

# THE Messenger

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AUGUST, 2025

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**Madison Senior Center**  
**330 W. Mifflin Street**  
**Madison, Wisconsin 53703**  
**(608) 266-6581**  
[cityofmadison.com/  
senior-center](http://cityofmadison.com/senior-center)



## Check-in-to-Win!

Do you love visiting the Madison Senior Center? Show your pride by scanning your membership card throughout the month of August. For each scan (limit one per person per day), you will be entered into a prize drawing. The more days you visit, the more chances you will have to win. To enter, you must scan a valid membership ID card yourself. Has yours gone missing and you've been looking for a chance to replace it? Now is the time! Do you have multiple cards and aren't sure which is the active one? Check with us so you can ensure your daily entries are valid. The Madison Senior Center relies on member use to be successful, and scanning your member card is the easiest way to ensure we are accurately capturing the number of visits we receive. For a bonus, on-the-spot prize, take a few minutes to confirm that your member info is accurate and complete. Simply ask the person at the front desk to review your information, and they will go over it with you on the spot and give you a treat for your time and effort. Thanks for helping to keep our services going strong!



## Travel Tour Info Session

**MONDAY, AUGUST 18, 10 – 11 AM**

Join Lawanna Lambert of Premier World Discovery to hear about travel tour opportunities happening in Winter 2025 and Spring 2026. Book your San Antonio Holiday or Great Trains & Grand Canyons tour through the Madison Senior Center for easy booking. It's a great way to support the Senior Center while making your travel dreams come true! Lawanna will preview the tour opportunities and answer any questions you might have.

# FOR YOUR INFORMATION

## Directory

Phone ..... (608) 266-6581

Website ..... [madisonseniorcenter.org](http://madisonseniorcenter.org)

## SENIOR CENTER STAFF

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

(608) 266-6563, [yshelton-morris@cityofmadison.com](mailto:yshelton-morris@cityofmadison.com)

*Facility Operations Supervisor, Alana LaBeaf (she, her)*

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*Program & Outreach Coordinator, Laura Hunt (she, her)*

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*Facility Operations Assistant, Gary Flesher*

(608) 267-8651, [gflasher@cityofmadison.com](mailto:gflasher@cityofmadison.com)

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(608) 266-6581, [rbutler@cityofmadison.com](mailto:rbutler@cityofmadison.com)

*Front Desk Associate, Beatrice Gonzalez (she, her, they, them)*

(608) 266-6581, [bgonzalez@cityofmadison.com](mailto:bgonzalez@cityofmadison.com)

*Engagement & Operations Intern, Eimaan Khan (she, her)*

(608) 267-2344, [ekhan@cityofmadison.com](mailto:ekhan@cityofmadison.com)

## 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**”.

**R** = Registration Required. **Purple** text or a purple **S** means the program will be in Spanish. 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](mailto:seniorcenter@cityofmadison.com) or call (608) 266-6581.**

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

## Member of



Like us on Facebook:  
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**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 \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

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

# FOR YOUR INFORMATION

## Scholarship Fund

Scholarships are available to people age 55 and older with annual income less than \$30,120 (one person) or \$40,880 (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](mailto:lhunt@cityofmadison.com)

## Endorsements

The Madison Senior Center does not endorse or recommend private agencies or service providers. Presenters are selected for their subject matter expertise. Private companies also may provide donations for programs or allow employees to volunteer as part of their workday. Accepting these donations is not an endorsement of the business. Always do your own research before selecting a service provider.

## Photography

All programs, events and daily activities may be photographed, and the pictures may be used in promotional materials or posted to social media. If you object to the use of your image, please inform the photographer.



## 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.

**Masks are welcome and available for free at the front desk.**

## Key Cards – Checking-In

When you visit the Senior Center, please make sure you check-in at the Front Desk with your key card. If you do not have a key card, stop at the Front Desk, fill out a Member Form, and we will give you a key card. This allows us to keep track of how many people use the Senior Center. Usage is directly connected to our funding.

\*Note: If you are at the Senior Center for lunch, you will also have to check-in at the NewBridge Nutrition Site.

## Building Hours

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

## You Belong Here!

If you are age 55 or older you belong at the Madison Senior Center. If you don't see a program relevant to your needs or interests, let us know. Call us at (608) 266-6581 or email [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com)

## Language Access Program

The City of Madison Language Access Program provides access to City services for people whose primary language is not English. We are committed to improving accessibility for all. If you would like more information, speak to a staff person or email us at [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com)

# LIFELONG LEARNING

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

## Book Talk: *Mystic Experiences, Recurring Dreams, and Close Calls in my Life*

WEDNESDAY, AUGUST 6, 12:30 – 1:15 PM

Join MSC member and author Ed Powe to discuss his book and his experiences that inspired it. Attendees will also have a chance to share their own brushes with the mysterious or unexplained. It promises to be a lively discussion!

## Discover the Madison Senior Center

WEDNESDAY, AUGUST 6, 10:30 – 11:30 AM

Have you heard of the Madison Senior Center but not had a chance to visit yet? Has it been awhile since you have visited? Then stop by for a tour and information about our programs and services! Enjoy a cup of coffee and a pastry while visiting with staff and new friends. We've got something for everyone here at the Madison Senior Center!

## Docs to Digest: *The Street Gang: How We Got to Sesame Street*

THURSDAY, AUGUST 28, 12:30 – 2:30 PM

Join us in the Senior Center lounge once a month for a special post-lunch documentary screening. In August, we will screen *Street Gang*, the 2021 documentary highlighting the creative talent that made the groundbreaking and long-running children's television show *Sesame Street* happen!



## Exploring Poetry

2ND WEDNESDAYS, 11 AM - 12:30 PM

This program is for anyone who enjoys poetry. There are opportunities to read, recite and write. 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 they can say precisely what needs to be said. Led by Mark Kraushaar. *R*

## First Friday Open Mic

FRIDAY, AUGUST 1, 10 – 11 AM

Join us as a performer or an audience member for an hour of open mic! This first Friday gathering is the perfect venue to show off your poetry, musical talent, or other forms of expression. Bring your own instruments and/or material to share. Open to all styles of expression!

