

THE Messenger

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Relevant, Inclusive, Enlightened

Madison Senior Center

330 W. Mifflin Street

Madison, Wisconsin 53703

(608) 266-6581

cityofmadison.com/senior-center



National Immunization Awareness Month (NIAM) is an annual observation to highlight the importance of routine vaccinations for people of all ages. It is just important for older adults to stay up to date on vaccinations as it is for children.

You need vaccinations throughout your life. Immunity from childhood vaccines can wear off over time, and as you age you are at risk for different diseases. Vaccines are a convenient and safe preventative care measure.

Talk with your doctor or pharmacist about which of the following vaccines you need. Not all are needed every year, and your physician may not recommend certain vaccines for you.

- | | |
|--|-------------------|
| » COVID-19 | » Shingles |
| » Influenza | » RSV |
| » Pneumonia | » Travel Vaccines |
| » Tetanus, Diphtheria, and Pertussis (Dtp) | |

For More Information:

Centers for Disease Control & Prevention (CDC)

Phone: 800-232-4636

888-232-6348 (TTY)

Email: cdcinfo@cdc.gov

Website: www.cdc.gov

National Heart, Lung and Blood Institute

Phone: 301-592-8573

Email: nhlbiinfo@nhlbi.nih.gov

Website: www.nhlbi.nih.gov

Public Health Madison & Dane County

Phone: 608-242-6255

Email: health@publichealthmdc.com

Website: www.publichealthmdc.com

National Institute of Allergy and Infectious Diseases

Phone: 866-284-4107

800-877-8339 (TTY)

Email: ocpostoffice@niaid.nih.gov

Website: www.niaid.nih.gov

Vaccines.gov

Phone: 800-232-0233

888-720-7489 (TTY)

Website: www.vaccines.gov

*This content is provided by the NIH National Institute on Aging (NIA). NIA scientists and other experts review this content to ensure it is accurate and up to date.

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

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

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

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

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.

Member of



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.

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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 every other month. 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. 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.
- » Respect the personal space of others.

Summer Hours (July 1 - September 1)

Monday & Friday	8:30 am - 1:30 pm
Tuesday, Wednesday, Thursday	8:30 am - 4:00 pm

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

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 are countless small pitfalls but sometimes in the writing 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. 

Creative Crafts

TUESDAY, AUGUST 29, 1 - 2 PM

We all have a little bit of artist in us, but it helps to have some guidance sometimes. Make easy, but professional looking, seasonal decorations. All supplies provided. Registration required. Deadline is Friday, August 25.

Madison Jams

MONDAY, AUGUST 21,
12:30 - 1:30 PM


Join us for an uplifting jam session where you can connect with neighbors, create memories, and sing folk and popular songs.

Everyone is welcome to participate, regardless of musical background or experience. Some instruments will be available, but if you have your own instrument, please bring it! Spread the word, invite friends, and let's have a fantastic musical gathering. Don't miss out on this wonderful opportunity to make music and forge connections.



Writing Your Life

THURSDAYS, SEPTEMBER 14 – OCTOBER 19,
10 - 11:30 AM

We all have stories to tell, stories about our life experiences, stories about our friends, stories about our families. Some of those stories encompass the joys of achievement, celebration, milestone moments, and the joy of love. Others detail the harder parts of life, jealousy, betrayal, sadness, loss. Our stories define us. Through the Greater Madison Writing Project's "Writing Your Life" workshops, we will help you find the stories you want to tell and give you writing strategies that will help you craft them into the stories that you will want to share. Our writing workshops will incorporate several different writing strategies. Each 90-minute session will include exploration of different strategies opportunities to write and seek feedback, and time to share writing in a welcoming and enthusiastic community. Led by Mark Nepper. 

An Interactive Hour with Don Ardell

THURSDAY, AUGUST 10, 1 - 2 PM

An Interactive hour with Dr. Don Ardell, wellness concept pioneer, freethinker, author, and an expert on thriving and flourishing in later life and the greatness of 19th century orator Robert Green Ingersoll, The Great Agnostic. Hear from Dr. Ardell, but also engage in a lively discussion.



LIFELONG LEARNING

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

What is Green Burial?

