

THE Messenger

VOLUME 41, NUMBER 2

FEBRUARY, 2024

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Enlightened**

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



Black History Month

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.



Carter G. Woodson

BLACK HISTORY MONTH TRIVIA

(answers on page 3)

- Where did Martin Luther King Jr deliver his famous 'I Have a Dream' speech?
a. Memphis, Tennessee b. Atlanta, Georgia c. Washington, D.C.
- Madam C.J. Walker is known as the first Black self-made millionaire. What product led to her success?
a. Hair grower b. The ironing board c. Caller ID
- What state was Barack Obama senator of before his presidency?
a. Hawaii b. Illinois c. Michigan
- Jesse Owens is considered one of the greatest athletes of his time in which sport?
a. Fencing b. Track and Field c. Weightlifting
- Which of the following actresses is an EGOT recipient (Emmy, Grammy, Oscar, Tony)?
a. Octavia Spencer b. Queen Latifah c. Whoopi Goldberg
- What is the name of Michael Jackson's debut solo album?
a. Off the Wall b. Thriller c. Bad
- Which singer is remembered as the 'queen of jazz'?
a. Nina Simone b. Aretha Franklin c. Ella Fitzgerald

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

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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.

Like us on Facebook:
facebook.com/MadisonWISeniorCenter



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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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. It is a friendly, welcoming place for unbiased information about aging or living with a disability. Contact them at (608) 240-7400 or ADRC@countyofdane.com.

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.

Trivia Answers

1. Washington D.D.
2. Hair Grower
3. Illinois
4. Track and Field
5. Whoopi Goldberg
6. Off the Wall
7. Ella Fitzgerald

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.

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 tests are available. Ask at the Front Desk.

Area Agency on Aging

The Area Agency on Aging of Dane County serves individuals age 60+ and their families in accessing services that help older adults continue living in their own homes and communities. Examples of community-based services include congregate and home-delivered meals, caregiver support, case management, and help with benefit questions. Contact them at (608) 261-2995 or AAA@countyofdane.com.

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 Laura at (608) 267-8650 or email seniorcenter@cityofmadison.com.



LIFELONG LEARNING

To register for programs, call (608) 266-6581 or email 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 which in just those four well-chosen words perfectly describes what a poet aspires to when putting a poem together. Writing poetry is spills and thrills for the beginner and expert too. There are countless small pitfalls but sometimes in the writing something happens, an ah ha moment where the poet feels he/she can say or almost say precisely what needs to be said. Exploring Poetry is led by Mark Kraushaar. *R*

Writing Your Life

THURSDAYS, FEBRUARY 29 - APRIL 4, 10 - 11:30 AM

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

Book Sharing Table

BLACK HISTORY MONTH

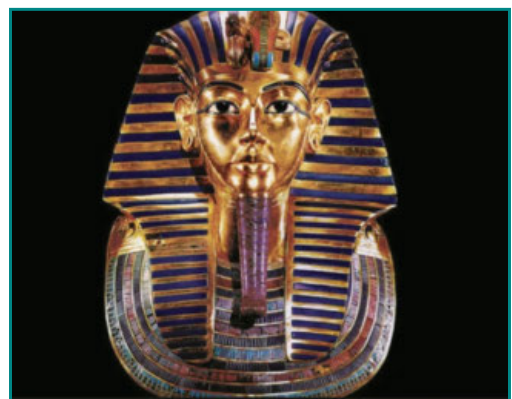
Take some time to browse through our reading table. Every month the theme rotates. In February it will feature books about Black History Month. There will be a variety of books and publications that highlight the achievements of African-Americans. and recognize their central role in United States history. 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.

Tut's Tomb and the Valley of the Kings

WEDNESDAY, FEBRUARY 21, 1 - 2 PM

For 500 years royal mummies of the new Kingdom were interred in elaborate underground tombs I the Valley of the Kings. See the secret chambers and colorful hieroglyphs created for the afterlife of Egypt's greatest pharaohs, including the famous King Tut.

