

THE Messenger

VOLUME 41, NUMBER 6

JUNE, 2024

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**Relevant, Inclusive,
Enlightened**

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



Meet Our New Facility Operations Supervisor!

You may have noticed a new staff face around the building. At the end of April, Alana LaBeaf came on board as our Facility Operations Supervisor. She previously worked in public libraries, where in her last two positions, she supervised major departments, partnered with community agencies, and managed volunteers. She is excited about her role at the Madison Senior Center: “My experience has been centered on providing quality customer service to the public and removing barriers to access. I look forward to doing the same here, connecting with the folks who have found a supportive environment at the Madison Senior Center, and helping the Center extend its reach so that we can welcome more people into the space.” Alana lives in Madison with her husband and her three cats, and in her free time she loves watching obscure movies, reading, backpacking, and foraging.



Juneteenth

Juneteenth Celebration

THURSDAY, JUNE 20, 1 - 2:30 PM

Come on down to the Madison Senior Center to celebrate Freedom Day! Our hope is to be at the beautiful new park right outside our door, but if weather does not cooperate we will celebrate inside. Learn more about Juneteenth while you enjoy music, dancing, refreshments, and a few games.

FOR YOUR INFORMATION

Directory

Phone (608) 266-6581

Websitemadisonseniorcenter.org

SENIOR CENTER STAFF

Community Resources Manager, Yolanda Shelton-Morris (she, her)

(608) 266-6563, yshelton-morris@cityofmadison.com

Facility Operations Supervisor, Alana LaBeaf (she, her)

(608) 267-8652, alabeaf@cityofmadison.com

Program & Outreach Coordinator, Laura Hunt (she, her)

(608) 267-8650, lhunt@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

Front Desk Associate, Anita Schenkat (she, her)

(608) 266-6581, aschenkat@cityofmadison.com

“The Madison Senior Center promotes successful aging.”

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

SUBSCRIBE TODAY!

To receive a mailed copy of the monthly newsletter, please send this completed form with an enclosed check (\$10 per year), payable to the Madison Senior Center.

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Mail to: Madison Senior Center, 330 W. Mifflin St., Madison, WI 53703

FOR YOUR INFORMATION

Scholarship Fund

Scholarships are available to people age 55 and older with annual income less than \$30,120 (one person) or \$40,880 (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.

Endorsements

The Madison Senior Center does not endorse or recommend private agencies or service providers. Presenters are selected for their subject matter expertise. Private companies also may provide donations for programs or allow employees to volunteer as part of their workday. Accepting these donations is not an endorsement of the business. Always do your own research before selecting a service provider.

Photography

All programs, events and daily activities may be photographed, and the pictures may be used in promotional materials or posted to social media. If you object to the use of your image, please inform the photographer.



Health & Safety Precautions

To protect the health and safety of all participants, volunteers, and staff in our building, we ask that all facility visitors agree to the following practices:

- » Follow guidance provided by the CDC and Public Health Madison and Dane County.
- » Stay home if you are sick. If you appear sick, you may be asked to leave the building.
- » Wash hands often with soap and water for at least 20 seconds.
- » Take advantage of hand sanitizer stations.
- » Use a tissue to cover a cough or sneeze.
- » Respect the personal space of others.

Masks are welcomed, available and free. Ask at the Front Desk.

Key Cards – Checking-In

When you visit the Senior Center, please make sure you check-in at the Front Desk with your key card. If you do not have a key card, stop at the Front Desk, fill out a Participant Form, and we will give you a key card. This allows us to keep track of how many people use the Senior Center. Usage is directly connected to our funding. *Note: If you are at the Senior Center for lunch, you will also have to check-in at the NewBridge Nutrition Site.

Building Hours

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

You Belong Here!

If you are age 55 or older you belong at the Madison Senior Center. If you don't see a program relevant to your needs or interests, let us know. Call Laura at (608) 267-8650 or email seniorcenter@cityofmadison.com.

Language Access Program

The City of Madison Language Access Program provides access to City services for people whose primary language is not English. We are committed to improving accessibility for all. If you would like more information, speak to a staff person or email us at seniorcenter@cityofmadison.com.

LIFELONG LEARNING

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

Safe at Home – Are You?

