

THE Messenger

VOLUME 39, NUMBER 12

DECEMBER, 2022

Inside this Issue

For Your Information	2
Lifelong Learning	4
Entertainment - Movies	8
Groups, Clubs & Services.....	9
Program & Activity List.....	10
Calendar	11
Community Partner.....	13
Volunteer View.....	14
Foundation	15
2022 in Pictures.....	16
Health & Fitness	17
Crossword Puzzle.....	19

Relevant, Inclusive, Enlightened

Madison Senior Center

330 W. Mifflin Street

Madison, Wisconsin 53703

(608) 266-6581

cityofmadison.com/senior-center




Silver Santa Event

**THURSDAY, DECEMBER 15,
12:30 - 2:30 PM**

Our second annual Silver Santa event is almost here. Registration is closed but we just have to share how excited we are about this year's event. There are over one hundred people signed up to enjoy the festivities which will include Santa, singing, crafts, games, cookies, and presents of course. Here are a few pictures from last year's event.



Nail Salon

TUESDAY, DECEMBER 6 & 13, 10 AM - 12 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 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.

FOR YOUR INFORMATION

Directory

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

SENIOR CENTER STAFF

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

Program Coordinator, Laura Hunt (she, her)
(608) 267-8650, lhunt@cityofmadison.com

Office/Rental Manager, Karen Cator (she, her)
(608) 266-6290, kcator@cityofmadison.com

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

Reception Coordinator, Gary Flesher (he, him)
(608) 267-8651, gflesher@cityofmadison.com

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

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

Member of



MISSION STATEMENT

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

OUR VISION

Become known as an inclusive community where older adults thrive.

Program Format & Registration

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

Scholarship Fund

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

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

SUBSCRIBE TODAY!

If you prefer a paper copy of *The Messenger*, our monthly newsletter, it is only \$10. The Weekly Window is only available electronically.

Register for *The Messenger* (PLEASE PRINT)

\$10 per year, check enclosed (Make check payable to Madison Senior Center.)

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Mail to the Madison Senior Center, 330 W. Mifflin Street, Madison, Wisconsin 53703.

FOR YOUR INFORMATION

Aging & Disability Resource Center (ADRC)

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

NewBridge Madison

NewBridge is a not for profit agency that serves adults age 60+. Their phone number is (608) 512-0000 and their website is www.newbridgemadison.org. NewBridge provides programs and services throughout the community: Bridge Buddies - Friendly Callers, Case Management, Diversity & Inclusion Activities, Food Bridge Delivery, Foot Clinics, Home Chore Program – Outdoor Only, Loan Closet, Representative Payee & Guardianship Service and Zoom Classes & Activities



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.

Free Mending Services

We will be starting a new free mending service for older adults. You will be able to drop off clothing items at the front desk, and pick them up in 2-3 weeks. All items must be clean when dropped off. More details will be available soon. If you are interested in the service, or in volunteering, call John at (608) 267-2344.



Holiday Hours

The Madison Senior Center and the NewBridge Nutrition Site will be closed the following dates:

- ♥ Friday, December 23
- ♥ Monday, December 26
- ♥ Friday, December 30

Health & Safety Precautions

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

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

Haircuts

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

We all know how difficult it is to keep your hair trimmed and looking neat. There is the scheduling, and the transportation, and we all know that it is not cheap to get a decent haircut. We can help you out! MSC will offer FREE haircuts once a month by a licensed cosmetologist. **HAIR MUST BE CLEAN.** Call (608) 266-6581 to schedule an appointment. *This month haircuts will be December 20th due to the holidays.



LIFELONG LEARNING

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

20th Century American Short Stories

TUESDAYS (EVERY OTHER) NOVEMBER 29 AND DECEMBER 13, 10-11:30 AM

Most avid readers are familiar with the short stories of O. Henry, John Steinbeck, and Ernest Hemingway, to name a few. There are many other authors, known chiefly for the novel form, who have written wonderful short stories. We will explore many: Porter, Salinger, Runyon, Wharton, Malamud, Carver, etc.! Let's meet every other week and discuss 2-3 short stories of the same author, or the same time period, or the same topic—any commonality to lend a perspective beyond the writers style, content and message. Our first session will be devoted to a discussion on the genesis of the form and then move on to Mark Twain's, "The Celebrated Jumping Frog of Calaveras Country". We will decide on future selections as a group. *R*

Holiday Karaoke Sing-Along

FRIDAY, DECEMBER 9, 1-2 PM

"Jingle bells, jingle bells, jingle all the way ..." Get into the holiday spirit at our holiday sing-along. You don't have to have the words memorized, or be a great singer. This is all about fun and sharing the spirit.



