

THE Messenger

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Relevant, Inclusive, Enlightened

Madison Senior Center

330 W. Mifflin Street

Madison, Wisconsin 53703

(608) 266-6581

cityofmadison.com/senior-center



Greetings and Happy New Year!

It is my pleasure to welcome all of our wonderful readers to this month's edition of the Messenger! My name is Yolanda Shelton-Morris and I have the pleasure of overseeing the programming provided at the Madison Senior Center as well as other services the City of Madison funds to support older adults. While 2022 was met with much change and transition, including the retirement of the former manager, Sally Jo Spaeni, I look forward to working with Senior Center staff and our community partners to create more opportunities that promote successful aging and independence for all City of Madison adults age 55 or older.



As the aging population in Madison continues to grow, it is important to create a model for service delivery that responds to the increasing diversity within our community. That work starts with centering the findings from a racial equity analysis that was completed in 2021, which discovered that few older adults in Madison, including those who identify as Black, Indigenous People of Color (BIPOC), Lesbian, Gay, Bisexual, Transgender, and Queer+ (LGBTQ+), are aware of the programs, activities, and resources available at the Madison Senior Center. Based on that information, this year's goal is to effectively reach a more diverse group of adults age 55 or older through senior center activities, events, and programs designed to promote successful aging and independence. A key component of that goal includes conducting a comprehensive evaluation of services and a community stakeholder engagement process to identify and overcome barriers to accessing opportunities that promote successful aging for older adults. Whether you are a program participant, agency partner, or other community stakeholder, your input is important, and we look forward to engaging you in that process, which will take place over the next several months. Please be on the lookout for more information to come!

The year 2023 promises to be one of continued growth and change as we continue our commitment to providing inclusive programming and services that support the diverse and growing older adult population in Madison. Thank you for being a valued partner in this work!

Yolanda Shelton-Morris
Community Resources Manager

"And now let us believe in a long year that is given to us, new, untouched, full of things that have never been, full of work that has never been done, full of tasks, claims, and demands; and let us see that we learn to take it without letting fall too much of what it has to bestow upon those who demand of it necessary, serious, and great things."

~ Rainer Maria Rilke

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

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*

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.

Member of



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. NewBridge case managers have drop-in hours at the Madison Senior Center once a month usually. Check the “Calendar” page for the correct day and time.



Area Agency on Aging

The Area Agency on Aging of Dane County serves individuals age 60 plus and their families in accessing services that will help older adults continue living in their own homes and communities. The amount of assistance provided depends on the needs of the older adult. Examples of community-based services include congregate and home-delivered meals, caregiver support, case management, and help with benefit questions. Contact Information: 2865 N Sherman Ave, Madison, WI 53704; 608-261-2995 or email AAA@countyofdane.com.

Inclement Weather

In most cases, the Senior Center will remain open. When an instructor or presenter calls off because of weather or illness we will attempt to contact all participants who are registered for that program. Check the website or Facebook for updates.



Holiday Hours

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

- ♥ Friday, December 30
- ♥ Monday, January 2
- ♥ Monday, January 16

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

MSC will offer FREE haircuts once a month by a licensed cosmetologist.

HAIR MUST BE CLEAN. Call (608) 266-6581 to schedule an appointment. ***No haircuts in January or February.** Haircuts will resume in March 2023.



LIFELONG LEARNING

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

Exploring Poetry


2ND & 4TH 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.

Fabric Art Doll Making

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. 

Writing Your Life

THURSDAYS, JANUARY 19 – FEBRUARY 23, 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.

Creative Writing

TUESDAY, 9:30-11 AM | **COMING IN SPRING!**

Introduction to Creative Writing is a series of three workshops for writers of all levels, genres, and mediums Anna Stover and Heidi Rosenberg will guide participants through creative writing foundations. In these workshops, participants will explore where they draw their inspiration from with exercises designed to turn that inspiration into a piece of writing. Participants will create either a poem or story through brainstorming, drafting, workshopping, and revising. The workshops will include time for teaching, writing, and sharing.

Anna Stover has been writing, reading, and performing stories for as long as she can remember. She decided to make a career out of this, receiving a bachelor's degree in writing directing and performance from the University of York and a master's degree in creative writing from the University of Oxford.

Heidi Rosenberg has been an instructor at Madison College teaching first-year writing, literature, and creative writing courses since 2015 and more recently has become the Coordinator for the Community Writing Center, which is part of Madison College's Writing Center.