Joe Fahey has traveled to 47 countries on six continents. He is passionate about studying customs and local people. Now he is retired, and he wants to share his many stories with other people. *R*



LIFELONG LEARNING

Free Tax Preparation Assistance

The IRS has two programs providing free tax preparation assistance: Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE). These services are **by appointment only**. All tax preparers are volunteers.

VITA SITES	
Madison Central Public Library 201 W Mifflin Street (608) 266-6350	February 10 – April 13 Saturdays, 9 AM – 2 PM English & Espanol
Richard Dilley Tax Center 2238 S Park St (608) 283-1261	January 27 – April 15 Mondays 9 AM – 3 PM, Fridays 1 PM – 5 PM, Saturdays 9 AM – 3 PM English & Espanol
MADISON TCE SITES (PROVIDED BY AARP)	
Lakeview Library 2845 Sherman Ave (608) 246-4547	February 2 – April 10 Wednesdays & Fridays, 12:30 PM – 4 PM
Sequoia Library 4340 Tokay Blvd (608) 266-6385	February 7 – April 10 Wednesdays, 9:30 AM – 12:30 PM
Meadowridge Library 5726 Raymond Rd (608) 288-6160	February 14 – April 10 Wednesdays, 10 AM – 1 PM

Computer Lab

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



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

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

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

GROUPS & CLUBS

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

Groups & Clubs

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 or call (608) 267-8650.


Downtown Veteran Social

TUESDAYS, 10 - 11:15 AM

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

Spanish Conversation

WEDNESDAYS, 1:30 - 2:30 PM **VIRTUAL ALL OF FEBRUARY**

Do you want to practice your Spanish? Our group meets every week to chat in Spanish. Pop in when you can. There are no attendance requirements. To register, email seniorcenter@cityofmadison.com. Once you are registered, you will be sent the Zoom link. All levels welcome. *Spanish Conversation usually meets in person the Wednesday of the month and via Zoom on all other Wednesdays, but will only be virtual in February.* 

Red Hat Mamas

NO MEETINGS IN JANUARY - MARCH

This vivacious group of women meets monthly at the Madison Senior Center on the last Tuesday of the month.

Games

Table Tennis * Billiards * Table Games * Chess- Checkers * Rummikub

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



B-I-N-G-O

THURSDAYS, 10:15 - 11:15 AM

It is free to play. Any BINGO gets a small prize. The last round played is Blackout. Each BINGO card for the last round costs 50 cents (max of four cards). The first person to get a Blackout BINGO wins the kitty. We play to have fun and camaraderie. Join us!



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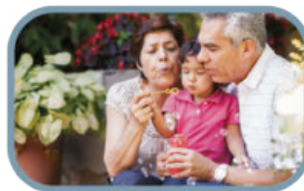


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HEALTH & WELLNESS

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

Laughing Bodies, Dancing Minds

TUESDAYS, 2:30 - 3:30 PM, APRIL 2 – MAY 21
EACH 8 WEEK SESSION IS \$54

Come on down to the Madison Senior Center for a movement class with the remarkable Li Chiao-Ping. Her classes focus on warm-up techniques, strength and stretching exercises, core work, breathing and energy flow. No prior dance experience needed.

Li Chiao-Ping is the Sally Banes Professor of Dance & Vilas Research Professor with the UW-Madison Dance Department. She is also the Artistic Director of Li Chiao-Ping Dance. She has a special interest in working with older adults and demonstrating that dance is beautiful and rewarding at any age.



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.

Blood Pressure Screening

1ST & 3RD TUESDAYS,
11 AM - 12 PM, FEBRUARY 6 & 20

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



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. *R*

Older Adults and Oral Health

Is dry mouth a natural part of the aging process? Is tooth decay just kid stuff? Separate fact from fiction by reading this fact sheet about oral health and growing older. Having the right information can help you keep your mouth healthy for a lifetime.