Like us on Facebook:
[facebook.com/MadisonWISeniorCenter](https://www.facebook.com/MadisonWISeniorCenter)



Technology & Finance

Tablets2Go

Virtual programs and activities will continue to be a great way to connect with friends and family, or take programs at the Madison Senior Center. If you do not have a computer we can lend you a tablet for FREE. Tablets2Go is available to you if are an adult age 55+ who belongs to the Madison Senior Center. Membership is free. Call (608) 266-6581 to schedule an appointment and check out a tablet. Picture ID required.

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 technology voyage.

Computer/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.

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

LIFELONG LEARNING

LGBTQ 50+ ALLIANCE

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

Gay, Gray & Beyond

2ND & 4TH THURSDAYS, 2-4 PM

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.

Exploring Spirituality

1ST & 3RD THURSDAYS, 1-3 PM

Meets at MSC, 330 W Mifflin St

This discussion group discusses a wide variety of topics related to religion and spirituality. Sponsored by the LGBTQ 50+ Alliance.

Holiday Get Together

THURSDAY, DECEMBER 15, 6-8 PM

Join us for a special Holiday Celebration with dinner and a show! Enjoy Bunky's Famous Lasagna (meat or vegetarian), salad, Italian bread and Cannoli for dinner. Then share the festivities of the season listening to the live music of the *Second Wind Band!* There may even be some dancing and singing! \$15 donation requested. Reserve your dinner **prior to December 1** by going to the LGBTQ 50+ website or call (608) 255-8582. Doors open at 5:45 pm, dinner served at 6 pm and performance starts at 7 pm. You may also attend the concert without dinner, but please do not arrive before 6:45 pm.

The Sappho Group

A 50+LESBIAN WOMEN'S' SOCIAL GATHERING

**HELD AT THE FITCHBURG SENIOR CENTER,
5510 LACY RD, FITCHBURG**

3RD WEDNESDAYS, 1:30-3 PM

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

Outreach Senior Advocate

The OutReach Senior Advocate, Kristi Mason, coordinates educational trainings and workshops 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



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



Custom Care Plan

Free Assessment

Visits from 3 hours to 24/7



Age in place with the help of
Visiting Angels
608-819-0665
www.VisitingAngels.com/MadisonWI

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Ruth Schlitz

rschlitz@lpicommunities.com

(800) 950-9952 x2671



FREE DELIVERY
with \$40 Purchase

Open 7 a.m - Midnight 7 Days a week
111 N Broom St 608-255-2616
www.capecentremarket.com



Care and comfort at a moment's notice.

Help care for those who have cared for us

Now Hiring Caregivers

* Flexible Hours * Training Provided
* Great Team

Apply Today 608-729-5365
www.seniorhelpers.com/wi/madison

Planning isn't just for You



Pre-Arranging Service
Funeral Burial Plans
Funeral Cremation Plans



608-221-5420
gundersonfh.com

• East / Madison 608-221-5420	• Middleton 608-831-6761	• Oregon 608-835-3515
• Cross Plains 608-798-3141	• Fitchburg 608-442-5002	• Stoughton 608-873-4590
• Black Earth 608-767-3684	• Mount Horeb 608-437-5077	• Lodi 608-592-3201

Our Family Will Take Good Care of Your Family



HASKINS SHORT & BRINDLEY LLC

5113 Monona Drive, Monona, WI 53716
608-237-6673
www.HSBElderLaw.com

Areas of Law Practice
Estate Planning
Elder Law
Social Security
Medicaid/Medicare
Guardianship
Special Needs/Disability
WisPACT Trust
Probate
Real Estate
Family Law

Attorneys
Brenda R. Haskins
Julie A. Short
Anne M. H. Brindley
Anna M. Dontje
Amy Devine
Amanda Pirt Meyer

50+ years combined experience!