"Recent research has found that learning keeps brain cells working at optimum levels, which may slow cognitive and memory decline as we age."

www.waldenu.edu/programs/resource/the-many-benefits-of-lifelong-learning

Like us on Facebook:
facebook.com/MadisonWISeniorCenter



LIFELONG LEARNING

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

AARP Safe Driving

WEDNESDAY, MARCH 15, 9 AM - 1 PM

The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

Additionally you will learn:

- ♥ Important facts about the effects of medication on driving.
- ♥ How to reduce driver distractions.
- ♥ How to maintain the proper following distance behind another car.
- ♥ Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- ♥ Techniques for handling left turns, right-of-way, and roundabouts.
- ♥ Age-related physical changes and how to adjust your driving to compensate.
- ♥ Call 608-266-6581 to register or email seniorcenter@cityofmadison.com.
- ♥ **Fee:** \$20 AARP Member and \$25 Non-Member. *Pay instructor with check or cash.*



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/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.

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.

Money Matters

BY APPOINTMENT



Do you struggle with knowing who to talk to or trust at a Financial Institution? Maybe you are having trouble paying your bills, or need to dispute a charge. Perhaps you want to save a little each month, and need help identifying how to make a change so there's something left to save. We are not financial experts, but we would like to match you up with someone we trust who can help you find the best person to talk to depending on your needs. Our Volunteer, Mike Fogle, spanned 43 years in the banking industry. He was President of Castle Bank in northern Illinois, and has experience in almost all areas of banking and investing. He can answer basic questions, and serve as liaison when the problem requires connecting with working professionals. We cannot give financial advice or counseling. Call John at (608) 267-2344 to schedule an appointment.

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 OutReach, 2701 Independence Lane

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

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.

Get Involved

New people are welcome at all of our activities. Not sure? Stop in once to test the waters, and see what you think. Our Steering Committee is also always looking for new people who like to organize and plan activities, or who have an interest in advocacy. For more information, call Kristi at (608) 255-8582 or email us at info@lgbtoutreach.org.

Outreach Senior Advocate

The OutReach Senior Advocate, Kristi Mason, coordinates educational trainings and workshop with the community in addition to advocating for LGBTQ+ older adults and their wellness. You can reach Kristi at (608) 255-8582 or kristim@outreach.org.



Kristi Mason





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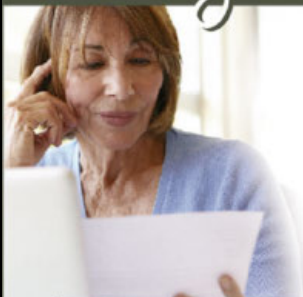


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Madison Senior Center, Madison, WI

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.

January 3

SLUMBERLAND (2022)

A young girl discovers a secret map to the dream world of Slumberland, and with the help of an eccentric outlaw, she traverses dreams and flees nightmares, with the hope that she will be able to see her late father again. *Stars: Jason Momoa, Marlow Barkley and Chris O'Dowd. Adventure, Comedy, Family. 1 hour 57 minutes. Rated PG.*



January 10

THE TOMORROW WAR (2021)

A family man is drafted to fight in a future war where the fate of humanity relies on his ability to confront the past. *Stars: Chris Pratt, Yvonne Strahovski, J.K. Simmons. Action, Adventure, Drama. 2 hours 18 minutes. Rated PG-13.*



January 17

TILL (2022)

In 1955, after Emmett Till is murdered in a brutal lynching, his mother vows to expose the racism behind the attack while working to have those involved brought to justice. *Stars: Danielle Deadwyler, Jalyn Hall and Frankie Faison. Drama, History, Biography. 2 hours 10 minutes. Rated PG-13.*



January 24

THE KINDNESS OF STRANGERS (2019)

The story of people whose lives intertwine during a dramatic winter in New York City. *Stars: Zoe Kazan, Esben Smed and Jack Fulton. Drama. 1 hour 52 minutes. Not Rated.*



January 31

THE TRIAL OF THE CHICAGO 7 (2020)

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: Eddie Redmayne, Alex Sharp, Sacha Baron Cohen. Drama, History, Thriller. 2 hours 9 minutes. Rated R.*



50+ Meet & Greet

THURSDAY FEBRUARY 16, 6-9 PM / GOODMAN COMMUNITY CTR, BRASSWORKS BUILDING, 210 WAUBESA ST.


