

THE Messenger

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JUNE, 2025

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



What Pride Month Means to Older LGBTQ+ Adults

By Ericka Boeey, Program & Outreach Coordinator at the Madison Senior Center

Each June, Pride Month bursts onto the scene with vibrant parades and celebrations. But for older LGBTQ+ adults, Pride often holds a more personal, complex meaning—shaped by decades of struggle, resilience, and hope.

A TIME OF REFLECTION

For many elders, Pride is a chance to reflect on how far they've come—and how much they've lived through. From the fight for basic rights to the trauma of the AIDS crisis, their journey is woven into every rainbow flag.



CONNECTION OR ISOLATION

While Pride can be a moment of connection and joy, some older adults feel left out of youth-centered celebrations. When events lack intergenerational spaces, it can deepen a sense of invisibility.

HEALING AND VISIBILITY

For those who once had to live in silence, Pride can be a powerful moment of healing and affirmation. Simply being seen and accepted in public spaces is still meaningful.

HONORING THEIR LEGACY

Pride is a celebration, but also a reminder: many older LGBTQ+ adults laid the groundwork for the freedoms we now enjoy. They deserve our gratitude, visibility, and respect.

LET'S NOT FORGET THEM

This Pride Month let's create inclusive spaces that honor all generations. Because the people who fought for our rights shouldn't feel like strangers at the party they helped start.

Check out our Book Table at the Madison Senior Center, which this month features books on LGBTQIA+ history and more.

FOR YOUR INFORMATION

Directory

Phone (608) 266-6581

Website madisonseniorcenter.org

SENIOR CENTER STAFF

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

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(608) 267-2344

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**”.

R = Registration Required. **Purple** text or a purple **S** means the program will be in Spanish. If a program is virtual or hybrid, you will receive the Zoom link in an email after you register. If there is a fee, payment is required at the time of registration. **To register for a program, email seniorcenter@cityofmadison.com or call (608) 266-6581.**

The Madison Senior Center promotes successful aging. AA/EOC Employer and Service Provider

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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.

Name _____

Address _____

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Phone _____

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 welcome and available for free 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 Member 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 us at (608) 266-6581 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

Black on the Wisconsin Frontier, 1725-1868

WEDNESDAY, JUNE 4, 1:30 - 3 PM

Presented by UW
Madison Professor
Christy Clark-Pujara.

Black people have lived, labored, and raised families in the region that became the Midwest since the 16th century. They called the settlements and towns of Prairie du Chien, Racine, Green Bay, Lancaster, Milwaukee, and Menominee home. Yet their stories remain largely untold. Much of the historiography concerning the experiences of Black Americans has focused on the South, and large Northern and Midwestern cities, yet the full dimensions of the African American and American experience cannot be appreciated without reference to how black people managed their lives in places where they were few. This presentation will explore the histories of Black people in what became the state of Wisconsin, from the French colonial period in the 1720s through the American Civil War.



Exploring Poetry

2ND WEDNESDAYS, 11 AM - 12:30 PM

This program is for anyone who enjoys poetry. There are opportunities to read, recite and write. 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 they can say precisely what needs to be said. Led by Mark Kraushaar. *R*

First Friday Music Hour

FRIDAY, JUNE 6, 10 - 11 AM

Join us as a performer or as a listener for an hour of live music performance (and a cup of coffee!) at our monthly, first Friday gatherings. If performing, bring an instrument and/or your voice, with song or spoken word to share. Open to all styles of musical expression!



Crossing Guard Info Session

MONDAY, JUNE 23, 10 - 11 AM

Interested in working with kids? Want to serve your community? If you are looking for part-time work and are responsible, dependable, and like the outdoors, then this might be the gig for you! Learn more about this opportunity and what positions are open at this recruitment event.



Juneteenth Celebration Cookout

WEDNESDAY, JUNE 18, 11 AM - 1 PM

Juneteenth recognizes the historical date of June 19th, 1865, when word and enforcement of the Emancipation Proclamation reached Texas. To celebrate, we will barbeque, while enjoying music, lawn games and comradery of others. This event is co-sponsored by the Madison Senior Center and NewBridge Madison.



LIFELONG LEARNING

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

MMOCA Tour

THURSDAY, JUNE 12, 12:30 - 1:30 PM

MADISON MUSEUM OF CONTEMPORARY ART, 227 STATE ST

Join us for a guided tour of the Madison Museum of Contemporary Art (MMOCA).



