

# THE Messenger

VOLUME 40, NUMBER 12

DECEMBER, 2023

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*Relevant, Inclusive, Enlightened*

**Madison Senior Center**

**330 W. Mifflin Street**

**Madison, Wisconsin 53703**

**(608) 266-6581**

**[cityofmadison.com/senior-center](http://cityofmadison.com/senior-center)**



## Silver Santa

**THURSDAY, DECEMBER 14, 12:30 – 2:30 PM**

Our third annual Silver Santa event is almost here. Registration is closed but we just have to share how excited we are about this celebration. There will be so many ways to enjoy the festivities, which will include singing carols, crafts, games, cookies, and of course presents from Santa.



## Holiday Hours

Our building schedule will be adjusted as follows during the last two weeks of December. Lunch will be served at the regular time on December 26, 27 and 28.

Friday, December 22	Closed
Monday, December 25	Closed
December 26, 27 & 28 (Tuesday, Wednesday, Thursday)	8:30 am - 1:00 pm
Friday, December 29	Closed
Monday, January 1	Closed

# 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

*Interim Facility Services Supervisor*, Laura Noel (she, her)

(608) 267-8652, lnoel@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

*Social Work Intern*, Elizabeth Scott (she, her)

(608) 267-8673, escott@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) 266-6581.** **R** = Registration Required. **Purple** text or a purple **S** means the program will be in Spanish.

## Scholarship Fund

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

## Member of



***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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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](mailto: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](http://www.newbridgemadison.org). NewBridge provides programs and services throughout the community: 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](mailto:AAA@countyofdane.com).

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[facebook.com/MadisonWISeniorCenter](https://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.

**Masks are welcomed, available and free. Free Covid test available.**

## Building Hours

Tuesday - Wednesday - Thursday 8:30 am - 4:00 pm  
Monday & Friday 8:30 am - 1:00 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](http://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?

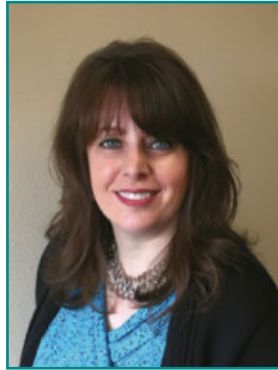
If you are age 60 and older, the suggested minimum donation is **\$4.50**. If you are under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost \$17.20.



## FOR YOUR INFORMATION

### We Will Miss You Karen

In September, the MSC said farewell to one of our long-time senior center staff members, Karen Cator. The qualities, skills, and leadership Karen brought to the MSC over the last 20 years is truly remarkable and has left a lasting impact. We are thankful for her service and commitment to serving the aging community, and wish her all the best in her new role at the Monona Terrace!



### Nail Salon

**THURSDAY, DECEMBER 14, 12:30 PM – 2:30 PM  
(DURING SILVER SANTA)**

**MONDAY, DECEMBER 18, 11:45 AM – 1:00 PM**

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



### Inclement Weather Policy

When the Madison Metropolitan School District (MMSD) closes for inclement weather, the Madison Senior Center will also close. Lunch will not be served on those days, and programs will be cancelled.



### Just For Fun - TRIVIA

1. What did the other reindeer not let Rudolph do because of his shiny red nose?
2. The movie *Miracle on 34th Street* is based on a real-life department store. What is it?
3. When does Kwanzaa begin?
4. Which Hollywood actor played six different roles in *The Polar Express*?
5. Which colors are used to celebrate Kwanzaa?
6. Which country did eggnog come from?
7. Which country started the tradition of putting up a Christmas tree?
8. How many nights does Hanukkah last?
9. Which zodiac sign runs between November 22 to December 21?
10. Which fairy tale was the first gingerbread house inspired by?
11. What popular Christmas song was actually written for Thanksgiving?
12. How many sides does a snowflake have?
13. Which Hanukkah toy was used as a decoy after learning the Torah was outlawed?
14. Who was the first U.S. President to light a menorah?
15. What culture does Kwanzaa celebrate?

