes tips for "repurposing" jewelry you have inherited or no longer wear, trends in colors and designs, and how to choose a piece of jewelry for yourself or someone else. Art Fish is the owner of Prairie Jewelers, and the former sales manager of Goodman's Jewelers. After the program, Fish will be available to answer questions and clean jewelry from audience members. *R*



LIFELONG LEARNING

To register for programs, call (608) 266-6581 or email seniorcenter@cityofmadison.com

Non-Traditional Doll Making & Fabric Art

WEDNESDAYS, 1-4 PM

Express yourself using simple sewing techniques. Local artist, Wendy Fern Hutton, guides you through the process of creating something that speaks to your soul—an animal, a medicine doll or maybe a spirit guide. Use fabrics, beads, feathers, ribbons, or anything else you can think of. *R*

Creative Writing

TUESDAYS, APRIL 11, 18, 25, 9:30-11 AM

Introduction to Creative Writing is a series of three workshops for writers of all levels, genres, and mediums Anna Stover and Heidi Rosenberg will guide participants through creative writing foundations. In these workshops, participants will explore where they draw their inspiration from with exercises designed to turn that inspiration into a piece of writing. Participants will create either a poem or story through brainstorming, drafting, workshopping, and revising. The workshops will include time for teaching, writing, and sharing. *R*



Anna Stover has been writing, reading, and performing stories for as long as she can remember. She decided to make a career out of this, receiving a bachelor's degree in writing directing and performance from the University of York and a master's degree in creative writing from the University of Oxford.

Heidi Rosenberg has been an instructor at Madison College teaching first-year writing, literature, and creative writing courses since 2015, and more recently has become the Coordinator for the Community Writing Center, which is part of Madison College's Writing Center.

Technology & Finance

Computer/Technology Assistance

Basic Technology including smart phone basics, downloading apps, social media, virus protection, and email.

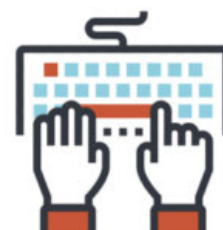
Digital Photography support including photo editing, enhancements, HDR capture, storage, and online gallery presentations.

Website Design including domain registration, website management, and working with web hosting companies.

Share your computer challenges or questions with John Weichelt to schedule an appointment at (608) 267-2344 or jweichelt@cityofmadison.com. Understanding and advancing your use of technology is about your ambitions, not about your age. *R*

Computer Lab

The Computer Lab is open during normal building hours for general use. Volunteers are also available by appointment to provide **BOTH** basic and advanced tutoring, instruction, and tech support. We will find a volunteer who best fits your technology voyage.



LIFELONG LEARNING

10 Things to Know About Aging

WEDNESDAY, APRIL 26, 12 - 1 PM, **VIRTUAL**

Presented by Dr. Alexis Eastman, School of Medicine & Public Health | Department of Medicine, Division of Geriatrics

Join us as Dr. Eastman takes us on a whirlwind tour of the physiology of aging. Learn to identify what is “normal” and what to watch for in the aging process.

Dr. Eastman is a geriatrician at UW, with clinics for primary care, and memory disorder diagnosis associated with the Wisconsin Alzheimer’s Institute. She currently serves as the Director of Clinical Operations for the UW geriatrics clinics, and as the medical director for the Badger Prairie Health Care Center. Additionally, she is actively involved in developing new clinical opportunities for older adults, including pre-operative assessment and other forms of comprehensive geriatrics care. *R*



Registration required to receive the Zoom invite. Registration Link:

https://mononaterrace.zoom.us/webinar/register/3716784001375/WN_NKKy8-J9RGmNbiBeUQCTrQ



David Benjamin

MONDAY, MAY 15, 10-11 AM

Author, David Benjamin, returns to talk about the 4th book in his award winning small town cop series set in Wisconsin.

