

# THE Messenger

VOLUME 40, NUMBER 7

JULY, 2023

## Inside this Issue

For Your Information .....	2
Lifelong Learning .....	4
Health & Wellness .....	6
Entertainment - Movies .....	8
Groups, Clubs & Services.....	9
Program & Activity List .....	10
Calendar .....	11
LGBTQ 50+ Alliance.....	13
Volunteer View.....	14
Foundation .....	15
Community .....	17
ePantry .....	18
Puzzle.....	19

**Relevant, Inclusive, Enlightened**

**Madison Senior Center**

**330 W. Mifflin Street**

**Madison, Wisconsin 53703**

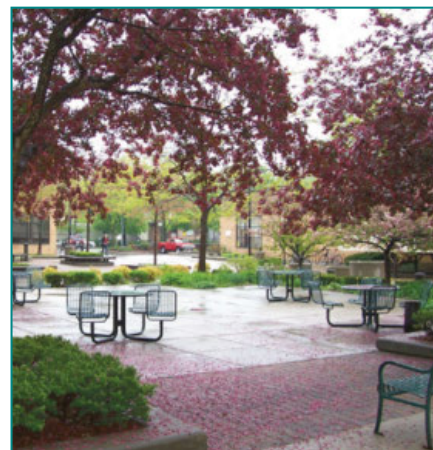
**(608) 266-6581**

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



## Courtyard News!

The courtyard at the Madison Senior Center will be under construction starting this summer. These renovations will unveil the space as a new official City Park! We look forward to a vastly improved area that MSC participants and the public can both enjoy! The project should be substantially completed by the end of the year. Please excuse the mess while this important work is being done.



## Parks Alive

**Building Strong Neighborhoods**

**June 20 - August 17, 2023**



**9 Parks. 25+ Events. A summer of fun in your neighborhood.**



**Find an event in YOUR neighborhood for free food, music and family-friendly activities.**



**play  
MADISON  
PARKS**

**Learn more: [cityofmadison.com/parksalive](http://cityofmadison.com/parksalive)**

*Held in parks across Madison, Parks Alive events are a chance to visit your local park, listen to music, participate in fun, family-friendly activities, enjoy free food and get to know your neighbors. Build connections with your community and connect with green spaces across the city at events throughout the summer.*

# 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

*Administrative Services Coordinator, Karen Cator (she, her)*  
(608) 266-6290, kcator@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

*"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) 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!

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.

Name \_\_\_\_\_

Address \_\_\_\_\_

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. They provide a friendly, welcoming place where you can get unbiased information about aging or living with a disability. Their contact information is 2865 N. Sherman Ave, Madison, WI 53704; (608) 240-7400 or email [ADRC@countyofdane.com](mailto:ADRC@countyofdane.com).

### NewBridge Madison

NewBridge is a not for profit agency that serves adults age 60+. Their phone number is (608) 512-0000 and their website is [www.newbridgemadison.org](http://www.newbridgemadison.org). NewBridge provides programs and services throughout the community: Bridge Buddies - Friendly Callers, Case Management, Diversity & Inclusion Activities, Food Bridge Delivery, Foot Clinics, Home Chore Program, Loan Closet, Representative Payee & Guardianship Service and Classes & Activities. NewBridge case managers have drop-in hours at the Madison Senior Center every other month. Check the "Calendar" page for the correct day and time.



### Area Agency on Aging

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

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.
- » 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.

### 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 \$15.44.


# LIFELONG LEARNING

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

## Fun Facts About Ice Cream

Do you love ice cream? We have found some cool tidbits about ice cream that you may not have heard before.

- » It takes 12 pounds of milk to produce just 1 gallon of ice cream
- » The average number of licks to finish a scoop of ice cream is 50
- » The country that consumes the most ice cream is USA.
- » The most popular flavor is vanilla, then chocolate
- » Vanilla was rare and exotic in the late 1700's
- » The first written ice cream recipe was found in a 1665 recipe book
- » The majority of Americans – around 90% have ice cream in their freezers
- » The tallest ice cream cone was over 9 feet tall in Italy
- » The average American eats 45.8 pints of ice cream a year
- » Chocolate syrup is the most popular ice cream topping.