## Line Dance Class

WEDNESDAYS, SEPTEMBER 10 – OCTOBER 22, 10 – 11 AM (EXTRA FREE SESSION ON SEPTEMBER 17 FOR THE HEALTH & RESOURCE FAIR)

\$30 for six weeks (financial assistance available) Get ready to step, shuffle, and groove in our fun and friendly Line Dance Class designed especially for older adults! Instructor Tara Jackson is offering six sessions, where you'll learn popular line dances including Boots on the Ground, Cowgirl Trailride, Cleveland Shuffle, and Bad Boy by Luther Vandross. Whether you prefer to dance standing or seated, everyone is welcome to join and move at their own pace. Enjoy great music, light exercise, and a chance to connect with others in a supportive environment. No prior experience needed — just bring your enthusiasm!. *R*



## LIFELONG LEARNING

**To register for programs, call (608) 266-6581 or email [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com)**


## Overture Galleries: Threading Through Us Exhibit Tour

**WEDNESDAY, AUGUST 20, 1 - 2 PM**

Join MSC staff for a short walk over to the Overture Galleries to view the exhibition "Threading Through Us". This collaboration between five artists from multiple genres entwines our lives like threads/ribbons weaving together in faith and friendship. Meet at the MSC front desk at 1.

## Paint & Sip

**MONDAY, AUGUST 11, 9:30 – 11 AM**

Join us for coffee, pastries, and camaraderie. At Paint & Sip, we learn a little about art and creative expression and have a whole lot of fun talking and laughing. No experience or talent required. An outline is already drawn on the canvas, and we guide you through the painting process. Registration required by Thursday, August 7. Limited transportation may be available. Contact Laura or Ericka for more information. 


## Podcast Discussion Group

**TUESDAY, SEPTEMBER 9, 9 – 10 AM**

We will watch a video podcast or listen to an audio podcast about a world issue and discuss it afterwards while enjoying coffee and refreshments!

## Third Thursday Entertainment: Magic in the Air with James the Magician

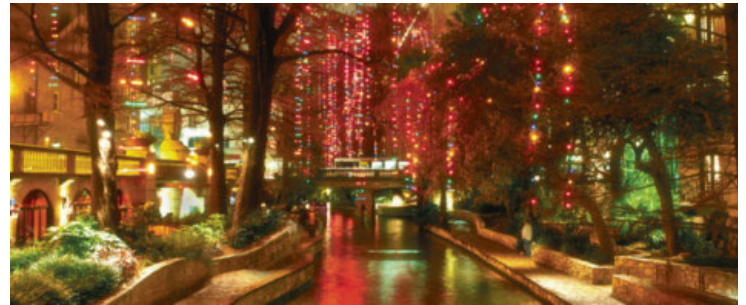
**THURSDAY, AUGUST 21, 12:30 – 1:30 PM**

See back page for more information. 

## Travel Tour Info Session

**MONDAY, AUGUST 18, 10 – 11 AM**

See front page for more information.



## Watercolor Painting

**WEDNESDAYS, 10 - 11 AM**


Paint to relax and express yourself while you chat and enjoy a coffee (or tea!) with other older adults. When available, one of our UW Madison student volunteers might join in. All supplies provided, and no advanced signup is needed.

## Lotería: A Visual BINGO Game!

**WEDNESDAY, AUGUST 13, 1 – 2:30 PM ESPAÑOL**

Join us for a fun afternoon of traditional Lotería; Mexico's version of BINGO. It's easy to learn on the spot, fun for the whole family, and spaces (called in Spanish) can be identified visually,



making it a fun game for most! Light refreshments provided. Limited transportation available. Contact Laura. Acompáñenos a disfrutar de una tarde divertida de lotería tradicional, la versión mexicana del bingo. Es fácil de aprender en el momento, divertido para toda la familia, y los espacios se anunciarán en español, ¡un juego divertido para todos! Se ofrecerán refrigerios. Transporte limitado disponible. Contacte a Laura. 

# TECHNOLOGY & FINANCE

## 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. Public printing is not available. If you need 1:1 assistance, scheduling an appointment is recommended. Call 608-267-6581 or email [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com)



**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.

**Food & Beverages:** Food is not allowed on top of the computer desks, and eating is not permitted in the Computer Lab. Beverages with unsecured lids are not allowed in the Computer Lab.

## Never Too Old to Learn a New Trick

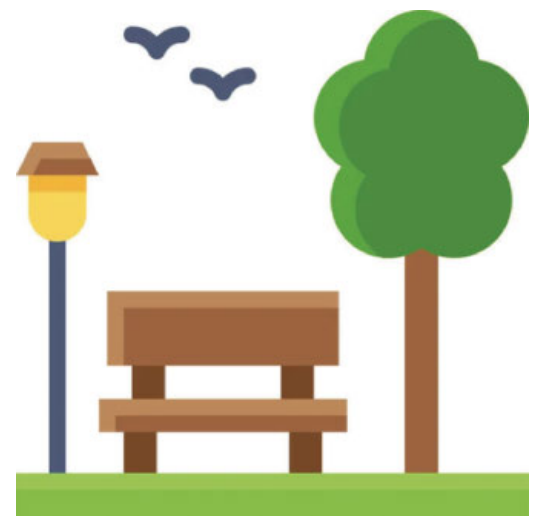
We're getting older and wiser and continue to learn every day. That means that every one of us can learn how to use a computer. If you do not own a computer and would like to learn if you are eligible to receive a free one (you must make below 200% the Federal Poverty Level), read on. If you can commit to taking two to three technology classes, completing an application, and completing follow-up surveys, read on. Contact Laura or Ericka (see Directory, p. 2) to find out if you are eligible to take part in this great opportunity.

## Parks Alive – Building Strong Neighborhoods!

Held in parks across Madison, Parks Alive events are a chance to visit your local park, listen to music, participate in fun, family-friendly activities, enjoy free food and get to know your neighbors. Build connections with your community and connect with green spaces across the city at events throughout the summer.

Parks Alive is held at eleven different parks across the city. Look for the Madison Senior Center at these parks and stop by and say "hello". We will have information on programs and resources for older adults:

- ♥ August 13th, Warner Park (Trailsway), 5 - 7 pm
- ♥ August 14th, Owl Creek, 5 - 7 pm





## A PARTNER FOR LOCAL CARE

Contact your county's Aging and Disability Resource Center to find out if you qualify.

[www.lakelandcareinc.com](http://www.lakelandcareinc.com)



## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

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**Paul O'Flanagan**  
Attorney at Law

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Madison, WI 53705  
608-630-5068  
[Paul@oflanaganlaw.com](mailto:Paul@oflanaganlaw.com)

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• Black Earth 608-767-3684	• Mount Horeb 608-437-5077	• Lodi 608-592-3201

*Our Family Will Take Good Care of Your Family*

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Contact your local Aging and Disability Resource Center to learn about your long-term care options.