MONDAY, SEPTEMBER 18, 1 - 2:15 PM

Learn from Shedd Farley, Natural Path Sanctuary, and Melissa Theisen, Gunderson Funeral & Cremation Care about burial options that emphasize simplicity and environmental sustainability. Shedd will share about his passion for green burials and Natural Path Sanctuary, a nature preserve burial ground also known as a green cemetery. Natural Path Sanctuary is located in Verona and is the first cemetery in Dane County, WI, that exclusively follows natural/green burial practices.

Presenters:

Shedd Farley, Director of the Linda and Gene Farley Center for Peace, Justice and Sustainability, founded by his father and named after his parents. He is also coordinator of Natural Path. Sanctuary, the on-site, certified green cemetery where his parents are buried.

Melissa Theisen, Advanced Planning & Aftercare Specialist: Melissa grew up in rural Montello but has called the Madison area home for over 30 years. She has a passion for helping people, and considers it an honor to help families have memorable experiences at a difficult time.

Technology & Finance

Technology Assistance

Basic Technology support 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.

Schedule Your Appointment

Share your computer challenges with John and he will match you up with a volunteer. Understanding and advancing your use of technology is about your ambitions, not about your age. Call (608) 266-6581 or email seniorcenter@cityofmadison.com.

Money Matters

Do you have a basic question you do not want others to hear? Do you just need a starting point? Then these one on one appointments may be for you. Call (608) 266-6581 or email seniorcenter@cityofmadison.com.



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 to best fit your needs.

Conversations: Please try to minimize conversations not related to the work being done at the computer. Use low tones, and be respectful of other computer lab users.

Audible Clips, Music, etc.: When the office is open, headsets can be checked out if you don't have your own. Borrowers must leave a photo ID and follow sanitation procedures.

Printing: We do not have a printer available for public use. No printing.

GROUPS & CLUBS

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

Groups & Clubs

Women's Duplicate Bridge

WEDNESDAYS, 9 - 11 AM

1-3 tables of women improving their duplicate bridge skills in a relaxed atmosphere; working knowledge of Bridge needed. If interested, email Laura at lhunt@cityofmadison.com or call (608) 267-8650.

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.*

Red Hat Mama's

LAST TUESDAY OF MONTH, 11 AM - 2 PM, AUGUST 29

This vivacious group of women meets monthly at the Madison Senior Center on the last Tuesday of the month. They dine together and plan activities for the upcoming month(s). A spin-off of the Red Hat Society, the Red Hat Mama's are more casual and focus on friendship and fun. Advance registration by the prior Thursday required for lunch. If interested, email Laura at lhunt@cityofmadison.com or call (608) 267-8650.

Spanish Conversation

WEDNESDAYS, 1:30 - 3 PM **HYBRID**

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 gflsher@cityofmadison.com. Once you are registered you will be sent the Zoom link. All levels welcome. *Spanish Conversation meets in person the Wednesday of the month and via Zoom on all other Wednesdays.*

"Find a group of people who challenge and inspire you, spend a lot of time with them, and it will change your life."

~ Amy Poehler

Games

Table Tennis * Billiards

* Table Games *

Chess-Checkers *

Rummikub

Looking for a place to relax with friends? The Madison Senior Center has a pool table, several ping-pong tables, and an array of table games, including chess and checkers. Our spacious lounge area has plenty of tables and chairs for you and your friends. Want to start a group or a league? Talk to a staff person about different options.



B-I-N-G-O

WEDNESDAYS, 10:15 - 11:15 AM

Each BINGO card costs 50¢ (max 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.



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DHS Approved 4/22/2021



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HEALTH & WELLNESS

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

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. Please register in advance. No fee, but donations are welcome. *R*



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, class dates and times, and registration forms can be found at www.ballroombasicsforbalance.org. *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*

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.

FALL CLASSES

FRIDAYS, 10 - 11:30 AM, SEPT. 15 – DEC. 8

Our focus in the fall will be Latin, Smooth & Line Dances ... and more! We meet at the Madison Central Library (201 W Mifflin St). Class is \$85 for 12 weeks. Financial Assistance is available. To register contact Susan Frikken, instructor at (608) 692-9794. Registration deadline is Friday, September 8. *R*

VIRTUAL AND ADAPTIVE (ZOOM)

FRIDAYS, 9:30 - 10:45 AM

Our focus in the fall will be "Dances that began in the U.S. such as Jazz, Tap, Salsa, Charleston & more! Our class is a welcoming Friday morning community that you can join from anywhere via Zoom. We have seated and standing variations, so you can dance as you recover from an injury or manage a chronic illness. Each week we explore a balance tip like mindful movement, safe ways to get up and down from the floor, or winter safety along with dancing! Please check with your doctor or therapist to see if a balance class would be right for you. Beginners and continuing students welcome. Class is \$85 for 12 weeks. Financial Assistance is available. Registration opens in August. Questions? Contact Atala at (608) 770-8763 or Krista at (608) 335-9252. *R*

Save the Date!