[www.mymochi.com/blog/fun-facts-about-ice-cream-that-you-didnt-know/](http://www.mymochi.com/blog/fun-facts-about-ice-cream-that-you-didnt-know/)

## Farewell to John!

We are bidding a fond farewell to our Volunteer Coordinator, John Weichelt, who will be moving on to another great opportunity with the City of Madison as the Volunteer Coordinator for the Parks Department.

We have had the great pleasure of John's knowledge and expertise for almost nine years. He has befriended and helped many of you through the years and leaves big shoes to fill. All of us will do our best to fill in until a new team member is hired.

John brought new ideas, streamlined the volunteer's application process, spear headed fundraising initiatives for the Madison Senior Center Foundation, and has been part of the leadership team for all of our special events.

We wish John all of the best in his new position. There will be new challenges and hills to climb, but we have no doubt that he will succeed and make the Parks Department a better place.





# LIFELONG LEARNING

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

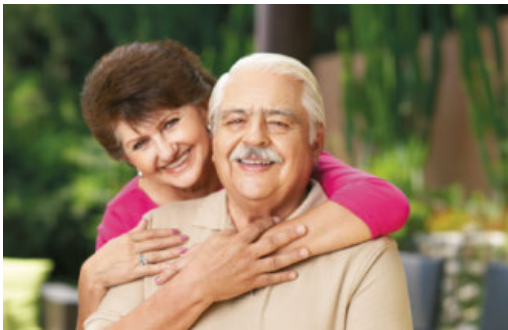
## Club de Juegos de Mesa

MARTES 11 Y 25 DE JULIO

2 PM - 3:30 PM

*Centro de Adultos Mayores de Madison  
330 W Mifflin St*

Venga a jugar juegos de mesa y pasar un momento divertido. Puede traer sus propios juegos o puede utilizar los juegos del centro (Ajedrez, Damas chinas, cartas/naipes, rummikub y más...)



## Grupo de Costura y Tejido

MARTES 11 Y 25 DE JULIO

2 PM - 3:30 PM

*Centro de Adultos Mayores de Madison  
330 W Mifflin St*

¡Venga a coser o tejer en grupo! Traiga sus propios materiales o utilice los materiales del centro. Este es un grupo libre, donde nos enseñaremos entre nosotros.



## Technology & Finance

### Technology Assistance

**Basic Technology support** including: smart phone basics, downloading apps, social media, virus protection, and email.

**Digital Photography support** including: photo editing, enhancements, HDR capture, storage, and online gallery presentations.

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

### Schedule Your Appointment

Share your computer challenges and we will match you up with a volunteer. Understanding and advancing your use of technology is about your ambitions, not about your age. Call (608) 266-6581 or email [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com).



### 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. The computer lab is usually a quite space, but it is used for programs and 1:1 help, so there may be conversations going on. If you do need to hold a conversation please use lower tones. If you need silence we recommend using the computers at the library or wearing noise cancelling head phones.

## Money Matters

Do you have a basic question you do not want others to hear? Do you just need a starting point? Then these one-on-one appointments may be for you. Call (608) 266-6581 or email [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com).



# HEALTH & WELLNESS

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

## HASFIT Gentle Exercise

**MONDAY - FRIDAY, 9-9:30 AM**

We use the HasFit program for seniors which is available on YouTube. Join us at the Senior Center or tune in at your convenience at home to complete an exercise session. Focus on strength, flexibility and balance.

## Falls Risk Screening


**Completed by Licensed Physical Therapist**

**EVERY OTHER TUESDAY, JULY 11 & 25, 11 AM-12 PM**

Complete a short battery of tests that evaluate your balance, strength and vision to help learn if you are at an increased risk for falls. Tests will take no longer than 5 minutes and you will receive information regarding your results while being able to compare them to normative values in order to learn how you compare to other individuals of your same age.

## Gentle Yoga

**TUESDAYS, 10-11 AM**

Yoga improves balance, range of motion and flexibility. All of these are 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. 


## Cardio Dancing for 55+

**FRIDAYS, 9:30-10:15 AM**

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 class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Leave empowered and feeling strong.