**Happy Holidays!**

### ANSWERS:


1. Join in any reindeer games
2. Macy's
3. December 26
4. Tom Hanks
5. red, green, black
6. England
7. Germany
8. Eight
9. Sagittarius
10. Hansel & Gretel
11. Jingle Bells
12. Six
13. Dreidel
14. Clinton
15. African

# LIFELONG LEARNING

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

## Exploring Poetry

2ND 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. Those four well-chosen words perfectly describe 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. 

## Holiday Crafts - Wreaths

TUESDAY, NOVEMBER 28, 1 - 2 PM


Everyone will go home with a festive wreath to hang or give as a gift. Many fall and winter themed supplies will be available if you do not want a Christmas wreath. If you want a wreath with a special theme, feel free to bring what you want to use.

REGISTRATION IS REQUIRED. 



## Non-Traditional Doll Making & Fabric Art


WEDNESDAYS, 1-4 PM (DECEMBER 6, 13, 20)

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

## Writing Your Life

THURSDAYS, JANUARY 11 - FEBRUARY 15,  
10 - 11:30 AM

THURSDAYS, MARCH 7 - APRIL 11, 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 and opportunities to write and seek feedback, and time to share writing in a welcoming and enthusiastic community. Led by Mark Nepper. 

## Book Sharing Table – Holidays Around the World

Take some time to browse through our reading table. Every month the theme rotates. In December it will feature books about holidays that occur in December around the world. The mix will include chapter books, "coffee table" books, "how to" books and more. The books are on loan from the Madison Public Library so you can't take them home, but you can jot down titles and request them to pick up at the library closest to your home.



## LIFELONG LEARNING

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

### Holiday Lights Tour & Reception

TUESDAY DECEMBER 5, 5 - 7:30 PM

Catch the holiday spirit as we tour Olin Park's Holiday Lights display! Vans leave from the Goodman Community Center and will stop at the Madison Senior Center on the way to Olin Park. Afterwards, we will return to Goodman to enjoy a holiday reception of cookies & hot chocolate. **Registration required!** Contact Laura at (608) 267-8650 or [lhunt@cityofmadison.com](mailto:lhunt@cityofmadison.com) by *Friday, December 1*. Limited space available. \$5 donation recommended. Must be at the Madison Senior Center at 5 pm. Expect to return to the Senior Center around 7:30 pm. *R*



## 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.

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

### Schedule Your Appointment

Share your computer challenges and we 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](mailto:seniorcenter@cityofmadison.com). Currently, we only have help available by appointment on Tuesdays.

### Volunteers Needed

Share your computer, digital, or tech skills with our participants. See page 15 for more information.



### 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.**





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Madison Senior Center, Madison, WI

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# HEALTH & WELLNESS

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

## Blood Pressure Screening

EVERY OTHER TUESDAY, 11 AM - 12 PM

DECEMBER 12


Keep tabs on your blood pressure. Our volunteer is a trained paramedic, and he would love to have you stop by for a visit. There will be no BP screenings on December 26.

## 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.

## Gentle Yoga


TUESDAYS, 10 - 11 AM, DECEMBER 5 & 12

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. **No class December 19 & 26.** Class resumes January 9. 

## Foot Care Clinic is Back!


FRIDAY, DECEMBER 15, 9:00 AM – 1:30 PM | APPOINTMENT REQUIRED

Cost is \$30 (\$35 for diabetics) *cash or check*

We are excited to once again offer a Foot Care Clinic at the Madison Senior Center. Kelly has been a CNA for 30 years, and is looking forward to meeting to folks at MSC. You must make an appointment. **Bring two towels** to your appointment. 




## 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 for 2024 can be found at [www.ballroombasicsforbalance.org](http://www.ballroombasicsforbalance.org). Financial assistance applications are available at the Madison Senior Center Front Desk. 