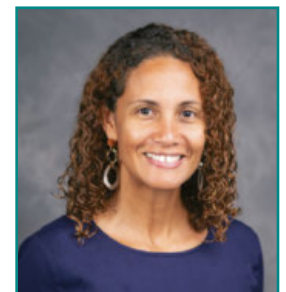


Benjamin, known as a prolific author and found of Last Kid Books, has lived all over the world, creating richly detailed stories. Stop in and find out what goes into writing a memorable Wisconsin whodunit. David Benjamin has won 26 book awards in 10 different genres. *R*

Voices of Color with Host Melvin Hinton

THURSDAY, APRIL 20, 10-11 AM

In April, we welcome Lourdes Shanjani, to Voices of Color. Lourdes is a bicultural public health professional driven by a passion for centering Health Equity and advancing Social Justice. She has been with Public Health Madison & Dane County for almost 3 years, and she has over 15 years of extensive experience working with diverse populations in both the United States and the Dominican Republic. Both her professional and personal journey as an immigrant Afro Latina help her to keep a health and racial equity focus.



Our community is a rich mix of many different cultures. Being an inclusive community means learning about and appreciating our differences. It means unlearning stereotypes and ideas that we may have of one another; some of which are ingrained in the fabric of society. Join us on the third Thursday of each month at 10 am to learn about and meet individuals whose diverse leadership is shaping the future of our community.

A virtual presentation sponsored by the Madison Senior Center. Get your Zoom link by emailing seniorcenter@cityofmadison.com.



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Madison Senior Center, Madison, WI

A 4C 01-1141

GROUPS, CLUBS & SERVICES

To register for programs, call (608) 266-6581 or email seniorcenter@cityofmadison.com

Groups & Clubs

Spanish Conversation

WEDNESDAYS, 1:30-2:30 PM

VIRTUAL (except the first Wednesday of the month)

Do you want to practice your Spanish? Our group meets every week to chat in Spanish. Pop in when you can. There are no attendance requirements. To register email seniorcenter@cityofmadison.com. Once you are registered, you will be sent the Zoom link. All levels welcome. Spanish Conversation meets via Zoom. The first Wednesday of each month meets in person at the Madison Senior Center. *R*

Wii Bowling

MONDAY – FRIDAY,
12:30-2:30 PM



Gather round for some friendly competition. A great way to get a little exercise and meet other people. This is drop-in. New players welcome!

B-I-N-G-O

WEDNESDAYS, 10:15-11:15 AM

Each BINGO card costs 50 cents (maximum of two cards). You can play for the entire hour with that card. If you get a BINGO, then you win \$1. Any remaining money in the kitty at the end goes to the first person(s) to get a “black out.” Each week there will also be a raffle. Participation in the raffle is free. If the Nutrition Site is closed, BINGO will not be held.



Spring Karaoke

TUESDAY, APRIL 18, 10-11:30 AM

Sing along to your favorite songs that remind you of spring and new beginnings.



Services

Nail Salon

MONDAYS, APRIL 10TH & 17TH,

11 AM - 1 PM

Get ready for spring, and enjoy some “me” time, while you visit, get your nails painted and sip tea. Please bring your own polish if want a specific color. We will have red and clear. This is not a full manicure. Trimming, gel/acrylic removal and application not provided. **Call today to schedule your appointment, (608) 266-6581.** *R*



Haircuts

4TH TUESDAY OF THE MONTH,
9 AM - 1 PM | **APPOINTMENT REQUIRED**

MSC will offer FREE haircuts once a month by a licensed cosmetologist. **HAIR MUST BE CLEAN.** Call (608) 266-6581 to schedule an appointment. *R*



Blood Pressure Screening

EVERY OTHER TUESDAY, 11 AM - 12 PM

Keep tabs on your blood pressure. Our volunteer is a trained paramedic, and he would love to have you stop by for a visit.



