

THE Messenger

VOLUME 43, NUMBER 6

JUNE, 2026

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



Mural Unveiling

WEDNESDAY, JUNE 24, 10:30 – 11 AM

Please join us in the Madison Senior Center Dining Room as we unveil the mural painted this Spring by community members and our partner artists from Developing Artists, Murals & Alliances (DAMA). Your support is appreciated!



The project was 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. Remaining funding was provided by the Madison Senior Center Foundation, a 501 c 3 organization that supports programming at the MSC.

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

Program & Outreach Coordinator, Laura Hunt (she, her)
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Facility Operations Assistant, Gary Flesher
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Custodian, Ricky Butler (he, him)
(608) 266-6581, rbutler@cityofmadison.com

Front Desk Associate, Beatrice Gonzalez (she, her, they, them)
(608) 266-6581, bgonzalez@cityofmadison.com

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

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MISSION STATEMENT

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

OUR VISION

Become known as an inclusive community where older adults thrive.

Program Format & Registration

Programs are offered in person, virtually and hybrid. Watch for the “**VIRTUAL**” after the program time. Classes that are both in person and virtual are referred to as “**Hybrid**”.

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

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


Black Revolutionaries in the Early American Republic, 1787-1830

WEDNESDAY, JUNE 3, 12:30 – 2:30 PM

During the aftermath of the American Revolution, Black Americans pursued freedom and citizenship in the newly formed democratic republic. The fight for liberty extended into the Northwest Territory, including the region that would become the state of Wisconsin, where race-based slavery was contested, and Black citizenship was debated in the state-making process. The assertions and experiences of Black Americans in this region helped shape local and national understandings of race, belonging, and citizenship in the burgeoning American republic. Presented by Professor Christy Clark-Pujara, Chair of UW-Madison's Department of African American studies. 

Christian Perspectives on Death & Dying

2ND & 4TH WEDNESDAYS, 1 - 2 PM

There are many views on the universal human experience of death. How does one sort through them, and, more importantly, approach the end of life? Hear an overview of how Christians think about death and navigate dying, with plenty of time for group discussion of this often difficult subject. Meetings will be facilitated by a local Lutheran pastor, Philip Moldenhauer, who has ministered to the dying in Madison for more than a decade. We hope you can join us and we welcome people of all faiths to these conversations. 

Craft & Coffee: Acrylic Flower Painting!

MONDAY, JUNE 8, 9:30 – 11 AM

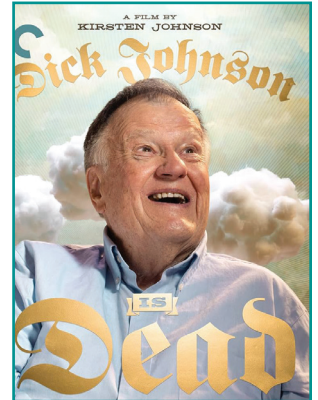
Coffee, crafting, and camaraderie! Join us in June to experience acrylic flower painting. Experiment with different painting methods to create a canvas painting that you can display at home. It's relaxing and rejuvenating to let your creative juices flow!



Docs to Digest: *Dick Johnson is Dead* (2020)


THURSDAY, JUNE 4, 12:30 - 2:30 PM

Join us in the Senior Center lounge once a month for a special post-lunch documentary screening. In June, we will watch *Dick Johnson is Dead* (2020), rated PG-13: As her father nears the end of his life, filmmaker Kirsten Johnson stages his death in inventive and comical ways to help them both face the inevitable.



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. 


Friday Open Stage

EVERY FRIDAY, 10 - 11 AM (CLOSED JUNE 19)

The First Friday theme for June is Road Tripping. On other Fridays, join in as a performer or observer for an hour of live variety performance – music, poetry, comedy, you pick! If performing, bring whatever instrument or prop you need to perform. Open to all styles of expression!

Juneteenth Celebration Cookout

THURSDAY, JUNE 18, 11 AM – 1 PM

See back cover for more information. 

