

# 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](http://cityofmadison.com/senior-center)



## Asian American Pacific Islander Heritage Month

In 1992, Congress established May as Asian American and Pacific Islander Heritage Month to coincide with two key milestones: the arrival of the nation’s first Japanese immigrants (May 7, 1843) and Chinese workers’ pivotal role in building the transcontinental railroad (completed May 10, 1869). The move expanded what had been Asian/Pacific American Heritage Week since 1978. In 2021, a presidential proclamation expanded this to include Native Hawaiians.

Asian American and Pacific Islander (AAPI) is the term is used to describe a diverse and fast-growing population of 23 million Americans that includes roughly 50 ethnic groups with roots in more than 40 countries.

Be sure to check out our scheduled activities to learn about and honor this group of Americans. Our book table will be available all month, featuring a variety of books about and by Asian Americans. We will also be showing a five part documentary series on Wednesdays throughout the month.



This year for Older Americans Month we want to recognize the profound impact that meaningful relationships and social connections have on our health and well-being.

Connectedness plays a vital role in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

Senior Centers are instrumental in giving older adults the tools and social support they need to age in place and remain independent for as long as possible. Americans are living longer and deserve to have accessible, meaningful, social connections available to them no matter where they live or who they are.

# FOR YOUR INFORMATION

## Directory

Phone ..... (608) 266-6581

Website .....madisonseniorcenter.org

### SENIOR CENTER STAFF

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

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

*Facility Operations Supervisor, Alana LaBeaf (she, her)*

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

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*Facility Operations Assistant, Gary Flesher (he, him)*

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*“The Madison Senior Center promotes successful aging.”*

*AA/EOC Employer and Service Provider*

## Member of



Like us on Facebook:  
facebook.com/MadisonWISeniorCenter



**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 \_\_\_\_\_

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City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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](mailto:lhunt@cityofmadison.com).

## Endorsements

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

## Photography

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



## Health & Safety Precautions

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

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

**Masks are welcomed, available and free. Free Covid tests are available. Ask at the Front Desk.**

## Key Cards – Checking-In

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

## Building Hours

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

## You Belong Here!

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

# LIFELONG LEARNING

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

## New! Coffee Jam

FRIDAY, MAY 3, 10:30 - 11:15 AM




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

## 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. 

## Book Sharing Table

Take some time to browse through our reading table. Every month the theme rotates. In May it will feature books about Asian Americans and Pacific Islanders. 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.



## Benefits of Wellcare

THURSDAY, MAY 16, 1 - 2 PM

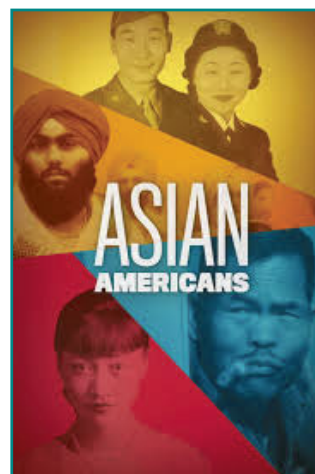
Wellcare representative John Kreft will be at the Madison Senior Center to do a presentation and answer questions about this new service provider in our area. Enjoy free ice cream while you listen.

## Asian Americans: A PBS Documentary Series

WEDNESDAYS, MAY 8, 15, AND 22 1 - 3 PM

PBS is committed to telling stories that illuminate and celebrate the rich diversity of our country. Asian Americans is a five-hour film series that will chronicle the contributions, and challenges of Asian Americans, the fastest-growing ethnic group in America. Personal histories and new academic research will cast a fresh lens on U.S. history and the role Asian Americans have played in it.

