

THE

Messenger



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MARCH, 2023

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Relevant, Inclusive, Enlightened

Madison Senior Center

330 W. Mifflin Street

Madison, Wisconsin 53703

(608) 266-6581

cityofmadison.com/senior-center

Relevant, Inclusive, Enlightened

MSC

55+ MADISON SENIOR CENTER



Irish and Maritime Folk Music

THURSDAY, MARCH 2, 1-2 PM



Get into that St Patrick's Day spirit a little early. Tom Kastle sings folk songs, standards and old time favorites that are born of decades on the road, as well as some special songs and stories gleaned from travels to Ireland and Scotland.



50+ St. Paddy's Day Party

FRIDAY, MARCH 17, 6 - 9 PM

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



Make new friends & find someone who shares a common interest. Join us for a fun, casual social gathering for guests 50 and older. Learn about fun events in Dane County, other networking groups and how to meet people online with similar interests. Enjoy music & dancing, appetizers, wine & beer and door prizes! \$10 Ticket includes all activities, food, and one drink ticket. To register, contact Deenah at (608) 512-0000 or deenahg@newbridgemadison.org.

Sponsored by: Goodman Community Center, NewBridge, Monona Senior Center, and Madison Senior Center.

A Funeral's Carbon Footprint

TUESDAY, MARCH 21, 10-11 AM

Cremation vs. burial: which one leaves a larger environmental footprint? Learn from Nickie Gard and Melissa Theisen about the environmental impact of a funeral home's services and what Gunderson and other funeral homes are doing to combat the rise of these environmental concerns.



FOR YOUR INFORMATION

Directory

Phone.....(608) 266-6581
FAX.....(608) 267-8684
Website..... madisonseniorcenter.org

SENIOR CENTER STAFF

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

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

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

(608) 267-8650, lhunt@cityofmadison.com

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

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

Facility Operations Assistant, Gary Flesher (he, him)
(608) 267-8651, gflesher@cityofmadison.com

Custodian, Ricky Butler (he, him)
(608) 266-6581, rbutler@cityofmadison.com

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

Member of



MISSION STATEMENT

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

OUR VISION

Become known as an inclusive community where older adults thrive.

Program Format & Registration

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

Scholarship Fund

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

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

SUBSCRIBE TODAY!

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

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Phone _____

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

FOR YOUR INFORMATION

Aging & Disability Resource Center (ADRC)

ADRC works with older adults, adults with disabilities and caregivers to connect them to community services that help keep them healthy and safe in the community. They provide a friendly, welcoming place where you can get unbiased information about aging or living with a disability. Their contact information is 2865 N. Sherman Ave, Madison, WI 53704; (608) 240-7400 or email ADRC@countyofdane.com.

NewBridge Madison

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



Area Agency on Aging

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

Like us on Facebook:
facebook.com/MadisonWISeniorCenter



Health & Safety Precautions

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

- ♥ Follow guidance provided by the CDC and Public Health Madison and Dane County.
- ♥ Stay home if you are sick.
- ♥ Masks are welcome and encouraged (but not required).
- ♥ If you appear sick, you may be asked to leave the building.
- ♥ Wash hands often with soap and water for at least 20 seconds.
- ♥ Take advantage of hand sanitizer stations.
- ♥ Use a tissue to cover a cough or sneeze.
- ♥ Social distance when possible.

Haircuts

4TH TUESDAY OF THE MONTH, 9 AM - 1 PM | APPOINTMENT REQUIRED

MSC will offer FREE haircuts once a month by a licensed cosmetologist.

HAIR MUST BE CLEAN. Call (608) 266-6581 to schedule an appointment.



Inclement Weather

When an instructor or presenter calls off because of weather or illness, we will attempt to contact all participants who are registered for that program. Check the website, Facebook page, or call (608) 266-6581 for updates.



Blood Pressure Screening

EVERY OTHER TUESDAY, 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.



LIFELONG LEARNING

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


Philosophy for Life

WEDNESDAYS, 1-2:30 PM - STARTS MARCH 1ST!

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

AARP Safe Driving

WEDNESDAY, MARCH 15, 9 AM - 1 PM

The course teaches proven driving techniques to help keep you and your loved ones safe on the road. 

