

# THE Messenger

VOLUME 41, NUMBER 1

JANUARY, 2024

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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)**



## Martin Luther King, Jr. Day

This year Martin Luther King, Jr. Day is January 15. Democratic Michigan Congressman, John Conyers, first proposed the bill on April 8, 1968, to create a holiday in King's honor. He continued to reintroduce the legislation every year with the support of the Congressional Black Caucus. In 2015, Conyers said, *"To me, [King] is the outstanding international leader of the 20th century without ever holding office. What he did — I doubt anyone else could have done."*

The fight to make the Martin Luther King Jr. birthday a holiday took 32 years, a lot of campaigning. Public support continued to grow despite opposition in congress, in no small part due to musician Stevie Wonder's 1980 album "Hotter Than July" which features the song "Happy Birthday," which served as an ode to King's vision and a rallying cry for recognition of his achievements with a national holiday.

King's birthday was finally approved as a federal holiday in 1983, but it took another 17 years to become a state government holiday in all 50 states.

Today, the King holiday serves multiple purposes: It honors the total legacy of King; focuses on the issue of civil rights; highlights the use of nonviolence to promote change; and calls people into public service. It is the only federal holiday designated as a national day of service to encourage all Americans to volunteer and improve their communities.

### Sources:

- » How the Martin Luther King Jr. Birthday became a holiday
- » The 15 Year Battle for Martin Luther King, Jr. Day



**Parking Rates  
Increase  
EFFECTIVE  
JANUARY 1, 2024**

See page 8 for  
more information.

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

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. 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](mailto:ADRC@countyofdane.com).

## Area Agency on Aging

The Area Agency on Aging of Dane County serves individuals age 60 plus 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](mailto:AAA@countyofdane.com).

## Building Hours

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

## 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.

Like us on Facebook:  
[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 tests are available. Ask at the Front Desk.**

## 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.



## 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.

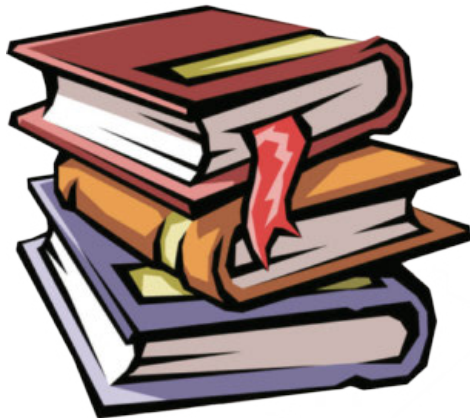
# LIFELONG LEARNING

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 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*



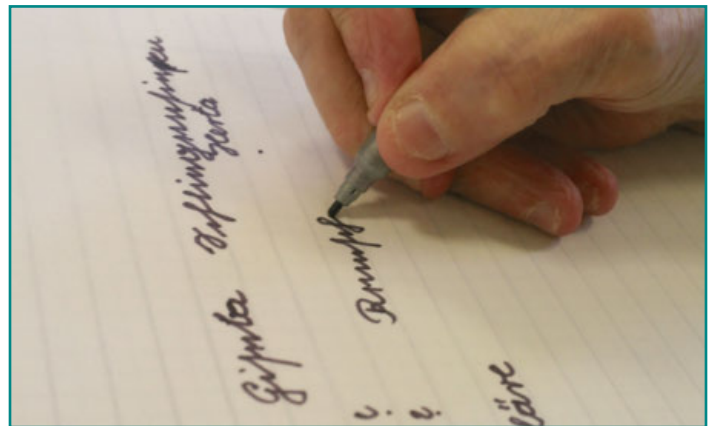
## Book Sharing Table

Take some time to browse through our reading table materials. Every month or so the theme and content rotates. In mid-January, it will switch from holidays to Martin Luther King, Jr and Black History Month. Those materials will be out until the end of February. The mix will include chapter books, history books, biographies 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. You can also pull up a chair at the Senior Center to do some reading.