[tmgwisconsin.com](http://tmgwisconsin.com)  
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A 4C 01-1141



# HEALTH & WELLNESS

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

## Ballroom Basics for Balance™ Next Steps


Ballroom Basics for Balance™ (BB4B) is a fun way to improve balance through the basics of dance! If you feel you are an experienced mover or have taken a few of our classes before, this one is for you! Registration forms can be found at [www.ballroombasicsforbalance.org](http://www.ballroombasicsforbalance.org) 

**NEXT STEPS: ESPAÑOL & ENGLISH**

**THURSDAYS, JUNE 19 - AUGUST 21, 9:30 - 10:45 AM**

**YAHARA PLACE PARK, 2025 YAHARA PLACE (AT THE INTERSECTION OF RUSSELL ST)**


\$65 for 8 weeks (financial assistance available) – pay for 8 weeks and get up to 10 (2 inclement weather days worked in)

This class is for people who are independent in mobility and want to improve balance or who are looking for a little challenge! To register, complete **registration form** or contact Susan Frikken at 608-692-8794. Registration deadline is June 6, 2025. Limited space but we will keep a waitlist. 

**VIRTUAL AND INCLUSIVE: VIRTUAL VIA ZOOM**

**FRIDAYS, JUNE 20 - AUGUST 15, 9:30 - 10:45 AM**

\$58 for 8 weeks (financial assistance available)

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 physical therapist to see if a balance class would be right for you. Beginners and continuing students welcome. Greek Folk Dance, Ballet, and Foxtrot. Register using the QR code. 



**Questions?** Contact your instructors:

Atala – [atalanicole@gmail.com](mailto:atalanicole@gmail.com) or 608-770-8763;


Krista – [kabultmannspiro@gmail.com](mailto:kabultmannspiro@gmail.com) or 608-335-9252

**BB4B: ESPAÑOL & ENGLISH**

**FRIDAYS, SEPTEMBER 12 – DECEMBER 5, 10 – 11:30 AM**


**MADISON PUBLIC LIBRARY, 201 W MIFFLIN ST**

\$90 for 12 weeks (financial assistance available). To register, complete a **registration form** or contact Susan Frikken, instructor, at 608-692-8794.

**Registration Deadline:** Friday, September 5. This class has a cap. We will keep a waitlist. 


## Blood Pressure Screening

**1ST AND 3RD TUESDAY, 11:15 AM – 12 PM**

Keep tabs on your blood pressure. Our volunteer is a medical professional and would love to have you stop by. 

## Foot Care Clinic – \$25

**FRIDAY, AUGUST 15, 9 AM – 12 PM | APPOINTMENT REQUIRED**

Clinics are a great opportunity to get basic toenail care in addition to regular podiatry care. Savannah Stone is a licensed Manicurist, certified Medical Nail Technician, and Advanced Nail Technologist. **Please bring 2 towels** and arrive 5 minutes early. Cash or check only. 

## HASFIT Gentle Exercise

**MONDAY – FRIDAY, 9 – 9:30 AM**

The HasFit program is presented on YouTube by instructors who focus on strength, flexibility, and balance. Join us at our scheduled screening times, or tune in at your convenience in our fitness room any time our television is not already in use.



# HEALTH & WELLNESS

To register for programs, call (608) 266-6581 or email [seniorcenter@cityofmadison.com](mailto: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](http://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*

## Let's CONNECT

**TUESDAYS THROUGH AUGUST 5, 10 – 10:50 AM**

Let's CONNECT! is a multi-week series of hands-on activities designed to stimulate the imaginations of older adults and promote human connection. The sessions include a wide range of activities, including physical exercise, music, seated dance, singing, storytelling, and sharing ideas. The activities are facilitated by the TNW Ensemble's co-founding artistic directors, Donna Peckett and Danielle Dresden, who have worked extensively with older adults since 2012. These activities are drawn from the workshop leaders' more than 39 years in theater and creative drama, and movement. National research has shown the improvisational approach of "Yes, and..." to be very effective in improving memory. *R*

## Memory Lane

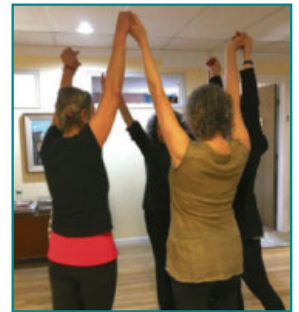
**MONDAY, AUGUST 4 & 18, 9 – 10 AM**

Take a trip down memory lane with Susan U. During each session we will discuss and learn trivia from different categories from past decades. Boost your brain power! Have fun recalling events, songs, movies, and other miscellaneous memories that are tucked away! Come to one or both sessions - the content will be different each week. *R*

## Rosen Method Movement

**MONDAYS THROUGH SEPTEMBER 8, 11 AM – 12 PM (CLOSED SEPTEMBER 1)**

Rosen Method Movement was created by Marion Rosen, a Physical Therapist. It is a class that helps us age gracefully. We move all the joints and stretch to music, and it is low-impact, lighthearted, attentive, and restorative. Instructor Rebecca Wigg-Ninham is a Rosen Practitioner and a Social Worker for over 30 years. She is passionate about building a community of wellness. *R*



## Welcome to Medicare Seminar – Free!

**SATURDAY, SEPTEMBER 13, 9 – 11:30 AM**

**VIRTUAL**

What you need to know about enrolling in Medicare! If you are turning 64 this year, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options. Do you understand what Medicare is and isn't, how to avoid penalties for late enrollment in Medicare, and how to get the most out of your health and prescription benefit plans? Some decisions and actions about Medicare can take place 3-6 months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit. Want easy to understand answers to all these complex questions? Sign up to attend. You'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs. Email [AAA@danecounty.gov](mailto:AAA@danecounty.gov) by September 5th to register. *R*

## GROUPS & CLUBS

### Calling all Billiard's Fans!

Interested in starting a pool club at the Madison Senior Center? We have a beautiful pool table that we recently refurbished, and we have a casual and fun space to gather with friends and strangers alike. Bring your group, or organize one; we'll take care of the rest!

### Bid Whist

**THURSDAY, AUGUST 7, 1 – 2:30 PM**

Join us for a fun afternoon playing the card game Bid Whist! Basic knowledge needed, but all skill levels welcome. Light refreshments provided. Limited transportation available; contact Laura. *R*

### B-I-N-G-O

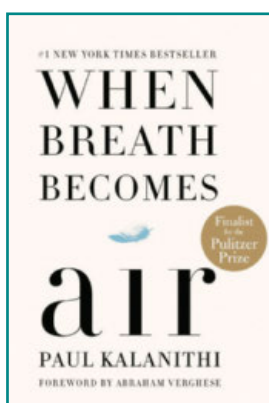
**THURSDAYS, 10:15 - 11:15 AM**

It is free to play the standard BINGO rounds for a small prize. If you want to compete for the cash prize in the final "Blackout" round, each card costs 50 cents (max of four cards). If you don't pay for a card in the final round, you can still play, but it will be for a standard prize instead of the cash prize. We play to have fun and camaraderie. Join us!