Additionally you will learn:

- » Facts about the effects of medication on driving.
- » How to reduce driver distractions.
- » How to maintain the proper following distance behind another car.
- » Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- » Techniques for handling left turns, right-of-way, and roundabouts.
- » Age-related physical changes and how to adjust your driving to compensate.
- » **Fee:** \$20 AARP Member and \$25 Non-Member. *Pay instructor with check or cash.*



Food: A Cultural Culinary History

MONDAYS, 1:30-3:30 PM, FEBRUARY 13 – MAY 1

This course explores the history of how humans have produced, cooked and consumed food through the ages. It covers the cultures of the world and the foods that have affected history. Activities will include sampling food! This is a Great Course facilitated by Robin Proud.

Exploring Poetry

**2ND & 4TH WEDNESDAYS,
11 AM - 12:30 PM**

This program is for anyone who enjoys poetry. There will be opportunities to read, recite and write. *Best Words, Best Order* is the title of a collection of essays by the poet Stephen Dobyns which in just those four well-chosen words perfectly describes what a poet aspires to when putting a poem together. Writing poetry is spills and thrills for the beginner and expert, too. There can be countless pitfalls, but sometimes in the writing process 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, MARCH 16 – APRIL 20, 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.

LIFELONG LEARNING

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

Fabric Art Doll Making & Fabric Art

WEDNESDAYS, 1-4 PM

Express yourself using simple sewing techniques. Local artist, Wendy Fern Hutton, guides you through the process of creating something that speaks to your soul—an animal, a medicine doll or maybe a spirit guide. Use fabrics, beads, feathers, ribbons, or anything else you can think of. *R*

Creative Writing

TUESDAYS, APRIL 4, 11, 18, 9:30-11 AM

Introduction to Creative Writing is a series of three workshops for writers of all levels, genres, and mediums Anna Stover and Heidi Rosenberg will guide participants through creative writing foundations. In these workshops, participants will explore where they draw their inspiration from with exercises designed to turn that inspiration into a piece of writing. Participants will create either a poem or story through brainstorming, drafting, workshopping, and revising. The workshops will include time for teaching, writing, and sharing.



Anna Stover has been writing, reading, and performing stories for as long as she can remember. She decided to make a career out of this, receiving a bachelor's degree in writing directing and performance from the University of York and a master's degree in creative writing from the University of Oxford.

Heidi Rosenberg has been an instructor at Madison College teaching first-year writing, literature, and creative writing courses since 2015, and more recently has become the Coordinator for the Community Writing Center, which is part of Madison College's Writing Center.

Technology & Finance

Computer/Technology Assistance

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

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

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

Share your computer challenges or questions with John Weichelt to schedule an appointment at (608) 267-2344 or jweichelt@cityofmadison.com. Understanding and advancing your use of technology is about your ambitions, not about your age.

Computer Lab

The Computer Lab is open during normal building hours for general use. Volunteers are also available **by appointment** to provide basic and advanced tutoring, instruction, and tech support. There is not a printer in the Computer Lab. Bring a USB drive to download material that you would like to print or save.



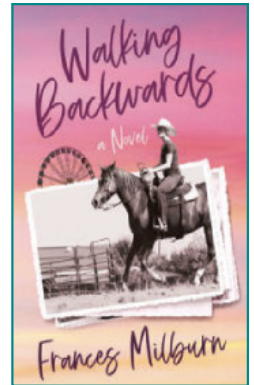
LIFELONG LEARNING

Walking Backwards - Meet Author Frances Milburn

THURSDAY, MARCH 9, 10-11 AM

This touching story is about an older woman whose children declare her no longer able to live in the family home. As Irene relives her past, we learn about a life her children never dreamed she lived... and the tragedies that tore apart two cherished friendships. *R*

Frances Milburn, a retired teacher from Watertown, has just released the novel *Walking Backwards*, centered on a common and current theme: caring for senior parents. She has also written four other books and many short stories, which she is still getting ready for publication.



The History of Hollywood Musicals

MONDAYS, 1-3 PM

This series will look at the evolution of the American movie musical. Each week, we will watch and learn about an important film in the musical genre with an introduction to each film that will include important historical points, fun facts and short biographies of the stars. Join us for a trip through Hollywood musical history.

MARCH 6

The Broadway Melody (1929) – MGM touted this musical as “All Talking! All Singing! All Dancing!” and it won the Best Picture Academy Award. Bessie Love and Anita Page play a sister act trying to crash Broadway and Charles King is the singer who comes between them. Many of the songs have become standards: “You Were Meant for Me,” “The Wedding of the Painted Doll,” and the title tune.



