

# THE Messenger

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JUNE, 2023

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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)**



## Make Music Madison

**TUESDAY, JUNE 21**

MSC is excited to be a participant again this year in Make Music Madison. Check our website and Facebook for information on additional music performers.



### **HARMONICA HOUR**

**10-11 AM**


Like an old radio show with songs, stories, and jokes! From Americana folk, blues, old country, to Bob Dylan and The Beatles. Dewayne Keyes plays harmonica and Doug Barrette guitar. They have performed over 1000 shows in the area and they were a highlight last year at Make Music Madison.



## Walking Club

**MONDAYS IN JUNE, 8:45 AM**

*"An early-morning walk is a blessing for the whole day." — Henry David Thoreau*

Research is telling us that we need to keep moving and socializing if you want to have a long healthy life. You can do both when you join us for a walk up to and around the Capitol square. Walk at your own pace, wear comfortable walking shoes and bring a water bottle. Meet outside the Senior Center by the red bench, and be ready to leave at 8:45 am. We will not meet on June 19. 



# 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

*Volunteer & Resource Coordinator*, John Weichelt (he, him)  
(608) 267-2344, jweichelt@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*

## Member of



## MISSION STATEMENT

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

## OUR VISION

*Become known as an inclusive community where older adults thrive.*

## Program Format & Registration

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

## Scholarship Fund

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

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

## SUBSCRIBE TODAY!

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)

## Philosophy for Life

WEDNESDAYS, 1-2:30 PM

Why am I here and what am I supposed to do about it? Allow Patrick McCarty, 35-year Professor of Philosophy and Literature, to guide you through a genuine conversation over the things that still strike you with wonder, whether it is the nature of time, consciousness, love, justice, reality, truth, happiness, friendship or science and technology. Each meeting will begin with a handout and a list of topics and questions, and we are free to have fun with them, explore, discover, learn and bond with each other at the deep levels of connection that sustained attention reveals. We have all been natural philosophers since childhood, so no expertise or formal experience is required. Please join us! *R*



## 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. *R*



## Health Benefits Of Olive Oil

THURSDAY, JUNE 8, 10 AM

Meet Lori Hackman, local olive oil expert, and owner of Olive and Herb, a unique store in the Prairie Lakes Shopping Center, Sun Prairie. Her store stocks 16 different flavors of olive oil which are stored fresh in fustis (stainless steel vats). The olive oil is shipped directly from the same family farms outside of Rome that she's worked with for years. Learn new, interesting, imaginative ways to cook and bake with olive oil. *R*



"Olive oil isn't just for salads and pasta," she says. Take home sample bottles of olive oil and learn the health benefits from a diet rich in olive oil. Lori is one of a few or possibly only olive oil expert in the Dane County area. When you make your selection at Olive and Herb, it is bottled in front of you . . . it's that fresh!



## Acrylic Painting 101

FRIDAYS, 10-11:30 AM, JUNE 23 & 30

Open to all levels, but instruction is aimed at beginners. Join us for a fun introduction to using acrylic paints. All supplies are provided. This is a great way to find out if acrylic painting is for you before spending money on brushes and paints. Class will be led by Jenna, a UW-Madison student and AmeriCorps volunteer. *R*



# LIFELONG LEARNING

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

## Grupo de costura y tejido

**MARTES 13 Y 27 DE JUNIO**

**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.

## Club de Juegos de Mesa

**MARTES 13 Y 27 DE JUNIO**

**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...)

## Celebración por el Día de los Padres

**JUEVES 15 DE JUNIO DE 3 PM - 6 PM**

*En el Centro de Adultos Mayores de Madison*

Transporte incluido. ¡Inscríbase antes del 8 de junio! Acompañenos a celebrar a los padres y/o figuras paternas de nuestras vidas. Celebraremos con música, karaoke, comida entre otras cosas más!



## Technology & Finance

### Technology Assistance

**Basic Technology** 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 with John and he will match you up with a volunteer. Understanding and advancing your use of technology is about your ambitions, not about your age. Call (608) 267-2344 or email [jweichelt@cityofmadison.com](mailto:jweichelt@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.