### Book Club

**2ND & 4TH FRIDAYS, 10:15 – 11:15 AM**

Join our Friday Book Club! Anyone who enjoys reading is welcome to join us. Club members will choose books and activities. We will use library book club kits; call Laura at 608-267-8650 to reserve yours. Our next book selection is *When Breath Becomes Air* by Paul Kalanithi. This posthumously published Pulitzer Prize Finalist memoir was written by neurosurgeon Paul Kalanithi after he learned at the age of 36 that he had stage IV lung cancer. In it, he grapples with what makes life worth living. *R*



### Bridge Belles

**MONDAYS, 9 - 11 AM**

A group of women improving their duplicate bridge skills in a relaxed atmosphere; working knowledge of Bridge needed.

### Spanish Conversation

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

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. Spanish Conversation meets via Zoom. Once you are registered you will be sent the Zoom link. All levels welcome. *R*



### Spirit Days

**FRIDAYS, 8:30 AM - 12 PM:** Participate in a Spirit Day activity and win a prize! Each Spirit Day is a new chance to win.

**AUG 1 COLORING BOOK DAY:** Try out adult coloring!

**AUG 8 HAPPINESS HAPPENS DAY:** Share with other MSC members what brings you joy.

**AUG 15 RELAXATION DAY:** Participate in a short meditation session.

**AUG 22 SENIOR CITIZENS DAY:** Share one thing you wish others understood about being an older adult.

**AUG 29 BOW TIE DAY:** Wear your favorite bow tie, or don one of ours!







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## NO NEW MEDICARE CARD



### Here's the truth

- Medicare is NOT issuing plastic cards
- You do NOT need to 'update' your Medicare Card
- Medicare will NEVER call or text you asking for your Medicare number

### Protect Yourself

- Never give out your Medicare number to unexpected callers
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[www.smpwi.org](http://www.smpwi.org)

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

# PROGRAM & ACTIVITY LIST

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

PROGRAM/ACTIVITY	DAY & DATE	TIME	COST	LOCATION
Ballroom Basics for Balance Next Steps	Thursdays through Aug 21st	9:30 – 10:45 am	\$65	Yahara Park
Ballroom Basics for Balance – Inclusive	Fridays through Aug 15th	9:30 – 10:45 am	\$58	Virtual
<b>Ballroom Basics for Balance</b>	Fridays, Sep 12th through Dec 5th	10:00 – 11:30 am	\$90	MPL
<b>Bid Whist</b>	Thursday, Aug 7th	1:00 – 2:30 pm	Free	MSC
B-I-N-G-O	Thursdays	10:15 – 11:15 am	Free, 50¢/final card	MSC
Blood Pressure Screening	1st & 3rd Tuesdays	11:15 am – 12:00 pm	Free	MSC
Book Club	2nd & 4th Fridays	10:15 – 11:15 am	Free	MSC
<b>Book Talk: <i>Mystic Experiences, Recurring Dreams, and Close Calls in my Life</i></b>	Wednesday, Aug 6th	12:30 – 1:15 pm	Free	MSC
Bridge Belles	Mondays	9:00 – 11:00 am	Free	MSC
Case Manager Drop-in	1st & 3rd Tuesdays	10:30 am – 12:30 pm	Free	MSC
<b>Discover the Madison Senior Center</b>	Wednesday, Aug 6th	10:30 – 11:30 am	Free	MSC
<b>Docs to Digest: <i>The Street Gang: How We Got to Sesame Street</i></b>	Thursday, Aug 28th	12:30 – 2:30 pm	Free	MSC
<b>ePantry</b>	Order Aug 18th; pickup Aug 21st	9:00 – 11:30 am	Free	MSC
Exploring Poetry	2nd Wednesdays	11:00 am – 12:30 pm	Free	MSC
First Friday Open Mic	1st Fridays	10:00 – 11:00 am	Free	MSC
Foot Care Clinic	3rd Fridays	9:00 am – 12:00 pm	\$25	MSC
Gay, Gray, & Beyond	2nd & 4th Thursdays	2:00 – 4:00 pm	Free	MSC
Gentle Yoga	Tuesdays	10:00 – 11:00 am	Free	MSC
HASFit Gentle Exercise	Every weekday	9:00 – 9:30 am	Free	MSC
<b>Let's CONNECT</b>	Tuesdays through August 5th	10:00 – 10:50 am	Free	MSC
<b>Line Dance Class</b>	Wednesdays, Sep 10th - Oct 22nd	10:00 – 11:00 am	\$30/6 wks	MSC
<b>Lotería</b>	Wednesday, Aug 13th	1:00 – 2:30 pm	Free	MSC
<b>Memory Lane</b>	Mondays, Aug 4th & 18th	9:00 – 10:00 am	Free	MSC
Movie Matinee	Tuesdays	12:30 – 2:30 pm	Free	MSC
Overture Gallery: Threading Through Us Exhibition Tour	Wednesday, Aug 20th	1:00 – 2:00 pm	Free	MSC
<b>Paint &amp; Sip</b>	Monday, Aug 11th	9:30 – 11:00 am	Free	MSC
Podcast Discussion Group	Tuesday, Sep 9th	9:00 – 10:00 am	Free	MSC
Rosen Method Movement	Mondays through Sep 8th (CLOSED Sep 1st)	11:00 am – 12:00 pm	Free	MSC
<b>Spanish Conversation</b>	Wednesdays	1:30 – 3:00 pm	Free	Virtual
Spirit Days	Fridays	8:30 am – 12:00 pm	Free	MSC
<b>Third Thursday Entertainment: Magic in the Air</b>	3rd Thursdays	12:30 – 1:30 pm	Free	MSC
<b>Travel Tour Info Session</b>	Monday, Aug 18th	10:00 – 11:00 am	Free	MSC
Watercolor Painting	Wednesdays	10:00 – 11:00 am	Free	MSC
Welcome to Medicare Seminar	Saturday, Sep 13th	9:00 – 11:30 am	Free	Virtual