## 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, Fall 2023 class dates and times, and registration forms can be found at [www.ballroombasicsforbalance.org](http://www.ballroombasicsforbalance.org). 


**FALL CLASSES (IN PERSON)**

**FRIDAYS, 10-11:30 AM, SEPT. 15 – DEC. 8**

Our focus in the fall will be Latin, Smooth & Line Dances ... and more! We meet at the Madison Central Library (201 W Mifflin St). Class is \$85 for 12 weeks. Financial Assistance is available. No class November 24. To register contact Susan Frikken, instructor at (608) 692-9794. Registration deadline is Friday, September 8. 

**VIRTUAL AND ADAPTIVE (ZOOM)**

**FRIDAYS, 9:30-10:45 AM**

Our focus in the fall will be “Dances that began in the U.S. such as Jazz, Tap, Salsa, Charleston & more! 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 therapist to see if a balance class would be right for you. Beginners and continuing students welcome. Class is \$85 for 12 weeks. Financial Assistance is available. No class November 24. Registration opens in August. Questions? Contact Atala at (608) 770-8763 or Krista at (608) 335-9252. 

## Blood Pressure Screening

**EVERY OTHER TUESDAY, JULY 11 & 25, 11 AM-12 PM**

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



Custom  
Care  
Plan

Free  
Assessment

Visits from 3  
hours to  
24/7



Age in place with the help of

**Visiting Angels**  
**608-819-0665**

[www.VisitingAngels.com/MadisonWI](http://www.VisitingAngels.com/MadisonWI)



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

**Visit us today:**  
**[mychoicewi.org/LPI](http://mychoicewi.org/LPI)**  
**1-800-963-0035**

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

DHS Approved 4/22/2021



**FREE DELIVERY**  
**with \$40 Purchase**

Open 7 a.m - Midnight 7 Days a week  
111 N Broom St 608-255-2616  
[www.capecentremarket.com](http://www.capecentremarket.com)



Help care for those who have cared for us

**Now Hiring Caregivers**

\* Flexible Hours \* Training Provided  
\* Great Team \* Top Pay

**Apply Today 608-729-5365**  
[www.seniorhelpers.com/wi/madison](http://www.seniorhelpers.com/wi/madison)



**HASKINS  
SHORT &  
BRINDLEY LLC**

5113 Monona Drive, Monona, WI 53716  
608-237-6673  
[www.HSBElderLaw.com](http://www.HSBElderLaw.com)

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

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

50+ years combined experience!

*Planning isn't just for You*

Pre-Arranging Service

Funeral Burial Plans

Funeral Cremation Plans



**608-221-5420**  
**[gundersonfh.com](http://gundersonfh.com)**

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

*Our Family Will Take Good Care of Your Family*

**ADVERTISE HERE**  
to reach your community



**Call 800-950-9952**

Honest, reasonably priced attorney

**I Make House Calls!**

Wills • Trusts

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

**Paul O'Flanagan**  
**Attorney at Law**

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

[Paul@oflanaganlaw.com](mailto:Paul@oflanaganlaw.com)



*Independent and Assisted Living*

(608) 849-5016

801 Klein Dr. • Waunakee  
[www.waunakeemanor.com](http://www.waunakeemanor.com)

**SENIOR 55+ APARTMENTS**



**6 Whitcomb Circle**

2 BR, 2 BA, 1350 ft<sup>2</sup>.

Incl. HEAT, storage locker, & garage stall. \$1550/mo.  
NO Pets, NO Smoking

Bob Keller (608) 577-2451 | [KellerApartments.com](http://KellerApartments.com)



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Madison Senior Center, Madison, WI

A 4C 01-1141



# ENTERTAINMENT

## Movie Matinees

*Movies are on Tuesday afternoons at 12:30 pm.*

**JULY 4 - NO MOVIE - MADISON SENIOR CENTER CLOSED FOR INDEPENDENCE DAY**

**JULY 11**

### **PLANE (2023)**

In this white knuckle action movie, pilot Brodie Torrance saves his passengers from a lightning strike by making a risky landing on a war-torn island – only to find that surviving the landing was just the beginning. Most of the passengers are taken hostage, and the only person that Torrance can count on for help is Louis Gaspard, an accused murderer being transported by the FBI. *Stars: Gerard Butler and Mike Colter. Action, Adventure, Thriller, Suspense. 1 hour 47 minutes. Rated R.*