### NEXT STEPS – VIRTUAL

FRIDAYS, JANUARY 5 – FEBRUARY 9, 10-11:15 AM


This class is for people who are independent in mobility and want to improve balance or who are looking for a little challenge! **Location:** Zoom. \$45 for this 6-week class. 

### BB4B – ADAPTIVE – VIRTUAL

FRIDAYS, JANUARY 26 – MAY 17, 9:30-10:45 AM

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. **Location:** Zoom. \$1115 for this 16-week class. 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 – LATIN, SMOOTH & LINE DANCES – IN PERSON**  
FRIDAYS, MARCH 1 – MAY 3, 10-11:30 AM

This class meet at the Central Library at 201 W. Mifflin St. It is an 8-week course and the cost is \$65. Register online and send payment to the Madison Senior Center. 



# GROUPS & CLUBS

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

## Groups & Clubs

### Bridge Belles

**MONDAYS, 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](mailto:lhunt@cityofmadison.com) or call (608) 267-8650. *R*

### 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. Free parking validation for the Overture Ramp. *To learn more contact Rhea Vacha, Local Recovery Coordinator with Madison VAMC Peer Support Program at (608) 256-1901 xx18622.*

### Spanish Conversation

**WEDNESDAYS, 1:30 - 2:30 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 [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com). Once you are registered, you will be sent the Zoom link. All levels welcome. *Spanish Conversation usually meets in person the Wednesday of the month and via Zoom on all other Wednesdays, but will only be virtual in December and January. No meeting December 27.* *R*

### Red Hat Mamas

**NO MEETING IN DECEMBER.**

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. *R*

## 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, a 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

**THURSDAYS, DECEMBER 7 & 21,  
10:15 - 11:15 AM**

Each BINGO card costs 50 cents (max of two cards). You can play for the entire hour with that card. If you get a BINGO, then you win \$1.00. 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. **No BINGO on December 14 or 28.**



## Services

### Haircuts

**TUESDAY, DECEMBER 19,  
9 AM - 1 PM | APPOINTMENT  
REQUIRED**

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

# 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, Dec 1 & 8	9:30 – 10:45 am	\$85	Virtual
Ballroom Basics for Balance	Fridays, Dec 1 & 8	10:00 – 11:30 am	\$85	Library
Blood Pressure Screening	Tuesday, December 12	11:00 am – 12:00 pm	Free	MSC
Bridge Belles	Mondays	9:00 – 11:00 am	Free	MSC
Computer Lab	Monday – Friday	8:30 am – 3:45 pm	Free	MSC
CQ, CQ, CQ	1st & 3rd Thursdays	1:00 – 3:00 pm	Free	OutReach
Doll Making (Non-traditional)	Wednesdays, December 6, 13, 20	1:00 – 3:30 pm	Varies	MSC
eFood Pantry	Place orders Tuesday 12/19 Pick-up orders Thursday 12/21	10:00 am – 12:00 pm	Free	MSC
Exploring Poetry	Wednesdays, December 13	11:00 am – 12:30 pm	Free	MSC
Foot Care Clinic	Friday, December 15	9:00 am – 1:00 pm	\$30/35	MSC
Gay, Gray & Beyond	Thursday, December 14	2:00 – 3:30 pm	Free	MSC
Gentle Yoga	Tuesdays, December 5 & 12	10:00 - 11:00 am	Free	MSC
Haircuts	Tuesday, December 19	9:00 am – 1:00 pm	Free	MSC
HASfit – Gentle Exercise	Monday – Friday	9:00 – 9:30 am	Free	MSC
Movies (titles on page 13)	Tuesdays	12:30 – 3:00 pm	Free	MSC
Nail Salon	Thursday, December 14 Monday, December 18	12:30 – 2:30 pm 11:45 am – 1:00 pm	Free	MSC
NewBridge Case Manager	Monday, December 11	10:45 am – 12:00 pm	Free	MSC
Silver Santa	Thursday, December 14	12:30 – 2:30 pm	Free	MSC
Spanish Conversation	Wednesdays, December 6, 13, 20	1:30 – 2:30 pm	Free	MSC/ Virtual
Technology Assistance	By appointment	Varies	Free	MSC
Veterans Social	Tuesdays, December 5, 12, 19	10:00 – 11:15 am	Free	MSC
Writing Your Life	Thursdays, December 7 & 14	10:00 – 11:30 am	Free	MSC