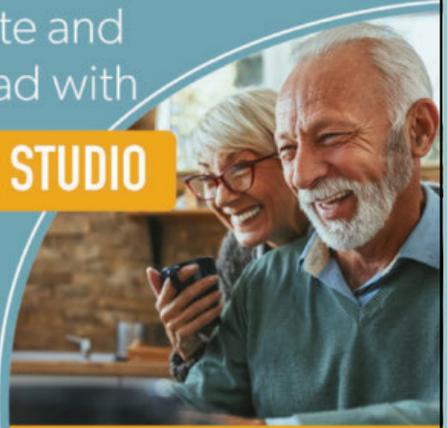
Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator



Honest, reasonably priced attorney

I Make House Calls!

Wills • Trusts

Individual/Trust/Estate Income Tax
Powers of Attorney • Real Estate

Paul O'Flanagan
Attorney at Law

313 Price Place, Suite 110
Madison, WI 53705
608-630-5068

Paul@oflanaganlaw.com



Independent and Assisted Living

(608) 849-5016

801 Klein Dr. • Waunakee
www.waunakeemanor.com



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

Madison Senior Center, Madison, WI

A 4C 01-1141

ENTERTAINMENT

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

Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm.

December 6

KLAUS (2019)

A Spanish-American animated Christmas film that received 4.9 out of 5 stars. When Smeerenburg's new postman Jesper, befriends toymaker Klaus, their gifts melt an age-old feud and deliver a sleigh full of holiday traditions. Stars: Jason Schwartzman (voice), J.K. Simmons (voice) and Rashida Jones (voice). Animation, Adventure, Comedy. 1 hour 36 minutes. Rated PG.



December 13

MIRACLE ON 34TH STREET (1947)

After a divorced New York mother hires a nice old man to play Santa Claus at Macy's, she is startled by his claim to be the genuine article. When his sanity is questioned, a lawyer defends him in court by arguing that he's not mistaken. Stars: Edmund Gwenn, Maureen O'Hara, John Payne. Comedy, Drama, Family. 1 hour 36 minutes. Not rated.



December 20

BLACK NATIVITY (2013)

A street-wise teen from Baltimore who has been raised by a single mother travels to New York City to spend the Christmas holiday with his estranged relatives, where he embarks on a surprising and inspirational journey. Stars: Forest Whitaker, Angela Bassett, Jennifer Hudson. Drama, Family, Music. 1 hour 33 minutes. Rated PG.



December 27

NEW YEAR'S EVE (2011)

Set during New Year's Eve in New York City, this movie follows the lives of several couples and singles in that intertwine over the course of the evening. Stars: Sarah Jessica Parker, Ashton Kutcher, Halle Berry, and Seth Meyers (just to name a few). Drama, Romance. 1 hour 58 minutes. Rated PG13.



GROUPS, CLUBS & SERVICES

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

Spanish Conversation

WEDNESDAYS, 1:30-3 PM **VIRTUAL**
(WILL NOT MEET DECEMBER 21)

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



Euchre

MONDAYS, 1-2 PM
(NOT MEETING IN DECEMBER)

If you aren't already a euchre player, you don't know what you are missing. It is a fun card game that moves along quickly. Every other Monday join us at the Senior Center to play. Not sure how to play, or feeling a little rusty? No Problem, instruction is available.

Wii Bowling

MONDAY – FRIDAY, 12:30-2:30 PM



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

Death Cafe

WATCH FOR 2023 DATES!



At a Death Café people, often strangers, gather to eat a snack, drink tea or coffee and discuss death. It is a directed discussion of death with no agenda, objectives or themes. It is not a grief support group or a counseling session. Interested? Death Cafés have spread quickly across Europe, North America and Australia. Since 2011, there have been 13,972 Death Cafés in 81 countries. Please register.

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



The Madison Senior Center is now a pick-up location for orders placed through the River Food Pantry ePantry. That means that if you order food through the ePantry, you can pick it up at the MSC. All orders must be placed on the Tuesday of the same week you pick the food up. Our pick-up day is the 3rd Thursday of each month. **Orders can be picked 10 am – 12 pm on Thursday, November 17.** To learn about ordering and eligibility call John at (608) 267-2344.