### 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) 267-2344 or email [jweichelt@cityofmadison.com](mailto:jweichelt@cityofmadison.com).



# HEALTH & WELLNESS

## Blood Pressure Screening

**EVERY OTHER TUESDAY, JUNE 13 & 27,  
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.


## Falls Risk Screening - Completed by Licensed Physical Therapist

**EVERY OTHER TUESDAY, JUNE 13 & 27, 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, 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. No fee, but donations are welcome. 


## Cardio Dancing for 55+

**FRIDAYS, 9:30-10:15 AM - NO CLASS JUNE 9 OR 16**

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! 

## 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](http://www.ballroombasicsforbalance.org). 

## OPEN AIR – “Next Steps”!

**THURSDAYS, 9:30-10:45 AM,  
JUNE 8–AUGUST 10**

**YAHARA PLACE PARK, 2025 YAHARA PLACE**

**\$45 (pay for 8 sessions, get up to 10)  
(2 inclement weather dates included)**


This class is for people who are independent in mobility and want to improve balance or who are looking for a little challenge! Line Dance, Disco, Salsa and more! Financial assistance available. To register, complete the online form or contact Susan Frikken at (608) 692-8794, and submit payment to the Madison Senior Center. 

## VIRTUAL & ADAPTIVE BB4B

*Country Line Dancing and Ballroom Dancing*

**FRIDAYS VIA ZOOM, 9:30-10:45 AM, JUNE 23 -  
AUGUST 18**

**\$50. Registration:**

[www.ballroombasicsforbalance.org/index.php/  
find-classes/](http://www.ballroombasicsforbalance.org/index.php/find-classes/) 

## 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.



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Madison Senior Center, Madison, WI

A 4C 01-1141



# ENTERTAINMENT

## Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm.

**JUNE 6**

### EVERYBODY'S TALKING ABOUT JAMIE (2021)

A feature film adaptation of the musical, *Everybody's Talking about Jamie*, is a biographical coming-of-age musical drama. The story follows and is based upon the true-life story of 16 year old British schoolboy Jamie Campbell, as he overcomes prejudice and bullying, to step out of the darkness and become a drag queen. *Stars: Max Harwood, Lauren Patel and Sarah Lancashire. Biography, Comedy, Drama. 1 hour 55 minutes. Rated PG-13.*



**JUNE 13**

### CHANTILLY BRIDGE (2023)

Twenty-five years later, the same brilliant actresses from "Chantilly Lace", Linda Yellen's groundbreaking Sundance hit, return to bring their characters to life in "Chantilly Bridge." In a rare cinematic experience that travels back and forth between films, the characters' memories implode on the present. With unpredictable humor and searing honesty they confront old resentments, celebrate new milestones. *Stars: Taila Shire, Lindsay Crouse and Jill Eikenberry. Drama. 1 hour 26 minutes. Not Rated.*



**JUNE 20**

### MISS JUNETEENTH (2020)

A former beauty queen and single mom prepares her rebellious teenage daughter for the "Miss Juneteenth" pageant, and is determined that she will and gain a college scholarship. *Stars: Nicole Beharie, Liz Mikel and Marcus M. Mauldin. Drama. 1 hour 39 minutes. Unrated.*



**JUNE 27**

### RYE LANE (2023)

Two twenty-somethings, both reeling from bad break-ups, connect over the course of an eventful day in South London—helping each other deal with their nightmare exes, and potentially restoring their faith in romance. *Stars: David Jonsson, Vivian Oparah and Poppy Allen-Quarmby. Comedy, Drama, Romance. 1 hour 22 minutes. Rated PG-13.*



## Save the Date!

- » Thursday, July 20 .....Ice Cream Social
- » Thursday, September 21 .....40th Anniversary Celebration
- » Tuesday, October 17 .....Health & Resource Fair
- » Friday, November 10 .....Veteran's Day Recognition





# GROUPS, CLUBS & SERVICES

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

## Groups & Clubs

### Spanish Conversation

WEDNESDAYS, 1:30-2:30 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](mailto:seniorcenter@cityofmadison.com). Once you are registered, you will be sent the Zoom link. All levels welcome. Spanish Conversation meets via Zoom. *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. *To learn more contact Rhea Vacha, Local Recovery Coordinator with Madison VAMC Peer Support Program at (608) 256-1901 xx18622.*



### 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 raffle. Participation in the raffle is free.



## Services

### Blood Pressure Screening

Are you trained in blood pressure screening? We currently offer this service twice a month, but we would like to extend it to once a week. If you know someone, please ask them to call John at (608) 267-2344.