## Inclement Weather Policy

When the Madison Metropolitan School District (MMSD) closes for inclement weather, the Madison Senior Center will also close. Lunch will not be served on those days, and programs will be cancelled.



# December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
				<b>1</b> 9:00 HASfit 9:30 BB4B <b>V</b> 10:00 BB4B (MPL) 1:00 PLATO	<b>2/3</b>  <b>Dec. 3</b> <b>National Make a Gift Day</b> 
<b>4</b>  9:00 HASfit 9:00 Bridge Belles	<b>5</b>  9:00 HASfit 10:00 Gentle Yoga 10:00 Vet's Social <b>12:30 Movie: Welcome to Redville</b> <b>5:00 Holiday Lights Tour</b>	<b>6</b>  9:00 HASfit 1:00 Doll Making 1:30 Spanish Conv (MSC)	<b>7</b>  9:00 HASfit 10:00 Writing Your Life 10:15 BINGO  <b>Hanukkah Begins at Sunset</b>	<b>8</b>  9:00 HASfit 9:30 BB4B <b>V</b> 10:00 BB4B (MPL)	<b>9/10</b>  <b>Dec. 10</b> <b>National Human Rights Day</b> 
<b>11</b>  9:00 HASfit 9:00 Bridge Belles	<b>12</b>  9:00 HASfit 10:00 Gentle Yoga 10:00 Vet's Social 11:00 Blood Pressure <b>12:30 Movie: Family Switch</b>	<b>13</b>  9:00 HASfit 11:00 Exploring Poetry 1:00 Doll Making 1:30 Spanish Conv <b>V</b>	<b>14</b>  9:00 HASfit 10:00 Writing Your Life <b>12:30 Silver Santa</b> 2:00 Gay, Gray & Beyond	<b>15</b>  9:00 HASfit 9:00 Foot Care Clinic	<b>16/17</b>  <b>Dec. 17</b> <b>National Maple Syrup Day</b> 
<b>18</b>  9:00 HASfit 9:00 Bridge Belles <b>11:45 Nail Salon</b>	<b>19</b>  9:00 HASfit <b>9:00 Haircuts</b> 10:00 Vet's Social <b>12:30 Movie: Best. Christmas. Ever!</b>  <b>*ePantry Ordering Day</b>	<b>20</b>  9:00 HASfit 1:00 Doll Making 1:30 Spanish Conv <b>V</b>	<b>21</b>  9:00 HASfit 10:15 BINGO <b>10:00 ePantry Pick-Up</b>  <b>First Day of Winter</b>	<b>22</b>  <b>MSC CLOSED</b> <b>NO LUNCH SERVED</b>	<b>23/24</b>  <b>Dec. 24</b> <b>Christmas Eve</b> 
<b>25</b>  <b>MSC CLOSED</b> <b>NO LUNCH SERVED</b>  <b>Christmas Day</b> 	<b>26</b>  <b>MSC OPENS AT 8:30 AM AND CLOSSES AT 1 PM</b>  <b>Kwanzaa Begins</b> 	<b>27</b>  <b>MSC OPENS AT 8:30 AM AND CLOSSES AT 1 PM</b>	<b>28</b>  <b>MSC OPENS AT 8:30 AM AND CLOSSES AT 1 PM</b>	<b>29</b>  <b>MSC CLOSED</b> <b>NO LUNCH SERVED</b>	<b>30/31</b>  <b>Dec. 31</b> <b>New Year's Eve</b> 





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# ENTERTAINMENT

## Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm. Enjoy fresh popcorn while you watch the movie.