LIFELONG LEARNING

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

Karaoke!

2ND & 4TH THURSDAYS, 12:30 - 1:30 PM

Join our volunteer Joan in a post-lunch round of karaoke! Belt out your favorite tunes from any decade, which you can select from our extensive song catalog. The lyrics and background music are ready to go – bring your singing voice and let the good times roll! There is a 3-song limit per person.



Mural Unveiling


WEDNESDAY, JUNE 24, 10:30 – 11 AM

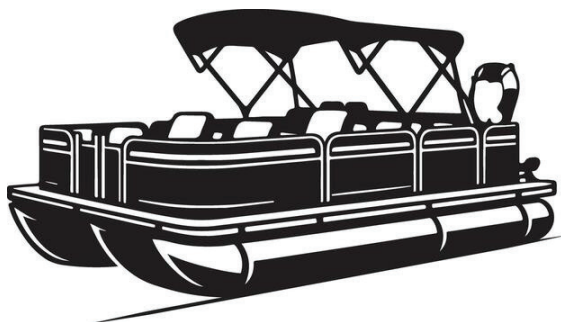
See front cover for more information.

Pontoon Boat Ride

FRIDAY, JULY 10, 9:15 – 11:30 AM

OLIN PARK BOAT DOCK, 1156 OLIN-TURNVILLE CT

Join us for our first MSC Pontoon Boat Ride! Enjoy a relaxing morning on Lake Monona with a stop for ice cream at Schluter Beach (not included). Meet at the boat dock at 9:15 AM. Bring a hat, sunscreen, and any snacks or drinks you want. Water will be provided. This trip is limited to 14 people. You must register to participate. 




Premier World Discovery Group Travel Opportunities

- » Cape Cod and the Islands
Departs 9/12/2026
\$3,775 pp/double
- » Smoky Mountains & Pigeon Forge Holiday
Departs 12/6/2026
\$3,149 pp/double



Tenant Rights – Get to Know Yours!

WEDNESDAY, JUNE 17, 10 – 11 AM

Renters have rights, too! Attend this Renter 101 presentation by the Tenant Resource Center, and learn more about leases, application fees, repairs, security deposits, the eviction process, and tenant and landlord responsibilities. Also, learn about the Tenant Resource Center and their services. If you are a renter, you don't want to miss this! 

Watercolor Painting

WEDNESDAYS, 10 – 11 AM

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



TECHNOLOGY & FINANCE

Computer Lab

The Computer Lab is open during normal building hours for general use. Public printing is not available.

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.

Drop-in Computer Assistance Hours: Drop in during these hours for 1:1 technology help. To guarantee your spot, call in advance to schedule an appointment. Scheduled assistance may be available other days and times, so calling in advance is recommended: 608-267-6581, or email seniorcenter@cityofmadison.com

- » Tuesday, 10 - 11:30 AM, 12 - 2 PM
- » Wednesday, 9 AM - 2 PM
- » Thursday, 9:30 - 11:30 AM, 2 - 4 PM




New Computers in the MSC Computer Lab!

The Madison Senior Center has a set of new computers in our Lab! With the increase in technology programming for older adults at MSC, we have seen an increase of Computer Lab use. Our computers were getting a bit old and had some glitches, though, so we were overdue for a revamp! With a huge helping hand from volunteer Sean Hunt, we were able to get the computers ready to safely use in the computer lab. Now every station in the Lab has a functioning device, which opens it up for greater use, so come check it out!

Elder Abuse & Financial Exploitation

MONDAY, JUNE 15, 12 – 1 PM

Presented by LeeAnn M Grimm, MS, Elder Abuse and Adult at Risk Supervisor for Adult Protective Services Dane County Department of Human Services. Informational handouts will be provided. 