# August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>HASFit Gentle Exercise,</b> Every day, 9:00</p>				<p><b>1</b></p> <p>9:30 BB4B Inclusive <b>V</b> <b>10:00 First Friday</b> <b>Open Mic</b></p> <p><b>Spirit Day: Coloring</b> <b>Book Day</b></p>
<p><b>4</b></p> <p>9:00 Bridge Belles <b>9:00 Memory Lane</b> 11:00 Rosen Method Movement</p>	<p><b>5</b></p> <p>10:00 Gentle Yoga 10:00 Let's CONNECT 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>The</i> <i>Ballad of Wallis Island</i></p>	<p><b>6</b></p> <p>10:00 Watercolor Painting <b>10:30 Discover MSC</b> <b>12:30 Mystic</b> <b>Experiences, Recurring</b> <b>Dreams, and Close</b> <b>Calls in my Life</b> 1:30 Spanish Conv <b>V</b></p>	<p><b>7</b></p> <p>9:30 BB4B Next Steps (Yahara Park) <b>S</b> 10:15 BINGO <b>1:00 Bid Whist</b></p>	<p><b>8</b></p> <p>9:30 BB4B Inclusive <b>V</b> 10:15 Book Club</p> <p><b>Spirit Day: Happiness</b> <b>Happens Day</b></p>
<p><b>11</b></p> <p>9:00 Bridge Belles <b>9:30 Paint &amp; Sip</b> 11:00 Rosen Method Movement</p>	<p><b>12</b></p> <p>10:00 Gentle Yoga 12:30 Movie: <i>Juror #2</i></p>	<p><b>13</b></p> <p>10:00 Watercolor Painting 11:00 Exploring Poetry 1:30 Spanish Conv <b>V</b> <b>1:00 Loteria S</b></p>	<p><b>14</b></p> <p>9:30 BB4B Next Steps (Yahara Park) <b>S</b> 10:15 BINGO 2:00 Gay, Gray &amp; Beyond</p>	<p><b>15</b></p> <p><b>9:00 Footcare Clinic</b> 9:30 BB4B Inclusive <b>V</b></p> <p><b>Spirit Day: Relaxation</b> <b>Day</b></p>
<p><b>18</b></p> <p>9:00 Bridge Belles <b>9:00 Memory Lane</b> <b>10:00 Travel Tour</b> 11:00 Rosen Method Movement</p> <p><b>*ePantry Ordering</b> <b>Day</b></p>	<p><b>19</b></p> <p>10:00 Gentle Yoga 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>One of</i> <i>Them Days</i></p>	<p><b>20</b></p> <p>10:00 Watercolor Painting 1:00 Overture Galleries: Threading Through Us Exhibition Tour 1:30 Spanish Conv <b>V</b></p>	<p><b>21</b></p> <p><b>9:00 ePantry Pick-Up</b> 9:30 BB4B Next Steps (Yahara Park) <b>S</b> 10:15 BINGO <b>12:30 Third Thursday</b> <b>Entertainment: Magic</b> <b>in the Air</b></p>	<p><b>22</b></p> <p>10:15 Book Club</p> <p><b>Spirit Day: Senior</b> <b>Citizens Day</b></p>
<p><b>25</b></p> <p>9:00 Bridge Belles 11:00 Rosen Method Movement</p>	<p><b>26</b></p> <p>10:00 Gentle Yoga 12:30 Movie: <i>American Graffiti</i></p>	<p><b>27</b></p> <p>10:00 Watercolor Painting 1:30 Spanish Conv <b>V</b></p>	<p><b>28</b></p> <p>10:15 BINGO <b>12:30 Street Gang:</b> <b>How We Got to</b> <b>Sesame Street</b> 2:00 Gay, Gray &amp; Beyond</p>	<p><b>29</b></p> <p><b>Spirit Day: Bow Tie</b> <b>Day</b></p>

# MOVIES

## Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm. The 4th Tuesday of the month is reserved for a classic movie.

### AUGUST 4

#### The Ballad of Wallis Island (2025)

An eccentric lottery winner who lives alone on a remote island tries to make his fantasies come true by getting his favorite musicians to perform at his home. *Stars: Tom Basden, Tim Key, and Sian Clifford. Comedy, Drama, Music, Romance. 1 hour 39 minutes. Rated PG-13.*



### AUGUST 11

#### Juror #2 (2024)

While serving as a juror in a high-profile murder trial, a family man finds himself struggling with a serious moral dilemma; one he could use to sway the jury verdict and potentially convict or free the wrong killer. *Stars: Nicholas Hoult, Toni Collette, and J.K. Simmons. Crime, Drama, Thriller. 1 hour 54 minutes. Rated PG-13.*



### AUGUST 18

#### One of Them Days (2025)

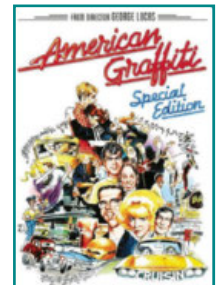
When best friends and roommates Dreux and Alyssa discover Alyssa's boyfriend has blown their rent money, the duo finds themselves going to extremes in a race against the clock to avoid eviction and keep their friendship intact. *Stars: Keke Palmer, SZA, and Vanessa Bell Calloway. Comedy. 1 hours 37 minutes. Rated R.*



### AUGUST 25

#### American Graffiti (1973)

A group of teenagers in California's central valley spend one final night after their 1962 high school graduation cruising the strip with their buddies before they pursue their varying goals. *Stars: Richard Dreyfuss, Ron Howard, and Paul Le Mat. Coming-of-Age, Comedy, Drama. 1 hour 50 minutes. Rated PG.*



## Be a Movie Sponsor

There are many ways to help. Donate popcorn, drinks, or other snacks. Financial sponsorships go towards snacks and movie rental fees. Call Laura to learn more: (608) 267-8650.



# 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 offering social opportunities. Call (608) 255-8582 for more information or email [info@lgbtoutreach.org](mailto:info@lgbtoutreach.org); you can also check out our website, [lgbtq50plusalliance.org](http://lgbtq50plusalliance.org)

## 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, please email [karenlkane13@gmail.com](mailto:karenlkane13@gmail.com) or [lynnc@outreach.org](mailto:lynnc@outreach.org)

## LGBTQ 50+ Alliance Steering Committee

Lynn Currie (608-255-8582)	OutReach Staff
Laura Hunt (608-267-8650)	MSC Staff
Karen Kane	Co-Chair, Volunteer
Shelley Hansen-Blake	Co-Chair, Volunteer
Graham Smith	Volunteer
Mimi Millen	Volunteer
Mary Beth Wilk	Volunteer

We are continually planning programs and outings. Reach out to one of our committee members to share your ideas. Is there a program or group you would like to participate in?