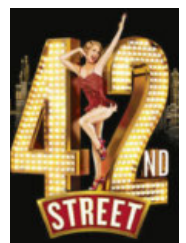
MARCH 13

Love Me Tonight (1932) – French singing star Maurice Chevalier and Jeanette MacDonald star in Rouben Mamoulian’s delightful musical which many critics consider to be one of the best musicals ever made. Rodgers and Hart wrote the score which includes “Isn’t It Romantic,” “Mimi,” and the title song.



MARCH 20

42nd Street (1933) – One of show business's most classic and beloved tales, 42nd Street tells the story of Peggy Sawyer, a talented young performer with stars in her eyes who gets her big break on Broadway. Peggy arrives in New York City from her hometown of Allentown, Pennsylvania, armed with her tap shoes and big dreams.



MARCH 27

I'm No Angel (1933) – Mae West stars as dancer and lion tamer Tira in this romantic comedy. Short of cash, Tira starts performing ever more dangerous stunts until her circus builds up an exciting reputation. But when she meets handsome Jack Clayton (Cary Grant), Tira ends up suing him for breach of contract after their relationship breaks up. Only when Clayton lets her win the case does she realize that she truly loves him.





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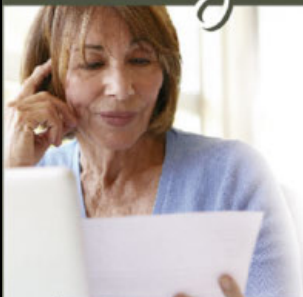


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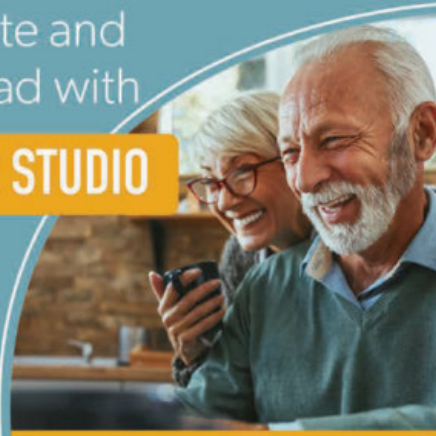
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Madison Senior Center, Madison, WI

A 4C 01-1141

GROUPS, CLUBS & SERVICES

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

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. *R*

Wii Bowling

**MONDAY – FRIDAY,
12:30-2:30 PM**



Gather round for some friendly competition. A great way to get a little exercise and meet other people. This is drop-in. New players welcome!

B-I-N-G-O

WEDNESDAYS, 10:15-11:15 AM

NewBridge is offering BINGO on Wednesdays before lunch. Each BINGO card costs 50 cents (maximum of two cards). You can play for the entire hour with that card. If you get a BINGO, then you win \$1. Any remaining money in the kitty at the end goes to the first person(s) to get a “black out.” Each week there will also be a raffle. Participation in the raffle is free.



Spring Karaoke

TUESDAY, APRIL 18, 10-11:30 AM

Sing along to your favorite songs that remind you of spring and new beginnings.

Nail Salon

**MARCH 6, 15, & 20
11 AM - 1 PM**

Enjoy some “me” time while you visit, get your nails painted and sip tea. Please bring your own polish if you want a specific color. We will have red and clear. This is not a full manicure. Trimming, gel/acrylic removal and application not provided. Call today to schedule your appointment, (608) 266-6581.



Downtown Madison’s Veteran Social

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.

*Following the social, participants age have the option to stay for lunch. Conditions apply and pre-Registration through NewBridge Madison is required, call (608) 512-0000 ext. 4006

If you are interested in signing up ahead of time for the Social contact Rhea Vacha, Local Recovery Coordinator with Madison VAMC Peer Support Program at (608) 256-1901 x18622.

HASFIT Gentle Exercise

Participants generally meet around 9 am, Monday-Friday, for light chair exercise, led by the HasFit program on YouTube. Start your day off right with some gentle movement with friends!



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@lgbt Outreach.org. You can also check out our website, lgbtq50plusalliance.org.

Gay, Gray & Beyond

2ND & 4TH THURSDAYS, 2-4 PM

Meets at MSC, 330 W. Mifflin St.