This museum is an independent organization that exhibits, collects, and preserves modern and contemporary art. There are three new exhibits opening in May. Meet us at the museum or at the Senior Center. We will leave the front desk at 12:15 pm to walk to MMOCA. Register by Tuesday, June 10. *R*

LGBTQ+ 101

WEDNESDAY, JUNE 25, 1 - 2 PM

How can you be inclusive and respectful with people of all genders? If it is difficult to know what to say to or about people you know or meet who are LGBTQ+ this presentation may be just what you need. Pronouns, letters, and changing vocabulary can be hard to keep up with or make sense of. Learn the basics and ask questions in a safe space. Presented by representatives from OutReach LGBTQ+ Community Center. *R*

Middleton Players Theatre Presents: A Cabaret

THURSDAY, JUNE 26, 12:30 - 1:30 PM

It's Showtime! Join us for an educational musical performance of Broadway show tunes, featuring some of Middleton Players Theatre's 2025 talent. Their repertoire will include tunes from past productions, as well as a preview of selected songs from their 2025 "Summer of Sondheim" season, including Merrily We Roll Along, and Into the Woods. Audience members are encouraged to ask questions and engage in dialogue about the performance. *R*



Overture Community Ticket Program

The Overture Community Ticket Program makes the arts more accessible by offering a limited number of tickets costing less than \$5 to members of community organizations. Tickets are available for select shows. Go to www.overture.org/engage/community-ticket-program for more information, and call the Madison Senior Center to receive your discount code.



Watercolor Painting

WEDNESDAYS, 10 - 11 AM

Paint to relax and express yourself while you chat and enjoy a coffee (or tea!) with other older adults. When available, one of our UW Madison student volunteers might join in. All supplies provided, and no advanced signup is needed.



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. Public printing is not available. If you need 1:1 assistance, scheduling an appointment is recommended. Call 608-267-6581 or email seniorcenter@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.

Food & Beverages: Food is not allowed on top of the computer desks, and eating is not permitted in the Computer Lab. Beverages with unsecured lids are not allowed in the Computer Lab.

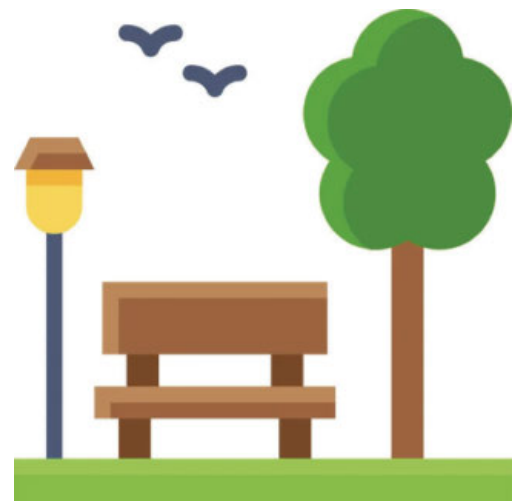
Never Too Old to Learn a New Trick

We're getting older and wiser and continue to learn every day. That means that every one of us can learn how to use a computer. If you do not have a computer and would like to learn how you could be eligible to receive a free laptop computer, read on. If you can commit to taking 2 – 3 classes, completing an application, and completing additional follow-up surveys, read on. If you are still reading, contact Laura or Ericka to find out if you are eligible to take part in this great opportunity.

Parks Alive – Building Strong Neighborhoods!

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.

Parks Alive is held at eleven different parks across the city. Look for the Madison Senior Center and stop by and say "hello". We will have information on programs and resources for older adults.





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

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HEALTH & WELLNESS

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

Ballroom Basics for Balance™ Next Steps


Ballroom Basics for Balance™ (BB4B) is a fun way to improve balance through the basics of dance! If you feel you are an experienced mover or have taken a few of our classes before, this one is for you! Registration forms can be found at www.ballroombasicsforbalance.org 

NEXT STEPS: ESPAÑOL & ENGLISH

THURSDAYS, JUNE 19 - AUGUST 21, 9:30 - 10:45 AM

YAHARA PLACE PARK, 2025 YAHARA PLACE (AT THE INTERSECTION OF RUSSELL ST)


\$65 for 8 weeks (financial assistance available) – pay for 8 weeks and get up to 10 (2 inclement weather days worked in)

This class is for people who are independent in mobility and want to improve balance or who are looking for a little challenge! To register, complete **registration form** or contact Susan Frikken at (608) 692-8794; registration deadline is June 6, 2025. Limited space but we will keep a waitlist. 

VIRTUAL AND INCLUSIVE: VIRTUAL VIA ZOOM

FRIDAYS, JUNE 20 - AUGUST 15, 9:30 - 10:45 AM (NO CLASS JULY 4)

\$58 for 8 weeks (financial assistance available)

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. Greek Folk Dance, Ballet, and Foxtrot. Register using the QR code. 




Questions? Contact your instructors:

Atala – atalanicole@gmail.com or 608-770-8763;

Krista – kabultmannspiro@gmail.com or 608-335-9252

Blood Pressure Screening

1ST & 3RD TUESDAYS, 11:15 AM – 12 PM


Keep tabs on your blood pressure. Our volunteer is a medical professional and would love to have you stop by. 

Foot Care Clinic – \$25

FRIDAY, JUNE 20, 9 AM – 12 PM |


APPOINTMENT REQUIRED



Clinics are a great opportunity to get basic toenail care in addition to regular podiatry care. Savannah Stone is a licensed Manicurist, certified Medical Nail Technician, and Advanced Nail Technologist. **Please bring 2 towels** and arrive 5 minutes early. Cash or check only. 