## Coffee Meet-Up

**1ST & 3RD TUESDAYS, 2 - 3:30 PM**  
**JAVA CAT, 4221 LIEN ROAD,**

Join Madison's LGBTQ 50+ Alliance at our Coffee Meet-Ups. We will sit outside as the weather allows. Buy your own drinks, treats, and meal. No need to RSVP. Questions? Are you interested in starting a social or support group for the LGBTQ 50+ community? Email the OutReach Elder Advocate, Lynn, at [lynnc@lgbtoutreach.org](mailto:lynnc@lgbtoutreach.org)

## CQ (Curious Queers)

**1ST & 3RD THURSDAYS, 1 - 3 PM**  
**OUTREACH, 2701 INTERNATIONAL LN**

"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: Older generations can share the accomplishments they have made, and younger generations can help them learn what still needs to be done.**



## Gay, Gray & Beyond

**2ND & 4TH THURSDAYS, 2 - 4 PM**  
**MADISON SENIOR CENTER, 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.



# AGING WITH PURPOSE: EMPOWERING BLACK OLDER ADULTS

## **17th Annual Black Women Wellness Day**

SATURDAY, SEPTEMBER 27

MONONA TERRACE, 1 JOHN NOLEN DR

Register: Ericka Booe at (608) 266-6290

## **Africa Fest**

SATURDAY, AUGUST 16, 10 AM – 10 PM

MCPIKE PARK, 202 S INGERSOLL ST

## **Baobab Senior Circle (BSC)**

2ND & LAST FRIDAYS, 3 – 5 PM

UW SOUTH MADISON PARTNERSHIP, 2238 S PARK

Registration: scan QR code



## **Calming Computer Jitters Age-Friendly Computer Training**

3RD WEDNESDAYS, 12 – 2 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

## **Cancer Education Group**

2ND TUESDAYS, 5:30 – 6:45 PM VIRTUAL

## **Chat, Chew, & Cha Cha**

3RD FRIDAYS, 4 – 7 PM

UW SOUTH MADISON PARTNERSHIP, 2238 S PARK

## **Clever Cooks**

LAST WEDNESDAY, 11 AM – 12 PM

AUBERGINE COMMUNITY SPACE, 1226 WILLIAMSON

## **Community Elder Connect (CEC)**

2ND & LAST FRIDAYS, 3 – 5 PM

UW SOUTH MADISON PARTNERSHIP, 2238 S PARK

Registration: scan QR code



## **Dane Dances: A Celebration of Cultures**

FRIDAYS IN AUGUST, 5 – 9:30 PM

MONONA TERRACE, 1 JOHN NOLEN DR

## **Drop-In Mental Health Services (Sponsored by Anesis Therapy)**

THURSDAYS, 10 AM – 2 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

## **Faith Based Depression Treatment Class | Seeking African American Adults**

To learn more, please call our study team at 608-262-7917 or email [OHD@fammed.wisc.edu](mailto:OHD@fammed.wisc.edu)

## **Fit & Fun**

THURSDAYS 11:30 AM – 12:30 PM

MT ZION CHURCH, 2019 FISHER ST

Register: call 310-497-4349

## **Get Movin' in Motion – FREE!**

TUESDAYS & THURSDAYS, 1 – 2 PM

UW SOUTH MADISON PARTNERSHIP, 2238 S PARK ST

Registration: call (608) 265-4790

## **Impact of the African Americans Fighting Alzheimer's in Midlife Study**

SATURDAY, AUGUST 9, 9:30 AM – 1 PM

MADISON COLLEGE GOODMAN SOUTH CAMPUS, 2429 PERRY ST 2ND FLOOR

Registration is required by July 30: 608-265-4790

## **Madison Black Restaurant Week**

AUGUST 10 – 17

Visit [www.madisonblackchamber.com](http://www.madisonblackchamber.com) for more info.

## **Mad-Town Walkers**

MONDAYS, 12 – 2 PM | LOCATION VARIES

Registration: call 608-512-0000 Ext 2007

## **Pontoon Boat Rides**

FRIDAY, AUGUST 15, 9 AM – 12 PM

TENNEY PARK, 1615 SHERMAN AVE

Registration: call 608-512-0000 Ext 2007

## **Rebalanced Life Wellness Association**

MEN'S HEALTH & EDUCATION CENTER, 584 GRAND CANYON DR

To request an appointment, call 608-841-1110 or fill out the online form at:

<https://rebalanced-life.org/appointment-request>

## **Tech Masters: Getting Comfortable with Computers**

FIRST WEDNESDAYS, 2 – 4 PM

MADISON LABOR TEMPLE, 1602 S PARK ST

Registration: call 608-512-0000 Ext 2007

## **Threading Through Us**

THROUGH SUNDAY, AUGUST 24

OVERTURE GALLERIES, 201 STATE ST

## **Urban Triage Supporting Healthy Black Elders**

Email [kwaller@urbantriage.org](mailto:kwaller@urbantriage.org) or call 608-299-4128

## **Wellness Wednesday**

WEDNESDAY, AUGUST 13, 12 – 2 PM

MEADOWRIDGE LIBRARY, 5726 RAYMOND RD

Registration: call (608) 512-0000 Ext 2007

## **Well Wednesday**

WEDNESDAYS 1 – 2 PM

MEADOWOOD HEALTH PARTNERSHIP, 5902 RAYMOND



# PROGRAMAS EN ESPAÑOL PARA ADULTOS MAYYORES

## ¡Bienvenidos a Literacy Network!

Las inscripciones para las clases de inglés y ciudadanía empiezan el 14 de Enero. Las registraciones serán en nuestro edificio localizado en el 701 Dane St, Madison, WI. Inscribase para una de nuestras secciones de registró! Usa este enlace o el código QR para empezar: <https://tinyurl.com/RegSpring2025>. Durante la sesión de registración: • Usted tendrá la oportunidad de hablar con nosotros acerca de sus metas. • Se le hará un examen de inglés corto para ayudarlo a escoger el programa mas adecuado para usted. • Todos nuestros programas son gratuitos. • Durante la registración se paga una cuota para materiales de \$10, \$20, o \$40 dependiendo del programa. Se aceptan efectivo, tarjetas de crédito o cheques. Becas disponibles. • Para más información, llame al 608-244-3911.