Health & Resource Fair
TUESDAY, OCTOBER 17

HEALTH & WELLNESS

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

National Grief Awareness Day – August 30

All of us have experienced grief in one way or another throughout our lives. As part of the human experience, grief encompasses the emotions that appear in response to loss. Sorrow and suffering, although painful, are a natural reaction to loss. Whether grieving the death of a loved one, or grieving a relationship, job loss, or other life event, the process of grief comes in waves and is not linear. Every individual has a unique journey through grief, which often includes stages such as denial, anger, bargaining, depression, and acceptance.



Grief doesn't always entail the loss of a life. It can occur through life transitions, changes in identity, and both large and small traumas. You may be grieving a cancer diagnosis and an idea of what you thought your life would look like. Regardless, every type of grief is valid.

There are numerous ways to cope with loss and grief. You can find support through therapy and support groups. Be gentle and patient with yourself as you honor grief, and don't be afraid to ask for help. Express yourself through hobbies, art or writing, and come up with ways to process and honor what you've lost.

Grief is like a never-ending ocean. Waves that feel engulfing, can pull you under, and you somehow, can get through; but you are not alone in your grief. In time, the waves will pass, and you will resurface.


Written by: Kristen Luft, Communications Associate, www.caringhouse.org/news/national-grief-awareness-day

Services

Haircuts

**TUESDAY, AUGUST 22,
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. (June is one week earlier than usual.) 

Blood Pressure Screening

**EVERY OTHER TUESDAY, AUGUST 8 & 22,
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. No appointment needed.

Nail Salon

**FRIDAYS, AUGUST 18 & SEPTEMBER 1
10 - 11:30 AM**



Get ready for some summer fun, and enjoy some "me" time, while you visit with friends, get your nails painted and sip tea. Please bring your own polish if want a specific color. We will have limited colors. This is not a full manicure. Trimming, gel/acrylic removal and application not provided. Call today to schedule your appointment, (608) 266-6581.

MADISON SENIOR 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
Ballroom Basics for Balance	Fridays, August 4, 11, 18	9:30 – 10:45 am	Full	Virtual
BB4B “Next Steps”	Thursdays, August 3 & 10	9:30 – 10:45 am	Full	Yahara Park
BINGO (at Nutrition Site)	Wednesdays	10:15 – 11:15 am	50 cents	MSC
Blood Pressure Screening	E/O Tuesday, August 8 & 22	11:00 am – 12:00 pm	Free	MSC
Cardio Dancing	Fridays	9:30 – 10:15 am	Free	MSC
Computer Lab	Monday – Friday	8:30 am – 3:45 pm	Free	MSC
Creative Crafts	Tuesday, August 29	1:00 - 2:00 pm	Free	MSC
Don Ardell: An Interactive Hour	Thursday, August 10	1:00 – 2:00 pm	Fee	MSC
Duplicate Bridge	Wednesdays	9:00 – 11:00 am	Free	MSC
eFood Pantry	Place orders Tuesday, 8/15 Pick-up Orders Thursday, 8/17	10:00 am – 12:00 pm	Free	MSC
Exploring Poetry	2nd & 4th Wednesdays	11:00 am – 12:30 pm	Free	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays	2:00 – 3:30 pm	Free	MSC
Gentle Exercise	Monday – Friday	9:00 – 9:45 am	Free	MSC
Haircuts	Tuesday, August 22	9:00 am – 1:00 pm	Free	MSC
Madison Jams	Monday, August 21	12:30 - 1:30 pm	Free	MSC
Money Matters	By Appointment	By Appointment	Free	MSC
Movies (titles on page 13)	Tuesdays	12:30 – 3:00 pm	Free	MSC
Nail Salon	Friday, August 18	10:00 – 11:30 am	Free	MSC
NewBridge Case Manager	Monday, August 14	10:45 – 12:00 pm	Free	MSC
Red Hat Mama's	Last Tuesday of the Month 8/29	11:00 am – 2:00 pm	Free	MSC
Spanish Conversation	1st Wednesday in Person 8/2 Others Virtual	1:30 – 2:30 pm	Free	MSC/Virtual
Technology Assistance	By appointment	Varies	Free	MSC
Veterans' Social	Tuesdays	10:00 – 11:15 am	Free	MSC

Save the Date!