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

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



B-I-N-G-O

WEDNESDAYS, 1-2 PM



Starting January 4th, NewBridge will be offering BINGO on Wednesdays after lunch. Each BINGO card costs 50 cents (maximum of two cards). You can play for the entire hour with that card. If you get a BINGO, then you win \$1. Any remaining money in the kitty at the end, goes to the first person(s) to get a "black out." Each week there will also be a raffle. Participation in the raffle is free.

MADISON CENTER CENTER PROGRAM & ACTIVITY LIST

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

PROGRAM OR ACTIVITY	DAY & DATE	TIME	COST	LOCATION
Ballroom Basics for Balance	Fridays, 12/2 & 12/9	10:00 – 11:30 am	Closed	MPL
Ballroom Basics for Balance	Fridays, 12/2 & 12/9	9:30 – 10:45 am	Closed	Virtual
Blood Pressure Screening	E/O Tuesday, 12/6 and 12/20	11:00 am – 12:00 pm	Free	MSC
Cardio Dancing	Fridays, 12/2 and 12/9	1:00 – 1:45 pm	Free	MSC
Computer Lab	Monday – Friday	8:30 am – 4:00 pm	Free	MSC
Democracy & It's Alternatives	Wednesdays, Oct 5 – Dec 28	12:00 – 2:00 pm	Closed	MSC
eFood Pantry	Pick-up orders Thursday 12/15	10:00 am – 12:00 pm	Free	MSC
Exploring Poetry	Wednesday 12/14 - No class 12/28	11:00 am – 12:30 pm	Free	MSC
Fabric Doll Making	Wednesdays No class 12/21, 12/28	1:00 – 4:00 pm	Supplies	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays, No Class 12/22	2:00 – 4:00 pm	Free	MSC
Gentle Exercise	Monday - Friday	9:00 – 9:45 am	Free	MSC
Gentle Yoga	Tuesdays – No class 12/20 or 12/27	10:00 – 11:00 am	Free	MSC
Habits of Happy People	Monday, December 12	10:00 – 11:00 am	Free	MSC
Haircuts	Tuesday, December 20	10:00 – Noon By Appt.	Free	MSC
Holiday Arts & Crafts	Friday, December 9	10:00 – 11:00 am	Free	MSC
Holiday/Karaoke Sing-a-long	Friday, December 9	2:00 – 3:00 pm	Free	MSC
Movies (titles on page 8)	Tuesdays	12:30 – 3:00 pm	Free	MSC
Nail Salon	Tuesdays, 12/6 & 12/13	10:00 – 11:30 am	Free	MSC
Short Stories	E/O Tuesday 12/13, No class 12/27	10:00 – 11:30 am	Free	MSC
Spanish Conversation	1st Wednesday in Person Others Virtual, No class 12/21	1:30 – 3:00 pm	Free	MSC/ Virtual
Tablets2Go	Ongoing	Varies	Free	MSC
Technology Assistance	By appointment	Varies	Free	Virtual
Wii Bowling	Weekdays	12:30 – 2:30 pm	Free	MSC
Writing Your Holidays	Thursdays, 11/10 – 12/15	10:00 – 11:30 am	Free	MSC



December 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
			1 9:00 Gentle Exercise 1:30 PLATO	2 9:00 Gentle Exercise 9:30 BB4B - <i>Virtual</i> 10:00 BB4B @MPL 1:00 Cardio Dance 1:00 PLATO	3/4 
5 9:00 Gentle Exercise	6 9:00 Gentle Exercise 10:00 Gentle Yoga 10:00 Nail Salon 11:00 Blood Pressure 12:30 Movie: Klaus	7 9:00 Gentle Exercise 11:00 Exploring Poetry 12:00 Democracy 1:00 Fabric Doll Making 1:30 Spanish Conversation @ MSC 	8 9:00 Gentle Exercise 1:30 PLATO 2:00 Gay, Gray & Beyond	9 9:00 Gentle Exercise 9:30 BB4B - <i>Virtual</i> 10:00 BB4B @MPL 10:00 Holiday Craft 1:00 Cardio Dance 2:00 Holiday/Karaoke Sing-a-long	10/11  Dec. 10 Nobel Prize Day
12 9:00 Gentle Exercise 10:00 Habits of Happy People	13 9:00 Gentle Exercise 10:00 Gentle Yoga 10:00 Short Stories 10:00 Nail Salon 12:30 Movie: Miracle on 34th Street *ePantry Ordering Day	14 9:00 Gentle Exercise 1:00 Fabric Doll Making 12:00 Democracy 1:30 Spanish Conversation - <i>Virtual</i>	15 9:00 Gentle Exercise 10:00 ePantry Pick-Up 12:30 Silver Santa Day 5:30 LGBTQ 50+ Social	16 9:00 Gentle Exercise  National Ugly Sweater Day	17/18  Hanukkah Begins
19 9:00 Gentle Exercise	20 9:00 Gentle Exercise 10:00 Haircuts 11:00 Blood Pressure 12:30 Movie: Black Nativity	21 9:00 Gentle Exercise 12:00 Democracy	22 9:00 Gentle Exercise 2:00 Gay, Gray & Beyond	23 Madison Senior Center Closed	24/25  Christmas Eve & Day
26 Madison Senior Center Closed Kwanzaa Boxing Day Last Day of Hanukkah	27 9:00 Gentle Exercise 12:30 Movie: New Year's Eve	28 9:00 Gentle Exercise 12:00 Democracy 1:30 Spanish Conversation - <i>Virtual</i>	29 9:00 Gentle Exercise	30 Madison Senior Center Closed	31/JAN 1  New Years Eve & Day