### Footcare Clinic

We are looking for a registered nurse to do a Footcare Clinic once or twice a month at the Madison Senior Center. If you know someone, please ask them to call John at (608) 267-2344.

### Haircuts

TUESDAY, JUNE 20, 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.) *R*



# 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
Acrylic Painting 101	Fridays, June 23 & 30	10:00 – 12:00 pm	Free	MSC
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, June 13 & 27	11:00 am – 12:00 pm	Free	MSC
Cardio Dancing	Fridays	9:30 – 10:15 am	Free	MSC
Celbración por el Día de los Padres	Jueves 15 de Junio	3:00 - 6:00 pm	Free	MSC
Club de Juegos de Mesa	Martes 13 y 27 de Junio	2:00 - 3:30 pm	Free	MSC
Computer Lab	Monday – Friday	8:30 am – 4:00 pm	Free	MSC
eFood Pantry	Place orders Tuesday 6/13 Pick-up orders Thursday 6/15	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, June 13 & 27	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 13 y 27 de Junio	2:00 - 3:30 pm	Free	MSC
Haircuts	Tuesday, June 20	9:00 am – 1:00 pm	Free	MSC
Health Benefits of Olive Oil	Thursday, June 8	10:00 – 11:00 am	Free	MSC
Karaoke	Thursday, June 15	10:00 – 11:15 am	Free	MSC
Make Music Madison	Wednesday, June 21	10:00 am – 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
Philosophy	Wednesdays	1:00 – 2:30 pm	Free	MSC
Sip & Splash Pool Bash	Friday, June 9	7:00 – 9:00 pm	\$10.00	Monona SC
Spanish Conversation	1st Wednesday in Person 6/7 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
All of Us Events & Enrollment	Wednesday June 7 & 14, Friday, June 16	1 – 2pm & 9am - 4pm	Free	Virtual