The National Institute for Health (NIH) has a publication that provides information on


- » Tooth Decay
- » Gum Diseases
- » Dry Mouth
- » Oral Cavity (Mouth) and Oropharynx (Throat) Cancer

Click [here](#) or stop by the Madison Senior Center Front Desk for a copy of the article.

HEALTH & WELLNESS

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

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. Financial assistance applications are available at the Madison Senior Center Front Desk. 

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. \$115 for this 16-week class. Questions? Contact your instructors: Atala: atalanicole@gmail.com or (608) 770-8763; Krista: 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 meets 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.




Foot Care Clinic

THURSDAY, MARCH 28, BY APPOINTMENT

Not available in February. Returns March 28.

Get your toe nails trimmed at the Foot Care Clinic. Avoid trying to reach your toes, and see what you are doing, all at one time.



Cost is \$30 for most and \$35 for diabetics. Cash or check. **Bring two towels** to your appointment. 

Healthy Heart Month

(INFORMATION FROM THE CDC)



This Heart Month, the Division for Heart Disease and Stroke Prevention (DHDSP) is encouraging women to listen to their hearts and speak up for their health. Women in the United States are experiencing unacceptable and avoidable heart-related illness and death, and nearly half of U.S. women do not recognize that heart disease is the leading cause of death for women.

DHDSP aims to shed light on this important topic so that women no longer experience delayed recognition, diagnosis, and treatment for cardiac events, such as heart attacks. Heart-health disparities specific to women widen and deepen when combined with race, ethnicity, and other social factors. Here are some of the symptoms of a heart attack that are unique to women. Women may experience shortness of breath, nausea/vomiting and back or jaw pain when having a heart attack. These symptoms can be mistaken for the flu or acid reflex. They may also feel extreme fatigue or heaviness in the chest.

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, January 26 – May 17	9:30 – 10:45 am	\$115	Virtual
BINGO	Thursdays	10:15 – 11:15 am	Free	MSC
Blood Pressure Screening	1st & 3rd Tuesdays	11:15 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	1:00 – 3:30 pm	Varies	MSC
eFood Pantry	Place orders Monday 2/12 Pick-up orders Thursday 2/15	10:00 am – 12:00 pm	Free	MSC
Exploring Poetry	2nd Wednesday, February 14	11:00 am – 12:30 pm	Free	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays	2:00 – 4:00 pm	Free	MSC
HASfit – Gentle Exercise	Monday – Friday	9:00 – 9:45 am	Free	MSC
Laughing Bodies, Dancing Minds	Tuesdays	2:30 – 3:30 pm	\$54	MSC
Movies (titles on page 13)	Tuesdays	12:30 – 3:00 pm	Free	MSC
NewBridge Case Manager	Monday, February 12	10:45 – 12:00 am	Free	MSC
Next Steps	Fridays, January 5 – February 9	10:00 – 11:30 am	\$45	Virtual
Spanish Conversation	Wednesdays	1:30 – 2:30 pm	Free	MSC/ Virtual
Virtual	By appointment	Varies	Free	MSC
Technology Assistance	By appointment	Varies	Free	MSC
Tut's Tomb – Valley of the Kings	Wednesday, February 21	1:00 – 2:00 pm	Free	MSC
Veterans Social	Tuesdays	10:00 – 11:15 am	Free	MSC
Wear Red Day	Friday, February 2	All Day	Free	All Over
Writing Your Life	Thursdays, No Class February 22	10:00 – 11:30 am	Free	MSC