IN-HOME CARE

- Companionship • Meal Preparation
- Light Housekeeping • Laundry
- Medication Reminders
- Grooming & Dressing Guidance

PERSONAL CARE SERVICES

- Bathing • Oral Hygiene
- Transferring & Positioning
- Incontinence Care & Toileting

**SPECIALIZING IN
ALZHEIMER'S, PARKINSON
AND DEMENTIA CARE**

608-442-1898

579 D' Onofrio Drive, Suite 10
Madison WI 53718



**Comfort
Keepers**

www.ckmadison.com



An international network of independently owned and operated offices. ©2009 CK Franchising, Inc.

**"STAY YOUNG AT HEART BY TAKING CARE OF CHILDREN IN YOUR COMMUNITY!"
BADGER BUS IS ALWAYS HIRING ACTIVE SENIORS LOOKING FOR REWARDING, PART-TIME WORK.**



BadgerBus
established 1920

**Sign-On Bonuses Available for New Drivers.
Apply online today at: badgerbus.com/jobs**

Enjoy a friendly work environment, sign-on bonuses and flexible hours!



CONNECTIONS

YOUR VISION. YOUR PATH. YOUR PARTNER.

IRIS Consultant Agency (ICA)



To learn more about your long-term care options,
please contact your Aging and Disability Resource Center:
<https://www.dhs.wisconsin.gov/adrc/index.htm>

We support you to live your best life at home, in your community and at work.

**Call toll-free: 844-520-1712
Email: connections@lsswis.org**

**my choice
WISCONSIN**

My Choice Wisconsin

is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

**Visit us today:
mychoicewi.org/LPI
1-800-963-0035**

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

GOODMAN'S Jewelers

The Diamond Store of Madison for Generations

220 State St. • Madison, WI

608.257.3644

Store Hours

Mon. - Fri. 10 AM - 5 PM

Saturday 10 AM - 4 PM

Sunday Closed

www.goodmansjewelers.com

**Williamstown
Bay
of McFarland**

Beautiful and Spacious
1 and 2 Bedroom Apartments
Available for those age 55+

Call
(608) 838-4248

4809 Dale St.
McFarland, WI 53558
wtb-mcfarland@oakbrookcorp.com
www.wtbmcfarland.com

**Included In
The Rent:**
Heat, Water
& Sewer,
Parking & Storages,
Same Floor
Laundry,
Small Pets Welcome,
Beautiful
Com. Room
& Resident
Activities

Income restrictions may apply.
Professionally managed by Oakbrook Corporation.

**We Make Medicare Uplifting
Call for an appointment today!**

**INFORMED
CHOICE**
INSURANCE AGENCY

**608-819-6311
877-446-3676**

34 Schroeder Ct Ste 240 – Madison
www.informedchoice.com

MEDICARE



This is an advertisement for insurance. Neither Informed Choice or its agents are connected with the Federal Medicare program. IC111016

**WICKSHIRE
MADISON**

**\$250
OFF**

your BSR
for the 1st year
when you mention this ad



1601 Wheeler Rd, Madison, WI 53704 • (608) 496-8707
wickshireseniorliving.com/communities/madison

**Whitcomb
SQUARE**

Senior (55+) Apartments

In Wooded Orchard Ridge
West Madison

Rent includes HEAT & Garage.