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. 

HEALTH & WELLNESS

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

HASFIT Gentle Exercise

MONDAY – FRIDAY, 9 – 9:30 AM, CLOSED JUNE 19

The HasFit program is presented on YouTube by instructors who focus on strength, flexibility, and balance. Join us at our scheduled screening times, or tune in at your convenience in our fitness room any time our television is not already in use.



Joyful Aging, LLC Presentation

THURSDAY, JUNE 5, 12:30 – 1:30 PM

Have you ever felt unseen and unheard in your medical care? You are not alone, and together, we can change that!

Are you or a loved one experiencing:

- ♥ Difficulty managing multiple medications and feeling overwhelmed?
- ♥ Confusion about which medications to take or discontinue?
- ♥ Struggles with understanding medical jargon during appointments?
- ♥ A sense that dignity and respect are lacking in care?

Diana Joy, RN, offers a paid service to attend these appointments with you and be your guide. Learn more about her business and how you can work as a team to minimize the healthcare challenges and focus on Aging Joyfully!

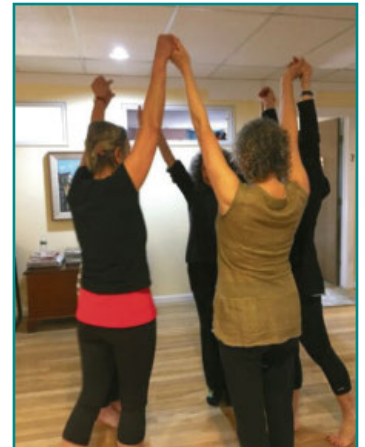
"The longer I live, the more beautiful life becomes."

- Frank Lloyd Wright

Rosen Method Movement

MONDAYS THROUGH JUNE 9, 11 AM – 12 PM

Rosen Method Movement was created by Marion Rosen, a Physical Therapist. It is a class that helps us age gracefully. We move all the joints and stretch to music, and it is low-impact, lighthearted, attentive, and restorative. Instructor Rebecca Wigg-Ninham is a Rosen Practitioner and a Social Worker for over 30 years. She is passionate about building a community of wellness. *R*



Welcome to Medicare Seminar – Free!

SATURDAY, JULY 26, 9 – 11:30 AM

MIDDLETON SENIOR CENTER, 7448 HUBBARD AVE, MIDDLETON

What you need to know about enrolling in Medicare! If you are turning 64 this year, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options. Do you understand what Medicare is and isn't, how to avoid penalties for late enrollment in Medicare, and how to get the most out of your health and prescription benefit plans? Some decisions and actions about Medicare can take place 3-6 months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit. Want easy to understand answers to all these complex questions? Sign up to attend. You'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs. Email AAA@danecounty.gov by July 18 to register. *R*

GROUPS & CLUBS

B-I-N-G-O

**THURSDAYS, 10:15 - 11:15 AM,
CLOSED JUNE 19**



It is free to play the standard BINGO rounds for a small prize. If you want to compete for the cash prize in the final "Blackout" round, each card costs 50 cents (max of four cards). If you don't pay for a card in the final round, you can still play, but it will be for a standard prize instead of the cash prize. We play to have fun and camaraderie. Join us!

Book Club

2ND & 4TH FRIDAYS, 10:15 – 11:15 AM

Join our Friday Book Club! Anyone who enjoys reading is welcome to join us. Club members will choose books and activities.

Bridge Belles

MONDAYS, 9 - 11 AM

A group of women improving their duplicate bridge skills in a relaxed atmosphere; working knowledge of Bridge needed.

Spanish Conversation

WEDNESDAYS, 1:30 - 3 PM VIRTUAL

Do you want to practice your Spanish? Our group meets every week to chat in Spanish. Pop in when you can. There are no attendance requirements. Spanish Conversation meets via Zoom. Once you are registered, you will be sent the Zoom link. All levels welcome. *R*



Spirit Days

FRIDAYS, ALL DAY

Participate in a Spirit Day activity and win a prize! Each Spirit Day is a new chance to win.

JUNE 6TH YO-YO DAY

We provide the yo-yos, and you give one a whirl!



JUNE 13TH MAKING LIFE BEAUTIFUL DAY

Recognize someone who adds beauty to your life

JUNE 20TH SUMMER SOLSTICE

Make a flower crown to celebrate the longest day of the year!



JUNE 27TH SUNGLASSES DAY

Strike a pose with your favorite pair of shades (we'll provide some fun ones, too)!





