



THE

Messenger



VOLUME 43, NUMBER 1

JANUARY, 2026

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

MSC
55+ MADISON SENIOR CENTER

Chillin' in Paradise with Bahama Bob!

THURSDAY, JANUARY 15, 12 – 1 PM

Let Bahama Bob's "Island Music" take you away to the land of palm trees and fresh ocean breezes. Often referred to as the "happiest music on earth", Bahama Bob will instantly transport you to a warmer clime as he performs the melodies to all your favorite styles of Caribbean and Island music on a traditional hand-made steel drum from Trinidad. Beach clothing and hats are encouraged! 



West Mifflin Mural Update - Let Your Voice be Heard!

We are extending our survey for the mural that will be going up at the Madison Senior Center (MSC) dining site. We announced this exciting project in November, but in case you missed it, in March and April of this year, artists from Developing Artists, Murals & Alliances (DAMA) will lead multiple community painting programs at MSC that will result in a mural to be put up at our dining site. DAMA has taken the lead on many community art projects throughout Madison and we are thrilled to be partnering with them! Provide your input by filling out the survey either online or in person at MSC. Go to www.surveymonkey.com/r/N9W8R7G or scan the QR code below. We want the mural to provide a welcoming feeling to all older adults and to center your voice, so take this opportunity to have your say!

This project is supported in part by a grant from the Wisconsin Arts Board with funds from the State of Wisconsin and the National Endowment for the Arts. The Madison Senior Center Foundation (MSCF) applied for the grant and will fund the additional amount needed for the project.



Madison Senior Center Foundation, Inc.

www.madisonseniorcenter.org



FOR YOUR INFORMATION

Directory

Phone (608) 266-6581

Website madisonseniorcenter.org

SENIOR CENTER STAFF

Community Resources Manager, Yolanda Shelton-Morris (she, her)
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Front Desk Associate, Beatrice Gonzalez (she, her, they, them)
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The Madison Senior Center promotes successful aging.
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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.

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

FOR YOUR INFORMATION

Scholarship Fund

Scholarships are available to people age 55 and older with annual income less than \$31,300 (one person) or \$42,300 (two people) for programs and events. The application is simple and all information is confidential. Call 266-6581 or email seniorcenter@cityofmadison.com

Endorsements

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

Photography

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



Health & Safety Precautions

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

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

Masks are welcome and available for free at the front desk.

Key Cards – Checking-In

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

*Note: If you are at the Senior Center for lunch, you will also have to check-in at the NewBridge Nutrition Site.

Building Hours

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

You Belong Here!

If you are age 55 or older you belong at the Madison Senior Center. If you don't see a program relevant to your needs or interests, let us know. Call us at (608) 266-6581 or email seniorcenter@cityofmadison.com

Language Access Program

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

LIFELONG LEARNING

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

Craft & Coffee: Negative Space Painting

MONDAY, JANUARY 26, 9:30 – 11 AM

Join us for coffee, crafting, and camaraderie. In January we will paint over tape which is then removed, revealing a precise design left in the negative space – much like the negative of a photograph. It's relaxing and rejuvenating to let your creative juices flow! All supplies provided. 

Craft With Kids

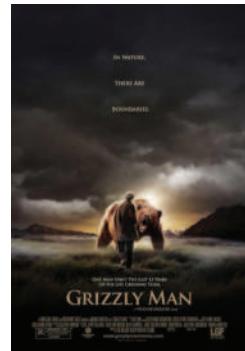
4TH WEDNESDAYS, 9:30 – 11 AM

Join our visiting preschool class for a craft and activities. Registration is required, and we are looking for older adults who can commit to attending multiple craft days. 

Docs to Digest: *Grizzly Man*

THURSDAY, JANUARY 22, 12:30 – 2:30 PM

Join us in the Senior Center lounge once a month for a special post-lunch documentary screening. In January, we will watch *Grizzly Man* (2005): Pieced together from Timothy Treadwell's actual video footage, Werner Herzog's remarkable documentary examines the calling that drove Treadwell to live among a tribe of wild grizzly bears on an Alaskan reserve. A devoted conservationist with a passion for adventure, Timothy believed he had bridged the gap between human and beast. When one of the bears he loved and protected tragically turns on him, the footage he shot serves as a window into our understanding of nature and its grim realities.



Exploring Poetry

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

This program is for anyone who enjoys poetry. There are opportunities to read, recite and write. Writing poetry is spills and thrills for the beginner and expert, too. There are countless small pitfalls, but sometimes in the writing something happens, an "ah ha" moment where the poet feels they can say precisely what needs to be said. Led by Mark Kraushaar. 



Line Dance Class

**WEDNESDAYS, JANUARY 7 – FEBRUARY 18,
10 – 10:50 AM**

Get ready to step, shuffle, and groove in our fun and friendly Line Dance Class designed especially for older adults! Instructor Tara Jackson is offering six sessions, where you'll learn popular line dances including Boots on the Ground, Cowgirl Trailride, Cleveland Shuffle, and Bad Boy by Luther Vandross. Whether you prefer to dance standing or seated, everyone is welcome to join and move at their own pace. Classes are free - come enjoy great music, light exercise, and a chance to connect with others in a supportive environment. No prior experience needed — just bring your enthusiasm! 