KellerApartments.com

Office: 608-227-6543 • Cell: 608-577-2451



ALL 2 BR APARTMENTS

KELLER



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

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

COMMUNITY PARTNER

Ways to Save Energy This Heating Season

FROM MADISON GAS AND ELECTRIC COMPANY (MGE)

“Weather” it’s grabbing that warmer coat, or making tea in the afternoon to warm up, cooler weather is on it’s way. Here are some low- or no-cost ways to help manage your energy use and stay comfortable this season.

CONTROL YOUR THERMOSTAT

- ♥ If health permits, keep the thermostat at 68°F or below.
- ♥ Lower thermostat at night and when you're gone (60°F lowest setting).

SKIP THE SPACE HEATERS

Using your furnace, even for just a few hours a day, is more energy efficient than using a space heater. Also consider these tips:

- ♥ Use an electric blanket or put on a sweater.
- ♥ Get up and move around.
- ♥ Let in the sun during the day to warm a room and close your window treatments in the evening to keep out the colder night air.
- ♥ Cover wall-mounted air conditioners with plastic film or an air-tight cover.
- ♥ Cover interior of windows with shrink-film plastic.

Electric heat is the most expensive. If your home uses electricity for heating:

- ♥ Close off rooms you are not using.
- ♥ Turn down thermostats on closed-off rooms.

STOP PHANTOM ENERGY

If you're looking for ways to manage energy used by electronics, smart power strips can help save energy. Smart power strips detect when a device is not being used and then cut power to that device.

If you haven't already claimed your free energy-saving pack from Focus on Energy, you can order a "Focus on Electronics" pack that includes a smart power strip. These packs are available free of charge, including free shipping, for eligible MGE customers on an annual basis. Learn more and order your pack at focusonenergy.com.

Visit mge2050.com/energyuse for additional information on saving energy. Or, if you have questions, ask our energy experts at the MGE Home Energy Line, (608) 252-7117.



VOLUNTEER VIEW

Volunteer Opportunities

FRONT DESK RECEPTION

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

MODERATOR/HOST FOR BOOK CLUB

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



SEWING AND KNITTING

Do you like to help others? Many older adults either don't sew or are no longer physically able to do even basic mending. This would be a new service at the Senior Center, and would include things like sewing on buttons, hemming pants/skirts, replacing zippers, and making alterations. We have three sewing machines, but you could use your own. The plan is to have this be a social experience at the Senior Center, but we will adapt for as needed for the pandemic.



GAMES VOLUNTEER

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



ARTIST OF THE MONTH

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

MARKETING ASSISTANCE (HYBRID)

Use your technology skills to assist in promoting the Madison Senior Center and its programs. Under direction of the Program Coordinator you will create Facebook events, posts, posters, and calendar postings. We offer a ton of great programs, but often need extra push to let people know about them.

OUTREACH (EVENTS/ACTIVITIES)

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

FOOT CARE PROFESSIONAL

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



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

FOUNDATION

What Does The MSC Foundation Do?

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

Foundation Board of Directors

- ♥ Sally Miley – President
- ♥ Jeffrey Budzisz – Treasurer
- ♥ Tom DeChant
- ♥ Faisal Kaud
- ♥ Kathy Whitt

DONATIONS

- » Anonymous
- » Mary Boyd
- » Marilyn Haynes
- » Forest Foundation
- » Steinhauer Charitable Trust



TRIPLE The Impact of Your Donation!

An anonymous donor will triple your gift, until the end of the year. Your financial support will make a difference in the life of an older adult who is feeling isolated, experiencing loneliness and/or living on a fixed income. Our programs touch over 7500 participants a year. DONATE NOW to TRIPLE your impact.



PLEASE DONATE TODAY! MADISON SENIOR CENTER FOUNDATION, INC.

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

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

Donor Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Email _____ Amount Enclosed \$ _____

In Honor of: _____ In Memory of: _____

In Appreciation of: _____ Other: _____

Send Acknowledgement to (Name and Address): _____

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

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

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

2022 IN PICTURES



HEALTH & FITNESS

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

HASFIT Gentle Exercise

The HasFit program is available on YouTube. When our TV is not in use, tune in at your convenience to complete an exercise session. Instructors for the senior sessions focus on strength, flexibility and balance.