## Non-Traditional Doll Making & Fabric Art

WEDNESDAYS, 1-4 PM

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. *R*



## 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 opportunities to write and seek feedback, and time to share writing in a welcoming and enthusiastic community. Led by Mark Nepper. *R*



# LIFELONG LEARNING

## Why Lifelong Learning is so Important for Seniors

Cognitively stimulating activities like reading, watching documentaries, and getting out to explore the world around you offers the following cognitive health benefits:

- 1. Increased Neuron Generation.** Lifelong learning has been found to stimulate greater neuron generation and connection in the brain. Neurons are responsible for sending information throughout the body and when this is improved, it positively affects memory, attention, thinking, and reasoning skills.
- 2. Reduced Risk of Forms of Dementia.** This greater neuron generation can maintain and enhance brain health. Activities like learning a new language and mastering a new gardening technique are cognitively stimulating and may reduce your risk of Alzheimer's disease and other forms of dementia.
- 3. Improved Ability to Handle Challenges.** Simply reading a book or practicing an instrument can decrease muscle tension and blood pressure. Lower stress levels can help you better cope with challenging situations and changes in life.
- 4. More Socialization.** One of the best parts of lifelong learning is it can be done with others! Learning courses, discussion groups, and book clubs can spark social interaction that is intellectually engaging and helps you avoid depression and isolation.

Your golden years are the best time to explore your interests and continue learning.

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young."

~ Henry Ford

## Technology & Finance

### Technology Assistance

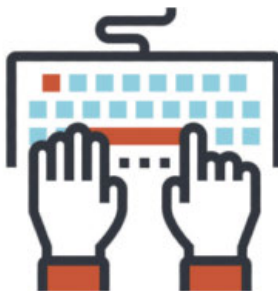
#### Schedule Your Appointment

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).

**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.



### 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](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 VIRTUAL ALL OF JANUARY**

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 January.* *R*

### Red Hat Mamas

**NO MEETINGS IN JANUARY - MARCH**

## 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**

Each BINGO card costs 50 cents (max of four cards). You can play for the entire hour with that card. If you get a BINGO, then you win \$1 or a prize. Any remaining money in the kitty at the end goes to the first person(s) to get a "black out." Each week there will also be a raffle. Participation in the raffle is free.





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*Our Family Will Take Good Care of Your Family*



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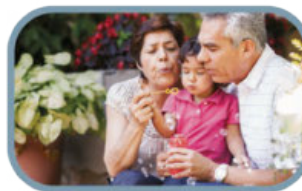
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Madison Senior Center, Madison, WI

A 4C 01-1141



# HEALTH & WELLNESS

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

## Laughing Bodies, Dancing Minds

**TUESDAYS, 2:30-3:30 PM, JANUARY 16 – MARCH 5**

**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.

## Gentle Yoga

**TUESDAYS, 10 - 11 AM (STARTS JANUARY 9)**

Yoga improves balance, range of motion and flexibility, which are all important, especially as we age. Yoga Accessible for All (YAFA) teachers dedicate themselves to making yoga safe and inviting for anyone who is interested in gaining the benefits ([yafayoga.org](http://yafayoga.org)). We do a combination of seated and standing positions, and will always suggest modifications if a pose is not working for you. Please register in advance. 



## Blood Pressure Screening

**1ST & 3RD TUESDAYS, 11 AM - 12 PM**  
**JANUARY 2 & 16**

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



## What is Wellcare?

**WEDNESDAY, JANUARY 6, 10-11 AM**

**Do you have Medicare and Medicaid?** If so, you may one to check Wellcare, a Medicare Advantage Dual Eligible Special Needs Plan (DSNP). You may be able to get extra benefits and simplify your healthcare. If you would like more information about this program, attend this presentation by John Kreft from Aria Benefits. Refreshments provided. *Sponsored program.*

## Parking Rate Increase

The City of Madison is increasing several off-street parking rates, effective January 1, 2024. This includes the Overture Parking Garage, which is located next to the Madison Senior Center. The new rate will be \$1.60 per hour. The increases allow continued maintenance of our facilities, and ensure safe and comfortable parking structures. The last rate increase occurred in 2018.