Downtown Veteran Social

TUESDAYS, 10-11:15 AM

Madison Veteran’s Peer Support Program brings Veterans together to help build comradery and reduce isolation. Come **socialize** with other Veterans, **learn** about what your community has to offer, and **meet** new people. Veterans age 55 and up. Male, female, gender fluid. Socials are open to all Veterans and to their family members and supporters in the community. Registration is not required, and you can come as often or as little as you like. *To learn more contact Rhea Vacha, Local Recovery Coordinator with Madison VAMC Peer Support Program at (608) 256-1901 xx18622.*

LGBTQ 50+ ALLIANCE

The **LGBTQ 50+ Alliance** is sponsored by *OutReach Community Center* and the *Madison Senior Center*. Its purpose is to create a better quality of life for LGBTQ older adults by building partnerships with senior service providers and providing social opportunities. Call (608) 255-8582 for more information or email info@lgbtoutreach.org. You can also check out our website, lgbtq50plusalliance.org.

Gay, Gray & Beyond

2ND & 4TH THURSDAYS, 2-4 PM

Meets at Madison Senior Center

GG&B is a discussion group for those fortunate enough to have arrived, that is, for those who know the obstacles, but also recognize that there have been joys. Those who look beyond the closet. Let's get together consider our individual selves, our unique strengths and the nature of our ever-changing world.

Sponsored by the LGBTQ 50+ Alliance

Queer Faith

2ND & 4TH TUESDAYS, 7-8:30 PM

Meets at OutReach, 2701 Independence Lane

Join us for our drop-in spiritual space welcoming to all across the spiritual spectrum. We will discuss the joy of Queering of faith/philosophy or other topics as they come forward. Vica-Etta, the convener of this space, is a woman, Queer, transgender who believes deeply that the most important truths of any faith or Philosophy is that we are already wonderful and loved. Join for all or part of the 90 minutes.

Outreach Senior Advocate

The OutReach Senior Advocate, Kristi Mason, coordinates educational trainings and workshop with the community in addition to advocating for LGBTQ+ older adults and their wellness. You can reach Kristi at (608) 255-8582 or kristim@outreach.org.



The Sappho Group

A 50+LESBIAN WOMEN'S' SOCIAL GATHERING

3RD WEDNESDAYS, 1:30-3 PM

*Held at the Fitchburg Senior Center,
5510 Lacy Rd, Fitchburg*

This confidential group is open to 50+ lesbian women - out, in, single, partnered, married with all sorts of family definitions and beliefs. The social group will include a chance to talk, meet new people, and connect with old friends. Activities will include outings to gay events, group events we create ourselves, and community building projects. If more information is needed, call (608) 270-4290.

CQ, CQ, CQ

Morse Code: **"for all to join in the conversation"**

1ST & 3RD THURSDAYS, 1-3 PM

Meets at OutReach, 2701 International Lane

"Exploring Spirituality" is now "CQ" (curious queers), same people, time, place, but expanded topics. Members decide topics and provide presentations. Visits to other LGBTQ Groups, free community concerts, museums, nature walks, etc. are encouraged.

Intergenerational Appeal: We'll learn where we are from you, and you can learn how we got there from us.

Sponsored by LGBTQ 50+ Alliance.

Looking Ahead

Is there a program, activity or event that you would like to see? Or maybe a skill that you would like to learn. Maybe you have a skill or a talent you would like to share. Let us know with a quick email to Kristi Mason or Laura Hunt.



OutReach
SOUTH CENTRAL WISCONSIN'S LGBT COMMUNITY CENTER
To promote equality and quality of life for LGBT people.

MADISON CENTER CENTER PROGRAM & ACTIVITY LIST

Programs, activities and times are subject to change. Call (608) 266-6581 to confirm a program or activity.