Participatory Learning and Teaching Organization (PLATO)

PLATO is a community of intellectually curious adults, typically 50 and over, which explores subjects of interest through member-led discussion groups, lectures, travel, and cultural activities. Visit www.platomadison.org for a full list of programs and host locations, and to sign up for membership and events.

» **Fictional Detectives**

THURSDAYS THROUGH FEBRUARY 5, 9:30 AM – 12 PM

LIFELONG LEARNING

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

Podcast Discussion Group

**ALTERNATING TUESDAYS STARTING
JANUARY 20, 9 – 10 AM**

We will watch a video podcast or listen to an audio podcast about a local issue and discuss it afterwards while enjoying coffee and refreshments! This month we will discuss government-funded financial aid for higher education and the bill currently making its way through the WI Legislature that would establish a University of Wisconsin System tuition grant program.



Second Friday Open Mic (for January only – CLOSED JAN 2)

FRIDAY, JANUARY 9, 10 – 11 AM

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



Third Thursday Entertainment: Chillin' in Paradise with Bahama Bob!

THURSDAY, JANUARY 15, 12 – 1 PM

Let Bahama Bob's "Island Music" take you away to the land of palm trees and fresh ocean breezes. Often referred to as the "happiest music on earth", Bahama Bob will instantly transport you to a warmer clime as he performs the melodies to all your favorite styles of Caribbean and Island music on a traditional hand-made steel drum from Trinidad. Beach clothing and hats are encouraged! 

Watercolor Painting

WEDNESDAYS, 9 - 11 AM

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

Writing Your Life

**THURSDAYS, JANUARY 22 – FEBRUARY 26, 10 – 11:30 AM,
VIRTUAL OPTION (EMAIL FOR LINK)**

We all have stories to tell about our life experiences, friends, and families. Some of these stories encompass the joys of achievement, celebration, milestone moments, and love. Others detail the harder parts of life: jealousy, betrayal, sadness, loss. Our stories define us.

The Greater Madison Writing Project's "Writing Your Life" workshops help you find the stories you want to tell and give you writing strategies to craft them into the stories that you want to share. Each 90-minute session includes exploration of different writing strategies and opportunities to write and seek feedback in a welcoming and enthusiastic community. Led by Mark Nepper. 



TECHNOLOGY & FINANCE

Computer Lab

The Computer Lab is open during normal building hours for general use. Volunteers are also available by appointment to provide both basic and advanced tutoring, instruction, and tech support. Public printing is not available. If you need 1:1 assistance, scheduling an appointment is recommended. Call 608-267-6581 or email seniorcenter@cityofmadison.com



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

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

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

One-on-one Assistance

Call for the latest Computer Lab volunteer hours and to sign up for assistance. Many of our volunteers are students who are unavailable throughout most of January as they are figuring out their start-of-semester schedule, but we should have a couple on hand throughout the month!

Help is available at these times at minimum:

- » Tuesday 10 - 11 AM
- » Thursday 9:30 - 11:30 AM

End of Life Planning

WEDNESDAY, FEBRUARY 4, 10 – 11 AM

End of life planning is crucial for ensuring your medical, financial, and personal wishes are respected, providing clarity for your loved ones and reducing their burden. Local elder law attorneys Amy Devine and Abby Churchill will present and answer your questions. Advanced registration requested. 



Using MyChart by Epic

MONDAY, JANUARY 12, 10 – 11 AM

A MyChart trainer will cover the basics, providing tips on how to best leverage this powerful health tool. The trainer will also assess usability, using your feedback to improve the patient experience of this medical software. 



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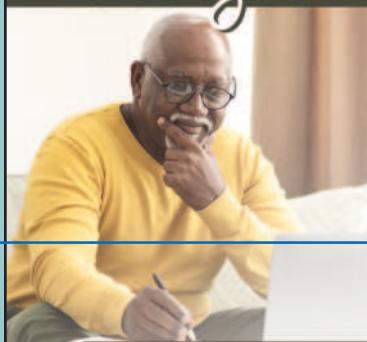
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Madison Senior Center, Madison, WI

A 4C 01-1141

HEALTH & WELLNESS

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

Ballroom Basics for Balance™

Ballroom Basics for Balance™ (BB4B) is a fun way to improve balance through the basics of dance! Registration forms can be found at www.ballroombasicsforbalance.org, or you can use the QR code below, or contact instructor Susan Frikken at 608-692-8794. Registration is required; a wait list is kept for future vacancies. 

BALLROOM BASICS FOR BALANCE

FRIDAYS, FEBRUARY 20 - MAY 8, 10 – 11:30 AM

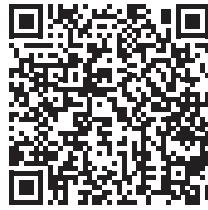
MADISON PUBLIC LIBRARY, 201 W MIFFLIN ST

REGISTER BY FRIDAY, FEBRUARY 13

\$90 for 12 weeks (financial assistance available)

This is our original, core curriculum! A mix of levels from beginner to experienced.