## Bingo Bilingüe

**PRIMER VIERNES, 1 DE AGOSTO, 10:15 AM**  
**WARNER PARK, 1625 NORTHPORT DR**  
Habrá Transportación limitada. Favor registrarse

**TERCER JUEVES, 21 DE AGOSTO, 11 AM**  
**MEADOWWOOD NEIGHBORHOOD CENTER, 5740 RAYMOND RD**  
Habrá Transportación limitada. Favor registrarse.

## La Cafeteria De La Memoria

**TODOS LOS JUEVES, ZOOM/VIRTUAL,**  
**2 – 3 PM**

Para registrarse, llame al 608-512-0000 y marque '2' si habla español. Deje un mensaje y alguien se pondrá en contacto con usted con detalles adicionales.

## Charlas Semanales

**TODOS LOS MIÉRCOLES, FACEBOOK LIVE**  
**ROOTS4CHANGE, 10 – 11:30 AM**  
**RAÍCES PARA EL CAMBIO**

Únase a nosotros y a nuestros invitados especiales para nuestras charlas semanales. Para encontrar los temas más actualizados, consulte nuestra página de Facebook Live Roots4Change o póngase en contacto con nosotros 904-385-8151 o [soporte@rootsforchange.coop](mailto:soporte@rootsforchange.coop)

## Corte y Confección

**TODOS LOS MIÉRCOLES, 10 AM – 12 PM**  
**ARTS + LIT LAB, 111 S LIVINGSTON ST**

Aprenda cómo manejar las máquinas de coser, las puntadas básicas o si prefiere algo más avanzado, Alicia tiene la experiencia y el conocimiento como empresaria y profesora universitaria de diseño y alta costura. Limitado número de participantes y transportación. *Favor llamar para registrarse 608-800-1316.*

## ESL – Inglés Básico y Avanzado

**TODOS LOS MARTES, 10 AM – 12 PM**  
**MEADOWWOOD NEIGHBORHOOD CENTER, 5740 RAYMOND RD**

Esta clase provee la oportunidad de avanzar en el idioma desde el nivel donde se encuentre. El programa está diseñado para adultos mayores de habla hispana, gracias a la experiencia y trayectoria de docente. Se proveerá el material de estudio y almuerzo. Hay transporte limitado.

## El Mercadito de Centro

**TODOS LOS JUEVES, 4 – 8 PM**  
**CENTRO HISPANO, 2403 CYPRESS WAY**

Mercadito offers an open and healthy place where the community can share their cultural heritage and culinary traditions.

## Yoga Suave en Colaboración con MSCR

**TODOS LOS LUNES, 10:15 – 11:15 AM (ZOOM)**

Practique yoga de pie, sentado(a), y/o acostado(a) sobre un tapete o colchoneta, para aliviar el estrés, fortalecer el sistema inmunológico y mejorar su bienestar. ¡Favor llamar si usted ya está registrado(a) y necesita el enlace!

# VOLUNTEER OPPORTUNITIES

## Volunteers Needed!

**Volunteers are the heart of the Madison Senior Center. APPLY TO VOLUNTEER:**

<https://www.cityofmadison.com/senior-center/volunteer/apply-to-volunteer>



1. **Craft With Kids Participant:** Join our intergenerational craft meetup on the 4th Wednesday of each month. Kids from St. Joseph's Preschool will come to the Senior Center to work on a craft with older adults.
2. **Group or Class Leader:** Tell us what kind of group or class you would like to lead- Tai Chi, a book club, discussion group, arts & crafts, music- you name it!

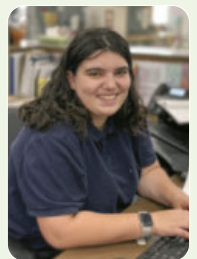
**Art Lovers:** Share your love of art by leading a short series of art classes. Members have expressed an interest in drawing, painting, clay, and general crafting. We have a great craft room with natural lighting. Having creative outlets is so important to brain health, especially as we age.

**Bid Whist:** Do you love to play Bid Whist? We are starting a monthly Bid Whist get together. If there is enough interest this could be weekly or bi-weekly. The volunteer would take leadership of setting up and cleaning up, coordinating snacks, and getting the group started. This volunteer would also be able to play the game.

3. **Computer Helper:** More and more older adults are trying to improve their digital literacy skills. If you are savvy enough to create an email, know the ins and outs of password security, and are familiar with word processing, consider being a computer lab volunteer! Take a regular shift to assist walk-ins and help with basic office tasks, or be available to take scheduled 1:1 appointments at the Madison Senior Center. Appointments must be during the hours we are open, Monday and Friday, 8:30 am – 1:00 pm and Tuesday – Wednesday, 8:30 am – 4:00 pm
4. **Service Provider:** Many of our older adults need hygiene and care services. If you have a licensed service you'd like to provide, we'd love to hear from you
5. **Newsletter Prep and Delivery Person:** Help spread the word! We want as many people as possible to hear about the great programs and services the Madison Senior Center has to offer. We are looking for a volunteer to spend a day towards the end of each month driving our next month's newsletter to various community partners and senior housing facilities. You bring your vehicle, and we will provide you with a gas gift card each month. Don't drive? We could use your help addressing the newsletters we mail out to private residents.

## Volunteer Spotlight: Sofia

Sofia was a volunteer at our nutrition site on Fridays for several years, and she recently completed a front desk internship on Tuesday, Wednesday, and Thursday afternoons at the Senior Center. She wanted to gain more customer service experience before returning to her home country of Greece, where she plans to work at a hotel reception desk or in another customer service role. Sofia knew all of our nutrition site members by name, and she made it a point to meet other members throughout her internship. She also pushed herself to learn how to create new member accounts and sign people up for programs, despite initially feeling hesitant about her computer skills. She did an excellent job and approached her tasks with curiosity. We will miss her friendly smile and infectious laugh, and we wish her the best in her new journey!



## COMMUNITY RESOURCES

The following is a list of organizations that serve older adults in Madison. These are the agencies receiving funding from the City of Madison Community Development Division. The Madison Senior Center looks forward to deepening our partnership with these agencies.