PROGRAM OR ACTIVITY	DAY & DATE	TIME	COST	LOCATION
10 Things To Know About Aging	Wednesday, April 26	12:00 – 1:00 pm	Free	Virtual
All About Jewelry	Monday, April 24	10:00 – 11:00 am	Free	MSC
Artful Affair	Tuesday, April 25	9:00 am – 3:00 pm	\$20	MSC
Ballroom Basics for Balance	Fridays, 1/27 – 5/12 (16 weeks)	9:30 – 10:45 am	\$95	Virtual
Ballroom Basics for Balance	Fridays 2/3 – 4/21 (12 weeks)	10:00 – 11:30 am	\$75	MPL
BINGO at Nutrition Site	Wednesdays	10:15– 11:15 am	50 cents	MSC
Blood Pressure Screening	E/O Tuesday, 4/4 and 4/18	11:00 am – 12:00 pm	Free	MSC
Brain Health & Aging	Thursday, April 27	10:00 – 11:00 am	Free	MSC
Cardio Dancing	Fridays	9:30 – 10:15 am	Free	MSC
Chair Fit	Fridays	10:15 – 11:00	Free	MSC
Computer Lab	Monday – Friday	8:30 am – 4:00 pm	Free	MSC
Creative Writing	Tuesdays, April 11, 18, 25	9:30 – 11:00 am	Free	MSC
eFood Pantry	Place orders Tuesday 4/18, Pick-up orders Thursday 4/20	10:00 am – 12:00 pm	Free	MSC
Exploring Poetry	2nd & 4th Wednesdays	11:00 am – 12:30 pm	Free	MSC
Food: A Cultural Culinary History	Mondays, February 13 – May 1	1:30 – 3:30 pm	Free	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays	2:00 – 4:00 pm	Free	MSC
Gentle Yoga	Tuesdays	10:00 – 10:45 am	Free	MSC
HasFit Gentle Exercise	Monday – Friday	9:00 – 9:45 am	Free	MSC
Laughing Bodies, Dancing Minds	Tuesdays, March 21- May 9	2:00 – 3:00 pm	Full	MSC
Line Dancing	Thursdays, April 27 and May 4 & 11	1:00 – 2:00 pm	Free	MSC
Meet & Greet	Thursday, April 13	6:00 – 9:00 pm	\$10	Goodman
Movies (titles on page 13)	Tuesdays	12:30 – 3:00 pm	Free	MSC
Nail Salon	Mondays, April 10 & 17	11:00 am – 1:00 pm	Free	MSC
NewBridge Case Manager	Monday, April 10	10:30 – 11:30 am	Free	MSC
Pancake Breakfast for Volunteers	Friday, April 21	9:00 – 10:00 am	Free	MSC
Philosophy	Wednesdays	1:00 – 2:00 pm	Free	MSC
Preschool	Thursday, April 13	9:45 – 11:00 am	Free	MSC
Spanish Conversation	1st Wednesday in Person 4/5	1:30 – 2:30 pm	Free	MSC/Virtual
Spring Karaoke	Tuesday, April 18	10:00 – 11:30 am	Free	MSC
Non-Traditional Doll Making	Wednesdays	1:00 – 4:00 pm	Supplies	MSC
Technology Assistance	By appointment	Varies	Free	MSC
Veterans' Social	Tuesdays	10:00 – 11:00 am	Free	MSC
Voices of Color	Thursday, April 20	10:00 – 11:00 am	Free	Virtual
Wii Bowling	Weekdays	12:30 – 2:30 pm	Free	MSC
Writing Your Life	Thursdays, March 16 – April 20	10:00 – 11:30 am	Free	MSC

APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
KEY  H = Hybrid NB = NewBridge O = Outreach P = PLATO Class V = Virtual					1/2  April 1 April Fool's Day
3 9:00 Gentle Exercise 1:30 Culinary History	4 9:00 Gentle Exercise 10:00 Gentle Yoga 10:00 Veteran Social 11:00 Blood Pressure 12:30 Movie: Uncharted Election Day	5 9:00 Gentle Exercise 10:15 BINGO (NB) 1:00 Doll Making 1:00 Philosophy for Life 1:30 Spanish Conv @ MSC	6 9:00 Gentle Exercise 10:00 Writing Your Life 1:30 The Play's The Thing (P)	7 9:00 Gentle Exercise 9:30 Cardio Dance 9:30 BB4B V 10:00 BB4B @MPL 10:15 Chair Fit 1:00 How Jesus Became God (P)	8/9  April 9 Easter
10 9:00 Gentle Exercise 10:30 NewBridge Case Manager 11:00 Nail Salon 1:30 Culinary History	11 9:00 Gentle Exercise 9:30 Creative Writing 10:00 Gentle Yoga 10:00 Veteran Social 12:30 Movie: Tár	12 9:00 Gentle Exercise 10:15 BINGO (NB) 11:00 Exploring Poetry 1:00 Doll Making 1:00 Philosophy for Life 1:30 Spanish Conv V	13 9:00 Gentle Exercise 9:45 Preschool 10:00 Writing Your Life 1:30 The Play's The Thing (P) 2:00 Gay, Gray & Beyond 6:00 Meet & Greet @ Goodman Center	14 9:00 Gentle Exercise 9:30 Cardio Dance 9:30 BB4B V 10:00 BB4B @MPL 10:15 Chair Fit 1:00 How Jesus Became God (P)	15/16  April 15 National ASL Day
17 9:00 Gentle Exercise 11:00 Nail Salon 1:30 Culinary History	18 9:00 Gentle Exercise 9:30 Creative Writing 10:00 Gentle Yoga 10:00 Veteran Social 10:00 Spring Karaoke 11:00 Blood Pressure 12:30 Movie: The Fabelmans *ePantry Ordering Day	19 9:00 Gentle Exercise 10:15 BINGO (NB) 1:00 Doll Making 1:00 Philosophy for Life 1:30 Spanish Conv V	20 9:00 Gentle Exercise 10:00 ePantry Pick-Up 10:00 Voices of Color 10:00 Writing Your Life 1:30 The Play's the Thing (P)	21 9:00 Pancake Breakfast 9:00 Gentle Exercise 9:30 Cardio Dance 9:30 BB4B V 10:00 BB4B @MPL 10:15 Chair Fit 1:00 How Jesus Became God (P)	22/23  April 22 Earth Day
24 9:00 Gentle Exercise 10:00 All About Jewelry 1:30 Culinary History	25 9:00 Gentle Exercise 9:00 Haircuts 9:30 Creative Writing 10:00 Gentle Yoga 10:00 Veteran Social 12:30 Movie: Aftersun	26 9:00 Gentle Exercise 10:15 BINGO (NB) 11:00 Exploring Poetry 12:00 10 Things to Know About Aging V 1:00 Doll Making 1:00 Philosophy for Life 1:30 Spanish Conv V	27 9:00 Gentle Exercise 10:00 Brain Health 1:00 Line Dancing 1:30 The Play's The Thing (P) 2:00 Gay, Gray, & Beyond	28 9:00 Gentle Exercise 9:30 BB4B V 10:00 BB4B @MPL 1:00 Cardio Dance 1:00 How Jesus Became God (P)	29/30  April 29 National Zipper Day



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ENTERTAINMENT

Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm.

APRIL 4

Uncharted (2022)

Street-smart Nathan Drake is recruited by seasoned treasure hunter Victor “Sully” Sullivan to recover a fortune amassed by Ferdinand Magellan, and lost 500 years ago by the House of Moncada. *Stars: Tom Holland, Mark Wahlberg and Antonio Banderas. Action, Adventure. 1 hour 56 minutes. Rated PG-13.*



APRIL 11

Tár (2022)

Set in the international world of Western classical music, the film centers on Lydia Tár, widely considered one of the greatest living composer-conductors and the very first female director of a major German orchestra. *Stars: Cate Blanchett, Noémie Merlant and Nina Hoss. Drama, Music. 2 hours 38 minutes. Rated R.*



APRIL 18

The Fabelmans (2022)

