

THE

Messenger



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***Relevant, Inclusive,
Enlightened***

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

Relevant, Inclusive, Enlightened

MSC

55+ MADISON SENIOR CENTER

Céad Míle Fáilte (a hundred thousand welcomes)

Madison has a long tradition of celebrating this Irish holiday, and you often hear that “everyone is Irish” on March 17. Join us for two fun events to learn about the Emerald Isle and have a merriment. You can also check out the St. Patrick’s Day Parade on the Capitol Square on Sunday, March 17.

Sláinte Irish Dancers

MONDAY, MARCH 11, 2-3 PM

Sláinte Irish Dancers is a University of Wisconsin–Madison sport club dedicated to providing college-aged Irish dancers with the opportunity to continue performing, as well as lessons for others interested in Irish culture. Their club works to foster Irish culture at the university and in the greater Madison area. Their show will begin in light shoes with traditional ceili dancing and student choreography. They will then transition to their heavy shoes, similar to tap, for more upbeat dances. Come learn about Irish dance’s history and celebrate Saint Patrick’s Day!



Ireland – A Colorful Tour of the Emerald Isle

WEDNESDAY, MARCH 20, 1-2 PM

In this fun and informative pictorial presentation, Joe Fahey will discuss some of the key points of Irish culture, both past and present. Of course, no Irish discourse would be complete without visiting a few pubs to tilt a Guinness along the way! *R*



Joe Fahey has traveled to 47 countries on six continents. He is passionate about studying customs and local people. Now he is retired, and he wants to share his many stories with other people.

Schedule Change

The Madison Senior Center will close at 1:00 pm every day the week of March 25th.

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

Facility Operations Assistant, Gary Flesher (he, him)

(608) 267-8651, gflesher@cityofmadison.com

Custodian, Ricky Butler (he, him)

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

Social Work Intern, Elizabeth Scott (she, her)

(608) 267-8673, escott@cityofmadison.com

"The Madison Senior Center promotes successful aging."

AA/EOC Employer and Service Provider

MISSION STATEMENT

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

OUR VISION

Become known as an inclusive community where older adults thrive.

Program Format & Registration

Programs are offered in person, virtually and hybrid. Watch for the **"VIRTUAL"** after the program time. Classes that are both in person and virtual are referred to as **"Hybrid"**. **Register for the programs**, even if they are free. Most programs require a minimum number. If a program is virtual or hybrid, you will receive the Zoom link in an email after you register. If there is a fee, payment is required at the time of registration. **To register for a program, email seniorcenter@cityofmadison.com or call (608) 266-6581.** **R** = Registration Required. **Purple** text or a purple **S** means the program will be in Spanish.

Member of



Like us on Facebook:
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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

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.

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.

Inclement Weather Policy

When the Madison Metropolitan School District (MMSD) closes for inclement weather, the Madison Senior Center will also close. Lunch will not be served on those days, and programs will be cancelled.



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. Free Covid tests are available. Ask at the Front Desk.

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.

Building Hours

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

The Madison Senior Center will close at 1:00 pm every day the week of March 25th.

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.


LIFELONG LEARNING

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

Exploring Poetry


2ND 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. 

Writing Your Life

THURSDAYS, FEBRUARY 29 - APRIL 4, 10 - 11:30 AM

We all have stories to tell, stories about our life experiences, stories about our friends, stories about our families. Some of those stories encompass the joys of achievement, celebration, milestone moments, and the joy of love. Others detail the harder parts of life, jealousy, betrayal, sadness, loss. Our stories define us. Through the Greater Madison Writing Project's "Writing Your Life" workshops, we will help you find the stories you want to tell and give you writing strategies that will help you craft them into the stories that you will want to share. Our writing workshops will incorporate several different writing strategies. Each 90-minute session will include exploration of different strategies opportunities to write and seek feedback, and time to share writing in a welcoming and enthusiastic community. Led by Mark Nepper. 



Book Sharing Table

Take some time to browse through our reading table. Every month the theme rotates. In March, it will feature books that celebrate National Women's History Month. 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.

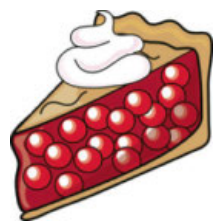


PLATO

You may at times see "PLATO" on our program calendar at wonder what class that is. PLATO stands for *Participatory Learning and Teaching Organization*. They are a 501©3 non-profit organization in association with University of Wisconsin-Madison Continuing Studies. They describe themselves as "a community of intellectually curios adults, typically 50 and over, which explores subjects of interest through member-led discussion groups, lectures, travel and cultural activities. If you are interested in learning more about PLATO, visit their website at www.platomadison.org.