TUESDAY, JUNE 18, 10 - 11 AM

Most falls happen in the home. In September last year, the Wisconsin State Journal featured an article that statewide EMS systems reported a 24% increase in fall-related calls since 2019. Unfortunately, falls are a leading cause of injury and death amongst seniors, especially here in Wisconsin. According to the Center for Disease Control (CDC), falls are not a natural part of aging and ARE preventable! Having a safe home is a major step in preventing falls.

Come and learn about ways to make your home safer. Learn how the Safe at Home program can give you an opportunity to have a “second set of eyes” to help to ensure your home is safe—at no charge! Safe at Home also includes connections to local resources. Join Diane Turner and Ann Albert as they present information on this new program funded by Dane County.

Safe at Home is a program of AgeBetter, a local nonprofit organization in Madison. AgeBetter is the founder of Sharing Active Independent Lives—SAIL, a membership program for seniors offering resources and social connections.

Website: www.agebettertoday.org, Phone: (608) 230-4445, Email: info@agebettertoday.org

Book Sharing Table




Take some time to browse through our reading table. Every month the theme rotates. In June, it will feature books about and by people who identify as LGBTQIA. The books are on loan from the Madison Public Library so you can't take them home, but you can jot down titles and request them to pick up at the library closest to your home.

Exploring Poetry

2ND WEDNESDAY,
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. 

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. Volunteers are usually in the lab on **Tuesdays 10 am – 12 pm** and on **Thursdays, 12:30 – 2:30 pm**. Scheduling an appointment is recommended. Call (608) 267-8650 or email lhunt@cityofmadison.com.



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

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

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


GROUPS & CLUBS

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

Groups & Clubs

Bridge Belles

MONDAYS, 9 - 11 AM

1-3 tables of women improving their duplicate bridge skills in a relaxed atmosphere; working knowledge of Bridge needed. If interested, email Laura at lhunt@cityofmadison.com or call (608) 267-8650. 


Downtown Veteran Social

TUESDAYS, 10 - 11:15 AM

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

Spanish Conversation

WEDNESDAYS, 1:30 - 2:30 PM **VIRTUAL**

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. 

Coffee Jam

FRIDAY, JUNE 7, 10:30 – 11:15 AM

Come hang out, drink some coffee, and enjoy this informal "jam" session. Bring your guitar or whatever you play, and your singing voice. We will focus on artists like Bob Dylan, Joni Mitchell and John Prine. Bring your own music if you want to sing a specific song. We will take turns singing and choosing songs.



Games

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

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



B-I-N-G-O

THURSDAYS, 10:15 - 11:15 AM

It is free to play. Any BINGO gets a small prize. The last round played is Blackout. Each BINGO card for the last round costs



50 cents (max of four cards). The first person to get a Blackout BINGO wins the kitty. We play to have fun and camaraderie. Join us!

MOVIES

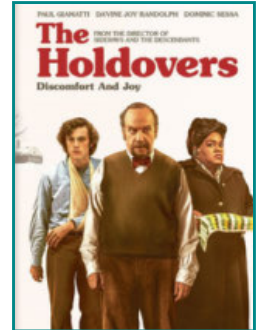
Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm. The fourth Tuesday of the month is reserved for a classic (a movie released before 1975).

JUNE 4

THE HOLDOVERS (2023)

A cranky history teacher at a New England prep school is forced to remain on campus over the holidays with a grieving cook and a handful of students with nowhere to go. He forms an unlikely bond with one of them, a damaged, brainy troublemaker. *Stars: Paul Giamatti, Da'Vine Joy Randolph and Dominic Sessa. Comedy, Drama. 2 hours 13 minutes. Rated R.*



JUNE 11

POOR THINGS (2023)

An account of the fantastical evolution of Bella Baxter, a young woman brought back to life by the brilliant and unorthodox scientist Dr. Godwin Baxter. Bella is eager to learn, and hungry for the worldliness she is lacking. *Stars: Emma Stone, Mark Ruffalo and Willem Dafoe. Comedy, Drama, Romance. 2 hours 20 minutes. Rated R.*



JUNE 18

JUST MERCY (2019)

