

THE

Messenger



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Inside this Issue

For Your Information	2
Lifelong Learning	4
Groups, Clubs & Services.....	6
Health & Wellness	8
Program & Activity List	10
Calendar	11
Entertainment - Movies	13
LGBTQ 50+ Alliance.....	14
Volunteer View.....	15
Community	16
Puzzle.....	17
ePantry	18
Foundation	19

Relevant, Inclusive, Enlightened

Madison Senior Center

330 W. Mifflin Street

Madison, Wisconsin 53703

(608) 266-6581

cityofmadison.com/senior-center



Native American Heritage Month

The indigenous peoples of the Americas were the inhabitants of the Americas before European colonization in the 15th century. They are a diverse group of peoples, with a wide range of cultures, languages, and ways of life. Native American Heritage Month is in November, and it celebrates and increases awareness of the culture, the rich history and the significant contributions of Native Americans to the society we live in today.



At the Madison Senior Center we are celebrating Native American Heritage Month with an art exhibit and book table. We hope you stop by and check them out.

NATIVE AMERICAN ART EXHIBIT

On the lower level art by local Native American artists will be on exhibit. There will be a variety of mediums and artistic styles to see and appreciate. Information on the artists will be posted along-side their artwork.

NATIVE AMERICAN BOOK SHARING

Take some time to browse through our reading table that features books about and by Native Americans. There will be a mix of fiction and non-fiction. The non-fiction books will focus on history and culture. The books are on loan from the Madison Public Library so you can't take them home, but you can read them while at the Senior Center. You can also jot down titles and request them at your local library.



- » November 5 Daylight Savings Time Ends
- » November 6 Medicare Part D Appointments
- » November 11 Veterans Day
- » November 14 ePantry Orders Due
- » November 23 Thanksgiving Day

FOR YOUR INFORMATION

Directory

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

SENIOR CENTER STAFF

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

Member of



MISSION STATEMENT

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

OUR VISION

Become known as an inclusive community where older adults thrive.

Program Format & Registration

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

Scholarship Fund

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

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

SUBSCRIBE TODAY!

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

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FOR YOUR INFORMATION

Aging & Disability Resource Center (ADRC)

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

NewBridge Madison

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



Area Agency on Aging

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

Like us on Facebook:

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Health & Safety Precautions

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

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

Masks are welcomed and available

Building Hours

Monday - Thursday	8:30 am - 4:00 pm
Friday	8:30 am - 1:30 pm

NewBridge Nutrition Site

NewBridge Madison operates the Senior Nutrition Site at the Madison Senior Center. Monday – Friday, at 11:30 am, adults age 60+ can enjoy a hot, nutritious meal. Menus and additional information are available at www.newbridgemadison.org/nutrition.



DO I NEED A RESERVATION FOR THE MEAL AND/OR TRANSPORTATION?

Meal and transportation reservations are required. **Reservations & cancelations are due by Noon, two business days in advance.** Contact Candice (608) 512-0000, Ext. 4006.

IS THERE A COST?


If you are age 60 and older, the suggested minimum donation is **\$4.50**. If you are under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost \$17.20.

LIFELONG LEARNING

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

Exploring Poetry


2ND WEDNESDAYS,
11 AM - 12:30 PM

This program is for anyone who enjoys poetry. There will be opportunities to read, recite and write. *Best Words, Best Order* is the title of a collection of essays by the poet Stephen Dobyns which in just those four well-chosen words perfectly describes what a poet aspires to when putting a poem together. Writing poetry is spills and thrills for the beginner and expert too. There are countless small pitfalls but sometimes in the writing something happens, an ah ha moment where the poet feels he/she can say or almost say precisely what needs to be said. Exploring Poetry is led by Mark Kraushaar. 



Let's Cook Together: 6-Week Virtual (On-Line) Cooking Class


WEDNESDAYS 4 - 5:30 PM, OCT. 18 – NOV. 22

This is not your ordinary cooking class! Try easy to make recipes from all over the world in the comfort of your own home. UW students will demonstrate how to cook the featured dish, as well as share your choice of health information / facts. Recipes will be sent out each week, prior to the cooking session so you will have time to gather your ingredients. If you would prefer not to cook but would like to join for the information or dinner company, please feel free to join us! For questions or to register, contact Gayle at Goodman Community Center at (608) 204-8032 or gayle@goodmancenter.org. 



Writing Your Life

THURSDAYS, NOVEMBER 16 - DECEMBER 14,
10 - 11:30 AM

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

Memory Cloth Circle


WEDNESDAY, NOVEMBER 1, 1 - 3 PM

Memory Cloth Circle members invite you to share your stories, and stitch with us. We will provide materials and guidance in embroidery and share our experiences. Memory Cloth Circles are an excellent way to document important life events.

Holiday Lights Tour & Reception

TUESDAY DEC. 5, 6 - 7:30PM

Goodman Community Center

Catch the holiday spirit as we tour Olin Park's Holiday Lights display! Vans leave from Goodman at 6pm for the tour. Afterwards, we will return to Goodman to enjoy a holiday reception of cookies & hot chocolate. Bring a friend! Cost: \$5. To register, contact Gaye at: 608-204-8032 or gayle@goodmancenter.org. 

Medicare 101

Learn the ins and outs of Medicare, and get your questions answered. No sales – no pressure! More information on page 16.

LIFELONG LEARNING

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

A Salute to Veterans

TUESDAY, NOVEMBER 7, 10 - 11:15 AM

In celebration of Veterans Day which is November 11, the weekly Downtown Veteran Social group is hosting an intergenerational Q & A session. Navy and Air Force ROTC students from the UW-Madison will join the group and have the opportunity to talk to and ask questions of veterans. Refreshments will be provided by Air Force ROTC.