Pi Day or Pie Day?

Celebrated on March 14, Pi Day celebrates the mathematical constant Pi, often depicted as its approximate decimal, 3.14. Pi is an infinitely long, irrational number and its exact value cannot be known. Interestingly, legendary mathematician Albert Einstein's birthday falls on Pi Day. Pi is part of Egyptian mythology. It is said that the Pyramids of Giza are built with the principles of Pi.



Join us for a slice a pie on "Pi Day" Thursday, March 14, 10:15 - 11:15 am.

LIFELONG LEARNING

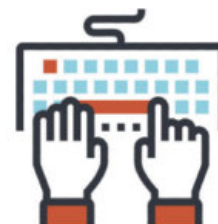
Free Tax Preparation Assistance

The IRS has two programs providing free tax preparation assistance: Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE). These services are **by appointment only**. All tax preparers are volunteers.

VITA SITES	
Madison Central Public Library 201 W Mifflin Street (608) 266-6350	February 10 – April 13 Saturdays, 9 AM – 2 PM English & Espanol
Richard Dilley Tax Center 2238 S Park St (608) 283-1261	January 27 – April 15 Mondays 9 AM – 3 PM, Fridays 1 PM – 5 PM, Saturdays 9 AM – 3 PM English & Espanol
MADISON TCE SITES (PROVIDED BY AARP)	
Lakeview Library 2845 Sherman Ave (608) 246-4547	February 2 – April 10 Wednesdays & Fridays, 12:30 PM – 4 PM
Sequoia Library 4340 Tokay Blvd (608) 266-6385	February 7 – April 10 Wednesdays, 9:30 AM – 12:30 PM
Meadowridge Library 5726 Raymond Rd (608) 288-6160	February 14 – April 10 Wednesdays, 10 AM – 1 PM

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 needs.



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 ALL OF MARCH**

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 usually meets in person the Wednesday of the month and via Zoom on all other Wednesdays, but will only be virtual in March.* 

Red Hat Mamas

NO MEETING IN MARCH

Next meeting is Tuesday, April 30, 11 am - 2 pm. This vivacious group of women meets monthly at the Madison Senior Center on the last Tuesday of the month.

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

Sponsored by Wellcare on March 14.

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! No BINGO on March 28.





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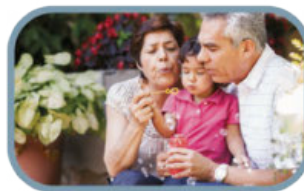


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HEALTH & WELLNESS

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

Laughing Bodies, Dancing Minds

TUESDAYS, 2:30 - 3:30 PM, APRIL 2 – MAY 21

8 WEEK SESSION IS \$54

Come on down to the Madison Senior Center for a movement class with the remarkable Li Chiao-Ping. Her classes focus on warm-up techniques, strength and stretching exercises, core work, breathing and energy flow. No prior dance experience needed. Scholarships available.

Li Chiao-Ping is the Sally Banes Professor of Dance & Vilas Research Professor with the UW-Madison Dance Department. She is also the Artistic Director of Li Chiao-Ping Dance. She has a special interest in working with older adults and demonstrating that dance is beautiful and rewarding at any age.



HASFIT Gentle Exercise

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

Blood Pressure Screening

1ST & 3RD TUESDAYS, 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.



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. *R*

Brain & Body Fitness


THURSDAYS, APRIL 4, 11, 18

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

HEALTH & WELLNESS

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

Ballroom Basics for Balance™

Ballroom Basics for Balance™ (BB4B) is a fun way to improve balance through the basics of dance! This class is for you if you want to get better at moving about your world with more confidence and you want to have fun in the process! No partner or dance experience required. More information, class dates and times, and registration forms can be found at www.ballroombasicsforbalance.org. Financial assistance applications are available at the Madison Senior Center Front Desk. 

BB4B – ADAPTIVE – VIRTUAL

FRIDAYS, JANUARY 26 – MAY 17, 9:30 - 10:45 AM

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. 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. \$115 for this 16-week class. Questions? Contact your instructors Atala: atalanicole@gmail.com or (608) 770-8763; Krista: kabultmannspiro@gmail.com or (608) 335-9252.