February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
			1 9:00 HASfit 10:00 Writing Your Life 10:15 BINGO 1:00 CQ - OutReach	2 9:00 HASfit 9:30 BB4B ✓ 10:00 Next Steps ✓ NATIONAL WEAR RED DAY	3/4 February 3 National Carrot Cake Day 
5 9:00 HASfit 9:00 Bridge Belles	6 9:00 HASfit 10:00 Gentle Yoga 10:00 Veteran Social 11:00 Blood Pressure 12:30 Movie: The Color Purple 2:30 LBDM	7 9:00 HASfit 1:30 Spanish Conversation ✓	8 9:00 HASfit 10:00 Writing Your Life 10:15 BINGO 2:00 Gay, Gray & Beyond	9 9:00 HASfit 9:30 BB4B ✓ 10:00 Next Steps ✓	10/11 February 10 Lunar New Year 
12 9:00 HASfit 9:00 Bridge Belles 10:45 NB Case Manager	13 9:00 HASfit 10:00 Gentle Yoga 10:00 Veteran Social 12:30 Movie: Chevalier 2:30 LBDM *ePantry Ordering Day	14 9:00 HASfit 11:00 Exploring Poetry 1:30 Spanish Conversation ✓ 	15 9:00 HASfit 10:00 Writing Your Life 10:00 ePantry Pick-Up 10:15 BINGO 1:00 CQ - OutReach	16 9:00 HASfit 9:30 BB4B ✓	17/18 February 17 National Acts of Kindness Day 
19 9:00 HASfit 9:00 Bridge Belles 	20 9:00 HASfit 10:00 Gentle Yoga 10:00 Veteran Social 11:00 Blood Pressure 12:30 Movie: A Thousand and One 2:30 LBDM	21 9:00 HASfit 1:00 Tut's Tomb 1:30 Spanish Conversation ✓	22 9:00 HASfit 10:15 BINGO 1:30 PLATO 2:00 Gay, Gray & Beyond	23 9:00 HASfit 9:30 BB4B ✓ 10:00 PLATO	24/25 February 24 National Tortilla Chip Day 
26 9:00 HASfit 9:00 Bridge Belles	27 9:00 HASfit 10:00 Gentle Yoga 10:00 Veteran Social 12:30 Movie: A Raisin in the Sun 2:30 LBDM	28 9:00 HASfit 1:30 Spanish Conversation ✓	29 9:00 HASfit 10:00 Writing Your Life 10:15 BINGO 1:30 PLATO		



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give us a call: **608-800-2899** or send us an email:

BrainHealthResearch@medicine.wisc.edu



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

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

ENTERTAINMENT

Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm. On the 4th Tuesday, the movie will be an older movie, released prior to 1975.

February 6

THE COLOR PURPLE (2023)

A story of love and resilience based on the novel and the Broadway musical. The Color Purple is a decades-spanning tale of one woman's journey to independence. Celie faces many hardships in her life, but ultimately finds extraordinary strength and hope in the unbreakable bonds of sisterhood. *Stars: Fantasia Barrino, Taraji P. Henson and Danielle Brooks. Drama, Musical. 2 hours 21 minutes. Rated PG-13.*



February 13

CHEVALIER (2022)

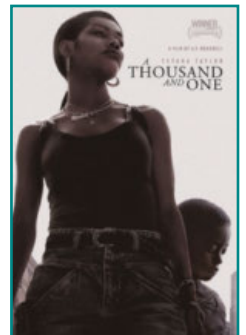
Based on the factual story of composer Joseph Bologne, Chevalier de Saint-Georges, the illegitimate son of an African slave and a French plantation owner, who rises to heights in French society as a composer before an ill-fated love affair. *Stars: Kelvin Harrison Jr., Samara Weaving and Lucy Boynton. Biography, Drama, History. 1 hour 48 minutes. Rated PG-13.*



February 20

A THOUSAND AND ONE (2023)

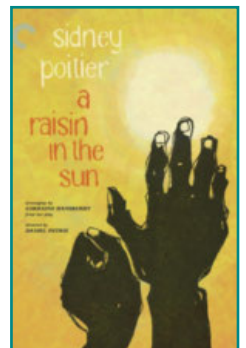
After unapologetic and fiercely loyal Inez kidnaps her son Terry from the foster care system, mother and son set out to reclaim their sense of home, identity, and stability, in a rapidly changing New York City. *Stars: Teyana Taylor, Aaron Kingsley Adetola and Aven Courtney. Crime, Drama. 1 hour 57 minutes. Rated R.*