GG&B is a discussion group for those fortunate enough to have arrived, that is, for those who know the obstacles, but also recognize that there have been joys. Those who look beyond the closet. Let's get together consider our individual selves, our unique strengths and the nature of our ever-changing world. Sponsored by the LGBTQ 50+ Alliance

Queer Faith

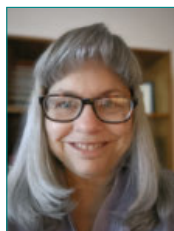
2ND & 4TH TUESDAYS, 7-8:30 PM

Meets at OutReach, 2701 Independence Lane

Join us for our drop-in spiritual space welcoming to all across the spiritual spectrum. We will discuss the joy of Queering of faith/philosophy or other topics as they come forward. Vica-Etta, the convener of this space, is a woman, Queer, transgender who believes deeply that the most important truths of any faith or Philosophy is that we are already wonderful and loved. Join for all or part of the 90 minutes.

Outreach Senior Advocate

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



The Sappho Group

A 50+LESBIAN WOMEN'S' SOCIAL GATHERING

**HELD AT THE FITCHBURG SENIOR CENTER,
5510 LACY RD, FITCHBURG**

3RD WEDNESDAYS, 1:30-3 PM

This confidential group is open to 50+ lesbian women - out, in, single, partnered, married with all sorts of family definitions and beliefs. The social group will include a chance to talk, meet new people, and connect with old friends. Activities will include outings to gay events, group events we create ourselves, and community building projects. If more information is needed, call (608) 270-4290.



CQ, CQ, CQ

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

1ST & 3RD THURSDAYS, 1-3 PM

Meets at OutReach LGBTQ Community Center, 2701 International Lane, Madison, WI 53704

"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.

Sponsored by LGBTQ 50+ Alliance.



MADISON CENTER CENTER PROGRAM & ACTIVITY LIST

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

PROGRAM OR ACTIVITY	DAY & DATE	TIME	COST	LOCATION
AARP Safe Driving	Wednesday, March 15	9:00 am – 1:00 pm	\$20/\$25	MSC
BINGO at Nutrition Site	Wednesdays	10:15 – 11:15 am	50 cents	MSC
Blood Pressure Screening	E/O Tuesday, 3/7 and 3/21	11:00 am – 12:00 pm	Free	MSC
Cardio Dancing	Fridays	9:30 – 10:15 am	Free	MSC
Chair Fit	Fridays	10:15 – 11:00 am	Free	MSC
Computer Lab	Monday - Friday	8:30 am – 4:00 pm	Free	MSC
eFood Pantry	Place orders Tuesday 3/14 Pick-up orders Thursday 3/16	10:00 am – 12:00 pm	Free	MSC
Exploring Poetry	2nd & 4th Wednesdays	11:00 am – 12:30 pm	Free	MSC
Food: A Cultural Culinary History	Mondays, February 13 - May 1	1:30 – 3:30 pm	Free	MSC
A Funeral's Carbon Footprint	Tuesday, March 21	10:00 – 11:00 am	Free	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays	2:00 – 4:00 pm	Free	MSC
Gentle Exercise	Monday - Friday	9:00 – 9:45 am	Free	MSC
History of Hollywood Musicals	Mondays	1:00 – 3:00 pm	Free	MSC
Laughing Bodies, Dancing Minds	Tuesdays, March 21 - May 9	2:00 – 3:00 pm	\$52	MSC
Meet Author Francis Milburn	Thursday, March 9	10:00 -11:00 am	Free	MSC
50+ St. Paddy's Day Party	Friday, March 17	6:00 – 9:00 pm	\$10	Warner
Movies (titles on page 13)	Tuesdays	12:30 – 3:00 pm	Free	MSC
Nail Salon	Mondays, March 6 & 20	11:00 am – 1:00 pm	Free	MSC
Nail Salon	Friday, March 17	11:00 am – 1:00 pm	Free	MSC
NewBridge Case Manager	Monday, March 13	10:30 – 11:30 am	Free	MSC
Non-Traditional Doll Making	Wednesdays	1:00 – 4:00 pm	Supplies	MSC
Philosophy for Life	Wednesdays	1:00 – 2:30 pm	Free	MSC
Spanish Conversation	1st Wednesday in Person 3/1	1:30 – 2:30 pm	Free	MSC/Virtual
Somatic Yoga	Thursday, March 16	1:00 – 3:00 pm	\$15	MSC
Technology Assistance	By appointment	Varies	Free	Virtual
Tom Kastle	Thursday, March 2	1:00 – 2:00 pm	Free	MSC
Veterans' Social	Tuesdays	10:00 – 11:00 am	Free	MSC
Wii Bowling	Weekdays	12:30 – 2:30 pm	Free	MSC
Writing Your Life	Thursdays, 3/16 – 4/20	10:00 – 11:30 am	Free	MSC

Program Partners

The Madison Senior Center partners with a number of other agencies and service providers in Dane County to provide the highest number of quality programs that provide opportunities for successful aging. Sometimes these programs meet at other sites, or the registration is handled by the partner agency. This is indicated in the description.