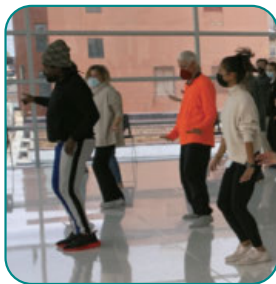


# HEALTH & WELLNESS

To register for programs, call (608) 266-6581 or email [seniorcenter@cityofmadison.com](mailto: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](http://www.ballroombasicsforbalance.org). Financial assistance applications are available at the Madison Senior Center Front Desk. *R*



### 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. *R*

### 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](mailto:atalanicole@gmail.com) or (608) 770-8763; Krista: [kabultmannspiro@gmail.com](mailto:kabultmannspiro@gmail.com) or (608) 335-9252. *R*

**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. *R*

## Foot Care Clinic is Back!

**FRIDAY, JANUARY 12, 9 AM – 1 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. *R*

## Helpful Hints When Walking on Snow or Ice

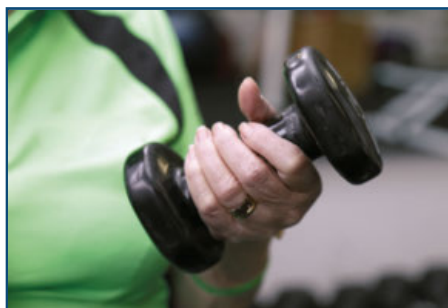
1. **Plan ahead**, give yourself sufficient time and plan your route.
2. **Wear shoes or boots that provide traction on snow or ice.** Footwear made of rubber and neoprene composite provide traction than plastic and leather soles.
3. **Use special care when entering and exiting vehicles, climbing or descending stairs, entering or leaving buildings.** Move slowly. Use handrails for support. Keep your hands out of your pockets.
4. **Walk on designated walkways as much as possible.** Look ahead when you walk. Don't text or read while walking.
5. **Walk safely on snow or ice.** Take short steps or shuffle for stability. Bend slightly forward and walk flat-footed with your center of gravity directly over your feet.



# 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
Next Steps	Fridays, January 5 – February 9	10:00 - 11:30 am	\$45	Virtual
Blood Pressure Screening	E/O Tuesday	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	1:00 - 3:30 pm	Varies	MSC
eFood Pantry	Place orders Tuesday, January 16 Pick-up orders Thursday, January 18	10:00 am - 12:00 pm	Free	MSC
Exploring Poetry	Wednesday, January 10	11:00 am - 12:30 pm	Free	MSC
Foot Care Clinic	Friday, January 12	9:00 am - 1:00 pm	\$30/35	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays	2:00 - 3:30 pm	Free	MSC
HASfit – Gentle Exercise	Monday – Friday	9:00 - 9:30 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
Nail Salon		12:30 - 2:30 pm 11:45 am - 1:00 pm	Free	MSC
NewBridge Case Manager	Monday, January 8	10:45 am - 12:00 pm	Free	MSC
Spanish Conversation	Wednesdays	1:30 - 2:30 pm	Free	MSC / Virtual
Technology Assistance	By appointment	Varies	Free	MSC
Veterans Social	Tuesdays	10:00 - 11:15 am	Free	MSC
Writing Your Life	Thursdays, January 11 – February 15	10:00 - 11:30 am	Free	MSC



## Beat the Winter Blues

- » Go Out in the Daylight
- » Exercise
- » Have Fun with Your Friends
- » Brighten Up Your Home
- » Wear Brightly Colored Clothes
- » Set Goals