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Madison Senior Center, Madison, WI

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, SEPTEMBER 11 –
DECEMBER 4 (NO CLASS NOVEMBER
27), 10 - 11:30 AM**

**MADISON PUBLIC LIBRARY, 201 W
MIFFLIN ST**

REGISTER BY FRIDAY, SEPTEMBER 4

\$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:
VIRTUAL & INCLUSIVE**

**FRIDAYS, JUNE 19 - AUGUST 14 (NO
CLASS JULY 3), 9:30 -
10:45 AM**

\$60 for 8 weeks
(financial assistance
available)



Line Dances-Cupid
Shuffle, Boots on the Ground,
Jeruselema, and more!

**BALLROOM BASICS FOR BALANCE: NEW! BALLET BASICS FOR
BALANCE VIRTUAL**

MONDAYS, OCTOBER 5 – NOVEMBER 23, 9:30 – 10:45 AM

\$60 for 8 weeks (financial assistance available)

Ballet Basics for Balance is the newest class in the BB4B family. You can dance in sneakers, supportive dance shoes, or ballet slippers. You will need a sturdy chair or table to use as a ballet barre. Ballet Basics for Balance is designed for people who are independent in mobility. If you have trouble with your mobility and often need a cane, walker, or other assistance to stand or walk, please contact instructor, Atala, to see if this would be the right class for you. We also offer a Virtual and Inclusive BB4B class. Atala Mitchell atalanicole@gmail.com (608) 770-8763



**BALLROOM BASICS FOR BALANCE: NEXT STEPS OUTDOORS!
THURSDAYS, JUNE 11 – AUGUST 20, 9:30 - 10:45 AM (NO
CLASS AUGUST 6)**

YAHARA PLACE PARK, 2025 YAHARA PLACE

REGISTER BY FRIDAY, JUNE 5

\$65 for 8-10 weeks (pay for 8 and get 2 free,
weather permitting – financial assistance
available)



This class is for people who are independent in mobility and want to improve balance or who are looking for a little challenge! This class is limited to people who are independent in mobility, as we cannot guarantee extra assistance. We WILL have seating, and if you use a walker, cane or other device for mobility, please let us know and we can talk to be sure this is a good fit!

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. You can use our new BP monitor to complete your own reading during regular business hours, or visit during the above hours when our volunteer can lend you a hand and talk through the reading with you.

HEALTH & WELLNESS

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

Focused Interruption Men's Group

WEDNESDAYS, 9 - 10 AM

Men's support group that will address common issues like homelessness, basic needs, mental health, substance abuse, and recidivism.

This group will be a safe space where men can express their feelings, share their concerns, gain resources, and receive support.



Foot Care Clinic – \$25

FRIDAY, JUNE 12, 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, check or Venmo accepted. 



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. Please register in advance. No fee, but donations are welcome. 



Habits of Healthy Aging

WEDNESDAY, JUNE 10, 12:30 - 1:30 PM

Members of the UW-Madison SuperAging Research Initiative will discuss memory, thinking, and the healthy habits of "Super Agers." Come prepared to engage in light movement, active learning, and memory strategies that help take care of you and your brain! 

Hair Salon Appointments with Chanell Ardor Schools of Beauty and Culture, LLC

CALL THE SENIOR CENTER FOR THE DATE & TIME

Chanell Ardor Schools of Beauty and Culture is Madison's first black-owned cosmetology school dedicated to helping aspiring beauty technicians unlock professional success. We are pleased to announce that students will be providing free haircuts and beard trims at the Senior Center! Appointments are 1 hour, with multiple time slots available with multiple technicians. Gratuities are welcome. Call us to reserve your spot! You must arrive with clean hair. 




HASFIT Gentle Exercise

MONDAY – FRIDAY, 9 - 9:30 AM
(CLOSED JUNE 29)

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.

Memory Lane

1ST & 3RD MONDAYS, 9:30 - 10:30 AM

Take a trip down memory lane with Susan U. We will discuss and learn trivia from different categories covering past decades. 

Continued on page 10


HEALTH & WELLNESS, CONTINUED

Phone Pals

Volunteers from Goodman Community Center are available to chat over the phone with anyone who may be experiencing isolation, living alone, or simply looking for conversation. Social isolation emerges from a lack of relationships or contact with or support from others. We can feel lonely or isolated even with friends and family. Call 608-204-8037 to learn more.