H = Hybrid

NB = NewBridge

O = Outreach

P = Plato Class

V = Virtual

March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
KEY  H = Hybrid NB = NewBridge O = Outreach P = PLATO Class V = Virtual		1 9:00 Gentle Exercise 10:15 BINGO 1:00 Doll Making 1:00 Philosophy for Life 1:30 Spanish Conv @MSC	2 9:00 Gentle Exercise 1:00 Tom Kastle 1:30 The Play's The Thing (P)	3 9:00 Gentle Exercise 9:30 Cardio Dance 9:30 BB4B V 10:00 BB4B @MPL 10:15 Chair Fit 1:00 1:00 How Jesus Became God (P)	4/5
6 9:00 Gentle Exercise 10:00 Great Literature (P) 11:00 Nail Salon 1:00 Hollywood Musicals 1:30 Culinary History	7 9:00 Gentle Exercise 10:00 Gentle Yoga 10:00 Veterans' Social 11:00 Blood Pressure 12:30 Movie: Fisherman's Friends	8 9:00 Gentle Exercise 10:15 BINGO 11:00 Exploring Poetry 1:00 Doll Making 1:00 Philosophy for Life 1:30 Spanish Conv V	9 9:00 Gentle Exercise 9:45 Preschool 10:00 Meet Author Francis Milburn 1:30 The Play's The Thing (P) 2:00 pm Gay, Gray & Beyond	10 9:00 Gentle Exercise 9:30 Cardio Dance 9:30 BB4B V 10:00 BB4B @MPL 10:15 Chair Fit 1:00 How Jesus Became God (P)	11/12  Sunday Daylight Savings Time Begins
13 9:00 Gentle Exercise 10:00 Great Literature (P) 10:30 NB Case Manager 1:00 Hollywood Musicals 1:30 Culinary History	14 9:00 Gentle Exercise 10:00 Gentle Yoga 10:00 Veterans' Social 12:30 Movie: The Banshees of Inisherin *ePantry Ordering Day	15 9:00 Gentle Exercise 9:00 Safe Driving 10:15 BINGO 1:00 Doll Making 1:00 Philosophy for Life 1:30 Spanish Conv V	16 9:00 Gentle Exercise 10:00 Writing Your Life 10:00 ePantry Pick-Up 1:00 Somatic Yoga 1:30 The Play's The Thing (P)	17 9:00 Gentle Exercise 9:30 Cardio Dance 9:30 BB4B V 10:00 BB4B @MPL 10:15 Chair Fit 11:00 Nail Salon 1:00 How Jesus Became God (P) 6:00 50+ Mixer @ Warner St. Patrick's Day 	18/19
20 9:00 Gentle Exercise 10:00 Great Literature (P) 11:00 Nail Salon 1:00 Hollywood Musicals 1:30 Culinary History  First Day of Spring	21 9:00 Gentle Exercise 10:00 Gentle Yoga 10:00 Veterans' Social 10:00 Carbon Footprint 11:00 Blood Pressure 12:30 Movie: Selena 2:00 Laughing Bodies, Dancing Minds	22 9:00 Gentle Exercise 10:15 BINGO 11:00 Exploring Poetry 1:00 Doll Making 1:00 Philosophy for Life 1:30 Spanish Conv V	23 9:00 Gentle Exercise 10:00 Writing Your Life 1:30 The Play's the Thing (P) 2:00 Gay, Gray & Beyond	24 9:00 Gentle Exercise 9:30 Cardio Dance 9:30 BB4B V 10:00 BB4B @MPL 10:15 Chair Fit 1:00 How Jesus Became God (P)	25/26
27 9:00 Gentle Exercise 10:00 Great Literature (P) 1:00 Hollywood Musical 1:30 Culinary History	28 9:00 Gentle Exercise 10:00 Gentle Yoga 10:00 Veterans' Social 12:30 Movie: Spencer 2:00 Laughing Bodies, Dancing Minds	29 9:00 Gentle Exercise 10:15 BINGO 1:00 Doll Making 1:00 Philosophy for Life 1:30 Spanish Conv V	30 9:00 Gentle Exercise 10:00 Writing Your Life 1:30 The Play's The Thing (P)	31 9:00 Gentle Exercise 9:30 BB4B V 10:00 BB4B @MPL 1:00 Cardio Dance 1:00 How Jesus Became God (P)	



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ENTERTAINMENT

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

Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm.