**JULY 18**

### **COCAINE BEAR (2023)**

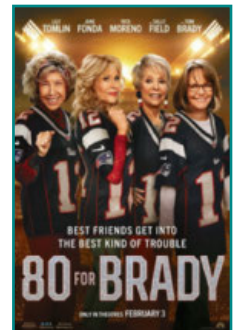
An oddball group of cops, criminals, tourists and teens converge on a Georgia forest where a huge black bear goes on a murderous rampage after unintentionally ingesting cocaine. *Stars: Keri Russell, Alden Ehrenreich and O'Shea Jackson Jr. Comedy, Thriller. 1 hour 35 minutes. Rated R.*



**JULY 25**

### **80 FOR BRADY (2023)**

Inspired by the true story of four best friends living life to the fullest when they take a wild trip to the 2017 Super Bowl LI to see their hero Tom Brady play. *Stars: Lily Tomlin, Jane Fonda, Rita Moreno, Jane Fonda, and Tom Brady. Comedy, Drama, Sports. 1 hour 38 minutes. Rated PG-13*



## **Celebrate 40 Years of Madison Senior Center With Us!**

This year marks our 40th anniversary! That's right, we've been serving the seniors in our community for four decades and we couldn't have done it without you.

You may not know this, but Madison Senior Center was the first building in the city designed to serve the needs and goals of Madison's older generations. It was a historic achievement, one that took over eight years and one million dollars to accomplish.

Our goal is to ensure that every senior in our community has access to the resources they need to age in place, and lead a healthy and fulfilling life.





# GROUPS & CLUBS

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

## Groups & Clubs

### Women's Duplicate Bridge

**WEDNESDAYS, 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.

### 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.*

### Red Hat Mama's

**LAST TUESDAY OF MONTH, 11 AM - 2 PM, JULY 25**

This vivacious group of women meets monthly at the Madison Senior Center on the last Tuesday of the month. They dine together and plan activities for the upcoming month(s). A spin-off of the Red Hat Society, the Red Hat Mama's are more casual and focus on friendship and fun. Advance registration by the prior Thursday required for lunch. If interested, email Laura at [lhunt@cityofmadison.com](mailto:lhunt@cityofmadison.com) or call (608) 267-8650.

### B-I-N-G-O

**WEDNESDAYS, 10:15-11:15 AM**

Each BINGO card costs 50 cents (max of two cards). You can play for the entire hour with that card. If you get a BINGO, then you win \$1. 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 free raffle.

### Spanish Conversation

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

Do you want to practice your Spanish? Our group meets every week to chat in Spanish. Pop in when you can. There are no attendance requirements. To register, email [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com). All levels welcome. Spanish Conversation meets in person on the first Wednesday of the month and via Zoom the rest of the time.

## Games

### Table Tennis \* Billiards

**\* Table Games \***

### Chess-Checkers


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.