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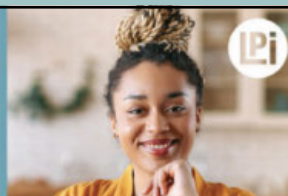
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Madison Senior Center, Madison, WI B 4C 01-1141

PROGRAM & ACTIVITY LIST

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

PROGRAM/ACTIVITY	DAY & DATE	TIME	COST	LOCATION
Ballroom Basics for Balance Next Steps	Thursdays, June 19th – August 21st	9:30 – 10:45 am	\$65	Yahara Park
Ballroom Basics for Balance – Inclusive	Fridays, Jun 20th – Aug 15th (NO CLASS July 4th)	9:30 – 10:45 am	\$58	Virtual
B-I-N-G-O	Thursdays, CLOSED June 19th	10:15 – 11:15 am	Free, 50¢/ final card	MSC
Black on the Western Frontier	Wednesday, June 4th	1:30 – 3:00 pm	Free	MSC
Blood Pressure Screening	1st & 3rd Tuesdays	11:15 am – 12:00 pm	Free	MSC
Book Club	2nd & 4th Fridays	10:15 – 11:15 am	Free	MSC
Bridge Belles	Mondays	9:00 – 11:00 am	Free	MSC
Case Manager Drop-in	1st & 3rd Tuesdays	10:30 am – 12:30 pm	Free	MSC
CQ	1st & 3rd Thursdays	1:00 – 3:00 pm	Free	Outreach
Crossing Guard Info Session	Monday, June 23rd	10:00 – 11:00 am	Free	MSC
ePantry	Order June 16th; pickup June 20th	9:00 – 11:30 am	Free	MSC
Exploring Poetry	2nd Wednesdays	11:00 am – 12:30 pm	Free	MSC
First Friday Music Hour	1st Fridays	10:00 – 11:00 am	Free	MSC
Foot Care Clinic	3rd Fridays	9:00 am – 12:00 pm	\$25	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 Gentle Exercise	Every weekday, CLOSED June 19th	9:00 – 9:30 am	Free	MSC
Joyful Aging, LLC Presentation	Thursday, June 5th	12:30 – 1:30 pm	Free	MSC
Juneteenth Celebration Cookout	Wednesday, June 18th	11:00 am – 1:00 pm	Free	MSC
LGBTQ+ 101	Wednesday, June 25th	1:00 – 2:00 pm	Free	MSC
Middleton Players Theatre Presents: A Cabaret	Thursday, June 26th	12:30 – 1:30 pm	Free	MSC
MMOCA Tour	Thursday, June 12th	12:30 – 1:30 pm	Free	MMOCA
Movie Matinee	Tuesdays	12:30 – 2:30 pm	Free	MSC
Rosen Method Movement	Mondays through June 9th	11:00 am – 12:00 pm	Free	MSC
Spanish Conversation	Wednesdays	11:00 am – 12:00 pm	Free	MSC
Watercolor Painting	Wednesdays	1:30 – 3:00 pm	Free	Virtual
Welcome to Medicare Seminar	Saturday, July 26th	10:00 – 11:00 am	Free	MSC
Will & Harper (Private)	Friday, June 6th	1:00 – 3:30 pm	Free	MSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Bridge Belles 11:00 Rosen Method Movement	3 10:00 Gentle Yoga 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>The Last Showgirl</i>	4 10:00 Watercolor Painting 1:30 Spanish Conv V 1:30 Black on the Wisconsin Frontier	5 10:15 BINGO 12:30 Joyful Aging	6 10:00 1st Friday Music Hour 10:30 Book Club 1:00 Will & Harper (Private) Spirit Day: Yo-Yo Day
9 9:00 Bridge Belles 11:00 Rosen Method Movement	10 10:00 Gentle Yoga 12:30 Movie: <i>Will & Harper</i>	11 10:00 Watercolor Painting 11:00 Exploring Poetry 1:30 Spanish Conv V	12 10:15 BINGO 10:15 Book Club 12:30 MMOCA Tour 2:00 Gay, Gray & Beyond	13 Spirit Day: Making Life Beautiful Day 
16 9:00 Bridge Belles *ePantry Ordering Day	17 10:00 Gentle Yoga 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>Nickel Boys</i>	18 10:00 Watercolor Painting 11:00 Juneteenth Celebration Cookout 1:30 Spanish Conv V	19 9:30 BB4B Next Steps - Yahara Park MSC Closed Juneteenth	20 9:00 ePantry Pick-Up 9:00 Footcare Clinic 9:30 BB4B V 10:30 Book Club Spirit Day: Summer Solstice
23 9:00 Bridge Belles 10:00 Crossing Guard Info Session	24 10:00 Gentle Yoga 12:30 Movie: <i>Yankee Doodle Dandy</i>	25 10:00 Watercolor Painting 1:00 LGBTQ+ 101 1:30 Spanish Conv V	26 9:30 BB4B Next Steps - Yahara Park 10:15 BINGO 10:15 Book Club 12:30 Middleton Players Theatre Presents: A Cabaret 2:00 pm Gay, Gray & Beyond	27 9:30 BB4B V Spirit Day: Sunglasses Day 
30 9:00 Bridge Belles	 HASFit Gentle Exercise, Every day, 9:00			

MOVIES

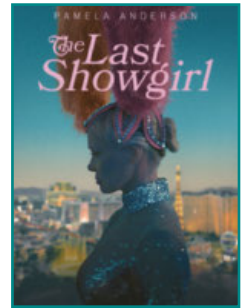
Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm. The 4th Tuesday of the month is reserved for a classic movie.