Gentle Yoga

TUESDAYS, 10 - 11 AM

Yoga improves balance, range of motion and flexibility, which are all important, especially as we age. Yoga Accessible for All (YAFA) teachers dedicate themselves to making yoga safe and inviting for anyone who is interested in gaining the benefits (yafayoga.org). We do a combination of seated and standing positions, and will always suggest modifications if a pose is not working for you. Please register in advance. No fee, but donations are welcome. No class on December 20 and 27 or January 3. *R*



Cardio Dancing for 55+

FRIDAYS 1 - 1:45 PM

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

Ballroom Basics for Balance™

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

BB4B VIRTUAL AND ADAPTIVE: WORLD TOUR, FOLK DANCE, BALLROOM, AND MORE! VIRTUAL

\$95 – for this 16-week class, January 27 - May 12

Fridays 9:30 - 10:45 am *via Zoom*

Registration: <https://forms.gle/YaMD1xU1BGkSP8rd8> Financial assistance available.

Follow directions when registering.

For more information: <https://www.ballroombasicsforbalance.org/index.php/find-classes/>

TANGO, WALTZ, LINE DANCE, JAZZ AND MORE!

Location: Madison Central Library (201 W. Mifflin St.)

Sponsored by Madison Senior Center

\$75 – for this 12-week class, February 3 - April 21

Fridays, 10 - 11:30 am

Financial assistance available. Follow directions when registering.

To register contact Susan Frikken, instructor, at (608) 692-8794.



COMMUNITY

Why do people associate eggnog with Christmas?

The festive holiday drink is typically made with milk, egg yolks, rum or whiskey, and spices. It may not sound like the typical cocktail, but eggnog has been a holiday tradition for centuries.

Most culinary historians agree that eggnog originated from the early medieval Britain “posset,” a hot, milky, ale-like drink. By the 13th century, monks were known to drink a posset with eggs and figs. Eggnog was often used in toasts to prosperity and good health.

The drink first made its appearance in the American colonies in the 18th century, where both eggs and rum were plentiful. Eggnog was particularly popular around Christmastime because of its warm temperature and the addition of flavors, like cinnamon, nutmeg, and vanilla bean, that embodied the winter season. Since then, eggnog has been synonymous with holiday festivities.



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you every week.

Visit www.mycommunityonline.com

A graphic showing a yellow envelope with a red and white striped paper sticking out of it. The paper has the text 'COMMUNITY NEWSLETTER' and an '@' symbol.

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider SafeStreets **833-287-3502**

A photograph of a man and a woman walking in a yard with a child. There is an ADT logo in the bottom right corner.

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

The logo for Oak Park Place, featuring the text 'Oak Park place' with a stylized tree icon.

Concerned about Medicare fraud? Give us a call...

PROTECT your personal information

DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities

Toll-free Helpline: 888-818-2611
www.smpwi.org

 WisconsinSeniorMedicarePatrol

 **SMP**
Senior Medicare Patrol
Preventing Medicare Fraud

A photograph of several elderly people sitting around a table, looking at documents.

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

HOLIDAY PUZZLE

Christmas Joy



DIRECTIONS: Fill in the crossword grid with the provided words.