Rosen Method Movement

MONDAYS, 11 AM – 12 PM

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

StrongBodies

WEDNESDAYS & FRIDAYS THROUGH JULY 15, 9 – 10:15 AM (CLOSED JUNE 19)

Community-based physical activity program designed to help individuals of all ages build strength, flexibility, and balance. Designed for adults as they age, StrongBodies offers twice-weekly sessions led by trained UW Extension instructors. Plan to attend both weekly sessions for maximum benefit. 



GROUP & CLUBS

B-I-N-G-O

THURSDAYS, 10:15 - 11:15 AM

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

Bridge Belles

MONDAYS, 9 - 11 AM

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


Meditation Monday

MONDAYS (WEATHER PENDING), 12:30 - 12:45 PM

Join us Monday afternoons on the MSC upstairs patio for a brief guided meditation session. You can sit on one of our patio chairs or use a provided yoga mat or blanket if you prefer to lie down. The guided meditations last between 5-8 minutes and are a nice chance to gather with others for a quiet moment to clear your mind, and (hopefully) enjoy a bit of sunshine and fresh air.

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. Spanish Conversation meets via Zoom. Once you are registered you will be sent the Zoom link. All levels welcome. 



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Madison Senior Center, Madison, WI

01-1141



PROGRAM & ACTIVITY LIST

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

PROGRAM/ACTIVITY	DAY & DATE	TIME	COST	LOCATION
Ballroom Basics for Balance: Virtual & Inclusive	Fridays, Jun 19th – Aug 14th	9:30 – 10:45 am	\$60	Virtual
Ballroom Basics for Balance: Next Steps Outdoors!	Thursdays, Jun 11th – Aug 20th	9:30 – 10:45 am	\$65	Yahara Pl Park
Black Revolutionaries	Wednesday, Jun 3rd	12:30 – 1:30 pm	Free	MSC
Christian Perspectives on Death & Dying	2nd & 4th Wednesdays	1:00 – 2:00 pm	Free	MSC
Craft & Coffee: Acrylic Flower Painting	2nd Mondays	9:30 – 11:00 am	Free	MSC
Docs to Digest: <i>Dick Johnson is Dead</i>	1st Thursdays	12:30 – 2:30 pm	Free	MSC
Elder Abuse & Financial Exploitation	Monday, Jun 15th	12:00 – 1:00 pm	Free	MSC
ePantry	Order Jun 15th; pickup Jun 18th (CLOSED JUN 19)	9:00 – 11:30 am	Free	MSC
Exploring Poetry	2nd Wednesdays	11:00 am – 12:30 pm	Free	MSC
Focused Interruption Men's Group	Wednesdays	9:00 – 10:00 am	Free	MSC
Foot Care Clinic	Friday, Jun 12th (CLOSED JUN 19)	9:00 am – 12:00 pm	\$25	MSC
Friday Open Stage	Fridays	10:00 – 11:00 am	Free	MSC
Gentle Yoga	Tuesdays	10:00 – 11:00 am	Free	MSC
Habits of Healthy Aging	Wednesday, Jun 10th	12:30 – 1:30 pm	Free	MSC
Hair Salon	Call Senior Center for date & time	8:30 am – 1:00 pm	Free	MSC
Juneteenth Celebration Cookout	Thursday, Jun 18th	11:00 am – 1:00 pm	Free	MSC
Karaoke!	2nd & 4th Thursdays	12:30 – 1:30 pm	Free	MSC
Meditation Monday	Mondays	12:30 – 12:45 pm	Free	MSC
Memory Lane	1st & 3rd Mondays	9:30 – 10:30 am	Free	MSC
Mural Unveiling	Wednesday, Jun 24th	10:30 – 11:00 am	Free	MSC
My Melody Songwriting Project	Session 1: Mondays, Jun 1st & 8th Session 2: Mondays, Jun 15th & 22nd	10:00 – 11:00 am	Free	MSC
Rosen Method Movement	Mondays	11:00 am – 12:00 pm	Free	MSC
Spanish Conversation	Wednesdays	1:30 – 2:30 pm	Free	Virtual
StrongBodies	Wednesdays & Fridays through Jul 17th (CLOSED JUN 19)	9:00 – 10:15 am	Free	MSC
Tenant Rights – Get to Know Yours!	Wednesday, Jun 17th	10:00 – 11:00 am	Free	MSC