- May 8** Episode 1 – Breaking Ground  
Episode 2 – A Question of Loyalty
- May 15** Episode 3 – Good Americans  
Episode 4 – Generation Rising
- May 22** Episode 5 – Breaking Through



## The “Can you hear me?” scam is still ringing

WRITTEN BY TIFFANY SCHULTZ AT THE BETTER BUSINESS BUREAU OF WISCONSIN



The “Can you hear me” scam has been targeting consumers for quite some time, and BBB continues to receive reports. The scam works like this:

You receive a call from someone who almost immediately asks “Can you hear me?” Their goal is to get you to say “yes.” The person on the other end may make up a non-existent problem such as they are having problems with their headset. However, the “Yes” answer you give might be recorded to later scam you down the road, such as being edited by AI technology to make it sound like you authorized a major purchase. Sometimes, the caller will immediately hang up after you say “Yes.”

### TIPS TO AVOID THIS SCAM

- » **Use caller ID to screen calls.** Don’t answer unfamiliar/unsolicited numbers. If the call is important, the caller will leave a message. Only call back after you have researched the unsolicited call.
- » **Just hang up.** If the caller asks you if you can hear them, just hang up.
- » **Join the Do Not Call Registry.** If you’re not sure if you’re on the list, check [donotcall.gov](https://www.donotcall.gov). If you’re not on the list, put yourself on it. This will help cut down on the number of calls you receive.
- » **Check your bank statements.** Check for unauthorized charges. It’s also a good idea to check your phone and cellular statements before you pay. Scammers may use your unauthorized “Yes” to authorize charges on your phone. This is called “cramming” and it’s illegal.
- » **Report it to BBB ScamTracker.** Your report helps to warn others of the scams taking place in the marketplace.

## Computer Lab

The Computer Lab is open during normal building hours for general use. Volunteers are also available by appointment to provide **BOTH** basic and advanced tutoring, instruction, and tech support. Volunteers are usually in the lab on **Tuesdays 10 am – 12 pm** and on **Thursdays, 12:30 – 2:30 pm**. Scheduling an appointment is recommended.



**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](mailto: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](mailto:lhunt@cityofmadison.com) or call (608) 267-8650. *R*

### Downtown Veteran Social

TUESDAYS, 10 - 11:15 AM

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

### Spanish Conversation

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

Do you want to practice your Spanish? Our group meets every week to chat in Spanish. Pop in when you can. There are no attendance requirements. To register, email [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com). Once you are registered, you will be sent the Zoom link. All levels welcome. *R*

### Red Hat Mamas

TUESDAY, MAY 28, 11 AM - 2 PM

This vivacious group of women meets monthly at the Madison Senior Center on the last Tuesday of the month. *R*

## Games

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

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



### B-I-N-G-O

THURSDAYS, 10:15 - 11:15 AM

It is free to play. Any BINGO gets a small prize. The last round played is Blackout.

Each BINGO card for the last round costs

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





Custom Care Plan

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**608-819-0665**

[www.VisitingAngels.com/MadisonWI](http://www.VisitingAngels.com/MadisonWI)



My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

**Visit us today:**  
[mychoicewi.org/LPI](http://mychoicewi.org/LPI)  
**1-800-963-0035**

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

DHS Approved 4/22/2021



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Contact your local ADRC for more information.

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Madison Senior Center, Madison, WI

A 4C 01-1141

# HEALTH & WELLNESS

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

## Blood Pressure Screening

EVERY OTHER TUESDAY, 11:15 AM - 12 PM  
MAY 7 & 21


Keep tabs on your blood pressure. Our volunteer is a trained paramedic, and he would love to have you stop by for a visit.

## HASFIT Gentle Exercise

The HasFit program is available on YouTube. Instructors for the senior sessions focus on strength, flexibility and balance.


## Gentle Yoga

TUESDAYS, 10 - 11 AM


Yoga improves balance, range of motion and flexibility, which are all important, especially as we age. Yoga Accessible for All (YAFA) teachers dedicate themselves to making yoga safe and inviting for anyone who is interested in gaining the benefits ([yafayoga.org](http://yafayoga.org)). We do a combination of seated and standing positions and will always suggest modifications if a pose is not working for you. Please register in advance. 