MARCH 7

Fisherman's Friends (2020)

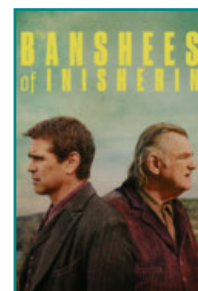
A fast living, cynical London music executive heads to a remote Cornish village where he's pranked by his boss into trying to sign a group of shanty singing fishermen. He struggles to gain the respect or enthusiasm of the unlikely boy band and their families. Soon he is forced to reevaluate his own integrity and ultimately questions what success really means. *Stars: Daniel Mays, James Purefoy, David Hayman. Comedy, Drama, International. 1 hour 36 minutes. Rated PG-13.*



MARCH 14

The Banshees of Inisherin (2022)

Friendship breakups are tough. So, you can imagine the rough patch a man goes through when his lifelong BFF suddenly informs him that he wants to end their relationship—leaving him all alone on a remote Irish island. This is a captivating watch that just won the Golden Globe for Best Motion Picture. *Stars: Colin Farrell, Brendan Gleeson, Kerry Condon. Comedy, Drama. 1 hour 54 minutes. Rated R.*



MARCH 21

Selena (1997)

The true story of Selena, a Texas-born Tejano singer who rose from cult status to performing at the Astrodome, as well as having hart topping albums on the Latin music charts. She faces, race, sex and class barriers around every turn, but her spirit and determination allow her to overcome them all with grace. *Stars: Jennifer Lopez, Edward James Olmos, Jon Seda. Biography, Drama Music. 2 hours 7 minutes. Rated PG.*



MARCH 28

Spencer (2021)

Diana Spencer, struggling with mental-health problems, during her Christmas holidays with the Royal Family at their Sandringham estate in Norfolk, England, decides to end her decade-long marriage to Prince Charles. *Stars: Kristin Steward, Timothy Spall, Sally Hawkins. Biography, Drama. 1 hour 57 minutes. Rated R.*



VOLUNTEER VIEW

Volunteer Opportunities

FRONT DESK RECEPTION

This is the focal point of the Madison Senior Center. If you like to know what's going on and when, and have computer/phone/office skills and experience, then this may be the spot for you. Shifts are 4 hours, weekly and Mon - Fri.

MODERATOR/HOST FOR BOOK CLUB

Are you a person of color who is excited about advancing racial equity and social justice? Help MSC pick books, formulate questions, and lead a monthly hour long book club. This new book club will offer different perspectives. A minimum of 5-6 month commitment is required. This is a grassroots program, and it will be dependent on input from the facilitator.



GAMES VOLUNTEER

Bolster older adult socialization by facilitating card games, board games, and strategy games. Learn the rules, teach others, and organize prizes. Bring your ideas, enthusiasm and gaming spirit to the Madison Senior Center!



ARTIST OF THE MONTH

We have a wonderful gallery space to display your artwork on the second floor of the Madison Senior Center. Tracking is already in place and we provide hooks and line for hanging. Invite your friends and family to see your work anytime during our hours of 8:30am to 4pm; M-F.



FOOT CARE PROFESSIONAL

MUST be Licensed RN or CNA. Provide proper foot care education and perform: inspection; warm foot soak; nail trimming; foot rub with lotion; physician referral (if needed). Looking to schedule once per month at the Madison Senior Center.



OUTREACH (EVENTS/ACTIVITIES)

Expand our offerings and participants at the Madison Senior Center by assisting with outreach into underserved communities. If you enjoy spending time with older adults this may be for you. Work with the Program Coordinator to plan and implement activities in the community. This may include contacting potential vendors, speakers or presenters, and attending the scheduled program or event. Help older adults gain access to services, programs and wellness activities at various community centers and housing complexes.

MOVIE HELPER

Do you love movies and popcorn? If so, you might enjoy being a movie matinee volunteer at the Senior Center. You will get to operate a popcorn machine and prepare delicious snacks for our guests. You will also get to share your movie preferences and suggestions with our staff and help us choose the best films for our weekly screenings. It is a fun and rewarding way to spend an afternoon and make new friends.