4 Letter Words

BELL
SNOW

5 Letter Words

ANGEL
COCOA
ELVES
HOLLY

6 Letter Words

LIGHTS
SLEIGH
TINSEL
WINTER
WREATH

7 Letter Words

CHIMNEY
GARLAND
PAGEANT
RUDOLPH
SNOWMAN

8 Letter Words

CAROLING
DECEMBER
EXCHANGE
ORNAMENT
PRESENTS
REINDEER
WRAPPING

9 Letter Words

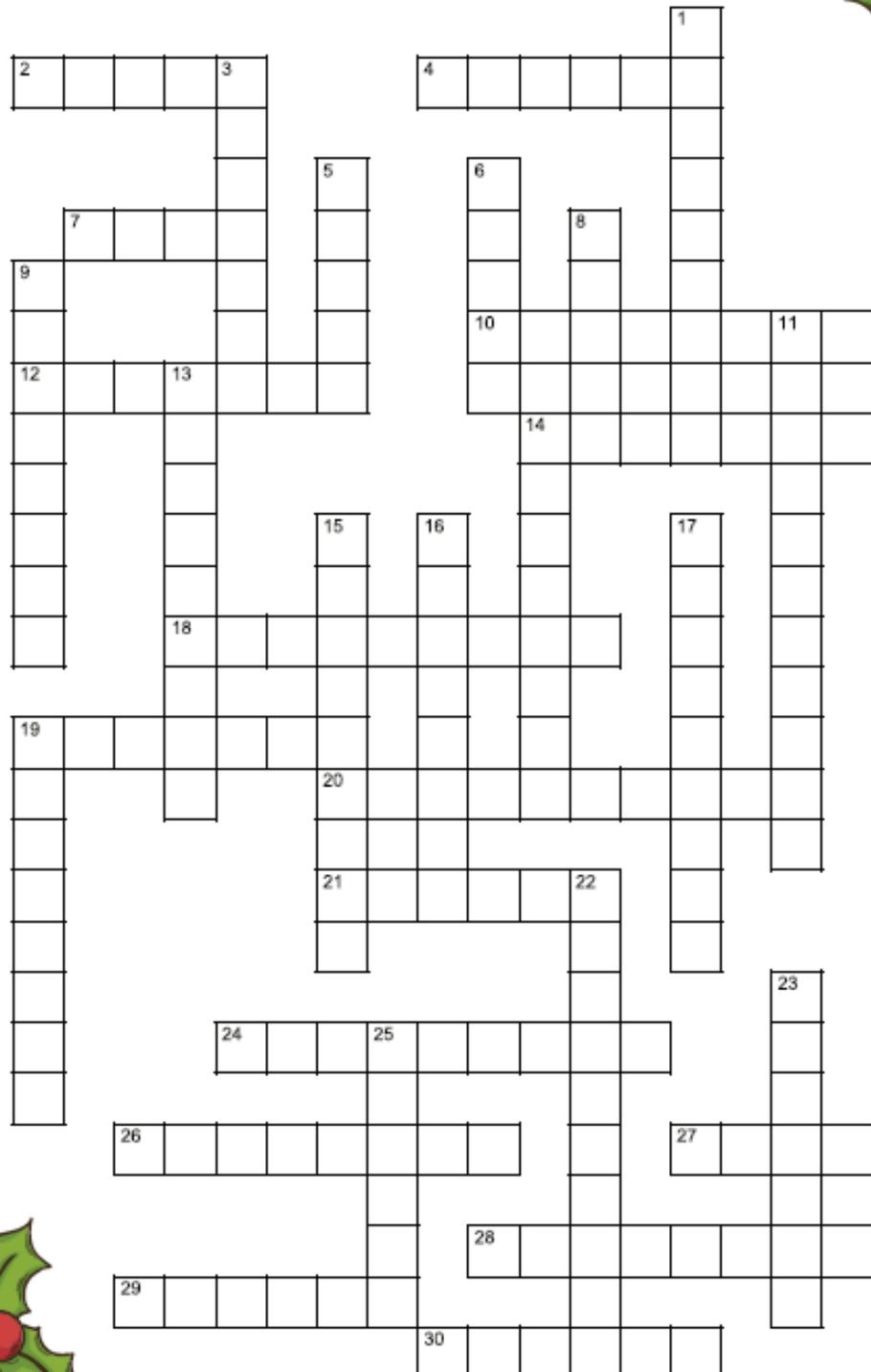
CHESTNUTS
CHRISTMAS
EVERGREEN
FRUITCAKE
MISTLETOE
NORTH POLE

10 Letter Words

POINSETTIA
SANTA CLAUS

11 Letter Word

GINGERBREAD



Madison Senior Center
Foundation, Inc.

330 WEST MIFFLIN STREET
MADISON WI 53703
cityofmadison.com/senior-center

NON PROFIT ORG
PRSR STD
US POSTAGE PAID
PERMIT 1132
MADISON, WI

❄️ Happy
Holidays!

*from the
Madison Senior Center*



Find us on Facebook: [MadisonWISeniorCenter](https://www.facebook.com/MadisonWISeniorCenter)



Follow us on Twitter: [@MadisonSrCenter](https://twitter.com/MadisonSrCenter)