Growing up in post-World War II era Arizona, young Sammy Fabelman aspires to become a filmmaker as he reaches adolescence, but soon discovers a shattering family secret, and explores how the power of films can help him see the truth. *Stars: Michelle Williams, Gabriel LaBelle and Paul Dano. Drama. 2 hours 31 minutes. Rated PG-13.*



APRIL 25

Aftersun (2022)

Sophie reflects on the shared joy and private melancholy of a holiday she took with her father twenty years earlier. Memories real and emagined fill the gaps between as she tries to reconcile the father she knew with the man she didn't ... *Stars: Paul Mescal, Frankie Corio and Celia Rowlson-Hall. Drama. Rated R.*




meet
& greet

50+ Meet & Greet

TUESDAY, APRIL 13, 6-9 PM

GOODMAN COMMUNITY CENTER, BRASSWORKS BUILDING, 214 WAUBESA ST

Make new friends & find someone who shares a common interest. Join us for a fun & a casual social gathering for guests 50 and older. Learn about fun events in Dane County, other networking groups and how to meet people on line with similar interests. Enjoy music & dancing, appetizers, wine & beer and door prizes! \$10 Ticket includes all activities, food, and one drink ticket. To register, contact Gayle at (608) 512-0000 or gayle@goodmancenter.org. 

Sponsored by: Goodman Community Center, NewBridge, Monona Senior Center, and Madison Senior Center.

VOLUNTEER VIEW

Volunteer Opportunities

FRONT DESK RECEPTION

This is the focal point of the Madison Senior Center. If you like to know what's going on and when, and have office skills, this may be the spot for you. MUST have computer/phone/office skills and experience. Shifts are 4 hours, weekly and Mon - Fri.

MODERATOR/HOST FOR BOOK CLUB

Are you a person of color who is excited about advancing racial equity and social justice? Help MSC pick books, formulate questions, and lead a monthly hour long book club. This new book club will offer different perspectives. A minimum of 5-6 month commitment is required. This is a grassroots program, and it will be dependent on input from the facilitator.



GAMES VOLUNTEER

Bolster older adult socialization by facilitating card games, board games, and strategy games. Learn the rules, teach others, and organize prizes.



ARTIST OF THE MONTH

We have a wonderful space to display your artwork on the first floor of the Madison Senior Center. Tracking is already in place and we provide hooks and line for hanging. Invite your friends and family to see your work anytime during our hours of 8:30am to 4pm; M-F.



FOOT CARE PROFESSIONAL

MUST be Licensed RN or CNA. Provide proper foot care education and perform: inspection; warm foot soak; nail trimming; foot rub with lotion; physician referral (if needed). Looking to schedule once per month at the Madison Senior Center.



OUTREACH (EVENTS/ACTIVITIES)

Expand our offerings and participants at the Madison Senior Center by assisting with outreach into underserved communities. If you enjoy spending time with older adults this may be for you. Work with the Program Coordinator to plan and implement activities in the community. This may include contacting potential vendors, speakers or presenters, and being in present to make sure things run smoothly. Help older adults gain access to services, programs and wellness activities at various community centers and housing complexes.

MOVIE HELPER

Do you love movies and popcorn? If so, you might enjoy being a movie matinee volunteer at the Senior Center. You will get to operate a popcorn machine and prepare delicious snacks for our guests. You will also get to share your movie preferences and suggestions with our staff and help us choose the best films for our weekly screenings. It is a fun and rewarding way to spend an afternoon and make new friends.



PROGRAM FACILITATOR

Are you an expert in something you love? Do you have a hobby or passion that you want to share with others? If so, we have an exciting opportunity for you! MSC is looking for program leaders who can create and run weekly or monthly sessions on topics of their choice. Whether it's art, music, sports, cooking, gardening, or anything else, we want to hear from you! You will get to meet new people, have fun, and make a difference in our community.

**For more volunteering info, contact John,
(608) 267-2344 or jweichelt@cityofmadison.com.**

FOUNDATION

What is a Foundation?