**Health & Resource Fair
Tuesday, October 17, 10 am**

Health screenings, health care providers, presenters and more!

August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
	1 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet's Social 12:30 Movie: AIR	2 9:00 HASfit 10:15 BINGO 1:30 Spanish Conv @ MSC	3 9:00 HASfit 9:30 Next Steps (Yahara Park) 1:00 CQ (OutReach)	4 9:00 HASfit 9:30 BB4B V 9:30 Cardio Dancing	5/6 August 5 National Mustard Day 
7 9:00 HASfit	8 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet's Social 11:00 Blood Pressure 12:30 Movie: Whitney Houston	9 9:00 HASfit 9:00 DUP Bridge 10:15 BINGO 11:00 Exploring Poetry 1:30 Spanish Conv V	10 9:00 HASfit 9:30 Next Steps (Yahara Park) 1:00 Don Ardell 2:00 Gay, Gray & Beyond	11 9:00 HASfit 9:30 BB4B V 9:30 Cardio Dancing	12/13 August 12 World Elephant Day 
14 9:00 HASfit 10:45 NB Case Manager	15 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet's Social 12:30 Movie: Maggie Moore(s) <i>*ePantry Orders Due</i>	16 9:00 HASfit 9:00 DUP Bridge 10:15 BINGO 1:30 Spanish Conv V	17 9:00 HASfit 10:00 ePantry Pick-Up 1:00 CQ (OutReach)	18 9:00 HASfit 9:30 BB4B V 9:30 Cardio Dancing 10:00 Nail Salon	19/20 August 19 World Honey Bee Day 
21 9:00 HASfit 12:30 Madison Jams	22 9:00 HASfit 9:00 Haircuts 10:00 Gentle Yoga 10:00 Vet's Social 11:00 Blood Pressure 12:30 Movie: The Man From Rome	23 9:00 HASfit 9:00 DUP Bridge 10:15 BINGO 11:00 Exploring Poetry 1:30 Spanish Conv V	24 9:00 HASfit 2:00 Gay, Gray & Beyond	25 9:00 HASfit 9:30 Cardio Dancing	26/27 August 26 National Dog Day 
28 9:00 HASfit	29 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet's Social 11:00 Red Hats 12:30 Movie: 65 1:00 Creative Crafts	30 9:00 HASfit 9:00 DUP Bridge 10:15 BINGO 1:30 Spanish Conv V National Grief Awareness Day	31		

"We should indeed keep calm in the face of difference, and live our lives in a state of inclusion and wonder at the diversity of humanity." ~ George Takei



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<https://www.dhs.wisconsin.gov/adrc/index.htm>**

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BrainHealthResearch@medicine.wisc.edu



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Madison Senior Center, Madison, WI B 4C 01-1141

ENTERTAINMENT

Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm.

AUGUST 1

AIR (2023)

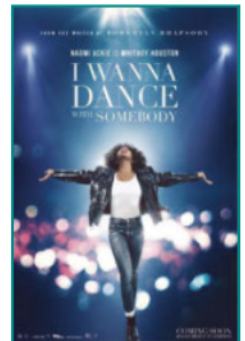
From award-winning director Ben Affleck, AIR reveals the game-changing partnership between a then undiscovered Michael Jordan and Nike's fledgling basketball division, which revolutionized the world of sports and culture with the Air Jordan brand. *Stars: Matt Damon, Jason Bateman, Ben Affleck and Viola Davis. Drama, Sport. 1 hour 51 minutes. Rated R.*



AUGUST 8

WHITNEY HOUSTON: I WANNA DANCE WITH SOMEBODY (2022)

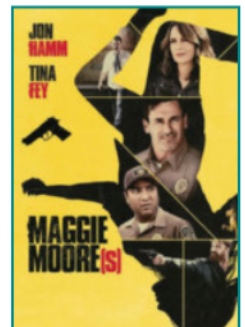
A joyous, emotional, heartbreaking celebration of the life and music of Whitney Houston, one of the greatest female r& B pop vocalists of all time, tracking her journey from obscurity to musical super stardom. *Stars: Naomi Ackie, Stanley Tucci, Ashton Sanders. Biography, Drama, Music. 2 hours 24 minutes. Rated PG-13.*