## Foot Care Clinic


THURSDAY, MAY 16, 9 AM - 3:30 PM |  
APPOINTMENT REQUIRED

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

## Learn to Fall Safely

WEDNESDAYS, 1:30 - 2:30, MAY 8, 15, 22, 29  
*Meets at Madison Circus Space, 2082 Winnebago St.*  
Learn to fall safely and to get back up without injury. Falls are a leading cause of death for older adults in Wisconsin. We will use thick "crash mats" for practicing. Classes are progressive. \$60 fee. Scholarships available. 

## Ballroom Basics for Balance™

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


BB4B – VIRTUAL & INCLUSIVE!

WALTZES, LINE DANCES, RUMBA AND SWING  
JUNE 21 – AUGUST 9, 9:30 - 10:45 AM

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

BB4B – "NEXT STEPS"

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

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



# HEALTH & WELLNESS

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

## Healthy Living with Mild Cognitive Impairment (MCI) Education Series

*Helping people across Wisconsin live and cope with an MCI diagnosis*

**March 15 | June 14 | September 13 | and December 13, 2024**

**9:30–11:30 a.m.**

Register to attend each program in person throughout the year at one of six locations across Wisconsin in Brown, Dane, Dodge, Jefferson, La Crosse, or Rock counties. Or, participate from anywhere, live online via Zoom. **Programs are free and open to the public.**

March 15	June 14	Sept 13	Dec 13
Precision Medicine: Alzheimer's Disease Biomarkers and New Therapies	You Are More Than Your Diagnosis: Adapting to Life with Mild Cognitive Impairment	Heart Health is Brain Health: Reducing Vascular Risk Factors for a Healthier Mind	Amplify Your Life, Sharpen Your Mind: How Managing Hearing Loss Can Help Your Memory
			
Guests: Sterling Johnson, PhD, and Robert Przybelski, MD	Guest: Adrienne Johnson, PhD	Guest: Cynthia Carlsson, MD, MS	Guest: Pamela Souza, PhD

**How to register: Call the Madison Senior Center to attend in-person or register to attend programs online at [adrc.wisc.edu/mci](http://adrc.wisc.edu/mci)**

### Dane County

Event location: Madison Senior Center

To register, contact the Madison Senior Center at 608-266-6581

### About the Series:

Healthy Living with Mild Cognitive Impairment (MCI) is a support and educational series for people with MCI and their care partners. Classes offer attendees guidance and science-backed strategies for living and coping with a diagnosis of MCI.

Join **Nathaniel Chin, MD**, and **Jennifer McAlister, BA**, from the Wisconsin Alzheimer's Disease Research Center, and guest speakers, to learn more about Mild Cognitive Impairment (MCI). Each program will end with a Q&A session.

### Questions?

Contact Jennifer McAlister at 608-262-9640 or [jmcalister@medicine.wisc.edu](mailto:jmcalister@medicine.wisc.edu)



*ADRC of Brown, Dodge, Jefferson, La Crosse, and Rock counties are committed to unbiased service and cannot endorse nor recommend any organization, product, or service.*