You move independently, with or without the help of a device like a cane or walker. You may want a spotter every once in a while, or you may not need one at all.



BALLROOM BASICS FOR BALANCE: INCLUSIVE

VIRTUAL

FRIDAYS, JANUARY 23 – MAY 15 (NO CLASS

MARCH 27), 9:30 – 10:45 AM

\$115 for 16 weeks (financial assistance available)

Our class is a welcoming Friday morning community that you can join from anywhere via Zoom. We have seated and standing variations, so you can dance as you recover from an injury or manage a chronic illness. Each week we explore a balance tip like mindful movement, safe ways to get up and down from the floor, or winter safety along with dancing!

Please check with your doctor or physical therapist to see if a balance class would be right for you. Beginners and continuing students welcome.



BALLROOM BASICS FOR BALANCE: NEXT STEPS

VIRTUAL

TUESDAYS, JANUARY 6 - FEBRUARY 10, 1 – 2:15 PM

REGISTER BY FRIDAY, JANUARY 2

\$46 for 6 weeks (financial assistance available)

If you feel you are an experienced mover or have taken a few of our classes before, this one is for you!



Blood Pressure Screening

1ST & 3RD TUESDAYS, 11:15 AM – 12 PM

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

Foot Care Clinic – \$25

FRIDAY, JANUARY 16, 9 AM – 12 PM |

APPOINTMENT REQUIRED

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

Gentle Yoga

TUESDAYS, 10 – 11 AM

Yoga improves balance, range of motion and flexibility, which are all important, especially as we age. Yoga Accessible for All (YAFYA) 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. Please register in advance. No fee, but donations are welcome. 

HEALTH & WELLNESS

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

Gut Health and Diabetes

TUESDAY, JANUARY 27, 10 – 11 AM

Join UW graduate students as they present about the biological and physiological basis of obesity and diabetes. Learn about why maintaining adequate body weight and having a diet promoting insulin sensitivity are important. 

HASFIT Gentle Exercise

MONDAY – FRIDAY, 9 – 9:30 AM, CLOSED JAN 1, 2 & 19

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

In Care Of Virtual Exhibition

Visit <https://sites.google.com/wisc.edu/in-care-of/home> to see "Postcard-Sized Portrayals of Caregiving in Wisconsin" - a moving exhibition from the UW-Madison School of Human Ecology.

Laughing Bodies, Dancing Minds

TUESDAYS, JANUARY 20 – MARCH 10, 1 – 2 PM

\$80 for 8-week session (financial assistance available)
Classes focus on warm-up techniques, strength and stretching exercises, core work, breathing, and energy flow. No prior dance experience needed. Instructor Li-Chiao Ping is the Sally Banes Professor of Dance & Vilas Research Professor with the UW-Madison Dance Department. She has a special interest in working with older adults and demonstrating that dance is beautiful and rewarding at any age. 

Memory Lane

MONDAY, JANUARY 5, 9:30 – 10:30 AM

Take a trip down memory lane with Susan U. During each session we will discuss and learn trivia from different categories covering past decades. Boost your brain power! Have fun recalling events, songs, movies, and other memories that are tucked away! Come to one or both sessions – the content will be different each time. 

Rosen Method Movement

MONDAYS, JANUARY 5 - FEBRUARY 23, 11 – 11:50 PM, CLOSED JAN 19

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

Welcome to Medicare Seminar

**SATURDAY, JANUARY 17, 9 – 11:30 AM
VIRTUAL**

What you need to know about enrolling in Medicare! If you are turning age 64 this year, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options! Do you understand what Medicare is and isn't, how to avoid penalties for late enrollment in Medicare, and how to get the most out of your health and prescription benefit plans? Some decisions and actions about Medicare can take place 3-6 months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit. Want easy to understand answers to all of these complex questions? Sign up to attend this free seminar! By attending, you'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs. Registration: email AAA@danecounty.gov by **JANUARY 9.** 

GROUPS, GAMES & CLUBS

B-I-N-G-O

THURSDAYS, 10:15 - 11:15 AM

CLOSED JANUARY 1

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

Book Club

2ND & 4TH FRIDAYS, 10:15 – 11:15 AM

Join our Friday Book Club! Anyone who enjoys reading is welcome to join us. Club members will choose books and activities. We will use library book club kits; call Laura at 608-267-8650 to reserve yours and to learn about the next selection! 



Bridge Belles

MONDAYS, 9 - 11 AM, CLOSED

JANUARY 19

A group of women improving their duplicate bridge skills in a relaxed atmosphere; working knowledge of Bridge needed. New players are always welcome!

Spanish Conversation

WEDNESDAYS, 1:30 - 3 PM VIRTUAL

Do you want to practice your Spanish?

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



- **Spirit Days**
- **FRIDAYS, 8:30 AM - 11 PM, CLOSED JANUARY 2**
- Participate in a Spirit Day activity and win a prize!
• Each Spirit Day is a new chance to win.
- **JANUARY 9 NATIONAL WORD NERD DAY**
- Play a word game to show off your scholarly skills!
- **JANUARY 16 REMEMBERING MARTIN LUTHER KING, JR**

• Share your favorite quote from Dr. King.
- **JANUARY 23 CLASHING CLOTHES DAY**
• Don an outfit with mismatched patterns and colors!