### DECEMBER 5

#### WELCOME TO REDVILLE (2023)

A young couple on the run from the law after a botched robbery takes refuge in a small desert town where strange townsfolk and the lure of one final heist threatens their relationship and their lives. *Stars: Jake Manley, Highdee Kuan and Sabrina Haskett. Drama. 1 hour 28 minutes. Rated PG-13.*



### DECEMBER 12

#### FAMILY SWITCH (2023)

When a chance encounter with an astrological reader causes the Walkers to wake up to a full body switch, can they unite to land a promotion, college interview, record deal and soccer tryout? *Stars: Emma Myers, Jennifer Garner and Rita Moreno. Comedy, Family. 1 hour 41 minutes. Rated PG.*



### DECEMBER 19

#### BEST. CHRISTMAS. EVER! (2023)

Friendships are put to the ultimate test over a boastful holiday newsletter sent by Jackie, that makes her friend Charlotte feel like a lump of coal. When a twist of fate puts them together for the holidays, things get interesting. *Stars: Heather Graham, Brandy Norwood, Jason Biggs. Comedy, Romance. 1 hour 20 minutes. TV-PG.*



## Fun Things to Do in December

Here are a few of the many fun, free or low cost activities going on around town for the holidays. Many require advance ticket purchase so only use this as a guide.

Zoo Lights	Henry Vilas Zoo	Nov. 24 - Dec. 30, Fri - Sun	\$10
Holiday Fantasy in Lights	Olin Park	Nov. 11 – Dec. 31, Dusk to Dawn	Free
Fair Trade Holiday Festival	Monona Terrace	Dec. 2, 8 am - 3 pm	Free
Santa Day	Children's Museum	Dec. 2, 9 am - 4 pm	Free
Governor's Mansion Holiday Tours	Maple Bluff	Dec. 5 - 19, 10 am - 12 pm, Tue, Thu, Sat	Free
Holiday Express	Olbrich Gardens	Dec. 2 - Dec. 31, 10 am - 4 pm	\$8

Check out the Isthmus Calendar for a more complete list of area activities.





# 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@lgbt Outreach.org](mailto:info@lgbt Outreach.org). You can also check out our website, [www.lgbtq50plusalliance.org](http://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. Sponsored by the LGBTQ 50+ Alliance. **No meeting December 28.**

## 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 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](mailto:kristim@outreach.org).

## 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](mailto:karenlkane13@gmail.com) or [kristim@outreach.org](mailto:kristim@outreach.org).



## You Are Not Alone

Accessing safe, friendly services can be difficult for LGBTQ+ older adults who do not live in major cities. Social connectedness keeps older adults healthy and helps them live longer. LGBTQ+ older adults are twice as likely to live alone, making them vulnerable to social isolation. LGBTQ+ older adults living with HIV also face high rates of isolation, which has been shown to have a negative impact on health and well-being, particularly cognitive function.

The mission of the **LGBTQ 50+ Alliance** is to create and build connections among LGBTQ 50+ adults and the broader community by organizing events and activities, providing advocacy and education, and empowering individuals to advocate on behalf of themselves.

Join us at one of our discussion groups to see what you think. Chances are good that someone else has had similar experiences, and understands and shares many of your values. Questions? Call the Outreach Senior Advocate. We want to hear from you so that we can offer the activities and services that the LGBTQ 50+ community wants and needs.



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



# VOLUNTEER VIEW

## 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 usually 4 hours, weekly. We are open Monday-Friday, 8:30 am - 4 pm. Contact Gary at (608) 267-865 or [gflisher@cityofmadison.com](mailto:gflisher@cityofmadison.com).



## DISCUSSION GROUPS

Are you skilled at facilitating discussions with diverse groups of people? Are you inspired by the thoughts and ideas of others? Meet new people, challenge yourself to think outside the box, and make a difference.