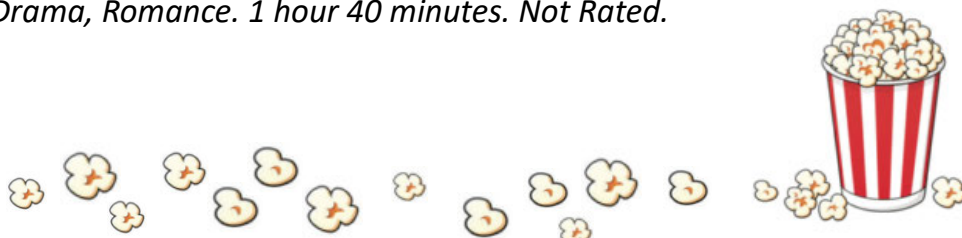
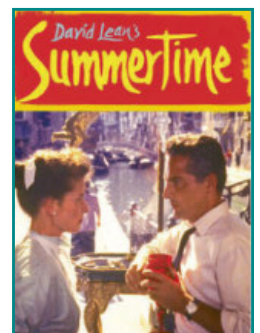
After graduating from Harvard attorney Bryan Stevenson heads to Alabama to defend those wrongly condemned. One of his first and most incendiary cases is that of a death row prisoner accused of murdering of an 18 year old woman, despite a preponderance of evidence to the contrary. *Stars: Michael B. Jordan, Jamie Foxx and Brie Larson. Biography, Crime, Drama. 2 hours 16 minutes. Rated PG-13.*



JUNE 25

SUMMERTIME (1955)

A single, middle-aged, unlucky-in-love woman from Ohio has nearly resigned herself to spending the rest of her life alone. When she uses her savings to finance a summer in Venice, she is drawn into a whirlwind romance while on a Venetian getaway. *Stars: Katharine Hepburn, Rossano Brazzi and Isa Miranda. Comedy, Drama, Romance. 1 hour 40 minutes. Not Rated.*





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Madison Senior Center, Madison, WI

A 4C 01-1141

HEALTH & WELLNESS

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

Blood Pressure Screening - **New Times Added!**

1ST & 3RD TUESDAYS, 11:15 AM - 12:15 PM
2ND & 4TH MONDAYS, 10:30 - 11:30 AM


Keep tabs on your blood pressure. Our volunteers are medical professionals, and would love to have you stop by one either or both days.

HASFIT Gentle Exercise

The HasFit program is available on YouTube. When our TV is not in use, tune in at your convenience to complete an exercise session. Instructors for the senior sessions focus on strength, flexibility and balance.


Gentle Yoga

TUESDAYS, 10 - 11 AM

Yoga improves balance, range of motion and flexibility, which are all important, especially as we age. Yoga Accessible for All (YAFA) teachers dedicate themselves to making yoga safe and inviting for anyone who is interested in gaining the benefits (yafayoga.org). We do a combination of seated and standing positions, and will always suggest modifications if a pose is not working for you. Please register in advance. No fee, but donations are welcome. 


Foot Care Clinic

THURSDAY, JUNE 13, 9 AM - 3:30 PM | APPOINTMENT REQUIRED

Cost is \$30 (\$35 for diabetics) *cash or check*. Kelly has been a CNA for 30 years and is looking forward to meeting you. You must make an appointment. **Bring two towels** to your appointment. To schedule an appointment, call Kelly at (608) 669-8215. 



Ballroom Basics for Balance™

Ballroom Basics for Balance™ (BB4B) is a fun way to improve balance through the basics of dance! No partner or dance experience required. More information, class dates and times, and registration forms can be found at www.ballroombasicsforbalance.org. 

BB4B – VIRTUAL & INCLUSIVE!


JUNE 21 – AUGUST 9, 9:30 - 10:45 AM

WALTZES, LINE DANCES, RUMBA AND SWING

Our class is a welcoming Friday morning community that you can join from anywhere via Zoom. We have seated and standing variations, so you can dance as you recover from an injury or manage a chronic illness. Each week we explore a balance tip like mindful movement, safe ways to get up and down from the floor, or winter safety along with dancing! Please check with your doctor or physical therapist to see if a balance class would be right for you. Beginners and continuing students welcome. **Location:** Zoom. \$58 for this 8-week class. Questions? Contact your instructors: Atala, atalanicole@gmail.com or (608) 770-8763; Krista, kabultmannspirot@gmail.com or (608) 335-9252. 

BB4B – "NEXT STEPS"

THURSDAYS, JUNE 13 – AUGUST 15, 9:30 - 10:45 AM

Meets at Yahara Place Park, 2025 Yahara Place
This class is for people who are independent in mobility and want to improve balance or who are looking for a little challenge. It is an 8-week course and the cost is \$65 for this class. Pay for 8, get up to 10 classes; two inclement weather days worked in. Register online at www.ballroombasicsforbalance.org and send payment to the Madison Senior Center. 