- **JANUARY 30 NATIONAL FUN AT WORK DAY**
• Tell us your favorite work-appropriate way to have fun!






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PROGRAM & ACTIVITY LIST

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

PROGRAM/ACTIVITY	DAY & DATE	TIME	COST	LOCATION
Ballroom Basics for Balance	Fridays, Feb 20th - May 8th	10:00 – 11:30 am	\$90	MPL
Ballroom Basics for Balance: Inclusive	Fridays, Jan 23rd - May 15th	9:30 – 10:45 am	\$115	Virtual
Ballroom Basics for Balance: Next Steps	Tuesdays, Jan 6th - Feb 10th	1:00 – 2:15 pm	\$46	Virtual
Blood Pressure Screening	1st & 3rd Tuesdays	11:15 am – 12:00 pm	Free	MSC
Book Club	2nd & 4th Fridays	10:15 – 11:15 am	Free	MSC
Craft & Coffee: Negative Space Painting	Monday, Jan 26th	9:30 – 11:00 am	Free	MSC
Docs to Digest: <i>Grizzly Man</i>	Thursday, Jan 22nd	12:30 – 2:30 pm	Free	MSC
End of Life Planning	Wednesday, Feb 4th	10:00 – 11:00 am	Free	MSC
ePantry	Order Jan 9th, 12th, 13th; pickup Jan 15th	9:00 – 11:30 am	Free	MSC
Exploring Poetry	2nd Wednesdays	11:00 am – 12:30 pm	Free	MSC
Foot Care Clinic	3rd Fridays	9:00 am – 12:00 pm	\$25	MSC
Gentle Yoga	Tuesdays	10:00 – 11:00 am	Free	MSC
Gut Health and Diabetes	Tuesday, Jan 27th	10:00 – 11:00 am	Free	MSC
Laughing Bodies, Dancing Minds	Tuesdays, Jan 20th - Mar 10th	1:00 – 2:00 pm	\$80	MSC
Line Dance Class	Wednesdays, Jan 7th - Feb 18th	10:00 – 10:50 am	Free	MSC
Memory Lane	Monday, Jan 5th	9:30 – 10:30 am	Free	MSC
PLATO: Fictional Detectives	Thursdays, Jan 8th - Feb 5th	9:30 am – 12:00 pm	PLATO fees	MSC
Podcast Discussion Group	Tuesday, Jan 20th	9:00 – 10:00 am	Free	MSC
Rosen Method Movement	Mondays through Feb 23rd, CLOSED Jan 19th	11:00 – 11:50 am	Free	MSC
SECOND Friday Open Mic	Friday, Jan 9th	10:00 – 11:00 am	Free	MSC
Spanish Conversation	Wednesdays	1:30 – 3:00 pm	Free	Virtual
3rd Thursday Entertainment: Bahama Bob	Thursday, Jan 15th	12:00 – 1:00 pm	Free	MSC
Using MyChart by Epic	Monday, Jan 12th	10:00 – 11:00 am	Free	MSC
Welcome to Medicare	Saturday, Jan 17th	9:00 – 11:30 am	Free	Virtual
Writing Your Life	Thursdays, Jan 22nd - Feb 26th	10:00 – 11:30 am	Free	MSC

JANUARY 2026

Happy New Year!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>HASFit Gentle Exercise, Every day, 9:00</p>			1 MSC CLOSED: Happy New Year!	2 MSC CLOSED: Happy New Year!
5 9:00 Bridge Belles 9:00 Memory Lane 11:00 Rosen Method Movement	6 10:00 Gentle Yoga 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>Black Bag</i> 1:00 BB4B: Next Steps V	7 9:00 Watercolor Painting 10:00 Line Dance Class 1:30 Spanish Conv V	8 9:30 PLATO - Fictional Detectives 10:15 BINGO 2:00 Gay, Gray, & Beyond	9 10:00 SECOND Friday Open Mic 10:15 Book Club Spirit Day: Word Nerd Day
12 9:00 Bridge Belles 10:00 Using MyChart by Epic 11:00 Rosen Method Movement *ePantry Ordering Day	13 10:00 Gentle Yoga 12:30 Movie: <i>Roofman</i> 1:00 BB4B: Next Steps V	14 9:00 Watercolor Painting 10:00 Line Dance Class 11:00 Exploring Poetry 1:30 Spanish Conv V	15 9:00 ePantry Pick-Up 9:30 PLATO - Fictional Detectives 10:15 BINGO 12:00 Third Thursday Entertainment: Bahama Bob	16 9:00 Footcare Clinic Spirit Day: Remembering Martin Luther King, Jr.
19 MSC CLOSED: In Honor of Martin Luther King, Jr.	20 9:00 Podcast Disc Grp 10:00 Gentle Yoga 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>Hidden Creek</i> 1:00 Laughing Bodies, Dancing Minds 1:00 BB4B: Next Steps V	21 9:00 Watercolor Painting 10:00 Line Dance Class 1:30 Spanish Conv V	22 9:30 PLATO - Fictional Detectives 10:00 Writing Your Life 10:15 BINGO 12:30 Docs to Digest: Grizzly Man 2:00 Gay, Gray & Beyond	23 9:30 BB4B Inclusive V 10:15 Book Club Spirit Day: Clashing Clothes Day
26 9:00 Bridge Belles 9:30 Crafts & Coffee: Negative Space Painting 11:00 Rosen Method Movement	27 10:00 Gentle Yoga 10:00 Gut Health & Diabetes 12:30 Movie: <i>Butch Cassidy & Sundance Kid</i> 1:00 Laughing Bodies, Dancing Minds 1:00 BB4B: Next Steps V	28 9:00 Watercolor Painting 9:30 Craft with Kids 10:00 Line Dance Class 1:30 Spanish Conv V	29 9:30 PLATO - Fictional Detectives 10:00 Writing Your Life 10:15 BINGO	30 9:30 BB4B Inclusive V Spirit Day: National Fun at Work Day