# January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
<b>1</b>  <b>NEW YEAR'S DAY</b> <b>MSC CLOSED</b> 	<b>2</b> 9:00 HASfit 10:00 Vet's Social <b>12:30: Movie: <i>On Fire</i></b>	<b>3</b> 9:00 HASfit 1:00 Doll Making 1:30 Spanish Conv <b>V</b>	<b>4</b> 9:00 HASfit 10:15 BINGO	<b>5</b> 9:00 HASfit <b>10:00 Next Steps <b>V</b></b>	<b>6/7</b>  <b>January 7</b> <b>National Bean Day</b> 
<b>8</b> 9:00 HASfit 9:00 Bridge Belles	<b>9</b> 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet's Social 11:00 Blood Pressure <b>12:30 Movie: <i>No Hard Feelings</i></b>	<b>10</b> 9:00 HASfit <b>10:00 What is Wellcare?</b> 11:00 Exploring Poetry 1:00 Doll Making 1:30 Spanish Conv <b>V</b>	<b>11</b> 9:00 HASfit <b>10:00 Writing Your Life</b> 10:15 BINGO 2:00 Gay, Gray & Beyond	<b>12</b> 9:00 HASfit 10:00 Next Steps <b>V</b>	<b>13/14</b>  <b>January 13</b> <b>Rubber Ducky Day</b> 
<b>15</b>  <b>MARTIN LUTHER KING, JR. DAY</b> <b>MSC CLOSED</b> 	<b>16</b> 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet's Social <b>12:30 Movie: <i>The Burial</i></b> <b>2:30 Li Chiao Ping LBDM</b>  <b>*ePantry Ordering Day</b>	<b>17</b> 9:00 HASfit 1:00 Doll Making 1:30 Spanish Conv <b>V</b>	<b>18</b> 9:00 HASfit 10:00 Writing Your Life <b>10:00 ePantry Pick-Up</b> 10:15 BINGO	<b>19</b> 9:00 HASfit 9:00 Foot Care Clinic 10:00 Next Steps <b>V</b>	<b>20/21</b>  <b>January 20</b> <b>National Penguin Day</b> 
<b>22</b> 9:00 HASfit 9:00 Bridge Belles	<b>23</b> 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet's Social 11:00 Blood Pressure <b>12:30 Movie: <i>Bonnie &amp; Clyde</i></b> 2:30 Li Chiao Ping LBDM	<b>24</b> 9:00 HASfit 1:00 Doll Making 1:30 Spanish Conv <b>V</b>	<b>25</b> 9:00 HASfit 10:00 Writing Your Life 10:15 BINGO 2:00 Gay, Gray & Beyond	<b>26</b> 9:00 HASfit 9:30 BB4B Adaptive <b>V</b> 10:00 Next Steps <b>V</b>	<b>27/28</b>  <b>January 27</b> <b>Holocaust Remembrance Day</b> 
<b>29</b> 9:00 HASfit 9:00 Bridge Belles	<b>30</b> 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet's Social <b>12:30 Movie: <i>Radical</i></b> 2:30 Li Chiao Ping LBDM	<b>31</b> 9:00 HASfit 1:00 Doll Making 1:30 Spanish Conv <b>V</b>			





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# ENTERTAINMENT

## Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm. The 4th Tuesday will be a movie released prior to 1970 starting in January 2024.

### JANUARY 2

#### ON FIRE (2023)

Inspired by true and harrowing events. *On Fire* tells the story of an ordinary man that finds his world suddenly torn apart as devastating wildfires rip through the surrounding countryside. With precious moments ticking by, he must flee with his son and pregnant wife if they have any hope of surviving the rapid forces of mother nature. Survival becomes their main objective. Stars: Peter Facinelli, Fiona Dourif and Asher Angel. Drama, Mystery, Thriller. 1 hour 20 minutes. Rated PG-13.



### JANUARY 9

#### NO HARD FEELINGS (2023)

On the brink of losing her home, Maddie finds an intriguing job listing: wealthy helicopter parents looking for someone to bring their introverted 19-year-old son out of his shell before college. She has one summer to make him a man or die trying. Stars: Jennifer Lawrence, Andrew Barth Feldman and Laura Benanti. Comedy, Romance. 1 hour 43 minutes. Rated R.



### JANUARY 16

#### THE BURIAL (2023)

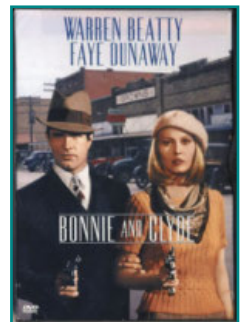
Inspired by true events, when a handshake deal goes sour, a lawyer helps a funeral home owner save his family business from a corporate behemoth. Tempers flare and laughter ensues as the unlikely pair bond while exposing corporate corruption and racial injustice in this inspirational, triumphant story. Stars: Jamie Foxx, Tommy Lee Jones and Jurnee Smollett. Comedy, Romance. 2 hours 6 minutes. Rated R.



### JANUARY 23

#### BONNIE AND CLYDE (1967)

Small-time crook Clyde Barrow tries to steal a car and winds up with its owner's daughter, dissatisfied small-town girl Bonnie Parker. Their crimes quickly spiral from petty theft to bank robbery, but tensions between the couple and the other members of their gang--hapless driver C.W., Clyde's suave older brother Buck, and Buck's flibbertigibbet wife, Blanche --could destroy them all. Stars: Warren Beatty, Faye Dunaway, Michael J. Pollard and Gene Hackman. Crime, Drama. 1 hour 51 minutes. Rated R.