JUNE 2026

LGBTQIA+ Pride Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Bridge Belles 9:30 Memory Lane 10:00 My Melody 11:00 Rosen Method Movement 12:30 Meditation Monday	2 10:00 Gentle Yoga 10:30 Case Mgmt. 11:15 BP Screening 12:30 Movie: <i>Uncle Frank</i>	3 9:00 Men's Group 9:00 StrongBodies 10:00 Watercolor Painting 12:30 Black Revolutionaries 1:30 Spanish Conv V	4 10:15 BINGO 12:30 Docs to Digest: Dick Johnson is Dead	5 9:00 StrongBodies 10:00 First Friday Open Mic: Road Tripping
8 9:00 Bridge Belles 9:30 Craft & Coffee: Acrylic Flower Painting 10:00 My Melody 11:00 Rosen Method Movement 12:30 Meditation Monday	9 10:00 Gentle Yoga 12:30 Movie: <i>Hamnet</i>	10 9:00 Men's Group 9:00 StrongBodies 10:00 Watercolor Painting 11:00 Exploring Poetry 12:30 Habits of Healthy Aging 1:00 Death & Dying 1:30 Spanish Conv V	11 9:30 BB4B Next Steps Outdoors - YPP 10:15 BINGO 12:30 Karaoke! 2:00 Gay, Gray & Beyond	12 9:00 Footcare Clinic 9:00 StrongBodies 10:00 Friday Open Stage
15 9:00 Bridge Belles 9:30 Memory Lane 10:00 My Melody 11:00 Rosen Method Movement 12:00 Elder Abuse & Financial Exploitation 12:30 Meditation Monday *ePantry Ordering Day	16 10:00 Gentle Yoga 10:30 Case Mgmt. 11:15 BP Screening 12:30 Movie: <i>Wake Up Dead Man</i>	17 9:00 Men's Group 9:00 StrongBodies 10:00 Watercolor Painting 10:00 Tenant Rights 1:30 Spanish Conv V	18 9:00 ePantry Pick-Up 9:30 BB4B Next Steps Outdoors - YPP 10:15 BINGO 11:00 Juneteenth Celebration Cookout	19 <p style="text-align: center;">MSC Closed In Observance of Juneteenth</p>
22 9:00 Bridge Belles 10:00 My Melody 11:00 Rosen Method Movement 12:30 Meditation Monday	23 10:00 Gentle Yoga 12:30 Movie: <i>Torch Song Trilogy</i>	24 9:00 Men's Group 9:00 StrongBodies 10:00 Watercolor Painting 10:30 Mural Unveiling 1:00 Death & Dying 1:30 Spanish Conv V	25 9:30 BB4B Next Steps Outdoors - YPP 10:15 BINGO 12:30 Karaoke! 2:00 Gay, Gray & Beyond	26 9:00 StrongBodies 9:30 BB4B V 10:00 Friday Open Stage
29 9:00 Bridge Belles 11:00 Rosen Method Movement 12:30 Meditation Monday	30 10:00 Gentle Yoga 12:30 Movie: <i>1776</i>		 WORLD ELDER ABUSE AWARENESS DAY <small>Building Strong Support for Elders</small> World Elder Abuse Awareness Day: June 15	 HASFIT Gentle Exercise, Every day, 9:00

MOVIES

Movie Matinees

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

JUNE 2

Uncle Frank (2020)