## Services

### Haircuts

**TUESDAY, JULY 25,  
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. (June is one week earlier than usual.) 



# 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, June 23 – August 18	9:30 – 10:45 am	\$50	Virtual
BB4B “Next Steps”	Thursdays, June 8 – August 10	9:30 – 10:45 am	\$45	
BINGO at Nutrition Site	Wednesdays	10:15 – 11:15 am	50 cents	MSC
Blood Pressure Screening	E/O Tuesday, July 11 & 25	11:00 am – 12:00 pm	Free	MSC
Cardio Dancing	Fridays	9:30 – 10:15 am	Free	MSC
Club de Juegos de Mesa	Martes 11 y 25 de julio	2:00 – 3:30 pm	Free	MSC
Computer Lab	Monday – Friday	8:30 am – 4:00 pm	Free	MSC
Duplicate Bridge	Mondays	9:00 – 11:00 am	Free	NSC
eFood Pantry	Place orders Tuesday, 7/18 Pick-up Orders Thursday, 7/20	10:00 am – 12:00 pm	Free	MSC
Exploring Poetry	2nd & 4th Wednesdays	11:00 am – 12:30 pm	Free	MSC
Falls Risk Screening	E/O Tuesday, July 11 & 25	11:00 am – 12:00 pm	Free	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays	2:00 – 4:00 pm	Free	MSC
Gentle Exercise	Monday - Friday	9:00 – 9:45 am	Free	MSC
Grupo de Costura y Tejido	Martes 11 y 25 de julio	2:00 – 3:30 pm	Free	MSC
Haircuts	Tuesday, July 25	9:00 am – 1:00 pm	Free	MSC
Ice Cream Social	Thursday, July 21	1:00 – 2:00 pm	Free	MSC
Money Matters	By Appointment	By Appointment	Free	MSC
Movies (titles on page 8)	Tuesdays	12:30 – 3:00 pm	Free	MSC
NewBridge Case Manager	Monday, July 10	10:45 – 12:00 pm	Free	MSC
Pontoon Boat Cruise	Friday, July 21	5:00 – 8:00 pm	TBD	Tenney
Red Hat Mama's	Last Tuesday of the Month	11:00 am – 2:00 pm	Free	MSC
Spanish Conversation	1st Wednesday in Person 7/5 Others Virtual	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

*“I think the most important things is to keep active and to hope that your mind stays active.”*  
*-Jane Goodall*

# July 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
<b>3</b> 9:00 Gentle Exercise	<b>4</b> <b>MSC CLOSED IN CELEBRATION OF INDEPENDENCE DAY</b> 	<b>5</b> 9:00 Gentle Exercise 9:00 Duplicate Bridge 10:15 BINGO <b>1:30 Spanish Conv @ MSC</b>	<b>6</b> 9:00 Gentle Exercise 9:30 Next Steps	<b>7</b> 9:00 Gentle Exercise 9:30 BB4B <b>V</b> 9:30 Cardio Dance	<b>8/9</b> <b>July 9</b> <b>National Barn Day</b> 
<b>10</b> 9:00 Gentle Exercise	<b>11</b> 9:00 Gentle Exercise 10:00 Veteran's Social 10:00 Gentle Yoga 11:00 Blood Pressure & Falls Risk Screening <b>12:30 Movie: Plane</b> 2:00 Juegos de Mesa 2:00 Costura y Tejido	<b>12</b> 9:00 Gentle Exercise 9:00 Duplicate Bridge 10:15 BINGO 11:00 Exploring Poetry <b>1:30 Spanish Conv V</b>	<b>13</b> 9:00 Gentle Exercise 9:30 Next Steps 2:00 Gay, Gray & Beyond	<b>14</b> 9:00 Gentle Exercise 9:30 BB4B <b>V</b> 9:30 Cardio Dance	<b>15/16</b> <b>July 16</b> <b>National Ice Cream Day</b> 
<b>17</b> 9:00 Gentle Exercise	<b>18</b> 9:00 Gentle Exercise 10:00 Veteran's Social 10:00 Gentle Yoga <b>12:30 Movie: Cocaine Bear</b>  <b>*ePantry Ordering Day</b>	<b>19</b> 9:00 Gentle Exercise 9:00 Duplicate Bridge 10:15 BINGO <b>1:30 Spanish Conv V</b>	<b>20</b> 9:00 Gentle Exercise 9:30 Next Steps <b>10:00 ePantry Pick-Up</b> <b>1:00 Ice Cream Social</b>	<b>21</b> 9:00 Gentle Exercise 9:30 BB4B <b>V</b> 9:30 Cardio Dance 5:00 Pontoon Boat	<b>22/23</b> <b>July 22</b> <b>National Mango Day</b> 
<b>24</b> 9:00 Gentle Exercise	<b>25</b> 9:00 Gentle Exercise <b>9:00 Haircuts</b> 10:00 Veteran's Social 10:00 Gentle Yoga 11:00 Blood Pressure & Falls Risk Screening 11:00 Red Hat Mamas <b>12:30 Movie: 80 for Brady</b> 2:00 Juegos de Mesa 2:00 Costura y Tejido	<b>26</b> 9:00 Gentle Exercise 9:00 Duplicate Bridge 10:15 BINGO 11:00 Exploring Poetry <b>1:30 Spanish Conv V</b>	<b>27</b> 9:00 Gentle Exercise 9:30 Next Steps 2:00 Gay, Gray & Beyond	<b>28</b> 9:00 Gentle Exercise 9:30 BB4B <b>V</b> 9:30 Cardio Dance	<b>29/30</b> <b>July 30</b> <b>National Cheesecake Day</b> 
<b>31</b> 9:00 Gentle Exercise					