MOVIES

Movie Matinees

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

JANUARY 6

Black Bag (2025)

In this gripping spy drama, intelligence agent Kathryn Woodhouse is suspected of betraying the nation. Her husband – also a legendary agent – faces the ultimate test of whether to be loyal to his marriage, or his country. *Stars: Michael Fassbender, Gustaf Skarsgård, and Cate Blanchett. Psychological Thriller, Drama, Romance. 1 hour 33 minutes. Rated R.*



JANUARY 13

Roofman (2025)

Based on an unbelievable true story. An army veteran and struggling father turns to robbing McDonald's restaurants by cutting holes in their roofs. After escaping prison, he secretly lives inside a store. There, he adopts a new identity and becomes involved with an employee, in a relationship as unlikely as it is risky. *Stars: Channing Tatum, Kirsten Dunst, and Lakeith Stanfield. Comedy, Drama, Romance. 2 hours 6 minutes. Rated R.*



JANUARY 20

Hidden Creek (2025)

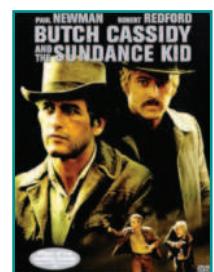
Widowed rancher Jimmy, showing signs of Alzheimer's, begins to lose trust as his children make decisions behind his back. Believing they're trying to take his legacy, he questions what's real. Is Alzheimer's distorting his reality or is his family gaslighting him into giving up everything he's worked for? *Stars: Rick Bruce, Thomas Choisnet, and Daniel Guerrido. Drama, Western. 1 hour 39 minutes. Not Rated.*



JANUARY 27

Butch Cassidy and the Sundance Kid (1969)

In 1890's Wyoming, Butch Cassidy and the Sundance Kid lead a band of outlaws. When a train robbery goes wrong, they find themselves on the run with a posse hard on their heels. *Stars: Paul Newman, Robert Redford, and Katherine Ross. Adventure, Drama, Tragedy. 1 hour 50 minutes. Rated: PG.*



Be a Movie Sponsor

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



LGBTQ 50+ ALLIANCE

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

SAGECollab Partner

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

LGBTQ 50+ Alliance Steering Committee

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

Coffee Meet-Up

1ST & 3RD TUESDAYS, 2 - 3:30 PM

JAVA CAT, 4221 LIEN ROAD,

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

CQ (Curious Queers)

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

JANUARY 1

OUTREACH, 2701 INTERNATIONAL LN

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

Intergenerational Appeal: Older generations can share the accomplishments they have made, and younger generations can help them learn what still needs to be done.

Gay, Gray & Beyond

2ND & 4TH THURSDAYS, 2 - 4 PM

MADISON SENIOR CENTER, 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.



OutReach
SOUTH CENTRAL WISCONSIN'S LGBT COMMUNITY CENTER
To promote equality and quality of life for LGBT people.

AGING WITH PURPOSE: EMPOWERING BLACK OLDER ADULTS

African Center for Community Development INC. Programs

2ND & LAST FRIDAYS, 3 – 5 PM

UW SOUTH MADISON PARTNERSHIP, 2238 S PARK ST

Community Elder Connect provides information and referrals for a range of services for older adults, including disability services, accessible transportation, healthcare, mental health, exercise, housing support, affordable food, ethnic grocery shopping, and language assistance.

Baobab Senior Circle provides a safe space for sharing cultural knowledge and experiences, and for engaging in intergenerational dialogue, networking, peer emotional support, and field trips.

For more information, call or email Inyillah: 608-509-6804, inyillah@africancentermadison.org

Scan QR Code to register



Calming Computer Jitters Age-Friendly Computer Training

EVERY WEDNESDAY, 12 – 2 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Are you an older adult who would like to learn more about using computers? Grab your laptop and join us! Questions: call 310-497-4349

Cancer Education Group

2ND TUESDAYS, 5:30 – 6:45 PM **VIRTUAL**

This group will provide education, support, understanding, and encouragement in a safe space, allowing you to talk and listen to other patients who are having similar life experiences. Reservations: email Lucretia Sullivan Wade at Lucretia.sullivan@fammed.wisc.edu or Cibele Barbosa Carroll at barbosacarro@wisc.edu.