In 1973, when Frank Bledsoe and his 18-year-old niece Beth take a road trip from Manhattan to Creekville, South Carolina for the family patriarch's funeral, they're unexpectedly joined by Frank's lover, Walid. *Stars: Paul Bettany, Sophia Lillis, and Peter Macdissi. Comedy, Drama. 1 hour 35 minutes. Rated R.*



JUNE 9

Hamnet (2025)

In late 16th Century England, Agnes, a healer sensitive to the world around her, builds a home with William, a local tutor and aspiring playwright. As their lives fracture, they are tested by distance, silence, and grief. *Stars: Jessie Buckley, Paul Mescal, and Zac Wishart. Drama, Romance, Tragedy. 1 hour 55 minutes. Rated PG-13.*



JUNE 16

Wake Up Dead Man: A Knives Out Mystery (2025)

Detective Benoit Blanc teams up with an earnest young priest to investigate a perfectly impossible crime at a small-town church with a dark history. *Stars: Daniel Craig, Josh O'Connor, and Glen Close. Comedy, Crime, Drama. 2 hours 24 minutes. Rated PG-13.*



JUNE 23

Torch Song Trilogy (1988)

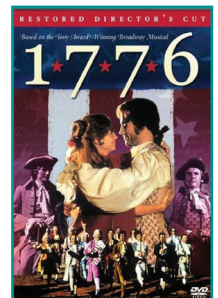
Arnold is a gay man working as drag queen in 1971 New York City. He meets a handsome bisexual man. *Stars: Anne Bancroft, Matthew Broderick, and Harvey Fierstein. Comedy, Drama, Romance. 2 hours. Rated R.*



JUNE 30

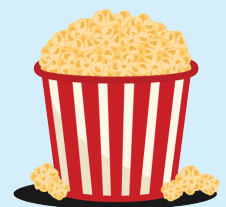
1776 (1972)

A musical retelling of the American Revolution's political struggle in the Continental Congress to declare independence. *Stars: William Daniels, Howard Da Silva, and Ken Howard. Drama, Family, History, Musical. 2 hours 21 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 lynn@outreach.org

Coffee Meet-Up

2ND & 4TH WEDNESDAYS, 1 - 2 PM
QAMARIA COFFEE, 6730 ODANA 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.

Cafecito y Caminata

1ST & 3RD FRIDAYS, 1 - 2 PM
WARNER PARK COMMUNITY CTR, 1625 NORTHPORT DR
Join us for coffee and tea at 1, followed by a walk along the paths starting at 1:30. Enjoy nature and friendly conversation. Cafecito y Caminata invites us to celebrate LGBTQ+ diversity and build community connections. All ages are welcome and encouraged to attend! Check Facebook to confirm schedule and location.

CQ (Curious Queers)

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

Pontoon Boat Ride – recommended donation \$20

FRIDAY, JULY 24, 5 - 8 PM

Our Annual Pontoon Boat ride is back again by popular demand! Enjoy a relaxing evening on Lakes Monona and Mendota. A box lunch will be provided, and we will make a stop where you have the option of purchasing ice cream. There is limited space, so register early!

Take Me Out to the Ballgame!

MALLARDS GAME: SATURDAY, JUNE 13, 6:05 PM GAME START

NIGHT MARES GAME: SATURDAY, JUNE 27, 4:05 PM GAME START

Celebrate Pride Month at the "Duck Pond"! Join us on June 13th for a Mallards game and June 27th for a Night Mares game. At each game, OutReach will be the highlighted non-profit. Contact OutReach to grab a spot in our reserved section! A commemorative bobblehead will be presented at both games.



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

Questions: call 310-497-4349

Cancer Education Group

2ND TUESDAYS, 5:30 – 6:45 PM VIRTUAL

Reservations: email Lucretia Sullivan Wade at Lucretia.sullivan@fammed.wisc.edu or Cibebe Barbosa Carroll at barbosacarro@wisc.edu.