Make new friends & find someone who shares a common interest. Join us for a fun & a casual social gathering for guests 50 and older. Learn about fun events in Dane County, other networking groups and how to meet people online with similar interests. Enjoy music, dancing, appetizers, wine & beer and door prizes! \$10 ticket includes all activities, food, and one drink ticket. To register, contact Gayle at (608) 204-8032 or gayle@goodmancenter.org. *Sponsored by: Goodman Community Center, NewBridge, Monona Senior Center, and Madison Senior Center.*

GROUPS, CLUBS & SERVICES

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

Spanish Conversation

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

Do you want to practice your Spanish? Our group meets every week to chat in Spanish. Pop in when you can. There are no attendance requirements. To register email seniorcenter@cityofmadison.com. Once you are registered you will be sent the Zoom link. All levels welcome. Spanish Conversation meets via Zoom. 

ePantry: 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, January 19.** 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.

Nail Salon

TUESDAY, JANUARY 24, 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.



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!

B-I-N-G-O

WEDNESDAYS, 10-11 AM



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.

Resources for Seniors



Aging & Disability Resource Center (ADRC)
..... (608) 240-7400
Area Agency on Aging (AAA) (608) 261-9930
OutReach Community Center (608) 255-8582

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, 1/27 - 5/12 (16 weeks)	9:30 - 10:45 am	\$95	Virtual
BINGO at Nutrition Site	Wednesdays	10:00 - 11:00 am	50 cents	MSC
Blood Pressure Screening	E/O Tuesday, 1/3, 1/17 & 1/31	11:00 am - 12:00 pm	Free	MSC
Cardio Dance	Fridays	1:00 - 1:45 pm	Free	MSC
Chair Fit	Fridays 1/6 and 1/13	2:00 - 2:45 pm	Free	MSC
Computer Lab	Monday - Friday	8:30 am - 4:00 pm	Free	MSC
eFood Pantry	Place orders, Tuesday, 1/17 Pick-up orders, Thursday, 1/19	10:00 am - 12:00 pm	Free	MSC
Exploring Poetry	2nd & 4th Wednesdays, 1/11 & 1/25	11:00 am - 12:30 pm	Free	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays, 1/12 & 1/26	2:00 - 4:00 pm	Free	MSC
Gentle Exercise	Monday - Friday	9:00 - 9:45 am	Free	MSC
Laughing Bodies, Dancing Minds	Tuesdays, 1/17 - 3/7	2:00 - 3:00 pm	\$52	MSC
Movies (titles on page 8)	Tuesdays	12:30 - 3:00 pm	Free	MSC
Nail Salon	Tuesday, 1/24	10:00 am - 12:00 pm	Free	MSC
NewBridge Case Manager	Monday, 1/9	10:30 - 11:30 am	Free	MSC
Spanish Conversation	1st Wednesday in Person Others Virtual	1:30 - 2:30 pm	Free	MSC/Virtual
Non-Traditional Doll Making & Fabric Art	Wednesdays	1:00 - 4:00 pm	Supplies	MSC
Tai Chi	Mondays, 1/9 - 3/20 No class 1/16	10:00 - 11:00 am	Free	Hybrid
Tablets2Go	Ongoing	Varies	Free	MSC
Technology Assistance	By appointment	Varies	Free	Virtual
Wii Bowling	Weekdays	12:30 - 2:30 pm	Free	MSC
Writing Your Life	Thursdays, 1/19 - 2/23	10:00 - 11:30 am	Free	MSC

INDOORS OR OUTDOORS, BE AS ACTIVE AS YOU CAN—AND HAVE FUN!

The winter season can be a challenging time to stay active, but staying physically active is one of the best ways to improve your mental and physical health. Here are 6 tips to stay active all winter long:

1. Take Nature Walks
2. Monitor the weather and plan ahead
3. Wear layers
4. Workout online
5. Do some chores
6. Volunteer in active ways while maintaining social distance