# June 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
			<b>1</b> 9:00 Gentle Exercise	<b>2</b> 9:00 Gentle Exercise 9:30 Cardio Dance	<b>3/4 June 3</b>  World Bicycle Day
<b>5</b> 8:45 Walking Club 9:00 Gentle Exercise	<b>6</b> 9:00 Gentle Exercise 10:00 Gentle Yoga 10:00 Veteran Social <b>12:30 Movie: Everybody's Talking About Jamie</b>	<b>7</b> 9:00 Gentle Exercise 10:15 BINGO (NB) 1:00 Philosophy <b>1:00 All of Us</b> Lunch & Learn <b>1:30 Spanish Conv</b> ✓	<b>8</b> 9:00 Gentle Exercise <b>9:30 Next Steps</b> <b>10:00 Health Benefits of Olive Oil</b> 2:00 Gay, Gray & Beyond	<b>9</b> 9:00 Gentle Exercise	<b>10/11</b> <b>June 10</b> 
<b>12</b> 8:45 Walking Club 9:00 Gentle Exercise	<b>13</b> 9:00 Gentle Exercise 10:00 Gentle Yoga 10:00 Veteran Social 11:00 Blood Pressure 11:00 Falls Risk <b>12:30 Movie: Chantilly Bridge</b> <b>2:00 Costura y Tejido</b> <b>2:00 Juegos de mesa</b> *ePantry Ordering Day	<b>14</b> 9:00 Gentle Exercise 10:15 BINGO (NB) 11:00 Exploring Poetry 1:00 Philosophy 1:00 All of Us <b>1:30 Spanish Conv</b> ✓  <b>FLAG DAY</b>	<b>15</b> 9:00 Gentle Exercise 9:30 Next Steps <b>10:00 ePantry Pick-Up</b> <b>3:00 El Dia de Los Padres</b>	<b>16</b> 9:00 Gentle Exercise <b>9:00 All of Us Enrollment</b>	<b>17/18</b> <b>June 17</b> Juneteenth In The Park  <b>June 18</b> 
<b>19</b> <b>MADISON SENIOR CENTER CLOSED</b> 	<b>20</b> 9:00 Gentle Exercise <b>9:00 Haircuts</b> 10:00 Gentle Yoga 10:00 Veteran Social <b>12:30 Movie: Miss Juneteenth</b>	<b>21</b> 9:00 Gentle Exercise <b>10:00 Make Music Madison</b> 10:15 BINGO (NB) 1:00 Philosophy <b>1:30 Spanish Conv</b> ✓ <b>FIRST DAY OF SUMMER</b>	<b>22</b> 9:00 Gentle Exercise 9:30 Next Steps 2:00 Gay, Gray & Beyond	<b>23</b> 9:00 Gentle Exercise <b>9:30 BB4B</b> ✓ <b>9:30 Cardio Dance</b> <b>10:00 Acrylic Painting 101</b>	<b>24/25</b> 
<b>26</b> 8:45 Walking Club 9:00 Gentle Exercise	<b>27</b> 9:00 Gentle Exercise 10:00 Gentle Yoga 10:00 Veteran Social 11:00 Blood Pressure 11:00 Falls Risk Screening <b>12:30 Movie: Rye Lane</b> <b>2:00 Costura y Tejido</b> <b>2:00 Juegos de mesa</b>	<b>28</b> 9:00 Gentle Exercise 10:15 BINGO (NB) 11:00 Exploring Poetry 1:00 Philosophy <b>1:30 Spanish Conv</b> ✓	<b>29</b> 9:00 Gentle Exercise 9:30 Next Steps	<b>30</b> 9:00 Gentle Exercise 9:30 BB4B ✓ 9:30 Cardio Dance 10:00 Acrylic Painting 101	





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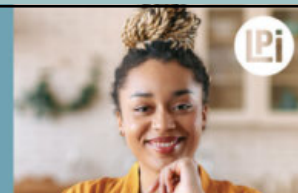
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# LGBTQ 50+ ALLIANCE

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.

## Olbrich Biergarten

**SATURDAY, MAY 27, 5:00PM - WHENEVER**

**MUSIC BY LOU SHIELDS, 5:30 – 7:30 PM  
(RAIN DATE JUNE 3)**

Hang out and enjoy music with a fun group of people. Look for our sign.

## Pontoon Boat Cruise – Save the Date!

**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. Watch for more information about cost and registration.

## The Sappho Group

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

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

*Held at the Fitchburg Senior Center,  
5510 Lacy Rd, Fitchburg, 608-270-4290*

Not meeting in June, July, and August.

## 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.**

## Concerts on the Square – ¡Viva Tiempo Libre!

**WEDNESDAY, JUNE 28**

We will be near the corner of Pinckney and King St. as early as 5 pm. The music starts at 7 pm. Bring your own chair or blanket. Bring your own food and drink or choose from the many vendors around the square.

## 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.

### GAMES VOLUNTEER

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



### 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.

### 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 8:30 am to 4 pm; 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.

### GREEN THUMB

We have a patio on the second floor that is bit of a well-kept secret. The flowers and plants up there could use a bit of TLC during summer and early fall. Help with planting, watering and maintaining our flower containers. 1-2 hours a week, flexible scheduling.

**For more volunteering info, contact John,  
(608) 267-2344 or [jweichelt@cityofmadison.com](mailto:jweichelt@cityofmadison.com).**

## Make Your Voice LOUDER!

Do you want to make a difference in your community? Do you have ideas and opinions that can help shape the future of Madison? If so, you should apply to be on the a City board, commission or committee! These groups are vital for providing input and feedback to City staff, the Common Council and the Mayor on various issues and policies that affect the lives of Madison residents. The City of Madison welcomes and encourages people from diverse backgrounds and perspectives to apply, especially older adults. MUST BE City of Madison resident. Don't miss this opportunity to have a voice in City government!