Broadly speaking, a foundation is a nonprofit corporation or a charitable trust that makes grants to organizations, institutions, or individuals for charitable purposes such as science, education, culture, and religion. <https://learning.candid.org/resources/knowledge-base/what-is-a-foundation/>

What Does The MSC Foundation Do?

The Madison Senior Center Foundation, a 501(c)(3) organization, pays for programs and activities, including a multitude of educational classes, wellness activities, and performances. Associated expenses include instructors, refreshments, volunteer recognition and advertising. The Foundation covers scholarships for any fee-based programs. If you are interested in learning more about the foundation, contact John Weichelt, (608) 267-2344.

Donors

- ♥ Robin & Inge Harris
- ♥ Robert Keller
- ♥ Jane Smith
- ♥ Carol Weidel

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- ♥ Sandra Wachholz



Join the Foundation Board

Are you inspired, caring and dedicated to what you take on? If so, please consider joining our Foundation Board. You will be involved in fundraising and decision making about how to disperse the money to the community. Use your connections and talent to increase partnerships, maintain and grow financial stability, and expand our reach in the community. Inclusivity is at the core of our mission, and we know that often those who need our help the most are also the hardest to reach. Be a part of our outreach efforts to help all older adults in our community to age with grace and dignity. Contact John Weichelt at jweichelt@cityofmadison.com or (608) 267-2344 to learn more.

PLEASE DONATE TODAY! MADISON SENIOR CENTER FOUNDATION, INC.

Send to: **330 W. Mifflin Street, Madison, Wisconsin 53703**

Your personal donation provides programs, activities and services for adults over 55. Please make checks payable to: *Madison Senior Center Foundation, Inc.*

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HEALTH & FITNESS

To register for programs, call (608) 266-6581 or email seniorcenter@cityofmadison.com

HASFIT Gentle Exercise

The HasFit program is available on YouTube. When our TV is not in use, tune in at your convenience to complete an exercise session. Instructors for the senior sessions focus on strength, flexibility and balance. Participants generally meet around 9 am, Monday-Friday, for light chair exercise, led by the HasFit program on YouTube. Start your day off right with some gentle movement with friends!

Gentle Yoga

TUESDAYS, 10-11 AM

Yoga improves balance, range of motion and flexibility, which are all important, especially as we age. Yoga Accessible for All (YAFA) teachers dedicate themselves to making yoga safe and inviting for anyone who is interested in gaining the benefits (yafayoga.org). We do a combination of seated and standing positions, and will always suggest modifications if a pose is not working for you. *R*



Cardio Dancing for 55+

FRIDAYS 9:30-10:15 AM

Start out the weekend with an energizing cardio class that will get the blood pumping. This class is for you if you can move around freely without assistance, and would enjoy a class that recreates the dance moves to songs you love at an easily modified intensity to fit your comfort range. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! *R*



Brain & Body Fitness

MONDAYS, MAY 8TH & 15TH, 1-2 PM

Changes in brain health, such as Alzheimer's disease and dementia, are one of the greatest health and societal challenges facing Wisconsin communities. Despite the benefits of engaging in brain health-promoting activities, readily accessible, evidence-guided programming can be hard to come by! Since 2019, the Gilmore-Bykovskyi Brain Health Team has partnered with MSCR to deliver the Brain and Body Fitness Program. We provide this program through volunteer efforts of faculty, staff, and students at no cost to participants. Through Brain and Body Fitness, we aim to provide research-informed education on ways to maintain brain health and engage in brain and physical exercises. This year, we are expanding our program to collaborate with Madison Senior Center for a two-part series. We hope you will join us! *R*

Chair Fit

FRIDAYS, 10:15-11 AM

What is Chair Fit? A fun workout that works on improving strength, balance, endurance, flexibility, and range of motion all to the rhythm of fun music. Great for all fitness levels! Exercises are tailored to your fitness level with the goal of gradually improving that level. Please register. *R*

Line Dancing

THURSDAY, APRIL 27, MAY 4 & MAY 11, 1-2 PM



Join us to learn several different steps and at least two complete dances. Be ready to show the "kids" how it's done at family weddings this summer. Our instructor, Sunita Murthy, has been a Madison resident since 2014. She enjoys being physically active, teaches cardio dance and knows Indian classical and folk dance. She says, "Dancing is a great way to have fun while moving your body and I hope to bring that same joy to the Madison Senior Center!"