January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
2 Closed in Observance of New Year's Day 	3 9:00 Gentle Exercise 11:00 Blood Pressure 12:30 Movie: Slumberland	4 9:00 Gentle Exercise 10:00 BINGO 1:00 Doll Making 1:30 Spanish Conv @ MSC	5 9:00 Gentle Exercise  National Bird Day	6 9:00 Gentle Exercise 1:00 Cardio Dance 2:00 Chair Fit	7/8  Sunday National Bubble Bath Day
9 9:00 Gentle Exercise 10:00 Tai Chi 10:30 NB Case Manager	10 9:00 Gentle Exercise 12:30 Movie: The Tomorrow War	11 9:00 Gentle Exercise 10:00 BINGO 11:00 Exploring Poetry 1:00 Doll Making 1:30 Spanish Conv	12 9:00 Gentle Exercise 9:30 PLATO 2:00 Gay, Gray & Beyond	13 9:00 Gentle Exercise 1:00 Cardio Dance 2:00 Chair Fit	14/15  Sunday National Hat Day
16 Closed in Observance of Martin Luther King, Jr. Day  Martin Luther King Day	17 9:00 Gentle Exercise 11:00 Blood Pressure 12:30 Movie: Till 2:00 Laughing Bodies, Dancing Minds (LBDM) *ePantry Ordering Day	18 9:00 Gentle Exercise 10:00 BINGO 1:00 Doll Making 1:30 Spanish Conv ✓	19 9:00 Gentle Exercise 9:30 PLATO 10:00 ePantry Pick-Up 10:00 Writing Your Life	20 9:00 Gentle Exercise 1:00 Cardio Dance	21/22  Saturday National Squirrel Appreciation Day
23 9:00 Gentle Exercise 10:00 Tai Chi  National Handwriting Day	24 9:00 Gentle Exercise 10:00 Nail Salon 12:30 Movie: Kindness of Strangers 2:00 LBDM	25 9:00 Gentle Exercise 12:00 BINGO	26 9:00 Gentle Exercise 9:30 PLATO 10:00 Writing Your Life 2:00 Gay, Gray & Beyond	27 9:00 Gentle Exercise 9:30 BB4B ✓ 1:00 Cardio Dance	28/29  National Kazoo Day
30 9:00 Gentle Exercise 10:00 Tai Chi	31 9:00 Gentle Exercise 11:00 Blood Pressure 12:30 Movie: The Trial of the Chicago 7 2:00 LBDM				



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

WINTER WORD SEARCH

WINTER WONDERLAND



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Word Bank

- | | | | |
|-------------|----------------|----------------|---------------|
| 1. MELTING | 7. CARDIGAN | 13. SKIING | 19. FROSTY |
| 2. SNOW | 8. BIRDS | 14. SKATING | 20. WHITE |
| 3. COCOA | 9. BITTER | 15. SNOWFLAKES | 21. SPARKLING |
| 4. FREEZING | 10. WONDERLAND | 16. MITTENS | 22. COLD |
| 5. CHILLY | 11. MISTY | 17. SLIPPERY | 23. JACKET |
| 6. SNOWMAN | 12. SLUSHY | 18. SLEDDING | 24. JANUARY |

VOLUNTEER VIEW

Volunteer Opportunities

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.

SERVICE ASSISTANCE

Help senior participants navigate various community programs to improve their lives. Connect Madison residents with helpful senior services like: food share programs, housing assistance/relief, loan closets, transportation, and much more. Great role for retired or aspiring social workers, community organizers, and senior service managers.

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.

GREAT COURSES FACILITATOR

Great Courses at the Senior Center are facilitated by volunteer instructors who break down lectures by professors into lessons that consist of videos, handouts, and enlightening discussion. Turn your love of learning into a great volunteer experience.

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.

GAMES VOLUNTEER

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

EXERCISE FACILITATOR

MSC wants to expand exercise AND fitness classes with new ideas such as cardio drumming, ball cardio and interesting forms of dance. Keep seniors moving and active by encouraging exercise on a weekly basis.

ARTIST OF THE MONTH

We have a wonderful space to display your artwork on the first 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 8:30am to 4pm; M-F.

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

Join the Foundation Board for a Chance to Change Lives

We are looking for inspired, caring and committed individuals to assist with fundraising and decision making processes on the Senior Center Foundation Board! Provide guidance, solicit and accept gifts in support of Madison Senior Center programs and services for older adults in Madison. Use your connections and talents to increase partnerships, maintain and grow financial stability, and expand our reach in the community. Our vision is to be known as an inclusive community where all older adults thrive. Contact John Weichelt at jweichelt@cityofmadison.com or (608) 267-2344 to learn more.