PROGRAM FACILITATOR

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

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

FOUNDATION

What Does The MSC Foundation Do?

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

Foundation Board of Directors

- ♥ Sally Miley
- ♥ Tom DeChant
- ♥ Kathy Whitt
- ♥ Harry Engstrom

Impact of Your Donation

Donations allow us to offer wellness programs such as Yoga, Cardio Dancing and Chair Fit at no cost to our participants. Regular exercise enhances mental and physical health. Donations also provide resources to take programs out into the community to neighborhoods housing a disproportionate number of low income and otherwise marginalized older adults. In 2022, we partnered with Fisher-Taft, Romnes and Segoe Terrace Senior Living.



Join the Foundation Board for a Chance to Change Lives

We're looking for talented people to assist with our fundraising and decision making processes on the Senior Center Foundation Board! Provide guidance, solicit and accept funds and other gifts in support of Madison Senior Center and its programs, policies and services for older adults in Madison. Use your skills and talents to increase the number of partnerships and financial stability of the Senior Center so it can become known as an inclusive community where older adults thrive. Contact John Weichelt at jweichelt@cityofmadison.com or (608) 267-2344 to learn more.

PLEASE DONATE TODAY! MADISON SENIOR CENTER FOUNDATION, INC.

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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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HEALTH & FITNESS

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

Fuel for the Future: 2023 National Nutrition Month

"Food is the fuel that keeps your body running smoothly throughout your life, so give it the nutrients it needs to meet each life stage," says registered dietitian nutritionist Amy Bragagnini, a national Academy Spokesperson.

Bragagnini provides helpful eating tips during National Nutrition Month® and all year long:

- » Enjoying more plant-based meals. Purchase foods with minimal packaging. Buy foods in season and shop locally when possible. Start a garden to grow food at home.
- » Plan your meals and snacks to stay nourished and save money. Check your pantry before buying more food, use a grocery list while shopping and shop the sales. Educate yourself about community resources and governmental programs.
- » Eat a variety of foods from all food groups whether fresh, frozen, canned or dried. Include your favorite cultural foods and traditions in your meals. Avoid fad diets, and practice self-love.
- » Learn how to make tasty foods at home, find creative ways to use leftovers, and create happy memories by eating with friends and family when possible.

Each March during National Nutrition Month®, the Academy hosts resources on its website to about making informed food choices and developing sound eating habits.

www.eatright.org/national-nutrition-month-2023

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. No fee, but donations are welcome. *R*

Somatic Yoga

**THURSDAY, MARCH 16, 1-3 PM,
\$15 FEE**



What is Somatics?

"Soma" means body. Somatics is a technique of slow and easy body muscle movements that release tension held in the body. The program was developed by Thomas Hanna.

Program content: In the first hour, gain understanding on the science of chronic pain, learn the concepts of Somatic, and time to ask questions. In the second hour practice what you learned. You will start with assessing your body for habitual patterns that might be causing pain and then practice some easy Somatic Flows that can relieve back, shoulder, and neck pain, as well as pain in other areas of your body.

Taught by Ellen Millar, certified yoga instructor and owner of Easy Yoga Plus.

Chair Fit

FRIDAYS, 10:15-11 AM STARTING IN MARCH

What is Chair Fit? A fun workout that works on improving strength, balance, endurance, flexibility, and range of motion all to the rhythm of fun music. Great for all fitness levels! Exercises are tailored to your fitness level with the goal of gradually improving that level. *R*

Cardio Dancing for 55+

FRIDAYS 9:30-10:15 AM *NEW TIME*

Start out the weekend with an energizing cardio class that will get the blood pumping. This class is for you if you can move around freely without assistance, and would enjoy a class that recreates the dance moves to songs you love at an easily modified intensity to fit your comfort range. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! *R*

COMUNIDAD

Despensa en línea (ePantry): Sistema de Órdenes en Línea de la Despensa de Alimentos para ser recogidos en el Centro Para Adultos Mayores (MSC por sus siglas en inglés)

El Centro Para Adultos Mayores es ahora uno de los sitios para poder recoger las órdenes colocadas a través de la Despensa en Línea *ePantry* de la Despensa de Alimentos River. Eso significa que si usted ordena alimentos a través de la *ePantry*, usted puede recogerlos en el MSC. Todas las órdenes deben ser colocadas el día Martes de la misma semana en que recogerá los alimentos. Nuestra fecha para recoger los alimentos es el 3er Jueves de cada mes. *Las órdenes pueden recogerse entre las 10:00am y las 12:00pm.* Para obtener información acerca de cómo ordenar y la elegibilidad, llame a John al 608-267-2344. Agradecemos a nuestros voluntarios por llevar los alimentos desde la Despensa de Alimentos River hasta el Centro para Adultos Mayores.