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

THURSDAYS, 10 AM – 3 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Emergency Food & Housing Assistance

If you need emergency food or housing assistance, contact MTZ Charitable Organization at 1mtzlife@mtzlife.com (Subject line: I have a need – MTZCO Emergency Assistance)

Fit & Fun

THURSDAYS, 11 AM – 12 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Lunch will be served after class. Transportation is available.
Registration: call (310) 497-4349

Get Movin' in Motion Free Exercise Class

TUESDAYS & THURSDAYS, 1 – 2 PM

**UW SOUTH MADISON PARTNERSHIP,
2238 S PARK ST**

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



Mad-Town Walkers

MONDAYS, 12 – 1:30 PM

**ALTERNATES BETWEEN EAST AND WEST TOWNE
MALLS**

Registration: call 608-512-0000 Ext 2007

Paint and Hydrate

TUESDAYS, 5:30 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Register with Ms. Deana Wright: (310) 497-4349

Rebalanced-Life Wellness Association

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

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

If you are interested in learning more about computers and getting more comfortable with them, this is the place for you! Registration: call (608) 512-0000 Ext 2007

Yoga for Older Adults

WEDNESDAYS, 11 AM – 12 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Registration: (608) 264-3468

PROGRAMAS EN ESPAÑOL PARA ADULTOS MAYORES

Bingo Bilingüe

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

TERCER JUEVES, 11 AM
MEADOWOOD NEIGHBORHOOD CENTER,
5740 RAYMOND RD

Habrà 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 si. 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 soporte@rootsforchange.coop

Corte y Confección

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

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

Mercadito

TODOS LOS JUEVES, 4 - 8 PM
2403 CYPRESS WAY

Un espacio abierto y saludable donde la comunidad puede compartir su patrimonio cultural y sus tradiciones culinarias, derribando las barreras y desafíos que enfrentan sus miembros al acceder a alimentos saludables, en un lugar donde los aromas se mezclan con una sensación de hogar y seguridad.

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**

El Centro Inmigratorio de La Comunidad se esfuerza por garantizar la dignidad y el acceso a la justicia para las personas, especialmente aquellas que enfrentan la deportación, al brindar representación legal y consultas, así como apoyo y educación sobre temas de inmigración para la comunidad en general.

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 come to the Senior Center to work on a craft with older adults.
2. **Group or Class Leader:** Tell us what kind of group or class you would like to lead- Tai Chi, a book club, discussion group, arts & crafts, music—you name it!

We are currently seeking facilitators for the following programs: Artful Affair, Drawing, Healthy Cooking or International Cooking, Living With Diabetes, and discussion groups such as Coping With Uncertainty, Current Events, 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.

June Volunteer Spotlight: Natalie

Natalie has been our primary Thursday BINGO caller since Spring 2025. If you have never attended a BINGO session at the Madison Senior Center before, then this might sound like a straight-forward job. The reality is that it requires patience (to remain calm while players boss you around), clarity (be loud and clear, but don't wait too long between numbers!), organization skills (because you better check that it's a good BINGO in a timely fashion!), and a positive attitude (see the above list). We have seen BINGO callers come and go, but Natalie has somehow stuck with us. She has also joined us on special event days such as the Black History Month Fest to call numbers. Natalie has made genuine connections with our older adult members. This Spring, she even made several of them the focus of an art project she completed for school, interviewing them and including their voices and words in a performance art piece. Thank you, Natalie, for your BINGO-calling voice, and for lifting up the voices of MSC members!



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 \$15.19. 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.

When life offers the gift of time...

how will you spend it?

We'll help you every step of the way.  Offering a continuum of care for seniors:

- > Independent Living
- > Assisted Living
- > Memory Care
- > Rehabilitation

Call 608-663-8600 or email madisonsales@oakparkplace.com
718 Jupiter Dr., Madison, WI 53718
oakparkplace.com/madison