Foundation Board of Directors

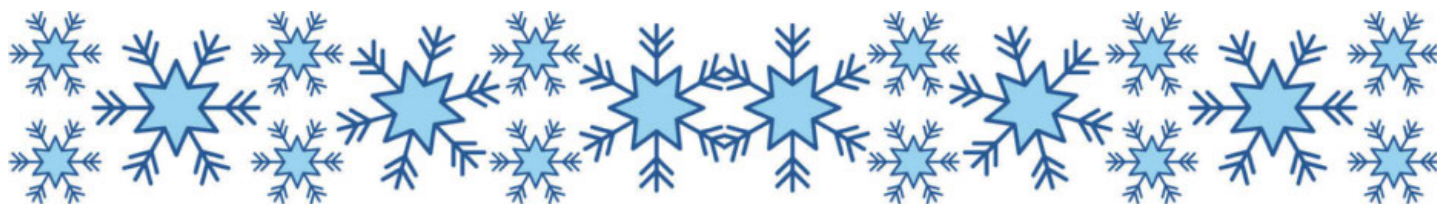
- ♥ Sally Miley – President
- ♥ Tom DeChant
- ♥ Faisal Kaud
- ♥ Kathy Whitt

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

Donations

- ♥ Robert Conway
- ♥ Charlotte & James Burns
- ♥ Chris & Kathy Davis
- ♥ Andrea Kaminski
- ♥ William Lane
- ♥ Kathleen Poi
- ♥ Judith Siegfried
- ♥ Jim Thompson
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PLEASE DONATE TODAY! MADISON SENIOR CENTER FOUNDATION, INC.

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

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

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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.

HEALTH & FITNESS

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

Laughing Bodies, Dancing Minds

TUESDAY, JANUARY 17 – MARCH 7, 2-3 PM

8 WEEKS, \$52

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.

Yoga For All

TUESDAYS, 10 - 11 AM

STARTS AGAIN


FEBRUARY 7, 2023

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. Our certified instructors have a working knowledge of physical limitations that many older adults experience, and will always suggest modifications if a pose is not working for you. Please register in advance. Suggested donation of \$4 per class. 



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! 



Chair Fit

FRIDAY, JANUARY 6 & 13, 2-2:45 PM

What is Chair Fit? A fun workout that works on improving strength, balance, endurance, flexibility, and range of motion all to the rhythm of fun music. Great for all fitness levels! Exercises are tailored to your fitness level with the goal of gradually improving that level. Try this new wellness program and tell us whether or not we should add it to the schedule.

Tai Chi - HYBRID


MONDAYS, JANUARY 9 – MARCH 20, 10-11 AM
(NO CLASS JANUARY 16)

Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body. Give Tai chi a try from the comfort of your own home through virtual participation, or with a small group at the Senior Center. Tai chi is offered as a Great Course, and will feature David-Dorian Ross, International Master Tai Chi Instructor.

HEALTH & FITNESS

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, 2023 class dates and times, and registration forms can be found at www.ballroombasicsforbalance.org. 



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:

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.



Brain & Body Fitness

TUESDAY FEBRUARY 28 & MARCH 7, 1-2 PM

Changes in brain health, such as Alzheimer's disease and dementia, are one of the greatest health and societal challenges facing Wisconsin communities. Despite the benefits of engaging in brain health-promoting activities, readily accessible, evidence-guided programming can be hard to come by! Since 2019, the Gilmore-Bykovskyi Brain Health Team has partnered with MSCR to deliver the Brain and Body Fitness Program. We provide this program through volunteer efforts of faculty, staff, and students at no cost to participants. Through Brain and Body Fitness, we aim to provide research-informed education on ways to maintain brain health and engage in brain and physical exercises. This year, we are expanding our program to collaborate with Madison Senior Center for a two-part series on February 28 and March 7, 2023 from 1-2 pm. We hope you will join us!



SPANISH

¿Qué sabe usted?

¿Tiene usted una habilidad o conocimiento especiales? Estamos buscando a personas que enseñen o lideren programas en Español para adultos mayores. Esto podría ser trabajo voluntario o remunerado. A continuación encontrará unas cuantas de nuestras ideas para los programas, pero estoy segura que usted tendrá muchas más. Envíe un correo electrónico o llame al 608-266—6581. Por favor déjenos saber si necesita de un intérprete.

- ♥ Yoga
- ♥ Baile
- ♥ Dibujo

- ♥ Pintura
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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.



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

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

¡Saludos y Feliz Año Nuevo!

¡Es un placer para mí darles la bienvenida a todos nuestros maravillosos lectores a la edición de este mes del Mensajero! Mi nombre es Yolanda Shelton-Morris y tengo el placer de supervisar la programación proporcionada en el Centro para Adultos Mayores de Madison al igual que otros servicios que la Ciudad de Madison financia para apoyar a los adultos mayores. Mientras que el 2022 produjo muchos cambios y transiciones, incluyendo la jubilación de la administradora anterior, Sally Jo Spaeni, yo estoy muy emocionada de trabajar con el personal del Centro para Ancianos Mayores y nuestros socios comunitarios para crear más oportunidades que promuevan el envejecimiento exitoso y la independencia para todos los adultos de 55 años o más de la Ciudad de Madison.