February 27

A RAISIN IN THE SUN (1961)

This lauded drama follows the Youngers, an African-American family living together in an apartment in Chicago. Following the death of their patriarch, they try to determine what to do with the substantial insurance payment they will soon receive. *Stars: Sidney Poitier, Claudia McNeil and Ruby Dee. Drama. 2 hours 8 minutes.*



LGBTQ 50+ ALLIANCE

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

Gay, Gray & Beyond

2ND & 4TH THURSDAYS, 2 - 4 PM

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.



LGBTQ 50+ Alliance Becomes SAGECollab Partner!

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



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. Participants 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 Elder Advocate

The OutReach Elder 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.

VOLUNTEER VIEW

Volunteers are the heart of the Madison Senior Center. Whether you are older and enjoy helping your peers, or younger and enjoy interacting with older adults, there may be a place for you here. You can apply to be a volunteer on our website. If you have questions, call us at (608) 266-6581 or email seniorcenter@cityofmadison.com if that is easier.

- 1. Front Desk/reception:** Meet, greet, and help people by volunteering weekly at the front desk reception area. Answer and route telephone calls. Provide accurate information about programs, register participants. **MUST** have computer/phone/office skills and experience. Shifts are Monday – Friday, 8:30 am to 1 pm, and 1 pm to 4 pm. Please indicate 2-3 of your preferred shifts.
- 2. Computer Lab volunteer:** Troubleshoot issues in our computer lab, assist seniors in completing their identified tasks. Answer questions regarding tech resources and computer functions. Schedule a regularly recurring time block. (9-11:30 M-F or 1:30-3:30 T-TH; State time and day preference)
- 3. Group or Class Leader:** Tell us what kind of group or class you would like to lead! A book club discussion? An art or craft class? Writing? Knitting? This can be a onetime only event or a recurring class. Let us know your interests!
- 4. Volunteer group opportunities - Client Focused:** Would your group like to come in and wrap gifts at Christmas? Do a singalong with our lunch crowd? Let us know what interests you.
- 5. Volunteer group opportunities - Facility focused:** Would your group like to help us with a gardening project? Beautifying our patio? Let us know what interests you.

NEWBRIDGE

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: 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” for the correct day and time.

NewBridge Nutrition Site

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

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

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

IS THERE A COST?

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

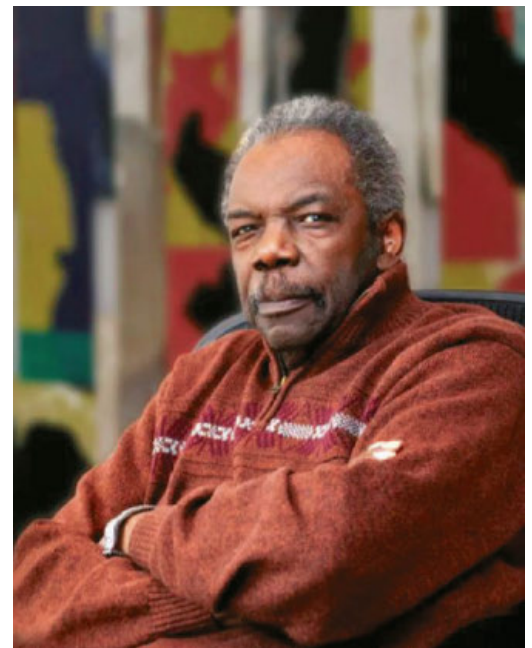
COMMUNITY

February is a great month to take in some in door activities. Here are a few that we found that compliment Black History Month. Check local community calendars to find more thing to do.