### **African Center for Community Development**

**2238 S PARK ST**

(608) 294-0066

### **Bayview Foundation**

**103 LA MARIPOSA LN**

(608)256-7808

### **Bridge Lake Point Waunona Neighborhood Center**

**1917 LAKE POINT DR**

(608) 441-6991

### **FOSTER of Dane County**

**700 RAYOVAC DR**

(608) 628-7708

### **Freedom, Inc.**

**2110 LUANN LN**

(608) 716-7324

### **Goodman Community Center**

**214 WAUBESA ST**

(608) 241-1574

### **IP Ministries**

**1102 ENGELHART DR**

(608) 347-7999

### **Lussier Community Education Center**

**55 S GAMMON RD**

(608) 833-4979

### **Neighborhood House Community Center**

**29 S MILLS ST**

(608) 255-5337

### **OutReach, Inc.**

**2701 INTERNATIONAL LN**

(608) 255-8582

### **RSVP of Dane County**

**6501 WATTS RD**

(608) 238-7787

### **Southeast Asian Healing Center, Inc.**

**2814 SYENE RD**

(608) 405-5889

### **The Hmong Institute**

**4402 FEMRITE DR**

(608) 692-8918

### **Urban Triage**

**2312 S PARK ST**

(608) 299-4128

### **NewBridge**

#### **NUTRITION SITE**

NewBridge Madison operates the Senior Nutrition Site at our Center. Monday-Friday, at 11:30 am, adults age 60+ can enjoy a hot, nutritious meal. If you are age 60 and older, the suggested minimum donation is \$5.00. If you are under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost \$13.56. Meal and transportation reservations are required. Reservations & cancelations are due by Noon, two business days in advance. Contact **(608) 512-0000, Ext. 4006**. Menus and additional information are available.

#### **CASE MANAGEMENT – EXPANDED HOURS!**

NewBridge case managers will now have expanded drop-in hours at the Madison Senior Center on the first and third Tuesday of the month from 10:30 am - 12:30 pm.

When life offers the gift of time...

*how will you spend it?*

We'll help you every step of the way.



**Offering a continuum of care for seniors:**

- > Independent Living
- > Assisted Living
- > Memory Care
- > Rehabilitation

Call 608-663-8600 or email  
madisonsales@oakparkplace.com  
718 Jupiter Dr., Madison, WI 53718  
oakparkplace.com/madison



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From a Name You Can Trust

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- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

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**1- & 2-BEDROOM APARTMENTS 55+**  
Includes water, sewer, and trash

SPACIOUS, MODERN HOMES WITH HIGH-END FINISHES  
CALL 608-516-5405 TO SCHEDULE AN APPOINTMENT

958 Rise Lane, Madison, WI 53704  
risemadison@accmanagementgroup.com



\*Inclusive Income Restrictions Apply\*

1 Person: \$63,630 | 2 Person: \$72,730 | 3 Person: \$81,830



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npalasini@lpicommunities.com

(800) 950-9952 x2162

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



## EPANTRY

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

The Madison Senior Center is 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. Orders may be placed as early as the Friday before pick-up day. If you need assistance placing your order, staff will be available on the Monday morning of our pick-up week. Our pick-up day is the 3RD THURSDAY of each month. **Orders can be picked up 9 - 11:30 am.**

*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 for getting the groceries from the River Food Pantry to the Senior Center.

FOOD ORDER DATE WITH ASSISTANCE	FOOD PICK UP DATE
Monday, August 18	Thursday, August 21
Monday, September 15	Thursday, September 18
Monday, October 13	Thursday, October 16

## FACILITY UPDATES

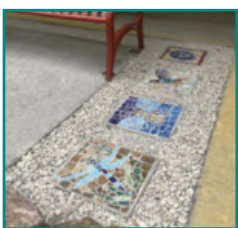
### New Seating at the Senior Center!

A special thanks goes to our Madison Senior Center Foundation for funding our recent soft seating upgrades at MSC. Our former seating served us well for many years but had reached a point where stains were resisting even a good steam cleaning. As with all our upgrades, we looked for ways to stretch our dollar. We contracted with Office Furniture Resources, a WI-based company that sells gently used office furniture. We are giving the chairs a new life here at MSC, and our old chairs will be refurbished and sold elsewhere, making it an eco-friendly swap! We were happy to have found chairs with handles and wheels that brake, which will make setting up for after-hour building rentals much easier. "After-hour building rentals?", you may be asking yourself. Yes! If you are interested in renting the Madison Senior Center on an evening or weekend for a wedding, private party, or another event, please visit [www.cityofmadison.com/senior-center/facility-rental](http://www.cityofmadison.com/senior-center/facility-rental) for more information. We hope that MSC members and visitors will enjoy the new seating for many years to come!



## NEWS

### Madison Missions Volunteer Beautification Project

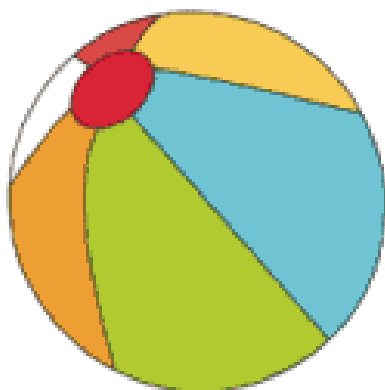


A special thanks to the youth campers from Blackhawk Church who joined us a second year in a row to complete one of their Madison Missions projects! This year, they arranged glass pieces to create mosaic paving tiles for our front entrance. The tiles brighten up the walkway and bench seating out front with depictions of flowers and pollinators. We had a wonderful time working with the kids and hope the tiles are something that both they and our members can be proud of.

## August WORD SEARCH



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



August  
Beach  
Camping  
Hot  
Lazy  
Ocean  
Peach

Picnic  
Pool  
Relax  
Summer  
Sunshine  
Vacation  
Waffle

# 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 Thomas DeChant at [mscfoundation@gmail.com](mailto:mscfoundation@gmail.com)

### FOUNDATION BOARD OF DIRECTORS

Tom DeChant – President  
Sally Miley – Vice President  
Jan Cliff – Treasurer  
Mary Berryman-Agard – Member-at-Large  
Eve Galanter – Member-at-Large

### Senior Center Wish List

- » Coffee grounds, sugar packets, and coffee creamer
- » Cases of bottled water
- » Individually wrapped snacks
- » Gift cards to use as game prizes (\$10; market cards are most appreciated)
- » BINGO Game
- » Musical instruments in good condition

### DONATIONS

Capital Centre Market  
Kathy Heiman  
Mark St. Francis  
PLATO



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**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.

Madison Senior Center  
Foundation, Inc.

330 WEST MIFFLIN STREET  
MADISON WI 53703

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MADISON, WI



### **Third Thursday Entertainment: Magic in the Air with James the Magician**

**THURSDAY, AUGUST 21, 12:30 – 1:30 PM**

James the Magician fell in love with the art of magic at 6 years old. His inclusive and comedic magic creates an experience between him and the audience that is filled with energy and laughter. The crowd's reactions, the timing, the mystery - it all adds to the wonderful experience that is magic entertainment. *R*



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