# 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
Asian American Pacific Islanders Documentary	Wednesdays May 8, 15, 22	1:00 - 3:00 pm	Free	MSC
Ballroom Basics for Balance -Virtual & Inclusive	Fridays, June 21 – August 9	9:30 - 10:45 am	\$58	Virtual
BB4B “Next Steps”	Thursdays, June 13 - August 15	9:30 - 10:45 am	\$65	Yahara Park
BINGO	Thursdays	10:15 - 11:15 am	Free	MSC
Blood Pressure Screening	1st & 3rd Tuesday, May 7 & 21	11:15 am - 12:00 pm	Free	MSC
Bridge Belles	Mondays	9:00 - 11:00 am	Free	MSC
Case Manager Drop-In Hours	1st & 3rd Tuesdays	10:30 am - 12:30 pm	Free	MSC
Coffee Jam	Friday, May 3	10:30 - 11:15 am	Free	MSC
Computer Lab	Monday – Friday	8:30 am - 3:45 pm	Free	MSC
CQ, CQ, CQ	1st & 3rd Thursdays	1:00 - 3:00 pm	Free	OutReach
eFood Pantry	Place orders Monday, 5/13 Pick-up orders Thursday 5/16	9:00 - 11:00 am	Free	MSC
Exploring Poetry	Wednesday, May 8	11:00 am - 2:30 pm	Free	MSC
Foot Care Clinic	Thursday, May 16	10:00 am - 3:30 pm	\$30/35	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	Monday – Friday	9:00 - 9:30 am	Free	MSC
Laughing Bodies, Dancing Minds	Tuesdays, April 2 – May 21	2:30 - 3:30 pm	\$54	MSC
Learn to Fall Safely	Wednesdays, May 8, 15, 22, 29	1:30 - 2:30 pm	\$60	Madison Circus Space
Movies (titles on page 13)	Tuesdays	12:30 - 3:00 pm	Free	MSC
Nails by Jessica	Wednesdays May 8 & 9	11:00 am - 12:30 pm	Free	MSC
Party at the Park	Friday, May 24	6:00 - 8:00 pm	Free	Brittingham Park
Red Hat Mamas	Tuesday, May 28	11:00 am - 2:00 pm	Free	MSC
Spanish Conversation	Wednesdays	1:30 - 2:30 pm	Free	Virtual
Technology Assistance	By appointment	Varies	Free	MSC
Veterans Social	Tuesdays	10:00 - 11:15 am	Free	MSC
Writing Your Life	Thursday, April 25 – May 23	10:00 - 11:30 am	Free	Hybrid

# May 2024

## Asian American Pacific Islander Heritage Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
		<b>1</b> 9:00 HASfit 1:30 Spanish Conversation <b>V</b> 	<b>2</b> 9:00 HASfit 10:00 Write Your Life 10:15 BINGO	<b>3</b> 9:00 HASfit 9:30 BB4B <b>V</b> 10:00 BB4B @ MPL <b>10:30 "Coffee" Jam</b>	<b>4/5</b> <b>May 5</b> <b>Cinco de Mayo</b> 
<b>6</b> 9:00 HASfit 9:00 Bridge Belles	<b>7</b> 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Social 11:15 Blood Pressure <b>12:30 Movie: The Big Sick</b> 2:30 LBDM	<b>8</b> 9:00 HASfit 11:00 Exploring Poetry <b>11:00 Nails by Jessica</b> <b>1:00 AAPI Part 1 &amp; 2 Documentary</b> 1:30 Spanish Conversation <b>V</b> <b>1:30 Learn to Fall (Madison Circus Space-MCS)</b>	<b>9</b> 9:00 HASfit 10:00 Write Your Life 10:15 BINGO <b>11:00 Nails by Jessica</b> 2:00 Gay, Gray & Beyond <b>6:00 Meet &amp; Mingle @ Goodman</b>	<b>10</b> 9:00 HASfit 9:30 BB4B <b>V</b>	<b>11/12</b> <b>May 12</b> <b>Mother's Day</b> 
<b>13</b> 9:00 HASfit 9:00 Bridge Belles  <b>*ePantry Ordering Day</b>	<b>14</b> 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Social <b>12:30 Movie: Searching</b> 2:30 LBDM  <b>Aging Advocacy Day</b>	<b>15</b> 9:00 HASfit <b>1:00 AAPI Part 3 &amp; 4 Documentary</b> 1:30 Spanish Conversation <b>V</b> 1:30 Learn to Fall (MCS)	<b>16</b> 9:00 HASfit <b>9:00 ePantry Pick-up</b> <b>9:00 Foot Care Clinic</b> 10:00 Write Your Life 10:15 BINGO <b>1:00 Benefits of Wellcare</b>	<b>17</b> 9:00 HASfit 9:30 BB4B <b>V</b>	<b>18/19</b> <b>May 19</b> <b>Malcolm X Day</b> 
<b>20</b> 9:00 HASfit 9:00 Bridge Belles	<b>21</b> 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Social 11:15 Blood Pressure <b>12:30 Movie: Lucky Grandma</b> 2:30 LBDM	<b>22</b> 9:00 HASfit <b>1:00 AAPI Part 4 &amp; Follow-Up Discussion</b> 1:30 Spanish Conversation <b>V</b> 1:30 Learn to Fall (MCS)	<b>23</b> 9:00 HASfit 10:00 Write Your Life 10:15 BINGO 2:00 Gay, Gray & Beyond	<b>24</b> 9:00 HASfit <b>6:00 Party @ the Park</b>	<b>25/26</b> <b>May 26</b> <b>Paper Airplane Day</b> 
<b>27</b> 	<b>28</b> 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Social 11:00 Red Hats <b>12:30 Movie: M*A*S*H</b>	<b>29</b> 9:00 HASfit 1:30 Spanish Conversation <b>V</b> 1:30 Learn to Fall (MCS)	<b>30</b> 9:00 HASfit 10:15 BINGO	<b>31</b> 9:00 HASfit	