**608-442-1898**

579 D' Onofrio Drive, Suite 10  
Madison WI 53718



**Comfort  
Keepers®**

[www.ckmadison.com](http://www.ckmadison.com)

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

### IN-HOME CARE

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

### PERSONAL CARE SERVICES

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

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

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



**BadgerBus**  
established 1920

**Sign-On Bonuses Available for New Drivers.  
Apply online today at: [badgerbus.com/jobs](http://badgerbus.com/jobs)**

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



**CONNECTIONS**

YOUR VISION. YOUR PATH. YOUR PARTNER.

**IRIS Consultant Agency (ICA)**



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

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

**Call toll-free: 844-520-1712  
Email: [connections@lsswis.org](mailto:connections@lsswis.org)**

**GOODMAN'S Jewelers**  
*The Diamond Store of Madison for Generations*

220 State St. • Madison, WI

**608.257.3644**

**Store Hours**

**Mon. - Fri. 10 AM - 5 PM**

**Saturday 10 AM - 4 PM**

**Sunday Closed**

[www.goodmansjewelers.com](http://www.goodmansjewelers.com)



**Williamstown  
Bay**  
*of McFarland*

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

**Call**

**(608) 838-4248**

4809 Dale St.  
McFarland, WI 53558  
[wbt-mcfarland@oakbrookcorp.com](mailto:wbt-mcfarland@oakbrookcorp.com)  
[www.wbtmcfarland.com](http://www.wbtmcfarland.com)

Income restrictions may apply.  
Professionally managed by Oakbrook Corporation

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

**Are you interested in learning about brain  
health and participating in research?**



**School of Medicine  
and Public Health**  
UNIVERSITY OF WISCONSIN-MADISON



**Join the Brain Health Community Registry**

Learn more at: <https://redcap.link/xlh49nhf>

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

**[BrainHealthResearch@medicine.wisc.edu](mailto:BrainHealthResearch@medicine.wisc.edu)**



For ad info. call 1-800-950-9952 • [www.lpcommunities.com](http://www.lpcommunities.com)

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

# 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](mailto:info@lgbtoutreach.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.

## Pontoon Boat Cruise

**FRIDAY, JULY 21, 5-8 PM**

A relaxing three-hour tour of Lake Monona. Enjoy supper and conversation with friends, and maybe stop for a treat. Call OutReach at (608) 255-8582 for information about cost and registration.



## 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. Members decide topics and provide presentations. Visits to other LGBTQ Groups, free community concerts, museums, nature walks, etc. are encouraged.

**Intergenerational Appeal: We’ll learn where we are from you, and you can learn how we got there from us.**

## Outreach Senior Advocate

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



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



# VOLUNTEER VIEW

## Volunteer Opportunities

### FOOD PANTRY ASSISTANCE

See the smiles on folk's faces when they receive their special groceries each month by helping organize food for our monthly food share program. Looking for drivers that can pick up food in the morning once per month from east side Madison location and bring it to the senior center for distribution. Shift is 3rd Thursday of each month from 9 am to 12 pm.

### 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.

### PROGRAM FACILITATOR

Are you an expert in something you love? Do you have a hobby or passion that you want to share with others? If so, we have an exciting opportunity for you! MSC is looking for program leaders who can create and run weekly or monthly sessions on topics of their choice. Whether its art, music, sports, cooking, gardening, or anything else, we want to hear from you! You'll get to meet new people, have fun, and make a difference in our community.



### PRESCHOOL ARTS & CRAFTS

Get back in touch with your inner child this year. Spend 75 minutes once a month doing simple projects with preschoolers. You are matched with the same 1-2 children for the entire school year. Staff plan and lead all activities.