AUGUST 15

MAGGIE MOORE(S) (2023)

Police Chief Sanders (Jon Hamm) investigates the bizarre murders of two women with the same name and unravels a web of small-town lies. He meets and quickly falls for Rita (Tina Fey), a nosy neighbor who is eager to help solve the mystery. *Stars: Jon Hamm, Tina Fey, Micah Stock. Comedy, Crime, Thriller. 1 hour 39 minutes. Rated R.*



AUGUST 22

THE MAN FROM ROME (2022)

Vatican intelligence operative Father Quart investigates an anonymous message sent to the pope concerning a crumbling Spanish church that 'kills to defend itself'. A deep conspiracy unfolds that puts Father Quart's loyalty and faith to the test. *Stars: Richard Armitage, Araia Salamanca and Paul Guilfoyle. Crime, Mystery, Thriller. 1 hour 56 minutes. Not Rated.*



AUGUST 29

65 (2023)

65 is a story about a 'futuristic' space cruiser that crash lands on a distant planet and only the captain and a young girl survive. As the two space travelers get their bearings of the foreign terrain, it's revealed that the planet is actually Earth. *Stars: Adam Driver, Ariana Greenblatt and Chloe Coleman. Action, Adventure, Drama. 1 hour 33 minutes. PG-13.*



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 provide social opportunities. Call (608) 255-8582 for more information or email info@lgbtoutreach.org. You can also check out our website, www.lgbtq50plusalliance.org.

Gay, Gray & Beyond

2ND & 4TH THURSDAYS, 2 - 4 PM

Meets at MSC, 330 W. Mifflin St

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.

Magic Fest

SUNDAY, AUGUST 20, 1 - 6 PM

OutReach LGBTQ+ Community Center will host our 5th Annual Magic Pride Festival LIVE in person at **Warner Park** in Madison! The 2023 Magic Pride Festival included a stage show with local LGBTQ+ identified performers, large vendor area, games and activities for youth and families, food and beverages, and more! Be sure to stop by the LGBTQ 50+ Alliance table and say hello!



LGBTQ 50+ Alliance Becomes SAGECollab Partner!

What is SAGE? It is a nationwide non-profit agency that advocates for LGBTQ+ elders through activism, resource centers, cultural competency training, and much more. **SAGECollab** partners serve or advocate with older LGBTQ+ elders at the local level. If you are interested in having a voice, email karenlkane13@gmail.com or kristim@outreach.org.



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.

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.



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

VOLUNTEER VIEW

Volunteer Opportunities

FOOD PANTRY DRIVER

See the smiles on folk's faces when they receive their special groceries each month by helping organize food for our monthly food share program. Looking for drivers that can pick up food in the morning once per month from east side Madison location and bring it to the senior center for distribution. Shift is 3rd Thursday of each month from 9am to 12pm.



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.



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 one time. You'll get to meet new people, have fun, and make a difference in our community.

ARTISTS & CURATORS

MSC has a wonderful gallery space on the second floor for older adult artists who live in Dane County. If you, or you and a friend, would like to have your own art show, this is a perfect opportunity. The space has great lighting, and tracking is already in place for hanging. If you prefer the role of curator, we also have a place for you. Work with staff to recruit artists and arrange exhibits. Work with artists to hang exhibits, and coordinate art receptions. Contact Laura Hunt at lhunt@cityofmadison.com to discuss either of these options.



GAMES VOLUNTEER

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



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. Compensation available.



DISCUSSION GROUPS

Are you skilled at facilitating discussions with diverse groups of people? Are you inspired by the thoughts and opinions of others? If you have an interest in either philosophical and/or current event discussion groups contact Laura Hunt at lhunt@cityofmadison.com to discuss your program ideas. You will get to meet new people, challenge yourself to think outside the box, and make a difference for area older adults.

COMPUTER SUPPORT

Are you at ease using a computer? Many older adults struggle with the ever-changing technology. So many quirky things happen when doing simple things that experienced users work through with very little thought, but those same things create huge barriers for some folks. Volunteer a few hours a week to help people navigate email problems, online applications, search engines, and more. Flexible scheduling during our open hours.



**For more volunteering info, call (608) 266-6581
or seniorcenter@cityofmadison.com.**

COMMUNITY

Want to Make a Difference in your Community?