Drop-In Mental Health Services (Sponsored by Anesis Therapy)

THURSDAYS, 10 AM – 2 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Anesis works to provide weekly walk-in services. The primary goal is to provide free mental health care services for the Madison community. Each location has a mental health counselor, substance abuse counselor, and a crisis stabilization manager. Our drop-in clinics are open to anyone in Dane County. Clients should enter through the sanctuary.

Get Movin' in Motion Free Exercise Class

TUESDAYS & THURSDAYS, 1 – 2 PM

UW SOUTH MADISON PARTNERSHIP, 2238 S PARK ST

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

Lupus Support Group for Women of Color

3RD MONDAYS, 6 - 7:30 PM **VIRTUAL**

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

Scan QR Code to register



Movies at Marcus!

DATE & TIME VARIES

MARCUS POINT CINEMA, 7825 BIG SKY DR

Registration: call 608-512-0000 Ext 2007

Oh Happy Day Class – Digital Connections

The **Oh Happy Day Class-Digital Connections (OHDC-DC)** app is designed for African American adults experiencing clinical depression. Oh Happy Day Class-Digital Connections is an app developed by Dr. Earline Ward (licensed Psychologist) in collaboration with Justin Janisch of the UW-Madison Digital Technology team. For more information, please email us at ohd@fammed.wisc.edu or call us at 608-262-7917.

Pharmacists as Allies – Invitation to Participate!

Participate in a study that explores the role of pharmacists in referring high-fall-risk patients to a culturally tailored falls prevention program, Tai Chi Prime. You must be 65 years or older. Compensation up to \$70. Contact Ejura Salihu at salihu@wisc.edu, or call 309-569-2413

Rebalanced Life Wellness Association

MEN'S HEALTH & EDUCATION CENTER, 584 GRAND CANYON

Get a haircut, free preventative health screening, blood pressure monitoring, diabetes testing, flu shot, mental health screening, insurance enrollment assistance, and more!

To request an appointment: <https://rebalanced-life.org/appointment-request>

Tech Masters: Getting Comfortable with Computers

FIRST WEDNESDAYS, 2 – 4 PM

MADISON LABOR TEMPLE, 1602 S PARK ST

Registration: call 608-512-0000 Ext 2007

The HUB Marketplace Event

Every Saturday, 10 AM- 5 PM

THE HUB, 2352 S PARK ST

Urban Triage | Supporting Healthy Black Elders

Information: 608-299-4128, or email kwaller@urbantriaje.org

Wear Red Day

SATURDAY, FEBRUARY 21, 11 AM - 1:30 PM

GOODMAN COMMUNITY CTR, 149 WAUBESA ST

Celebrate the 15th Annual National Wear Red Day with the Foundation for Black Women's Wellness. Come together in sisterhood to get informed, inspired, and empowered to beat heart disease and to commit to protecting our lives at all costs! There will be photo opportunities, a full educational program, and a nutritious brunch to fuel the soul. Plus we'll close with our annual prize giveaway!

Yoga for Older Adults

THURSDAYS, 11 AM – 12 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Registration: 608-264-3468

PROGRAMAS EN ESPAÑOL PARA ADULTOS MAYORES

¡Bienvenidos a Literacy Network!

Las inscripciones para las clases de inglés y ciudadanía empiezan el 13 de Enero. Las registraciones serán en nuestro edificio localizado en el 701 Dane St, Madison, WI. Inscríbase para una de nuestras secciones de registró! Para empezar: <https://www.litnetwork.org/estudiar/>

Bingo Bilingüe

PRIMER VIERNES, 2 DE ENERO, 10:15 AM

WARNER PARK, 1625 NORTHPORT DR

TERCER JUEVES, 15 DE ENERO, 11 AM

MEADOWOOD NEIGHBORHOOD CENTER, 5740 RAYMOND RD

Habrá Transportación limitada. Favor registrarse.

La Cafeteria De La Memoria

TODOS LOS JUEVES, 2 – 3 PM **VIRTUAL**

Un café de la memoria es un lugar de encuentro para quienes experimentan cambios iniciales en la memoria. Puede ser una forma divertida de conectar con otras personas que enfrentan los mismos problemas. El objetivo es que tanto la persona como su familia o amigos se reúnan en un ambiente relajado y social para conectar entre sí. Cada café de la memoria es único, ya que se anima a los participantes a personalizarlo. Favor registrarse: LeoM@newbridgemadison.org o 608- 512-0000 ext. 3003

Charlas Semanales

TODOS LOS MIÉRCOLES, FACEBOOK LIVE ROOTS4CHANGE, 10 – 11:30 AM

RAÍCES PARA EL CAMBIO

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

Corte y Confección

TODOS LOS MIÉRCOLES, 10 AM – 12 PM

ARTS + LIT LAB, 111 S LIVINGSTON ST

Aprenda cómo manejar las máquinas de coser, las puntadas básicas o si prefiere algo más avanzado, Alicia tiene la experiencia y el conocimiento como empresaria y profesora universitaria de diseño y alta costura. Limitado número de participantes y transportación. Favor registrarse: LeoM@newbridgemadison.org o (608) 512-0000 ext. 3003

MSCR Guía del programa

Inviero y Primavera 2026

La Guía de Invierno y Primavera de 2026 se publicará en mscr.org el viernes 14 de noviembre. La inscripción comenzará el lunes 1 de diciembre de 2025 a las 12:00 h para los residentes y el lunes 15 de diciembre a las 12:00 h para los no residentes. MSCR ofrece clases de inglés como segundo idioma (ESL), así como clases para participantes hispanohablantes.