### EDGEWOOD RN PROGRAM

MSC and Edgewood College are looking to pair older adult volunteers with students for a series of discussions, zoom (computer) chats, or phone conversations. The topics will expand beyond medical topics to discussions about: nutrition, recreation, and coping with COVID. This is for general well-being, increased socialization, and mental health check-in for BOTH the student and volunteer.

### GAMES VOLUNTEER

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

### ARTIST OF THE MONTH

We have a wonderful space to display your artwork on the 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, call (608) 266-6581  
or [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com).



# FOUNDATION

## What Does The MSC Foundation Do?

The Madison Senior Center Foundation, a 501(c)(3) organization, pays for programs and activities, including a multitude of educational classes, wellness activities, and performances. Associated expenses include instructors, refreshments, volunteer recognition and advertising. The Foundation covers scholarships for any fee-based programs. If you are interested in learning more about the foundation contact Yolanda Shelton-Morris, (608) 266-6563

### FOUNDATION BOARD OF DIRECTORS

Sally Miley – President  
Tom DeChant  
Harry Engbring  
Kathy Whitt

**PROUD SUPPORTERS OF  
MADISON SENIOR CENTER  
PROGRAMS:**



### DONATIONS

Shirley Haidinger  
Kathleen Heimann  
PLATO

## Include the Madison Senior Center Foundation in Your Will

By including the Madison Senior Center Foundation in your will, you can help to ensure that important programs and services continue to be available to seniors in need. Your gift will help to provide seniors with the opportunity to stay active, engaged, and healthy as they age.

Here are reasons why it is important to include the Madison Senior Center Foundation in your will:

- » The Madison Senior Center Foundation is a 501(c)(3) nonprofit organization, which means that your gift is tax-deductible.
- » The Madison Senior Center Foundation is a well-established organization with a proven track record of providing high-quality programs and services to seniors.
- » Your gift to the Madison Senior Center Foundation will make a difference in the lives of seniors in the Madison area.

If you are interested in including the Madison Senior Center Foundation in your will, please contact us today. We would be happy to answer any questions you have and help you make a gift that will make a difference.

---

### 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](http://www.cityofmadison.com/senior-center/donate/donate-today).

# COMMUNITY

## Want to Make a Difference in your Community?

**The City of Madison Crossing Guard program is recruiting for the 2023-24 school year!** As a Crossing Guard, you will help safeguard

students on their way to and from school. Are you responsible, dependable, enjoy kids and the outdoors? Then it may be a perfect match! Experience the satisfaction of working in an outdoor setting while promoting safety and well-being.



Crossing Guards work part-time, **10-17 hours per week**. Starting pay is **\$18.91/hour (appx. --\$750+/month)** plus regular raises and earned sick leave. Work is Monday-Friday (NO NIGHTS, WEEKENDS, OR HOLIDAYS AND SUMMER/SCHOOL BREAKS OFF). Flexibility is required for early release dates (including early release every Monday afternoon).

**Part-time hours make this an excellent choice for retirees, students, parents, or anyone seeking additional income alongside their other commitments.**

**APPLY ONLINE:** Beginning late June or early July, a job description will be available at: [www.cityofmadison.com/HR/employment/JobOpenings.cfm](http://www.cityofmadison.com/HR/employment/JobOpenings.cfm) (click "apply for jobs" for the crossing guard link).

Interviews will begin mid-August; **employment begins approximately Wednesday, August 23, 2023**. For information, contact the City of Madison Crossing Guard Supervisors at (608) 266-4703.

Vacancies are located throughout the City of Madison, and offer the possibility to work just steps from your front door. We look forward to welcoming you to our team of passionate crossing guards who are making a real difference in the lives of children and families in our community!

## It's finally time... for Senior Farmers' Market Vouchers!

New this year:

- » The voucher sets increased from \$25 to \$35.
- » Vouchers are available per person instead of per household. Each person age 60+ can receive their own set of vouchers.



Starting in June, the Area Agency on Aging (AAA) of Dane County will distribute farmers' market vouchers to older adults for use in purchasing \$35 in fruit, vegetables, or herbs at farmers' markets and roadside farm stands in Wisconsin during the 2023 growing season (June 1 - October 31).