JUNE 3

The Last Showgirl (2024)

A seasoned showgirl must plan for her future when her show abruptly closes after a 30-year run. A poignant film of resilience, rhinestones, and feathers. *Stars: Pamela Anderson, Brenda Song, and Kiernan Shipka. Drama. 1 hour 28 minutes. Rated R.*

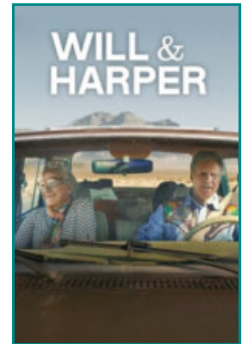


JUNE 10

Will & Harper (2024)

In this intimate portrayal of friendship, transition, and America, Will Ferrell and his close friend of thirty years, Harper Steele, decide to go on a cross-country road trip to explore a new chapter in their relationship. *Stars: Will Ferrell, Harper Steele, and Tina Fey. Documentary. 1 hour 54 minutes. Rated R.*

Special Note: Will Ferrell is an excellent choice to be the avatar of the viewer as many people aren't familiar with trans people or the issues they face. As a familiar face, Will brings a certain comfort to people while exploring an unfamiliar topic. He asks the questions many people want to ask, even the questions that are a bit too personal to ask the one trans person they know. This film comes at a time when acceptance of trans people is both remarkably high, and remarkably low.



JUNE 17

Nickel Boys (2024)

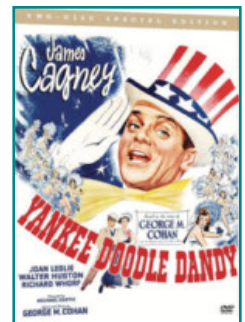
Based on the Pulitzer Prize-winning novel by Colson Whitehead, Nickel Boys chronicles the powerful friendship between two young African American men navigating the harrowing trials of reform school together in Florida. *Stars: Ethan Herisse, Brandon Wilson, and Aunjanue Ellis-Taylor. Drama. 2 hours 20 minutes. Rated PG-13.*



JUNE 24

Yankee Doodle Dandy (1942)

A musical portrait of the renowned musical composer, playwright, actor, dancer, and singer George M. Cohan. From his early days as a child star in his family's vaudeville show up to the time of his comeback at which he received a medal from the president. *Stars: James Cagney, Joan Leslie, and Walter Huston. Biography, Drama, Musical. 2 hours 6 minutes. Not Rated.*



Be a Movie Sponsor

There are many ways to help. Donate popcorn, drinks, or other snacks. Financial sponsorships go towards snacks and movie rental fees. Call Laura to learn more: (608) 267-8650.

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 offering social opportunities. Call (608) 255-8582 for more information or email info@lgbtoutreach.org; you can also check out our website, lgbtq50plusalliance.org

LGBTQ 50+ Alliance Steering Committee

Lynn Currie: (608) 255-8582	OutReach Staff
Laura Hunt: (608) 267-8650	MSC Staff
Karen Kane	Co-Chair, Volunteer
Shelley Hansen-Blake	Co-Chair, Volunteer
Graham Smith	Volunteer
Mimi Millen	Volunteer
Mary Beth Wilk	Volunteer

We are continually planning programs and outings. Reach out to one of our committee members to share your ideas. Is there a program or group you would like to participate in?

Coffee Meet-Up

1ST & 3RD TUESDAYS, 2 - 3:30 PM
JAVA CAT, 4221 LIEN ROAD, MADISON, 53704

Join Madison's LGBTQ 50+ Alliance at our Coffee meet-ups. We plan to sit outside as weather allows. Buy your own drinks, treats, meal. No need to RSVP. Questions? Are you interested in starting a social or support group for the LGBTQ 50+ community? Email the OutReach Elder Advocate, Lynn, at lynnc@lgbtoutreach.org.

CQ (Curious Queers)

1ST & 3RD THURSDAYS, 1 - 3 PM
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: Older generations can share the accomplishments they have made, and younger generations can help them learn what still needs to be done.**

Gay, Gray & Beyond

2ND & 4TH THURSDAYS, 2 - 4 PM, MSC

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.

Movie Screening: Will & Harper (Private)

FRIDAY, JUNE 6, 1 - 3 PM, MSC

In this intimate portrayal of friendship, transition, and America, Will Ferrell and his close friend of thirty years, Harper Steele, decide to go on a cross-country road trip to explore a new chapter in their relationship. *Stars: Will Ferrell, Harper Steele, and Tina Fey. Documentary. 1 hour 54 minutes. Rated R.*

This is a special after hours viewing for members of the queer community and their allies. Feel free to bring refreshments. Popcorn will be provided.