Servicios Asistenciales

CENTRO GUADALUPANO (CMC)

Clases de Inglés, y ciudadanía, clases de computación, Teléfono: 608-661-3512

CENTRO HISPANO

Certificado de asistente de enfermería y capacitación de cajero bancario.

Teléfono: 608-255-3018

EL CENTRO INMIGRATORIO DE LA COMUNIDAD

Teléfono: 608-640-4444.

ACADEMIA LATINA

Clases de Inglés y computación, capacitación de trabajo, certificado de preparatoria (GED),

Teléfono: 608-310-4573

MADISON COLLEGE (MATC)

Clases de Inglés y computación, entrenamiento de trabajo, Certificado de preparatoria (GED) español / inglés

Teléfono: 608-243-4200

URBAN LEAGUE

Entrenamiento de trabajo y preparación para las carreras de tecnología informática, construcción, servicio al cliente, administración de salud entre otros, Teléfono: 608-243-4200

VOLUNTEER OPPORTUNITIES

Volunteers Needed!

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

www.cityofmadison.com/senior-center/volunteer/apply-to-volunteer



1. **Craft With Kids Participant:** Join our intergenerational craft meetup on the 4th Wednesday of each month. Kids from St. Joseph's Preschool will work on a craft with older adults.
2. **Group or Class Leader:** Tell us what kind of group or class you would like to lead - Tai Chi, a book club, discussion group, arts & crafts, music - you name it! We are currently seeking facilitators for the following programs: B-I-N-G-O, Drawing, Watercolor or Acrylic Painting, Healthy Cooking or International Cooking, Living With Diabetes, and discussion groups such as Coping With Uncertainty, Current Events, Death Café, Staying Sane in an Insane World, and Finding Spirituality.
3. **Technology Assistance:** Assist members with basic technology questions in using their smart phone or laptop, and help in completing tasks in our computer lab.
4. **Service Provider:** Many of our older adults need hygiene and care services. If you have a licensed service you'd like to provide, we'd love to hear from you
5. **Front Desk/Reception:** Greet people at the front entrance, answer and route telephone calls, provide general information (and conversation!)
6. **Volunteer Group Opportunities –**
 - » **Client Focused:** This is a great opportunity for your group to interact and socialize with our members, or help with decorating, wrapping presents, etc.
 - » **Facility focused:** Please reach out to us directly to hear what we have on deck.

January Volunteer Spotlight: Dale

Dale has been helping out at MSC since September 2025 as a Social & Special Event Volunteer. He heard about us from a friend who used to volunteer here years ago and is glad he made the decision to apply here. He especially likes coming here to listen and engage in conversation with members – the conversations every day are different and interesting. Dale is retired from the Air Force, having served 22 years; 13 of them active duty. When he's not volunteering, Dale enjoys working on 100+ yr old house on Madison's East Side, and in the new year he hopes to spend more time with his girlfriend at their place in the Dells, where they've enjoyed biking, hiking, and kayaking (and rarely venturing into town) for the past six years. He also gives some TLC to their four cats and their Pomeranian.



COMMUNITY RESOURCES

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

African Center for Community Development
2238 S PARK ST
(608) 294-0066

Bayview Foundation
103 LA MARIPOSA LN
(608)256-7808

Bridge Lake Point Waunona Neighborhood Center
1917 LAKE POINT DR
(608) 441-6991

FOSTER of Dane County
700 RAYOVAC DR
(608) 628-7708

Freedom, Inc.
2110 LUANN LN
(608) 716-7324

Goodman Community Center
214 WAUBESA ST
(608) 241-1574

IP Ministries
1102 ENGELHART DR
(608) 347-7999

Lussier Community Education Center
55 S GAMMON RD
(608) 833-4979

Neighborhood House Community Center
29 S MILLS ST
(608) 255-5337
OutReach, Inc.
2701 INTERNATIONAL LN
(608) 255-8582

RSVP of Dane County
6501 WATTS RD
(608) 238-7787

Southeast Asian Healing Center, Inc.
2814 SYENE RD
(608) 405-5889

The Hmong Institute
4402 FEMRITE DR
(608) 692-8918

Urban Triage
2312 S PARK ST
(608) 299-4128

NewBridge NUTRITION SITE

NewBridge Madison operates the Senior Nutrition Site at our Center. Monday-Friday, at 11:30 am, adults age 60+ can enjoy a hot, nutritious meal. If you are age 60 and older, the suggested minimum donation is \$5.00. If you are under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost \$13.56. Meal and transportation reservations are required. Reservations & cancelations are due by Noon, two business days in advance. Contact **608-512-0000, Ext. 4006**. Menus and additional information are available.