### JANUARY 30

#### RADICAL (2023)

A teacher in a Mexican border town full of neglect, corruption, and violence, tries a radical new method to unlock their student' curiosity, potential – and maybe even their genius. Based on a true story. Stars: Eugenio Derbez, Daniel Haddad and Jennifer Trejo. Drama. 2 hours 5 minutes. Rated PG-13.





# LGBTQ 50+ ALLIANCE

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

## 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](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).



## 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.**

## The Sappho Group

**A 50+LESBIAN WOMEN'S SOCIAL GATHERING**

**2ND FRIDAY OF EACH MONTH AT 9 AM**

*Fitchburg Senior Center, 5510 Lacy Rd., Fitchburg*

This confidential coffee is open to 50+ lesbian women. The social group provides an opportunity to socialize with new friends and old. If more information is needed, call (608) 270-4290. You don't need to be a resident of Fitchburg to attend.



**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](mailto: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.



# STILL TIME FOR VACCINATIONS

## Peak Season for Respiratory Diseases Is Near: There Is Still Time to Get Vaccinated

*December 14, 2023* - CDC is posting updates on respiratory viruses every week; for the latest information, please visit [CDC Respiratory Virus](#).

Low vaccination rates leave people at greater risk of serious illness. COVID-19, influenza, and RSV activity are still below levels seen last year at this time. This season, illnesses have started later, returning to patterns typically seen before the COVID-19 pandemic. This means that the peak of respiratory illness activity is likely yet to come.

Respiratory illness activity is rising. COVID-19 hospitalizations are rising quickly. Since the summer, public health officials have been tracking a rise in multisystem inflammatory syndrome in children (MIS-C), which is caused by COVID-19. Influenza activity is growing in most parts of the country. RSV activity remains high in many areas. In some parts of the country, hospital beds for children are already nearly as full as they were this time last year. If these trends continue, the situation at the end of this month could again strain emergency departments and hospitals. Strain on the healthcare system could mean that patients with other serious health conditions may face delays in receiving care.

More than just respiratory viruses are spreading. Other respiratory germs are also circulating. This year, public health officials are also tracking a recent increase of pneumonia in children around the world, which can be caused by many types of bacteria, fungi, and viruses. Staying up to date with vaccines against pneumococcal disease and pertussis (whooping cough) can reduce the risk of pneumonia from those bacterial infections.

It's worth noting that getting vaccinated against respiratory viruses can also help reduce the risk of getting pneumonia caused by bacteria and fungi. By preventing a viral infection, you keep your immune system strong and help prevent other germs from taking advantage when you're sick.

Get vaccinated today. Getting yourself and your loved ones vaccinated will help keep all of you healthy during the holiday season and into the new year. If more Americans are protected against severe respiratory illnesses, we will likely see fewer hospitalizations. Lives can be saved.

Vaccination is especially important for people at higher risk of severe illness from respiratory diseases, including young children, older adults, people with underlying medical conditions, and pregnant people. Find out who needs COVID-19, flu, and RSV vaccines during the 2023-2024 season. And, get all the details on vaccines recommended for: [Children](#), [Adults](#) and [Pregnant people](#)

Vaccines are available at various locations. Depending on your situation, you may get a vaccine at your healthcare provider's office, your local pharmacy, and other locations, such as public health clinics.

For help finding COVID-19 and flu vaccines, visit [vaccines.gov](#).

There's still time to get vaccinated. Talk with your trusted healthcare provider about which vaccines you and your loved ones need to stay healthy this holiday season and into the new year.



## PUZZLE

# New Year's Word Search

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

BABY  
BALL  
CALENDAR  
CELEBRATION  
CLOCK  
CONFETTI  
COUNTDOWN  
EVE

FAMILY  
FRIENDS  
HAPPY  
JANUARY  
MIDNIGHT  
NEW YEAR  
NOISEMAKER  
PARTY

RESOLUTION  
TOAST





# EPANTRY

## ePantry: Food Pantry Online Ordering System

### PLACE ORDERS JANUARY 16

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) at (608) 267-8673.

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

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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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~ President Barack Obama

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We wish you a safe,  
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prosperous 2024!

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will be closed on  
Monday, January 1, 2024.



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