HEALTH & WELLNESS

Healthy Living with Mild Cognitive Impairment Education Series

HELPING PEOPLE ACROSS WISCONSIN LIVE AND COPE WITH A MCI DIAGNOSIS

This is a quarterly support and educational series for people and families living with Mild Cognitive Impairment (MCI). The classes offer attendees support, guidance and science-backed strategies for living and coping with a diagnosis of MCI. Dr. Nathaniel Chin, a memory clinic doctor with UW Health and the medical director of the Wisconsin Alzheimer's Disease Research Center, is medical director of the series.

» **Friday, June 14, 9:30 – 11:30 am**

You Are More Than Your Diagnosis: Adapting to Life with Mild Cognitive Impairment, guest speaker is Adrienne Johnson, PhD. *R*

» **Friday, September 13, 9:30 – 11:30 am**

Vascular Risk Reduction and Impact on MCI, guest speaker is Cynthia Carlsson, MD, MS. *R*

» **Friday, December 13, 9:30 – 11:30 am**

Hearing Loss: Impact on Cognitive Function and Strategies to Improve Daily Living and Maintain Quality of Life, guest speaker is Pamela Souza, PhD. *R*

This is for the person with the diagnosis of dementia or mild cognitive impairment, and their caregivers or close family members. Before the presentation there will be time for socializing and enjoying refreshments. The presentation will be virtual, and then it will be followed by an in-person facilitated discussion. Call Laura Hunt at (608) 267-8650 to register or to get more information.

Elder Abuse Awareness Day – Saturday, June 15

According to the National Council on Aging (NCOA), about 1 in 10 Americans aged 60 or older have suffered from at least one type of elder abuse. The National Center on Elder Abuse (NCEA) breaks elder abuse down into 7 different types: Physical, Sexual, Emotional, Confinement, Passive Neglect, Willful Deprivation, Financial Exploitation. Knowing the types of elder abuse can help you protect older adults.

Elder abuse is a silent problem that robs seniors of their dignity, security, and—in some cases—costs them their lives. Up to five million older Americans are abused every year, and the annual loss by victims of financial abuse is estimated to be at least \$36.5 billion. Abusers are both women and men. In almost **60%** of elder abuse and neglect incidents, the perpetrator is a family member. Two thirds of perpetrators are adult children or spouses.








To learn more, visit <https://www.ncoa.org/article/get-the-facts-on-elder-abuse>. Call the Adult Protective Services Helpline at (608) 261-9933 to report suspected abuse or neglect of adults who are age 60 and older. This includes any physical, emotional, financial, or sexual abuse, as well as neglect by others or self-neglect. If desired, your call can be anonymous.

MADISON SENIOR CENTER PROGRAM & ACTIVITY LIST

Programs, activities and times are subject to change. Call (608) 266-6581 to confirm a program or activity.

PROGRAM OR ACTIVITY	DAY & DATE	TIME	COST	LOCATION
Ballroom Basics for Balance	Fridays, June 21 - August 9	9:30 - 10:45 am	\$58	Virtual
BB4B "Next Steps"	Thursdays, June 13 - August 15	9:30 - 10:45 am	\$65	Yahara Place Park
BINGO	Thursdays	10:15 am - 1:15 pm	Free	MSC
Blood Pressure Screening	1st & 3rd Tuesdays 2nd & 4th Mondays	11:15 am - 12:00 pm 10:30 - 11:30 am	Free	MSC
Bridge Belles	Mondays	9:00 - 11:00 am	Free	MSC
Coffee Jam	1st Friday, June 7	10:30 - 11:15 am	Free	MSC
Computer Lab	Monday and Friday	8:30 am - 12:45 pm	Free	MSC
Computer Lab	Tues-Wed-Thur	8:30 am - 3:45 pm	Free	MSC
eFood Pantry	Place orders Monday 6/17 Pick-up orders Thursday 6/20	10:00 am - 12:00 pm	Free	MSC
Foot Care Clinic	Thursday, June 13	9:00 am - 3:00 pm		
Exploring Poetry	2nd Wednesdays	11:00 am - 12:30 pm	Free	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays	2:00 - 4:00 pm	Free	MSC
Gentle Yoga	Tuesdays	10:00 - 11:00 am	Free	MSC
HASfit	Monday - Friday	9:00 - 9:45 am	Free	MSC
Healthy Living with Mild Cognitive Impairment Series "You Are More Than Your diagnosis"	Friday, June 14	9:30 - 11:30 am	Free	MSC
Make Music Madison	Friday, June 21	11:00 - 12:00 pm	Free	MSC
Movies (titles on page 13)	Tuesdays	12:30 - 3:00 pm	Free	MSC
NewBridge Case Manager	1st & 3rd Tuesdays	10:30 am - 12:30 pm	Free	MSC
Safe at Home	Tuesday, June 18	10:00 - 11:00 am	Free	MSC
Spanish Conversation	Wednesdays	1:30 - 2:30 pm	Free	Virtual
Technology Assistance	Tuesday Thursday	10:00 am - 12:00 pm 12:30 - 2:30 pm	Free	MSC
Veterans' Social	Tuesdays	10:00 - 11:15 am	Free	MSC