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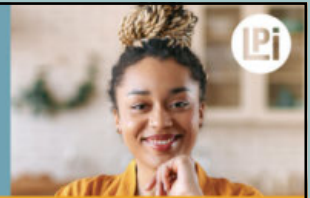
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# ENTERTAINMENT

## Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm. Free popcorn!

### May 7

#### THE BIG SICK (2017)

A Pakistan-born comedian Kumail Nanjiani and grad student Emily Gardner fall in love but struggle as their cultures clash. When Emily contracts a mysterious illness, Kumail finds himself forced to face her feisty parents, his family's expectations, and his true feelings. *Stars: Kumail Nanjiani, Zoe Kazan and Holly Hunter. Comedy, Drama, Romance. 2 hour 3. Rated R. Based on a true story.*



### May 14

#### SEARCHING (2018)

After his teenage daughter goes missing, and an immediate police investigation leads nowhere, a desperate father tries to find clues on her laptop. Hoping to trace her digital footprints. He contacts her friends and looks at photos and videos for any possible clues to her whereabouts. *Stars: John Cho, Debra Messing and Joseph Lee. Drama, Mystery, Thriller. 1 hour 42 minutes. Rated PG-13.*



### May 21

#### LUCKY GRANDMA (2019)

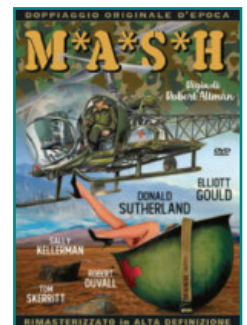
Set in New York City's Chinatown, an ornery, chain-smoking Chinese grandma goes all in at the casino, landing herself on the wrong side of luck – and in the middle of a gang war. *Stars: Tsai Chin, Hsiao-Yuan Ha and Michael Tow. Comedy, Thriller. 1 hour 27 minutes. Not Rated.*



### May 28

#### M\*A\*S\*H (1970)

Based on the novel by Richard Hooker, M\*A\*S\*H follows a group of Mobile Army Surgical Hospital officers as they perform surgery and pass the time just miles from the frontlines of the Korean Conflict. Led by Captains Hawkeye Pierce and Trapper John McIntyre, they add to the chaos and hilarity of the situation. *Stars: Donald Sutherland, Elliott Gould and Tom Skerritt. Comedy, Drama, War. 1 hour 56 minutes. Rated R.*



# LGBTQ 50+ ALLIANCE

The **LGBTQ 50+ Alliance** is sponsored by *OutReach Community Center* and the *Madison Senior Center*. Its purpose is to create a better quality of life for LGBTQ older adults by building partnerships with senior service providers and provide social opportunities. Call (608) 255-8582 for more information or email [info@lgbtoutreach.org](mailto:info@lgbtoutreach.org). You can also check out our website, [lgbtq50plusalliance.org](http://lgbtq50plusalliance.org).

## Gay, Gray & Beyond (GGB)

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

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

## CQ, CQ, CQ

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

**1ST & 3RD THURSDAYS, 1 - 3 PM**

*Meets at OutReach, 2701 International Ln.*

"Exploring Spirituality" is now "CQ" (curious queers), same people, time, place, but expanded topics. Members decide topics and provide presentations. Visits to other LGBTQ Groups, free community concerts, museums, nature walks, etc. are encouraged.