Pontoon Night

FRIDAY, JULY 11, 5 - 8 PM
TENNEY PARK, 1615 SHERMAN AVE

Tour Madison's lakes, share a meal and stop for ice cream along the way. \$20-25 donation requested but not required. Registration: call (608) 255-8582.



AGING WITH PURPOSE: EMPOWERING BLACK OLDER ADULTS

Baobab Senior Circle (BSC)

2ND & LAST FRIDAYS, 3 – 5 PM

UW SOUTH MADISON PARTNERSHIP, 2238 S PARK

Black Women Rest

SATURDAY, JUNE 14, 10:30 AM – 12 PM

**FOUNDATION FOR BLACK WOMEN'S WELLNESS,
6601 GRAND TETON PL, SUITE A2**

Yoga with Stephanie 10:30 – 11:30 AM

Sound Bath with Sarah Branch 11:40 AM – 12 PM

Calming Computer Jitters

3RD WEDNESDAYS, 12 – 2 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Are you an older adult who would like to learn more about using computers? MTZ Charitable Organization will be hosting computer training courses for older adults. Transportation is available and lunch will be served. Bring your laptop and become computer savvy! Registration: call (608) 264-3468

Cancer Education Group

2ND SUNDAYS, 5:30 – 6:45 PM

This group will provide education, support, understanding, and encouragement in a safe space, allowing you to talk and listen to other patients who are having similar life experiences. Supporting individuals of African American/Black identity. To register or learn more contact: lucetia.sullivan@fammed.wisc.edu or barbaosacarro@wisc.edu

Community Elder Connect (CEC)

2ND & LAST FRIDAYS, 3 – 5 PM

UW SOUTH MADISON PARTNERSHIP, 2238 S PARK

Fitness with Johnny Winston & NewBridge

1ST & 3RD MONDAYS, 1:30 – 2:30 PM

**WARNER PARK COMMUNITY CENTER, 1625
NORTHPORT DR**

Join us for this strength training series for older adults. We'll help you maintain muscle mass, improve mobility and balance, and reduce the risk of falls. Instructor Johnny Winston and NewBridge will help teach you new exercises using dumbbells and resistance bands along to your favorite music! Registration: call (608) 512-0000 Ext 2007

Get Movin' in Motion – FREE!

TUESDAYS & THURSDAYS, 1 – 2 PM

UW SOUTH MADISON PARTNERSHIP, 2238 S PARK

Gentle exercise with Johnny Winston. Zoom option available. Registration: call (608) 265-4790

Mental Health Clinic

THURSDAYS, 10 AM – 2 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Walk-ins are welcome. Anesis works to provide weekly walk-in services. The primary goal is to provide free mental health care services for the Madison community. Each location has a mental health counselor, substance abuse counselor, and a crisis stabilization manager. Our drop-in clinics are open to anyone in Dane County. Clients should enter through the sanctuary. Signs will be posted, and Anesis staff will be available to guide clients to the new space.

Rebalanced-Life Wellness Association

**MEN'S HEALTH & EDUCATION CENTER, 584
GRAND CANYON DR**

The RLWA Men's Health & Education Center, located inside of Madison's largest Black barbershop JP Hair Design, is a new innovative health model for reducing health disparities, and improving the social and health Conditions of Black men in Dane County. In building a solid foundation for this health model, we hope to replicate this type of facility nationwide.

To request an appointment: call (608) 841-1110 or fill out the online form at: <https://rebalanced-life.org/appointment-request>

Money Management Class

TUESDAY, JUNE 17, 6:30 – 7:30 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Hosted by Summit Credit Union, who will provide money management tips and advice.

PROGRAMAS EN ESPAÑOL PARA ADULTOS MAYORES

¡Bienvenidos a Literacy Network!

Las inscripciones para las clases de inglés y ciudadanía empiezan el 14 de Enero. Las registraciones serán en nuestro edificio localizado en el 701 Dane St, Madison, WI. Inscribase para una de nuestras secciones de registró! Usa este enlace o el código QR para empezar: <https://tinyurl.com/RegSpring2025>. Durante la sesión de registración: • Usted tendrá la oportunidad de hablar con nosotros acerca de sus metas. • Se le hará un examen de inglés corto para ayudarlo a escoger el programa mas adecuado para usted. • Todos nuestros programas son gratuitos. • Durante la registración se paga una cuota para materiales de \$10, \$20, o \$40 dependiendo del programa. Se aceptan efectivo, tarjetas de crédito o cheques. Becas disponibles. • Para más información, llame al 608-244-3911.