A medida que la población envejeciente de Madison continúa creciendo, es importante crear un modelo para la entrega de servicios que responda al crecimiento de la diversidad dentro de nuestra comunidad. Ese trabajo comienza con enfocarnos en los hallazgos de un análisis de equidad racial que fue conducido en el 2021, el cual trajo a la luz que muy pocos adultos en Madison, incluyendo a aquellos que se identifican como personas de color Negras o Indígenas (BIPOC), Lesbianas, Gay, Bisexuales, Transgénero y Queer+ (LGBTQ+), están al tanto de los programas, actividades y recursos disponibles en el Centro para Adultos Mayores de Madison. Basado en esta información, el objetivo de este año es el de llegar efectivamente a más grupos diversos de adultos en edades de 55 años o más a través de actividades, eventos y programas del centro para adultos mayores diseñados para promover el envejecimiento exitoso y la independencia. Un componente clave de ese objetivo incluye el conducir una evaluación integral de los servicios y un proceso de participación de las partes interesadas en la comunidad para identificar y superar las barreras para tener acceso a las oportunidades que promuevan el envejecimiento exitoso para los adultos mayores. Su opinión es importante ya sea que usted es un participante del programa, una agencia asociada, o cualquier otra parte interesada en la comunidad, y esperamos involucrarles en ese proceso, el cual se llevará a cabo durante los próximos meses. ¡Por favor esté atento a más información por venir!

El año 2023 promete ser un año de crecimiento y cambio continuos a medida que continuamos nuestro compromisos de proporcionar programación y servicios inclusivos que apoyen a la población diversa y creciente de adultos mayores en Madison. ¡Gracias por ser un socio invaluable en este trabajo!

Yolanda Shelton-Morris
Gerente de Recursos Comunitarios

"Y ahora déjennos creer en un largo año que se nos ha brindado, nuevo, intacto, lleno de cosas que nunca han sido, lleno de trabajo que nunca se ha hecho, lleno de tareas, reclamos y exigencias; y déjennos ver que hemos aprendido a aceptarlo sin dejar caer demasiado de lo que tiene para dar a los que le exigen cosas necesarias, serias y grandes."

~ Rainer Maria Rilke

Madison Senior Center
Foundation, Inc.

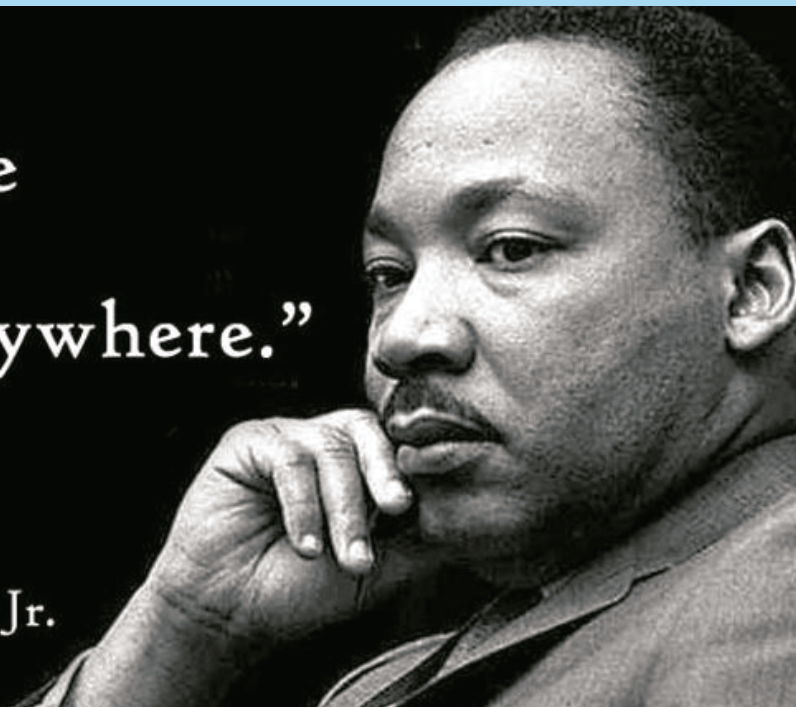
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Martin Luther King, Jr. Day
Monday, January 16, 2023

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anywhere
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justice everywhere.”**

—Martin Luther King Jr.



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