HEALTH & FITNESS

Ballroom Basics for Balance™

Ballroom Basics for Balance™ (BB4B) is a fun way to improve balance through the basics of dance! This class is for you if you want to get better at moving about your world with more confidence and you want to have fun in the process! No partner or dance experience required. More information, 2023 class dates and times, and registration forms can be found at www.ballroombasicsforbalance.org. *R*



OPEN AIR – “Next Steps”!

THURSDAYS, JUNE 8 - AUGUST 10, 9:30 - 10:45 AM

Yahara Place Park, 2025 Yahara Place, Madison

\$45: pay for 8 sessions, get up to 10 (2 inclement weather dates included)

This class is for people who are independent in mobility and want to improve balance or who are looking for a little challenge! Line Dance, Disco, Salsa and more! Financial assistance available. To register complete this online form or contact Susan Frikken at (608) 692-8794, and submit payment to the Madison Senior Center.

Benefits of a Daily Brisk 10 Minute Walk

- ♥ Gain Self-Confidence
- ♥ Reduce Your Risk of Death by 15%
- ♥ Be More Focused
- ♥ Improve Your Body Flow



Earth Day: April 22, 2023



Celebrate Earth Day with your neighbors and friends by volunteering to clean up your local park! Join this community-wide volunteer effort to make a difference. Earth Day Challenge Projects are held throughout the city. Volunteers may assist with trash pickup, raking, weeding, and removing sticks. We will supply gloves, garbage bags and rakes. Rakes at each park will be based on the number of volunteers participating.

Register at www.cityofmadison.com/parks/events/earthdaychallenge.cfm

COMMUNITY

ePantry: Food Pantry Online Ordering System with Pick-Up at MSC

The Madison Senior Center is now a pick-up location for orders placed through the River Food Pantry ePantry. That means that if you order food through the ePantry, you can pick it up at the MSC. All orders must be placed on the Tuesday of the same week you pick the food up. Our pick-up day is the 3rd Thursday of each month. **Orders can be picked up 10 am - 12 pm on Thursday, April 20.** To learn about ordering and eligibility call John at (608) 267-2344.



The ePantry may only be used once a month. Based on household size, families select from a variety of healthy and nutritious food, including fresh produce, meat, dairy, culturally relevant offerings, and special dietary options, such as vegetarian and gluten-free items.

Thank you to our volunteers Humana for getting the groceries from the River Food Pantry to the Senior Center.

FOOD ORDER DATE	FOOD PICK UP DATE
Tuesday, April 18	Thursday, April 20
Tuesday, May 16	Thursday, May 18
Tuesday, June 13	Thursday, June 15
Tuesday, July 18	Thursday, July 20

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Preventing Medicare Fraud

This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



Earth Day

Word Search Puzzle



APRIL
CLEAN AIR
CLIMATE
COMPOST
CONSERVE
EARTH
ECOLOGY
ENERGY

ENVIRONMENT
GLOBAL
GREEN
HABITAT
LITTER
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Calling All Artists!

Artful Affair 2023

An art exhibit for adults age 55+ who live in Dane County. Enter up to three pieces of artwork, and have your art on display for six weeks at the Madison Senior Center. Invite your family and friends to the city-wide Gallery Night on Friday, May 5, 5:00–8:00 pm. Enjoy live music, refreshments, and the work of local artists.

DROP-OFF ARTWORK ON TUESDAY, APRIL 25, 9:00 AM – 3:00 PM

PICK-UP ARTWORK ON TUESDAY, JUNE 13, 9:00 AM – 3:00 PM

Participation is \$20. Scholarships available.



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