Bingo Bilingüe

PRIMER VIERNES, 6 DE JUNIO, 10:15 AM
WARNER PARK, 1625 NORTHPORT DR

Habrà Transportación limitada. Favor registrarse

TERCER JUEVES, 15 DE MAYO, 11 AM
MEADOWWOOD NEIGHBORHOOD CENTER,
5740 RAYMOND RD

Habrà Transportación limitada. Favor registrarse

La Cafeteria De La Memoria

TODOS LOS JUEVES, ZOOM/VIRTUAL, 2 – 3 PM
CENTRO DE RECURSOS PARA EL
ENVEJECIMIENTO Y LA DISCAPACIDAD DEL
CONDADO DE DANE (AGING AND DISABILITY
RESOURCE CENTER OF DANE COUNTY)

Para registrarse, llame al 608-512-0000 y marque '2' si habla español. Deje un mensaje y alguien se pondrá en contacto con usted con detalles adicionales.

Charlas Semanales

TODOS LOS MIÉRCOLES, FACEBOOK LIVE
ROOTS4CHANGE, 10 – 11:30 AM
RAÍCES PARA EL CAMBIO

Únase a nosotros y a nuestros invitados especiales para nuestras charlas semanales. Para encontrar los temas más actualizados, consulte nuestra página de Facebook Live Roots4Change o póngase en contacto con nosotros 904-385-8151 o soporte@rootsforchange.coop

Corte y Confección

TODOS LOS MIÉRCOLES, 10 AM – 12 PM
ARTS + LIT LAB, 111 S LIVINGSTON ST

Aprenda cómo manejar las máquinas de coser, las puntadas básicas o si prefiere algo más avanzado, Alicia tiene la experiencia y el conocimiento como empresaria y profesora universitaria de diseño y alta costura. Limitado número de participantes y transportación. *Favor llamar para registrarse 608-800-1316.*

ESL – Inglés Básico y Avanzado

TODOS LOS MARTES, 10 AM – 12 PM
MEADOWWOOD NEIGHBORHOOD CENTER, 5740
RAYMOND RD

Esta clase provee la oportunidad de avanzar en el idioma desde el nivel donde se encuentre. El programa está diseñado para adultos mayores de habla hispana, gracias a la experiencia y trayectoria de docente. Se proveerá el material de estudio y almuerzo. Hay transporte limitado.

Yoga Suave en Colaboración con MSCR

TODOS LOS LUNES 10:15 – 11:15 AM (ZOOM)

Practique yoga de pie, sentado(a), y/o acostado(a) sobre un tapete o colchoneta, para aliviar el estrés, fortalecer el sistema inmunológico y mejorar su bienestar. ¡Favor llamar si usted ya está registrado(a) y necesita el enlace!

VOLUNTEER OPPORTUNITIES

Volunteers Needed!

Volunteers are the heart of the Madison Senior Center. APPLY TO VOLUNTEER:

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



1. **Craft With Kids Participant:** Join our intergenerational craft meetup on the 4th Wednesday of each month. Kids from St. Joseph's Preschool will come to the Senior Center to work on a craft with older adults.
2. **Group or Class Leader:** Tell us what kind of group or class you would like to lead- Tai Chi, a book club, discussion group, arts & crafts, music- you name it!

We are currently seeking facilitators for the following programs: B-I-N-G-O, Drawing, Watercolor or Acrylic Painting, Healthy Cooking or International Cooking, Living with Diabetes, and discussion groups such as Coping with Uncertainty, Current Events, Death Café, Staying Sane in an Insane World, and Finding Spirituality.

3. **Technology Assistance:** Assist members with basic technology questions in using their smart phone or laptop, and also help in completing tasks in our computer lab.
We are currently seeking a volunteer who can lead a class about Cell Phone Photography
4. **Service Provider:** Many of our older adults need hygiene and care services. If you have a licensed service you'd like to provide, we'd love to hear from you.
5. **Front Desk/Reception:** Greet people at the front entrance, answer and route telephone calls, provide general information (and conversation!)
6. **Volunteer Group Opportunities –**
 - **Client Focused:** This is a great opportunity for your group to interact and socialize with our members, or help with decorating, wrapping presents, etc.
 - **Facility Focused:** Please reach out to us directly to hear what we have on deck.

Volunteer Spotlight: Cristian

Hello all! My name is Cristian Hernandez, and I am currently a rising senior at the University of Wisconsin-Madison. It would seem that I have been deemed Volunteer of the Month, and for that honor, I can not be more grateful! As my semester dwindled down, I found myself wanting to get more familiar with the community of Madison, which is around the time I learned about the Madison Senior Center. During my time here, I've had the privilege to meet and get to know so many great people, which was a goal of mine coming into volunteering.

I believe our community is rich in history and I know I have much to learn, so having the opportunity to get close to the community at the Madison Senior Center and get familiarized with the community has been great for me. Whether it's calling Bingo, playing Chess with the members, or talking about afternoon plans, not a day goes by that I do not truly enjoy my time at the Senior Center. I am truly grateful for the privilege to spend time with you all, and I look forward to getting to know the community better moving forward.



COMMUNITY RESOURCES

The following is a list of organizations that serve older adults in Madison. These are the agencies receiving funding from the City of Madison Community Development Division. The Madison Senior Center looks forward to deepening our partnership with these agencies.