The vouchers are distributed on a first come/first serve basis to those **age 60+**, who live in Dane County, and have gross incomes under \$26,973 per year (or \$2,248/month) for a one-person household and \$36,482 per year (or \$3,041/month) for a two-person household. New this year: One set of vouchers is available **per person**.

Distribution of farmers' market vouchers will be done by mail. Individuals that received vouchers last year will automatically receive an application by mail this year. If you wish to apply to the program, or need to update your mailing address, contact AAA Dietitian Shannon Gabriel at (608) 261-5678 or [Gabriel.Shannon@countyofdane.com](mailto:Gabriel.Shannon@countyofdane.com). Applications will be mailed during the week of May 8. Once we receive and approve your application, vouchers will be mailed starting on June 1.

*"Funded by the United States Department of Agriculture. USDA is an equal opportunity provider and employer."*

# HEAT-RELATED ILLNESSES

## WHAT TO LOOK FOR

## WHAT TO DO

### HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)
- Call 911 right away—heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

### HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)
- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water
- Get medical help right away if:**
  - You are throwing up
  - Your symptoms get worse
  - Your symptoms last longer than 1 hour

### HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms
- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
  - Cramps last longer than 1 hour
  - You're on a low-sodium diet
  - You have heart problems

### SUNBURN

- Painful, red, and warm skin
- Blisters on the skin
- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

### HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash



CS280226



# E P A N T R Y

## 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 up 10 am - 12 pm on Thursday, July 20.** To learn about ordering and eligibility, call (608) 266-6581.



*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.

FOOD ORDER DATE	FOOD PICK UP DATE
Tuesday, July 18	Thursday, July 20
Tuesday, August 15	Thursday, August 17
Tuesday, September 19	Thursday, September 21
Tuesday, October 17	Thursday, October 19

**NEVER MISS  
OUR NEWSLETTER!**

**SUBSCRIBE**

Have our newsletter  
emailed to you.

Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)



### ADT-Monitored Home Security

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary • Flood Detection
- Fire Safety • Carbon Monoxide



SafeStreets

**833-287-3502**

When life offers the gift of time...

*how will you spend it?*

**We'll help you every  
step of the way.  
Offering a continuum  
of care for seniors:**

- > Independent Living
- > Assisted Living
- > Memory Care
- > Rehabilitation

**Call 608-663-8600 or email  
[madisonsales@oakparkplace.com](mailto:madisonsales@oakparkplace.com)  
718 Jupiter Dr., Madison, WI 53718  
[oakparkplace.com/madison](http://oakparkplace.com/madison)**



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

**PROTECT** your  
personal information

**DETECT** suspected  
fraud, abuse, or errors

**REPORT** suspicious claims  
or activities

**Toll-free Helpline:  
888-818-2611**

**[www.smpwi.org](http://www.smpwi.org)**

WisconsinSeniorMedicarePatrol



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](http://www.lpcommunities.com)

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

# PUZZLE

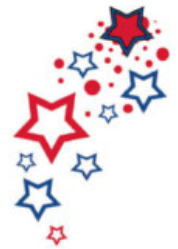


## Independence Day

July 4th



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



ADAMS  
AMERICA  
BARBECUE  
COLONIES  
CONGRESS  
DECLARATION  
EQUALITY  
FIREWORKS

FOURTH  
FREEDOM  
HOTDOGS  
INDEPENDENCE  
JEFFERSON  
JULY  
LIBERTY  
NATION

PARADE  
REVOLUTION  
RIGHTS  
STATES  
THIRTEEN  
UNITED



Madison Senior Center  
Foundation, Inc.

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

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



## ***Ice Cream Social***

**THURSDAY, JULY 20, 1-2 PM**

Join us to hear the waves and listen to fun beach music. You can't not have an ice cream social during National Ice Cream Month. Socialize with friends old and new, lounge by the pool (table), and play outdoor yard games such as shuffle board and corn hole. Indicate any special dietary needs when you register, for example, lactose free or sugar free ice cream. Register by Tuesday, July 18.



Find us on Facebook: [MadisonWISeniorCenter](#)



Follow us on Twitter: [@MadisonSrCenter](#)