**Intergenerational Appeal: We'll learn where we are from you, and you can learn how we got there from us.**

## LGBTQ 50+ Alliance is A SAGECollab Partner!

What is SAGE? It is a nationwide non-profit agency that advocates for LGBTQ+ elders through activism, resource centers, cultural competency training, and much more. **SAGECollab** partners serve or advocate with older LGBTQ+ elders at the local level. If you are interested in having a voice, please email [karenlkane13@gmail.com](mailto:karenlkane13@gmail.com) or [kristim@outreach.org](mailto:kristim@outreach.org).



## Volunteer Opportunities

The LGBTQ 50+ Alliance needs volunteers to help with socializing, having fun, planning and executing programs and events. There are many different levels of involvement possible. Here are some potential examples:

- » Help on the day of an event with set-up and clean-up
- » Be on a planning committee for an event
- » Lead a workshop or a class on something you know well
- » Facilitate a discussion group
- » Join the LGBTQ 50+ Steering Committee
- » Assist with social media and promoting events/ programs

If you think that you may be interested, call Kristi Mason from OutReach at (608) 255-8582 or Laura Hunt from the Senior Center at (608) 267-8650.

## 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](mailto:kristim@outreach.org).



# VOLUNTEERS

## Volunteers Needed!

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

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

1. **Front Desk/reception:** Meet, greet, and help people by volunteering weekly at the front desk reception area. Answer and route telephone calls. Provide accurate information about programs, register participants. MUST have computer/phone/office skills and experience. Shifts are Tuesday – Thursday, 1:30 to 4:00 pm.
2. **Computer Lab volunteer:** Troubleshoot issues in our computer lab, assist seniors in completing their identified tasks. Answer questions regarding tech resources and computer functions. Schedule a regularly recurring two hour time block. (9:30-11:30 M-F or 1:30-3:30 T-TH; State time and day preference)
3. **Group or Class Leader:** Tell us what kind of group or class you would like to lead! A book club discussion? An art or craft class? Writing? Knitting? This can be a onetime only event or a recurring class. Let us know your interests!
4. **Volunteer group opportunities – Client Focused:** Would your group like to come in and wrap gifts at Christmas? Do a singalong with our lunch crowd? Let us know what interests you.
5. **Volunteer group opportunities – Facility Focused:** Would your group like to help us with a gardening project? Beautifying our patio? Let us know what interests you.





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



## 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](mailto:ADRC@countyofdane.com).

## Hmong Institute

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

## 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](mailto:AAA@countyofdane.com).

## 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](http://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

## MAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Jimmy and Evelyn Johnson - [www.qets.com](http://www.qets.com)

Birds	Hose	Seeds
Butterfly	Maypole	Soil
Emerald	Memorial	Spring
Flowers	Mother	Sprout
Garden	Nest	Sunshine
Grass	Plant	Taurus
Honeybee	Rain	Wheelbarrow

# EPANTRY

## ePantry: Food Pantry Online Ordering System

PLACE ORDERS ON MAY 13

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. *Our pick-up day is the 3rd Thursday of each month (May 16).* Orders can be picked 9 – 11 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 (608) 266-6581. Orders must be placed online. If you don't have a computer, or would like a assistance you can use our Computer Lab to place your order. Assistance is available on the order dates listed below.

FOOD ORDER DATE	FOOD PICK UP DATE
Monday, May 13	Thursday, May 16
Monday, June 17	Thursday, June 20
Monday, July 15	Thursday, July 18

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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.

### FOUNDATION BOARD OF DIRECTORS

Tom DeChant - President  
Kathy Whitt  
Sally Miley  
Jan Cliff

### Senior Center Wish List

- » Cases of Bottled Water
- » Individually Wrapped Snacks
- » Gently Used 17 – 24 inch Computer Monitor
- » Markers for Coloring
- » BINGO Game
- » Keurig Cups
- » Ping Pong Table
- » Pool Table
- » Chess Game
- » Gymnastics Crash Pads



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