[www.cityofmadison.com/CityHall/legislativeInformation/apply.cfm](http://www.cityofmadison.com/CityHall/legislativeInformation/apply.cfm)



# FOUNDATION

## What Does The MSC Foundation Do?

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

### FOUNDATION BOARD OF DIRECTORS

Sally Miley – President  
Tom DeChant  
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Kathy Whitt

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## Pancake Breakfast Has Surprise Visit from Mayor Satya

The Madison Senior Center celebrated its volunteers with a pancake breakfast on April 21. More than 40 people enjoyed delicious pancakes, fruit, and sausage. The highlight of the morning was a



surprise visit from Mayor Satya, who thanked the volunteers for their dedication and service to the community. She also posed for pictures and answered some questions concerning older adult wellness. The volunteers were delighted by the mayor's gesture and expressed their gratitude for her support. The pancake breakfast was a success and a great way to honor the volunteers who make the Madison Senior Center a vibrant and welcoming place each day.

---

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

# COMMUNITY

## Party @ The Park

FRIDAY, MAY 26, 5:30-8 PM

BRITTINGHAM PARK, 829 W.  
WASHINGTON AVENUE

Start your Memorial Day weekend off with us! Join us for music, food and fun! There will be food carts there or you can bring a picnic. Bring your lawn chair or blanket and join family, friends and neighbors as we party at the park! Call NewBridge at (608) 512-0000 for more information.



## Sip & Splash Pool Bash (FOR ADULTS OVER 50)

FRIDAY, JUNE 9, 7-9 PM

MONONA COMMUNITY POOL, 1013 NICHOLS RD,  
MONONA

Enjoy live music with Tom Kastle, Party Hors d'oeuvres and Mocktails. Participate in “splashy” games or just hang out and mingle with friends. Make your reservation by May 31 by calling (608) 222-3415 or go online to <https://tinyurl.com/SipSplashPoolBash>. Tickets are \$10 per person.

## Juneteenth in the Park

SATURDAY, JUNE 17, PENN PARK, 2101 FISHER ST

Annual celebration dedicated to the celebration of the lived experiences and accomplishments of Black Americans historically and presently here in Madison and across the nation. A parade begins at 11 am and the celebration kicks-off at noon. This is a family-friendly event open to all members of the 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.

*“This program is funded by the United States Department of Agriculture. USDA is an equal opportunity provider and employer.”*

# COMMUNITY



## All of Us Research Program Event

### EVERY BODY TELLS A STORY. WHAT'S YOURS?

Learn how you can be included in shaping the future of health care for you, your family, your community, and generations to come by joining us.

Attend the Lunch & Learn on June 7. Then, return on June 14 for digital enrollment support. Bring your cellphone and email info. If you don't have an email, we can help you create one. Join us!

Friday, June 16, will be for individuals who scheduled a follow-up on June 7 or 14. Walk-ins who missed the first two dates are also welcome, but appointments are recommended. **Please RSVP or Contact All of Us: (888) 294-2661, [allofus@wisc.edu](mailto:allofus@wisc.edu).**

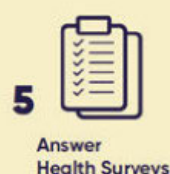
**Wednesday, June 7**  
**1-2 pm**

**Wednesday, June 14**  
**1-4 pm**

**Friday, June 16**  
**9 am - 4 pm**

**@Madison Senior Center - 330 Mifflin Street - Madison, WI 53703 - 608-266-6581**

### How do I take part?



After completing these steps, you'll receive \$25 in cash.





# EPANTRY

## 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, June 15.** 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.

FOOD ORDER DATE	FOOD PICK UP DATE
Tuesday, June 13	Thursday, June 15
Tuesday, July 18	Thursday, July 20
Tuesday, August 15	Thursday, August 17
Tuesday, September 19	Thursday, September 21

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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.



# PUZZLE

## Summer Word Search

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



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POOL  
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VACATION



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