CASE MANAGEMENT

NewBridge case managers are at the Madison Senior Center on the first and third Tuesday of the month from 10:30 am - 12:30 pm.

EPANTRY

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

The Madison Senior Center is a pick-up location for orders placed through the River Food Pantry ePantry. That means that if you order food through the ePantry, you can pick it up at the MSC. Orders may be placed as early as the Friday before pick-up day. If you need assistance placing your order, staff will be available on the Monday morning of our pick-up week. Our pick-up day is the 3RD THURSDAY of each month. **Orders can be picked up 9 - 11:30 am.**

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

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

Please note that orders placed in January will be for a box of shelf-stable pre-selected items due to River's move to a new building. Call or visit the MSC front desk to sign up for a box. Vegetarian and gluten free boxes are available. You will not be able to select your own items, and refrigerated and frozen items will not be included.

FOOD ORDER DATE WITH ASSISTANCE	FOOD PICK UP DATE
January 9, 12, 13	Thursday, January 15
Monday, February 16	Thursday, February 19
Monday, March 16	Thursday, March 19

NEWS

Thank you to our Silver Santa Volunteers and Donors!

A heartfelt thank you goes out to all of the staff, volunteers, and donors who helped make our annual Silver Santa event happen! We couldn't have done it without all of our friends who pitched in – our regular volunteers, the UW Golden Years volunteer group, the City of Madison Community Connectors, staff from the Community Development Division, and so many more. We appreciate you and wish you all a Happy New Year. Finally, we want to thank the Madison Senior Center Foundation for funding all of our programs – they, and all who donated to the Senior Center this year, gave our nearly 200 attendees the gift of community and joy – not to mention all of the wrapped presents attendees received!

SILVER SANTA DONATIONS:

Marc & Eve Galanter
Quartz Health Solutions



ADDITIONAL SILVER SANTA SPONSORS:

Festival Foods, Willy Street Co-op, Door Creek Church, Alpha Kappa Alpha Sorority, Kappa Psi Omega Chapter, TMG, Bayview, East Madison Community Center, River Food Pantry, City of Madison-LGBTQIA Affinity Group, Bob Auerbach, Keith Meyer



Winter Word Search



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

BLIZZARD	FIREPLACE	PLOW
BOOTS	FROSTY	SCARF
COAT	HAT	SHOVEL
COCOA	ICE	SKIING
COLD	ICICLES	SLEDDING
DECEMBER	JANUARY	SNOW
EARMUFFS	MARCH	SWEATER
FEBRUARY	MITTENS	WINTER



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 Tom DeChant at mscfoundation@gmail.com

FOUNDATION BOARD OF DIRECTORS

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

DONATIONS

Anonymous
Anonymous
Mary Boyd
Andrew & Denise Halada
Alice & Raymond Hubert
Andrea & Thomas Kaminski
Kim Knorr
Jim & Patricia Moore
Vortex Optics

Become a Legacy Donor

Planned giving is one of the most effective ways to give to the Madison Senior Center Foundation. The simplest way to make a planned gift is to list the Foundation as a beneficiary of your retirement assets or life insurance policy. You may also leave a planned gift by including language in your trust or will, such as: I/we bequeath to the Madison Senior Center Foundation (tax ID# 20-3075846), located in Madison, WI, ____ percent of my/our residual estate – OR – the sum of \$ _____ to be used for charitable purposes set forth in Article 3 of the Foundation's Restated Articles of Incorporation of 2025. Once you've arranged a planned gift to the MSC Foundation, let us know! We will work with you to direct your gift to your specific goals and determine how you'd like to be recognized. This information may be updated at any time without needing to revise your will. Please contact us at mscfoundation@gmail.com with any questions.

PLEASE DONATE TODAY! MADISON SENIOR CENTER FOUNDATION, INC.

Send to: **330 W. Mifflin Street, Madison, Wisconsin 53703**

Your personal donation provides programs, activities and services for adults over 55. Please make checks payable to: *Madison Senior Center Foundation, Inc.*

Donor Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Email _____ Amount Enclosed \$ _____

In Honor of: _____ In Memory of: _____

In Appreciation of: _____ Other: _____

Send Acknowledgement to (Name and Address): _____

Your donation is tax deductible as allowed by law. Donations are publicly acknowledged. Please indicate if you wish to remain anonymous.

Madison Senior Center
Foundation, Inc.

330 WEST MIFFLIN STREET
MADISON WI 53703

ADDRESS SERVICE REQUESTED

NON PROFIT ORG
PRSR STD
US POSTAGE PAID
PERMIT 1132
MADISON, WI



Save the Date for MSC's 2nd Annual Black History Month Festival!

FRIDAY, FEBRUARY 27, 1 – 4 PM

We had such a blast at the Black History Month Festival last year that we are bringing it back and making it a regular MSC celebration! MSC staff started preparations for the event several months ago and the planning team is excited about what's in store. We are partnering with multiple agencies who serve older adults in Madison, in particular those that actively work to raise up black voices. Call Ericka to sign up: 608-266-6290



Find us on Facebook: [MadisonWISeniorCenter](#)



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