African Center for Community Development

2238 S PARK ST

(608) 294-0066

Bayview Foundation

103 LA MARIPOSA LN

(608)256-7808

Bridge Lake Point Waunona Neighborhood Center

1917 LAKE POINT DR

(608) 441-6991

FOSTER of Dane County

700 RAYOVAC DR

(608) 628-7708

Freedom, Inc.

2110 LUANN LN

(608) 716-7324

Goodman Community Center

214 WAUBESA ST

(608) 241-1574

IP Ministries

1102 ENGELHART DR

(608) 347-7999

Lussier Community Education Center

55 S GAMMON RD

(608) 833-4979

Neighborhood House Community Center

29 S MILLS ST

(608) 255-5337

OutReach, Inc.

2701 INTERNATIONAL LN

(608) 255-8582

RSVP of Dane County

6501 WATTS RD

(608) 238-7787

Southeast Asian Healing Center, Inc.

2814 SYENE RD

(608) 405-5889

The Hmong Institute

4402 FEMRITE DR

(608) 692-8918

Urban Triage

2312 S PARK ST

(608) 299-4128

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 \$5.00. If you are under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost \$13.56. Meal and transportation reservations are required. Reservations & cancelations are due by Noon, two business days in advance. Contact **(608) 512-0000, Ext. 4006**. Menus and additional information are available.

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.

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
718 Jupiter Dr., Madison, WI 53718
oakparkplace.com/madison



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

EPANTRY

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. Orders may be placed as early as the Friday before pick-up day. If you need assistance placing your order, staff will be available on the Monday morning of our pick-up week. Our pick-up day is the 3RD THURSDAY of each month. **Orders can be picked up 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 WITH ASSISTANCE	FOOD PICK UP DATE
Monday, June 16	Friday, June 20 (MSC closed June 19)
Monday, July 14	Thursday, July 17
Monday, August 18	Thursday, August 21

NEWS

Crossing Guard Recruitment

Interested in working with kids? Want to serve your community? Are you or someone you know looking for part-time work? Are you responsible, dependable, enjoy kids and the outdoors? Then we want you for the 2025-26 school year! As a Crossing Guard, you will be providing a great community service and a friendly face for students each morning and afternoon.

- ♥ \$20.86 per hour (appx. \$825+/month) plus regular raises.
- ♥ 10-15 hours/ week, Monday-Friday (morning and afternoon shifts)
Flexibility is required for early release dates (including early release every Monday afternoon).
- ♥ Paid Holidays and earned sick leave
- ♥ Free Annual Metro Bus Pass
- ♥ Generous clothing allowance
- ♥ No nights or weekends
- ♥ Summer, winter, and spring breaks OFF
- ♥ Also seeking substitute Crossing Guards



This is a great job for anyone: retirees, grandparents, stay-at-home parents, college students or those with another remote job looking to get outside more. Beginning June 14, 2025, a job description and application will be available at: <https://www.cityofmadison.com/jobs>

Apply by July 14. Please be sure to list on your application any experience you have directing/controlling children (including your own children or grandchildren). Interviews will begin early August; employment begins approximately Thursday, August 21, 2025.

For information, contact the City of Madison Crossing Guard Supervisors at 266-4703 or crossingguards@cityofmadison.com

PUZZLE



June

Word Search



BARBECUE
BEACH
BUTTERFLY
FATHER'S DAY
FIREFLY
FLIP-FLOPS
GERANIUM
HAT
HONEYSUCKLE
ICE CREAM
IRIS
JUNE
LEMONADE
LIGHTNING
LILY
PEONY
PICNIC
ROSE
SANDCASTLE
SHORTS
SOLSTICE
SUMMER

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



SUNDRESS
SUNGLASSES
SUNSCREEN
SWIMMING



TANK TOP
THUNDERSTORM
VACATION
WATERMELON



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 at mscfoundation@gmail.com

FOUNDATION BOARD OF DIRECTORS

Tom DeChant – President
Sally Miley – Vice President
Jan Cliff – Treasurer
Mary Berryman-Agard – Member-at-Large
Eve Galanter – Member-at-Large

DONATIONS

♥ Ray Bish
♥ Charlotte Hegge
♥ Janine Karlslyst
♥ Lucille Mueller

Senior Center Wish List

- » Coffee grounds, sugar packets, and coffee creamer
- » Cases of bottled water
- » Individually wrapped snacks
- » Gift cards to use as game prizes (\$10; market cards are most appreciated)
- » BINGO Game
- » Musical instruments in good condition



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.

Madison Senior Center
Foundation, Inc.

330 WEST MIFFLIN STREET
MADISON WI 53703

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JUNETEENTH
freedom day

Celebrate Juneteenth!

CELEBRATION COOK OUT

WEDNESDAY, JUNE 18, 11 AM – 1 PM

In recognition of Juneteenth, we will
barbeque, while enjoying music and
the company and comradery of others!



Find us on Facebook: [MadisonWISeniorCenter](#)



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