BB4B – LATIN, SMOOTH & LINE DANCES – IN PERSON

FRIDAYS, MARCH 1 – MAY 3, 10 - 11:30 AM

This class meets at the Central Library at 201 W. Mifflin St. It is an 8-week course and the cost is \$65. Register online and send payment to the Madison Senior Center.

Foot Care Clinic

THURSDAY, MARCH 28, 9 AM - 3:30 PM |
APPOINTMENT REQUIRED

The Foot Care Clinic will switch to Thursday in March. Kelly has been a CNA for 30 years, and is looking forward to meeting folks at MSC. You must make an appointment. **Bring two towels** to your appointment. Cost is \$30 (\$35 for diabetics). *Cash or check.* 




Who's Taking Care of You?

A three-part series on caring for your own health needs after the age of 60. As we age, what our bodies need also changes, and it's up to you to address your own needs. Discover new ways to optimize your health in later life and engage in some fun wellness activities. Our presenter, Britney Patterson, is a UW-Madison student who graduates in May with a degree in Neurobiology and a minor in Global Health.

*If you aren't able to attend the sessions at the Madison Senior Center, these three workshops will also be presented at Fisher-Taft Apartments and Southridge Apartments in March. Call Laura for dates and times, (608) 267-8650.


WOMEN'S HEALTH IN THE 21ST CENTURY

FRIDAY, APRIL 12, 10 - 11 AM

March is National Women's History Month so what better way to uplift women and acknowledge their unique health issues. Aging is a beautiful thing, and having resources that address your needs makes it that much more enjoyable. 


HOW TO KEEP A SHARP MIND

FRIDAY, APRIL 19, 10 - 11 AM

Unlock the secrets to brain health! Learn memory tips, Alzheimer's research and mental fitness strategies for a sharper you. Join us to discover tips and strategies for maintaining your mental health as you age. 

HEALTH ADVOCACY FOR YOURSELF

FRIDAY, APRIL 26, 10 - 11 AM





Almost everyone has probably experienced dismissive doctors or other health professionals, especially older adults. You aren't dead yet, and you deserve the full attention and respect of the medical professionals you see. There are things that you can do to make sure you are heard. 

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, January 26 - May 17	9:30 - 10:45 am	\$115	Virtual
Ballroom Basics for Balance	Fridays, March 1 - May 3	10:00 - 11:30 am	\$65	MPL
Blood Pressure Screening	1st & 3rd Tuesday, March 5 & 19	11:00 am - 12:00 pm	Free	MSC
Bridge Belles	Mondays	9:00 - 11:00 am	Free	MSC
Computer Lab	Monday - Friday	8:30 am - 3:45 pm	Free	MSC
CQ, CQ, CQ	1st & 3rd Thursdays, March 7 & 21	1:00 - 3:00 pm	Free	OutReach
eFood Pantry	Place orders Monday, 3/18 Pick-up orders Thursday 3/21	10:00 am - 12:00 pm	Free	MSC
Exploring Poetry	Wednesday, March 13	11:00 am - 12:30 pm	Free	MSC
Foot Care Clinic	Thursday, March 28	9:00 am - 1:00 pm	\$30/35	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays, no class 3/28	2:00 - 4:00 pm	Free	MSC
HASfit – Gentle Exercise	Monday - Friday	9:00 - 9:30 am	Free	MSC
Ireland – The Emerald Isle	Wednesday, March 20	1:00 - 2:00 pm	Free	MSC
Laughing Bodies, Dancing Minds	Tuesday, March 5	2:30 - 3:30 pm	\$54	MSC
Movies (titles on page 13)	Tuesdays, no movie 3/26	12:30 - 3:00 pm	Free	MSC
NewBridge Case Manager	1st & 3rd Tuesday, March 5 & 19	10:30 am - 12:30 pm	Free	MSC
Slainte Irish Dancers	Monday, March 11	2:00 - 3:00 pm	Free	MSC
Spanish Conversation	Wednesdays	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
Writing Your Life	Thursdays, February 29 - April 4	10:00 - 11:30 am	Free	Hybrid