## USING COMPUTERS 101

Are you at ease using a computer? Many people struggle with the ever-changing nature technology. It can create a significant barrier. Volunteer a few hours a week to help people navigate email problems, online applications, search engines, and more. Flexible scheduling during our open hours.



## FOOT CARE CLINIC ASSISTANT

Are you organized and friendly? Once a month, check people in, collect payments, and help the technician keep things moving along. No medical experience is necessary. Service is usually offered on the 3rd Friday of the month. Work a 2-3 hour shift.



## BOOK CLUB LEADER

Are you excited about advancing racial equity and social justice? Facilitate monthly discussions, find or develop discussion questions and lead the group in book selection. A 6 month minimum commitment is required.

## 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! Whether its art, music, sports, cooking, gardening, or anything else, we want to hear from you! You will get to meet new people, have fun, and make a difference in our community.

## GAMES VOLUNTEER

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



## COMPUTER LAB TECH SUPPORT

Tech savvy individual needed to trouble shoot on older computers, and keep malware and virus protection up to date. Probably 2-3 hours per month, Monday – Friday between 8:30 and 4 pm.

## ARTISTS

MSC has a wonderful gallery space on the second floor for older adult artists who live in Dane County. If you have ever thought about having your own art show, this may be the place. The space has great lighting, and tracking is already in place for hanging.

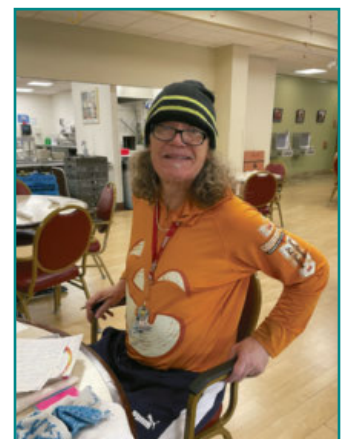


## Interested in Volunteering?

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## 2023 IN PICTURES





## Winter Word Search

SNOWBOARDING  
 SLEIGHBELLS  
 JACK FROST  
 BELOW ZERO  
 SNOWMOBILE  
 SNOWFLAKE  
 FREEZING  
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 SKATING  
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 SCARF  
 BOOTS  
 SALT  
 COLD  
 SNOW



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# EPANTRY

## ePantry: Food Pantry Online Ordering System

### PLACE ORDERS DECEMBER 19

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. Our pick-up day is the 3rd Thursday of each month (December 21). **Orders can be picked between 10 am - 12 pm.**



*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.

To learn about ordering and eligibility, call Elizabeth (Mon/Tue) and Gary at (608) 267-8651.

FOOD ORDER DATE	FOOD PICK UP DATE
Tuesday, December 19	Thursday, December 21
Tuesday, January 16	Thursday, January 18
Tuesday, February 13	Thursday, February 15
Tuesday, March 19	Thursday, March 21

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# 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](mailto:yshelton-morris@cityofmadison.com).

### FOUNDATION BOARD OF DIRECTORS

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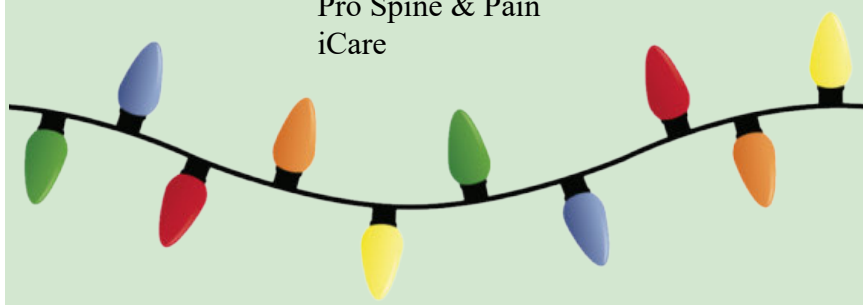
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