El ePantry solo puede ser usado una vez al mes en el Centro para Adultos Mayores de Madison. Basado en el tamaño de su núcleo familiar, las familias seleccionan entre una variedad de alimentos saludables y nutritivos, incluyendo productos frescos, carnes, lácteos, alimentos culturalmente relevantes ofrecidos y opciones para dietas especiales tales como artículos vegetarianos o sin gluten.

Fecha de la Orden de Alimentos	Fecha para Recoger los Alimentos
Martes, 14 de Marzo	Jueves, 16 de Marzo
Martes, 18 de Abril	Jueves, 20 de Abril
Martes, 16 de Mayo	Jueves, 18 de Mayo
Martes, 13 de Junio	Jueves, 15 de Junio

Febrero es el Mes Americano del Corazón Febrero es el Mes Americano del Corazón

NO SE SALTE UN LATIDO: PREPÁRESE PARA LOS ATAQUES AL CORAZÓN

Una crisis a menudo golpea sin previo aviso. Aun cuando los ataques al corazón pueden suceder de improviso, usted puede tomar medidas ahora para prepararse en caso de que le suceda alguno a usted mismo o a sus seres queridos. Cada 40 segundos aproximadamente, alguien en los Estados Unidos sufre un ataque al corazón. Usted puede tomar medidas para prepararse para la posibilidad de un ataque al corazón. La preparación puede ayudarle a salvar una vida.

1. **Conozca los riesgos.** Ciertas condiciones pueden aumentar su riesgo de un ataque al corazón, incluyendo el fumar, tener una presión sanguínea alta y descontrolada, estar con sobrepeso y consumir una dieta poco saludable.
2. **Tenga una conversación franca - de corazón a corazón.** Involucre a sus amigos, sus familiares y sus seres queridos en una conversación acerca de los riesgos de un ataque al corazón, y discutan lo que pueden hacer *juntos* para prevenir un ataque al corazón.
3. **Reconozca las señales.** Los ataques al corazón se ven y se sienten de forma diferente en las mujeres que como se ven y se sienten en los hombres. Además de dolor en el pecho, las mujeres tienen más posibilidades de sentir dificultad para respirar, náuseas y vómitos, y dolor en la espalda, el cuello o la mandíbula.
4. **Manténgase seguro, no arrepentido.** Muchos ataques al corazón comienzan lentamente con un dolor relativamente leve. Esto hace que muchas personas no llamen al 911 tan pronto como debieran.
5. **Anote información importante.** Mantenga un registro de los medicamentos que sus seres queridos están tomando, los medicamentos a los cuales son alérgicos, y las personas a las cuales desean tener como contactos de emergencia.
6. **Enfóquese en la prevención** comiendo de forma saludable, realizando suficientes actividades físicas, sin fumar, manteniendo un peso saludable, y manejando otras condiciones de salud tales como la presión sanguínea alta, el colesterol alto en la sangre y la diabetes.

Obtenga más información en <https://blogs.cdc.gov/publichealthmatters/2017/02/american-heart-month/>

COMMUNITY

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

The Madison Senior Center is now a pick-up location for orders placed through the River Food Pantry ePantry. That means that if you order food through the ePantry, you can pick it up at the MSC. All orders must be placed on the Tuesday of the same week you pick the food up. Our pick-up day is the 3rd Thursday of each month. Orders can be picked 10 am - 12 pm on Thursday, March 16. To learn about ordering and eligibility, call John at (608) 267-2344.



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

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

FOOD ORDER DATE	FOOD PICK UP DATE
Tuesday, March 14	Thursday, March 16
Tuesday, April 18	Thursday, April 20
Tuesday, May 16	Thursday, May 18
Tuesday, June 13	Thursday, June 15

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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



PUZZLE



Spring Word Search



N	Q	F	I	P	F	S	D	R	I	B	L	S	B	F	Z	R
J	V	P	X	X	O	X	S	B	G	P	I	S	R	E	P	S
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Women's History Month 2023



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