March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
				1 9:00 HASfit 9:30 BB4B Adaptive V 10:00 BB4B (MPL) 10:00 PLATO	2/3 March 3 National Cold Cuts Day 
4 9:00 HASfit 9:00 Bridge Belles	5 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Social 10:30 NB Case Manager 11:00 Blood Pressure 12:30 Movie: Leave the World Behind 2:30 LBDM	6 9:00 HASfit 1:30 Spanish Conversation V	7 9:00 HASfit 10:00 Writing Your Life 10:15 BINGO 1:00 CQ (OutReach) 1:30 PLATO	8 9:00 HASfit 9:30 BB4B Adaptive V 10:00 BB4B (MPL) 10:00 PLATO	9/10 March 10 Daylight Savings Time Begins 
11 9:00 HASfit 9:00 Bridge Belles 2:00 Sláinte Irish Dancers	12 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Social 12:30 Movie: Joy Ride	13 9:00 HASfit 11:00 Exploring Poetry 1:30 Spanish Conversation V	14 9:00 HASfit 10:00 Writing Your Life 10:15 BINGO 10:15 Pie Day 1:30 PLATO 2:00 Gay, Gray & Beyond Pi Day π	15 9:00 HASfit 9:30 BB4B Adaptive V 10:00 BB4B (MPL) 10:00 PLATO	16/17 March 17 St. Patrick's Day 
18 9:00 HASfit 9:00 Bridge Belles *ePantry Ordering Day	19 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Social 10:30 NB Case Manager 11:00 Blood Pressure 12:30 Movie: The Miracle Club	20 9:00 HASfit 1:00 Emerald Isle 1:30 Spanish Conversation V	21 9:00 HASfit 10:00 ePantry Pick-Up 10:00 Writing Your Life 10:15 BINGO 1:00 CQ (OutReach) 1:30 PLATO	22 9:00 HASfit 9:30 BB4B Adaptive V 10:00 BB4B (MPL) 10:00 PLATO	23/24 March 23 National Chia Day 
25 9:00 HASfit 9:00 Bridge Belles	26 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Social	27 9:00 HASfit 1:30 Spanish Conversation V	28 9:00 HASfit 10:00 Foot Care Clinic 10:00 Writing Your Life 10:00 Nail Salon	29 9:00 HASfit 9:30 BB4B Adaptive V 10:00 BB4B (MPL) 10:00 PLATO	30/31 March 31 Easter 

Madison Senior Center will close at 1:00 pm March 25 - 29.



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

ENTERTAINMENT

Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm.

March 5

LEAVE THE WORLD BEHIND (2023)

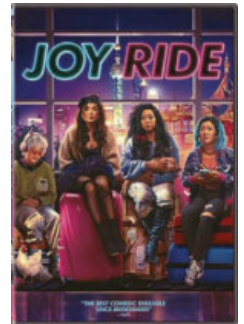
In this apocalyptic thriller, a family's getaway to a luxurious rental home takes an ominous turn. Their vacation is upended when two strangers, a father and his daughter, arrive in the night, bearing news of a mysterious cyberattack and seeking refuge in the house they claim is theirs. The two families reckon with a looming disaster that grows more terrifying by the minute. *Stars: Julia Roberts, Mahershala Ali and Ethan Hawke. Drama, Mystery Thriller. 2 hour 18 minutes. Rated R.*



March 12

JOY RIDE (2023)

This hilarious and unapologetically explicit story of identity and self-discovery centers on four unlikely friends who embark on a once-in-a-lifetime international adventure. Their no holds-barred, epic experience becomes a journey of bonding, friendship, belonging, and wild debauchery that reveals the universal truth of what it means to know and love who you are. *Stars: Ashley Park, Sherry Cola and Stephanie Hsu. Comedy. 1 hour 35 minutes. Rated R.*



March 19

THE MIRACLE CLUB (2023)

Set in 1967, This is a heartwarming film that follows the story of three generations of close friends. There's just one dream for the women of Ballygar, a hard-knocks community in Dublin. They have a tantalizing dream to win a pilgrimage to the sacred French town of Lourdes, that place of miracles that draws millions of visitors each year. *Stars: Maggie Smith, Laura Linney and Kathy Bates. Comedy, Drama. 1 hour 30 minutes. Rated PG-13.*



Be a Movie Sponsor

There are many ways to help out. You can bring popcorn, drinks or other snacks. A financial sponsorship would go towards snacks or the movie rentals. 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 supporting advocacy and programs. Email: info@lgbtoutreach.org | www.lgbtq50plusalliance.org | (608) 255-8582



Gay, Gray & Beyond

2ND & 4TH THURSDAYS, 2 - 4 PM

GG&B is a discussion group for those fortunate enough to have arrived, that is, for those who know the obstacles, but also recognize that there have been joys. Those who look beyond the closet. Let's get together consider our individual selves, our unique strengths and the nature of our ever-changing world.