MMOCA | RECOLLECT: SAM GILLIAM

AUGUST 10, 2023 – MARCH 3, 2023

Sam Gilliam was an African-American artist born in 1933 in Tulepo, Mississippi, and raised in Kentucky. Most of Gilliam’s adult life was spent in Washington, D.C., but he traveled between his home and Madison every summer for over forty years. He is considered to have had significant impact on Madison’s creative culture. Learn more about this internationally recognized artist by visiting the Madison Museum of Contemporary Art (MMOCA) at 227 State Street.



MADISON PUBLIC LIBRARY MOVIES

Call the Library location you are interested in for specific times and registration information. Also, check with your area library for other events and activities that may be planned.

Goodman South	(608) 266-6395	Friday, February 16	Movie: <i>Johnson Family Vacation</i>
Lakeview Library	(608) 246-4547	Friday, February 2	Movie: <i>Fresh Dressed: The Evolution of Rap Fashion</i>
Central Library	(608) 266-6300	Wednesday, February 21	<i>Malcolm X</i>
Alicia Ashman	(608) 824-1780	Mondays in February	Denzel Washington movies

PUZZLE



Valentine's Day



F	E	B	R	U	H	E	R	Y	A	C	B	O	X	E
W	I	G	E	C	H	O	C	O	L	A	T	E	O	C
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ARROW
CANDY
CARD
CHOCOLATE
CUPID
FEBRUARY

FLOWERS
GIFT
HEART
HOLIDAY
HUGS
LOVE

MAILBOX
PINK
POEM
RED
SWEETHEART
VALENTINE



EPANTRY

ePantry: Food Pantry Online Ordering System

NEW! PLACE ORDERS ON MONDAY

The Madison Senior Center is now a pick-up location for orders placed through the River Food Pantry ePantry. Order food through the ePantry, and pick it up at the MSC. *Our pick-up day is the 3rd Thursday of each month.* Orders can be picked 9:30 – 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.

To learn about ordering and eligibility, call Elizabeth (Mon/Thu) at (608) 267-8673. To place your own order, log on to the River Food Pantry website. Click on “Services” and “ePantry.” Follow the directions. Place orders the preceding Friday through Tuesday. ***Elizabeth will be available on Mondays, 8:30 am – 1:00 pm to provide assistance with ordering.***



FOOD ORDER DATE	FOOD PICK UP DATE
Monday, February 12	Thursday, February 15
Monday, March 18	Thursday, March 21
Monday, April 15	Thursday, April 18

NEVER MISS OUR NEWSLETTER!

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Have our newsletter emailed to you.

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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.

FOUNDATION BOARD OF DIRECTORS

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Kathy Whitt - Vice President/
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PROGRAMS:**



Photo by Vladimir Soares

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.

Madison Senior Center
Foundation, Inc.

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MADISON WI 53703
cityofmadison.com/senior-center

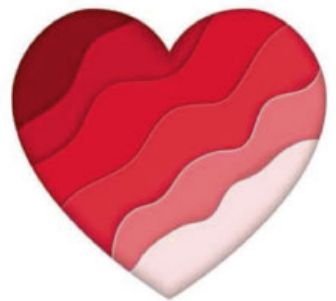
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Heart Health Month

February is American Heart Month, a time when all people, especially women, are encouraged to focus on their cardiovascular health.

Even though heart disease is the No. 1 killer of women in the United States, women often chalk up the symptoms to less life-threatening conditions such as acid reflux, the flu or normal aging. A heart attack strikes someone about every 40 seconds. It occurs when blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely.



♥ **NATIONAL WEAR RED DAY – FRIDAY, FEBRUARY 2**

This is an annual event held the first Friday of February, to raise awareness about heart disease in women. Heart disease is the leading cause of death for women in the United States.

♥ Wear Red on Friday, February 2, and be entered into a prize drawing for a \$10 gift card and other fun prizes.



Find us on Facebook: [MadisonWISeniorCenter](#)



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