June 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
3 9:00 HASfit 9:00 Bridge Belles	4 9:00 HASfit 10:00 Gentle Yoga 10:00 Vets' Social 10:30 Case Manager Drop-In Hours 11:15 Blood Pressure 12:30 Movie: The Holdovers	5 9:00 HASfit 1:30 Spanish Conversation	6 9:00 HASfit 10:15 BINGO	7 9:00 HASfit 10:30 Coffee Jam	8/9 June 8 National Dragonfly Day 
10 9:00 HASfit 9:00 Bridge Belles 10:30 Blood Pressure	11 9:00 HASfit 10:00 Gentle Yoga 10:00 Vets' Social 12:30 Movie: Poor Things	12 9:00 HASfit 11:00 Exploring Poetry 1:30 Spanish Conversation	13 9:00 HASfit 9:00 Foot Care Clinic 9:30 Next Steps 10:15 BINGO 2:00 Gay, Gray & Beyond	14 9:00 HASfit 9:30 Healthy Living with MCI 	15/16 June 15 Elder Abuse Awareness Day June 16 Happy Father's Day 
17 9:00 HASfit 9:00 Bridge Belles *ePantry Ordering Day	18 9:00 HASfit 10:00 Gentle Yoga 10:00 Safe at Home 10:00 Vets' Social 10:30 Case Manager Drop-In Hours 11:15 Blood Pressure 12:30 Movie: Just Mercy	19 Madison Senior Center Closed 	20 9:00 HASfit 9:30 Next Steps 10:00 ePantry Pick-up 10:15 BINGO 1:00 Juneteenth Celebration 	21 9:00 HASfit 9:30 BB4B V 11:00 MMM 	22/23 June 23 National Pink Day 
24 9:00 HASfit 9:00 Bridge Belles 10:30 Blood Pressure	25 9:00 HASfit 10:00 Gentle Yoga 10:00 Vets' Social 12:30 Movie: Summertime	26 9:00 HASfit 1:30 Spanish Conversation V	27 9:00 HASfit 9:30 Next Steps 10:15 BINGO 2:00 Gay, Gray & Beyond	28 9:00 HASfit 9:30 BB4B V	29/30 June 29 National Camera Day 



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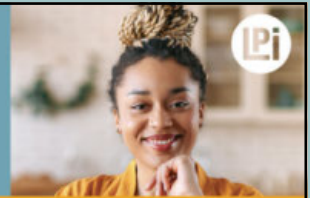
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<https://www.dhs.wisconsin.gov/adrc/index.htm>

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BrainHealthResearch@medicine.wisc.edu



For ad info. call 1-800-950-9952 • 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. You can also check out our website, lgbtq50plusalliance.org.

Gay, Gray & Beyond (GGB)

2ND & 4TH THURSDAYS, 2 - 4 PM

GGB 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.

CQ, CQ, CQ

Morse Code: **"for all to join in the conversation"**

1ST & 3RD THURSDAYS, 1 - 3 PM

Meets at OutReach, 2701 International Ln.

"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.

LGBTQ 50+ Alliance is A 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, please email karenlkane13@gmail.com or kristim@outreach.org.



Concerts on the Square – ¡Viva Tiempo Libre!

WEDNESDAY, JUNE 26

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.

Pontoon Boat Cruise – Save the Date!

FRIDAY, JULY 12, 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.

Outreach Elder 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.



JUNE CELEBRATIONS

Juneteenth commemorates the end of slavery in the United States. In 1866, the first Juneteenth was celebrated across the Black community. Juneteenth is often celebrated in many different ways, from family gatherings, festivals, picnics, speeches, to educational events, and more.