CQ, CQ, CQ

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.



HearMe, is an on-demand mental wellness app that allows you to text one-on-one with trained empathetic listeners to get things off your chest, be seen, heard, and validated.

In partnership with SAGE, HearMe offers exclusive, round-the-clock access to culturally competent, empathetic LGBTQ+ and allied listeners who understand your life experiences. Our listeners are trained in LGBTQ+ and aging issues.

Sign-up is Quick & Easy! Simply click , Sign Me Up! Enter your name and email, and within the hour, you will receive an email from with instructions on how to download the app and create your account. **Please do not download the app or create an account until you receive this email.**

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.

VOLUNTEERS

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 Monday – Friday, 8:30 am to 1 pm, and 1 pm to 4 pm. Please indicate 2-3 of your preferred shifts.
- 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 time block. (9-11:30 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.



7 Benefits of Volunteering for Older Adults

1. It's good for your physical and mental health
2. It prevents loneliness and isolation
3. It gives you a sense of purpose
4. Allows you to nurture new and existing relationships
5. Bridges the generation gap
6. It helps you learn new skills
7. It increases physical activity

COMMUNITY

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.



Welcome Anita!

Anita recently joined our team at the Senior Center, and you will usually see her at the Front Desk greeting people in the afternoon. Before coming to MSC she was a home health aide specializing in Alzheimer's, dementia and hospice care for twenty years.

When asked what she likes about working at MSC, she said, "EVERYTHING!" Anita is outgoing, and really enjoys getting to know everyone and helping wherever she can. There's a rumor that she loves to talk to anyone who will listen, and she always tries to throw in a kind word or gesture.

When not at the MSC she enjoys reading suspense and thriller novels and playing Yahtzee on her phone. She has an unusual nickname that you will have to ask her about. Family and friends call her Daryl (like the guys on the Newhart show).

Anita grew up in a large family with five brothers and one sister here in Wisconsin. She spent many years in Illinois, but now that she is mostly retired, she is very excited to be back in America's Dairyland.

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 & cancellations 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.

PUZZLE



St. Paddy's Day

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

BLARNEY STONE
 BODHRAN
 CORK
 DUBLIN
 GALWAY
 GUINNESS
 KERRY
 IRISH COFFEE
 LEPRECHAUN
 CORNED BEEF
 SHAMROCK
 CLADDAGH
 PARADE
 GAEILGE
 SHILLELAGH
 GOLD
 HARP
 CASTLE



EPANTRY

ePantry: Food Pantry Online Ordering System

PLACE ORDERS ON MARCH 18

The Madison Senior Center is now a pick-up location for orders placed through the River Food Pantry ePantry. Order food through the ePantry, and pick it up at the MSC. *Our pick-up day is the 3rd Thursday of each month.* Orders can be picked 9:30 – 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.

To learn about ordering and eligibility, call Elizabeth (Mon/Thu) at (608) 267-8673. To place your own order, log on to the River Food Pantry website. Click on “Services” and “ePantry.” Follow the directions. Place orders the preceding Friday through Tuesday. ***Elizabeth will be available on Mondays, 8:30 am – 1:00 pm to provide assistance with ordering.***



FOOD ORDER DATE	FOOD PICK UP DATE
Monday, March 18	Thursday, March 21
Monday, April 15	Thursday, April 18
Monday, May 13	Thursday, May 16

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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 Yolanda Shelton-Morris, (608) 266-6563 or yshelton-morris@cityofmadison.com.

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Senior Center Wish List

- » Cases of Bottled Water
- » Individually Wrapped Snacks
- » Gently Used 17 – 24 inch Monitor
- » Paintbrushes
- » Markers for Coloring
- » BINGO Game
- » Commercial Keurig Coffee Machine
- » Keurig Cups

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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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Address _____ City _____ State _____ Zip _____

Email _____ Amount Enclosed \$ _____

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www.cityofmadison.com/senior-center/donate/donate-today.

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Women's History Month

Women Who Advocate for Equity, Diversity and Inclusion

We need to ...

- » eliminate bias and discrimination entirely from our lives and institutions.
- » recognize women who are committed to embracing everyone and excluding no one in the quest for freedom and opportunity.
- » reevaluate the status quo – look anew at harmful social policies and behaviors.
- » support women when established forces aim to misinterpret, exploit or discredit them.



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