THE STARLING AT RISE BRAND NEW - NOW OPEN

1- & 2-BEDROOM APARTMENTS 55+
Includes water, sewer, and trash

SPACIOUS, MODERN HOMES WITH HIGH-END FINISHES
CALL 608-516-5405 TO SCHEDULE AN APPOINTMENT

958 Rise Lane, Madison, WI 53704
risemadison@accmanagementgroup.com



Inclusive Income Restrictions Apply

1 Person: \$63,630 | 2 Person: \$72,730 | 3 Person: \$81,830



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npalasini@4LPi.com
(800) 950-9952 x2162



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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 FRIDAY of each month. **Orders can be picked up 9 - 11:30 am.**

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

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

FOOD ORDER DATE WITH ASSISTANCE	FOOD PICK-UP DATE
Monday, June 15	Thursday, June 18 (MSC closed June 19)
Monday, July 13	Friday, July 17
Monday, August 17	Friday, August 21

NEWS

Artful Affair Honors & Thanks

PARTICIPATING ARTISTS

Jim Angevine, John Brugge, Carrie Callahan, Terrence Doeler, KJ Forest, Marla Freeman, Mary Frickenstein, Tom Gilbert, Collette Girard, Les Hoffman, Susan Hoffman, Dvorah Kaufman, Miguel Leon, Mary Lybarger, Jacki Martindale, Kathleen Meehan, Andrea Musher, Karen Schmidt, Donald Sylvester, Kirti Tannu, Sandeep Tannu, Barbara Vater, Patricia Wafer, Kathleen Whitt, Tracy Wiklund

AWARD WINNERS

- » **Best of Show:** *Pensive Woman*, Mary Lybarger
- » **Award of Excellence:** *I Sing the Blues*, Susan Hoffman
- » **Best Artistic Collection:** *Torah, Man With a Fork, Twisty Rope*, Marla Freeman
- » **Judges' Choice:** *Cara Caras*, Patricia Wafer; *Through My Window*, Dvorah Kaufman; *Lake Wingra Pier Builders*, Jim Angevine
- » **Honorable Mention:** *Spring in Bloom*, Mary Frickenstein; *Onions, Etc.*, Kathleen Whitt; *Magnolia*, Don Sylvester; *Up North 51*, John Brugge; *Ode to O'Keefe*, Barbara Vater; *Harmony*, Kirti Tannu

THANK YOU TO OUR VOLUNTEERS

Marla Freeman, Ed Hunt, Sean Hunt, Sophie Pitman, Emily Rodriguez, Catrina Sparkman, Daniel Spaulding, Kathleen Whitt

Come see all of the amazing art, on view at the MSC Gallery through mid-July!

PUZZLE



June



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

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

SUNDRESS

SUNGLASSES

SUNSCREEN

SWIMMING

TANK TOP

THUNDERSTORM

VACATION

WATERMELON



Board Member Spotlight: Sally Miley Wants Madison's Seniors Seen



Few people know Madison's civic machinery the way Sally Miley does. She served on the City Council, worked as deputy mayor under Paul Soglin, and led nonprofits across the city, including the Madison Opera. She joined The Foundation's board years ago at the invitation of founder Christine Beatty and now serves as Vice President. "As an older adult myself, I'm interested in improving life for older adults," she says. But her urgency runs deeper.

"A lot of people don't even know we have a Senior Center," she says. "Or if they do, they have no idea what it does." What it does, she believes, is remarkable: offering programs that keep older adults mentally engaged, physically active, socially connected, and fully part of community life. Miley is careful with the word "ageism," but she sees a real problem: too many seniors are overlooked, under-included, and treated as if their most vibrant years are behind them. She also credits Foundation President Tom DeChant for helping steadily guide the organization through a period of transition and renewed momentum. With the retired population growing, Miley sees The Foundation as ready to meet the moment through stronger programming and broader reach. But, she adds, "The more support we have, the more we can do."

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
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JUNETEENTH CELEBRATION COOKOUT

THURSDAY, JUNE 18, 11 AM – 1 PM



Join us for a summer cookout and dance party to celebrate Juneteenth. Enjoy traditional summer food such as brats, hamburgers, potato salad, and watermelon. Listen to the soul-soaked jazz and rhythmic grooves of Madison's own MTrane Plus! 



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