The City of Madison Crossing Guard program is recruiting for the **2023-24 school year!** As a Crossing Guard, you will help safeguard students on their way to and from school. Are you responsible, dependable, enjoy kids and the outdoors? Then it may be a perfect match! Experience the satisfaction of working in an outdoor setting while promoting safety and well-being.



Crossing Guards work part-time, **10-17 hours per week**. Starting pay is **\$18.91/hour (appx. --\$750+/month)** plus regular raises and earned sick leave. Work is Monday-Friday (NO NIGHTS, WEEKENDS, OR HOLIDAYS AND SUMMER/SCHOOL BREAKS OFF). Flexibility is required for early release dates (including early release every Monday afternoon).

Part-time hours make this an excellent choice for retirees, students, parents, or anyone seeking additional income alongside their other commitments.

APPLY ONLINE: Beginning late June or early July, a job description will be available at: www.cityofmadison.com/HR/employment/JobOpenings.cfm (click "apply for jobs" for the crossing guard link).

Interviews will begin mid-August; **employment begins approximately Wednesday, August 23, 2023**. For information, contact the City of Madison Crossing Guard Supervisors at (608) 266-4703.

Vacancies are located throughout the City of Madison, and offer the possibility to work just steps from your front door. We look forward to welcoming you to our team of passionate crossing guards who are making a real difference in the lives of children and families in our community!



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Relax

Sun

Swim

Barbecue

Summer

Hot

Camping

August

School

Ocean

Z V Z H S G K D E Z F U Q L U D D Y A P X K Y K F
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K Y I X G A R F R P Y L E M O N A D E F O K F E H



EPANTRY

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, August 17.** To learn about ordering and eligibility, call (608) 266-6581.



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.

FOOD ORDER DATE	FOOD PICK UP DATE
Tuesday, August 15	Thursday, August 17
Tuesday, September 19	Thursday, September 21
Tuesday, October 17	Thursday, October 19
Tuesday, November 14	Thursday, November 16
Tuesday, December 19	Thursday, December 21

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Madison Senior Center, Madison, WI C 4C 01-1141

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 Yolanda Shelton-Morris, (608) 266-6563 or yshelton-morris@cityofmadison.com.

FOUNDATION BOARD OF DIRECTORS

Sally Miley – President
Tom DeChant
Harry Engbring
Kathy Whitt

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PROGRAMS:**



Include the Madison Senior Center Foundation in Your Will

By including the Madison Senior Center Foundation in your will, you can help to ensure that important programs and services continue to be available to seniors in need. Your gift will help to provide seniors with the opportunity to stay active, engaged, and healthy as they age.

Here are reasons why it is important to include the Madison Senior Center Foundation in your will:

- » The Madison Senior Center Foundation is a 501(c)(3) nonprofit organization, which means that your gift is tax-deductible.
- » The Madison Senior Center Foundation is a well-established organization with a proven track record of providing high-quality programs and services to seniors.
- » Your gift to the Madison Senior Center Foundation will make a difference in the lives of seniors in the Madison area.

If you are interested in including the Madison Senior Center Foundation in your will, please contact us today. We would be happy to answer any questions you have and help you make a gift that will make a difference.

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.*

Donor Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Email _____ Amount Enclosed \$ _____

☐ In Honor of: _____ ☐ In Memory of: _____

☐ In Appreciation of: _____ ☐ Other: _____

Send Acknowledgement to (Name and Address): _____

Your donation is tax deductible as allowed by law. Donations are publicly acknowledged.

Please indicate if you wish to remain anonymous. For credit card gifts visit:

www.cityofmadison.com/senior-center/donate/donate-today.

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cityofmadison.com/senior-center

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The logo for MSC40 is centered within a rectangular frame. Above the text is a string of colorful bunting flags in red, blue, and purple. Scattered around the text are small, multi-colored confetti pieces. The text "MSC40" is prominently displayed in a large, bold, sans-serif font, with "MSC" in black and "40" in red.

MSC40

CHEERS TO FORTY YEARS!

Thursday // September 21 // 4:00-7:00pm

The Madison Senior Center is proud to be celebrating 40 years of Honoring and Serving the Aging Community!

Join us to celebrate and give recognition to a few of the champions who have helped us along the way in this meaningful work. Highlights will include: presenting Aging Forward Awards, live music by M Trane, Hors d'oeuvres, and special guests, such as Mayor Satya Rhodes-Conway. Hope you can join us!



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