This holiday is also known as Freedom Day. It is important to consider, while this holiday can include celebration of freedom, it can be painful for people to reflect upon a history of oppression and how the harsh impacts of slavery has affected the Black community and the world around us. Juneteenth is a day to honor our friends, family, neighbors, and people of the Black community. Some ways to honor the holiday include coming together to celebrate Black freedom, education of history, listening to and amplifying Black voices. This support helps encourage our dedication to community allyship.

On Thursday, June 20th, the Madison Senior Center honors Juneteenth by hosting a celebration event from 1 to 2 pm. We will be celebrating Black resistance, liberation, resilience, and joy. All are welcome to join us for some cake, music, and an informational slideshow about the holiday. We hope to see you there!

To learn more about Juneteenth, ways to support, and get involved, Kujichagulia, Center for Self-Determination: <https://kujichaguliamcsd.org/> is a great resource.

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LGBTQIA+ Pride Month

In honor of the 1969 Stonewall Uprising in Manhattan—considered the tipping point for the Gay Liberation Movement in the United States—each **June** Americans come together to celebrate **LGBTQIA+ Pride Month**. June is globally recognized as Pride Month, a time of celebration, commemoration, and activism for the LGBTQ+ community. It's not only a vibrant celebration of diversity and self-affirmation, but also a potent reminder of the need to promote equity, acceptance, and respect for all, regardless of sexual orientation or gender identity.



Through parades, parties, protests, and educational events, Pride Month underscores the rich diversity within the LGBTQ+ community, acknowledges the significant achievements made in the pursuit of equality, and highlights the ongoing struggles faced globally. It serves as an essential platform to increase visibility, encourage conversation, and further progress towards true equality and acceptance.

VOLUNTEER OPPORTUNITIES

Volunteers Needed!

Do you want to get involved, but not sure how? Here are a few volunteer roles that we would like to fill: Hair Stylist, Art Teacher, Technology Tutor, Technology Teacher, Blood Pressure Screener, Welcome Ambassador, Book Club Leader, Great Course Facilitator, Event Planner, Blog Writer, Massage Therapist – the sky is the limit!

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

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

APPLY TO VOLUNTEER!

<https://www.cityofmadison.com/senior-center/volunteer/apply-to-volunteer>

You may be volunteering without even knowing it. Do you help the program leader stay organized? Do you do email blasts to remind classmates when something is coming up? Are you the point person for a group, club, or discussion group? There are many ways to volunteer and help to keep things running smoothly.



COMMUNITY RESOURCES

RSVP of Dane County

For 50 years, the Retired and Senior Volunteer Program (RSVP) has been matching volunteers age 55+ with community service opportunities across Dane County. In addition, RSVP has several volunteer service programs of their own such as Driver Services, Vets Helping Vets and Foster Grandparents. There is even a group that does sewing, knitting and crocheting for various not-for-profit agencies. For more information, call them at (608) 238-7787 or visit their website at www.rsvpdane.org.

Area Agency on Aging

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

Freedom, Inc.

Freedom, Inc. (FI) is a Black and Southeast Asian non-profit organization that works with low to no income communities of color. They create programs focused on the needs of elders, refugees, immigrants, differently abled, and homeless people. Their mission is to achieve social justice through coupling direct services with leadership development and community organizing that will bring about change resulting in the end of violence against women, gender-non-conforming and transgender people within communities of color.

Aging & Disability Resource Center (ADRC)

ADRC works with older adults, adults with disabilities and caregivers to connect them to community services that help keep them healthy and safe in the community. It is a friendly, welcoming place for unbiased information about aging or living with a disability. Contact them at (608) 240-7400 or ADRC@countyofdane.com.

Hmong Institute

The Hmong Institute is a community builder and educator for those serving the Hmong and other underserved communities in Wisconsin and a voice and hope for them. They offer resources for advancing Hmong and other underserved community heritages. Our services include culturally competent direct service, advocacy, cultural training, technical assistance and 1-on-1 consultation.

NewBridge

NUTRITION SITE

NewBridge Madison operates the Senior Nutrition Site at our Center. Monday-Friday, at 11:30 am, adults age 60+ can enjoy a hot, nutritious meal. If you are age 60 and older, the suggested minimum donation is \$4.50. If you are under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost \$17.20. Meal and transportation reservations are required. Reservations & cancelations are due by Noon, two business days in advance. Contact **Candice (608) 512-0000, Ext. 4006**. Menus and additional information are available at www.newbridgemadison.org/nutrition.

CASE MANAGEMENT – EXPANDED HOURS!

NewBridge case managers will now have expanded drop-in hours at the Madison Senior Center on the first and third Tuesday of the month from 10:30 am 12:30 pm.

COMMUNITY INFORMATION

It's finally time...

FOR SENIOR FARMERS' MARKET 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 \$45 in fruit, vegetables, or herbs at farmers' markets and roadside farm stands.

The vouchers are distributed on a first come/first serve basis to those age 60+ or Native Americans age 55+, who live in Dane County, and have gross incomes under \$27,861 per year (or \$2,321/month) for a one-person household and \$37,814 per year (or \$3,151/month) for a two-person household. New this year: One set of vouchers is available per person.

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. Once we receive and approve your application, vouchers will be mailed starting on June 1st.

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



Programs Focused on Black Older Adults

These programs are offered by NewBridge Madison. Call Arielle for more information, (608) 512-0000 ext. 2007 or arielleh@newbridgemadison.org.

Tech Masters: Getting Comfortable with Computers

WEDNESDAY, JUNE 5, 1 - 3 PM

@MADISON LABOR TEMPLE, 1602 S. PARK ST.

If you are interested in learning about computers and getting more comfortable with them, this is the place for you. With a little bit of practice, you'll become Tech Master. Registration is required.

The Classics Book Club

WEDNESDAY, JUNE 26, 1 - 2 PM

@GOODMAN SOUTH LIBRARY, 2222 S. PARK ST.

Join us as we explore new and old author's and expand our love of reading and books! Registration is required.

2024 Summer Concerts

Our community partner **NewBridge Madison** presents a summer concert series representing a wide variety of music genres. Call (608) 512-0000 for more information.

Concerts are on Mondays, 6:30 - 8 pm, at Warner Park. Food Carts are available.

- » **June 10:** Jazz, collaborators Art & Lit Lab
- » **June 17:** Frank Martin Busch & the Names (Country)
- » **June 24:** Sista' Sensi (Reggae)
- » **July 15:** Universal Sound (Cover Band)
- » **July 22:** Eddie Butts Band (R&B, Pop, Jazz)
- » **July 29:** Ladies Must Swing (Big Band)



E PANTRY

ePantry: Food Pantry Online Ordering System with Pick-up at MSC

The Madison Senior Center is 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 Monday or 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 9 - 11:30 am.**



The ePantry may only be used once a month. Based on household size, families select from a variety of healthy and nutritious food, including fresh produce, meat, dairy, culturally relevant offerings, and special dietary options, such as vegetarian and gluten-free items.

Thank you to our volunteers for getting the groceries from the River Food Pantry to the Senior Center.

FOOD ORDER DATE	FOOD PICK UP DATE
Monday, June 17	Thursday, June 20
Monday, July 15	Thursday, July 18
Monday, August 12	Thursday, August 15
Monday, September 16	Thursday, September 19

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FOUNDATION

What Does The MSC Foundation Do?

The Madison Senior Center Foundation, a 501 c 3 organization, pays for programs and activities, including a multitude of educational classes, wellness activities, and performances. Associated expenses include instructors, refreshments, volunteer recognition and advertising. The Foundation covers scholarships for any fee-based programs. If you are interested in learning more about the foundation contact Thomas DeChant, MSCFoundationBoard@gmail.com.

FOUNDATION BOARD OF DIRECTORS

Tom DeChant - President
Kathy Whitt
Jan Cliff
Sally Miley

Donations

- ♥ Christine Beatty in memory of Suzanne Smith
- ♥ Marke Faber
- ♥ Jeganathan & Gowrigamihai Srisikandarajah
- ♥ Ursula Szumski
- ♥ Madison Community Foundation



Senior Center Wish List



- » Cases of Bottled Water
- » Individually Wrapped Snacks
- » Gently Used 17 – 24 inch Computer Monitors
- » Markers for Coloring
- » BINGO Game
- » Keurig Cups

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 _____

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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.

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MAKE MUSIC MADISON

WALTER BURT

FRIDAY, JUNE 21, 11 AM - 12 PM



Walter Burt plays piano and sings originals that he wrote long ago, thinking "if only I knew a music publisher!". He went on to become a founder of Madison's Musicnotes.com. He describes the songs as "somewhere between rock and show tunes", but everyone at Musicnotes calls "art music".



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