Holiday Crafts

TUESDAY, NOVEMBER 28, 1 - 2 PM

It's always fun to make something new to put out for the holiday season. This year we will be making wreaths. There will be a variety of supplies to decorate the wreaths so if Christmas isn't your jam, you will have other options. This class is free but **REGISTRATION is REQUIRED** to ensure we have adequate supplies. *R*

Technology & Finance

Technology Assistance

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

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

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

Schedule Your Appointment

Share your computer challenges and we will match you up with a volunteer. Understanding and advancing your use of technology is about your ambitions, not about your age. Call (608) 266-6581 or email seniorcenter@cityofmadison.com.

Money Matters

Do you have a basic question you do not want others to hear? Do you just need a starting point? Then these one on one appointments may be for you. Call (608) 266-6581 or email seniorcenter@cityofmadison.com.



Computer Lab

The Computer Lab is open during normal building hours for general use. Volunteers are also available by appointment to provide **BOTH** basic and advanced tutoring, instruction, and tech support. We will find a volunteer to best fit your needs.

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

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

Printing: We do not have a printer available for public use. No printing.

GROUPS & CLUBS

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

Groups & Clubs

Bridge Belles

MONDAYS, 9 - 11 AM

1-3 tables of women improving their duplicate bridge skills in a relaxed atmosphere; working knowledge of Bridge needed. If interested, email Laura at lhunt@cityofmadison.com or call (608) 267-8650.

Downtown Veteran Social

TUESDAYS, 10 - 11:15 AM

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

Red Hat Mamas

LAST TUESDAY OF MONTH, 11 AM - 2 PM, NOVEMBER 28

This vivacious group of women meets monthly at the Madison Senior Center on the last Tuesday of the month. They dine together and plan activities for the upcoming month(s). A spin-off of the Red Hat Society, the Red Hat Mamas are more casual and focus on friendship and fun. Advance registration by the prior Thursday required for lunch. If interested, email Laura at lhunt@cityofmadison.com or call (608) 267-8650. *R*

Spanish Conversation

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

Do you want to practice your Spanish? Our group meets every week to chat in Spanish. Pop in when you can. There are no attendance requirements. To register, email seniorcenter@cityofmadison.com. Once you are registered, you will be sent the Zoom link. All levels welcome. *Spanish Conversation meets in person the first Wednesday of the month and via Zoom on all other Wednesdays.*

Games

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

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

B-I-N-G-O

THURSDAYS, 10:15 - 11:15 AM

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



Services

Haircuts

**TUESDAY, NOVEMBER 21,
9 AM - 1 PM | APPOINTMENT
REQUIRED**

MSC will offer FREE haircuts once a month by a licensed cosmetologist. **HAIR MUST BE CLEAN.** Call (608) 266-6581 to schedule an appointment. *R*



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HEALTH & WELLNESS

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

Blood Pressure Screening

EVERY OTHER TUESDAY, 11 AM - 12 PM

NOVEMBER 7 & 21


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

HASFIT Gentle Exercise


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

Gentle Yoga

TUESDAYS, 10 - 11 AM

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

Ballroom Basics for Balance™

Ballroom Basics for Balance™ (BB4B) is a fun way to improve balance through the basics of dance! This class is for you if you want to get better at moving about your world with more confidence and you want to have fun in the process! No partner or dance experience required. More information, class dates and times, and registration forms for 2024 can be found at www.ballroombasicsforbalance.org. 



Coronavirus

You may be tired of hearing about the coronavirus or COVID-19, but the threat is still present. It is still a pandemic, and the virus continues to mutate into other variants, infecting people and in some cases resulting in death. Both the Centers for Disease Control and Prevention (CDC) and Public Health Madison and Dane County (PHMDC) update their websites weekly with new information and data.

VACCINATION

Get vaccinated. It is the most important way to protect yourself and the people you love from COVID-19. Everyone aged 6 months and older is eligible to be vaccinated.

Where can I be vaccinated?

- » **PHMDC** can only vaccinate certain groups of people. (People who don't have health insurance or their insurance doesn't cover vaccinations)
- » **At a pharmacy:** Local pharmacies offer appointments for vaccination.
- » **At your doctor's office:** Check if your provider is offering COVID vaccinations in their office.
- » **At [Vaccines.gov](https://www.vaccines.gov):** The website has details for thousands of vaccine providers.

YOU MAY WANT TO WEAR A MASK IF:

- » You have an underlying medical condition, are immunocompromised or are an older adult.
- » Your close contacts are more likely to get very sick if they contact COVID-19.
- » You are in a crowded space or public transportation.
- » You have not had COVID-19 in the last 90 days.
- » You had a high-risk exposure and may become sick.
- » You are caring for a patient who has symptoms of a respiratory virus.

Masks are available at the MSC Front Desk.



National Family Caregiver's Month – #CaregiversConnect

Celebrated every November, National Family Caregivers Month (NFCM) is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.

The national observance is led by Caregiver Action Network (CAN), a nonprofit that provides free education, peer support, and resources to family caregivers. CAN selected the 2023 theme, #CaregiversConnect, to highlight the importance of connections – As a way to get information about your loved one's disease or condition, share experiences, get support, or form a closer bond with your loved one.

10 TIPS FOR FAMILY CAREGIVERS

1. **Seek support from other caregivers.** You are not alone!
2. **Take care of your own health** so that you can be strong enough to take care of your loved one.
3. **Accept offers of help** and suggest specific things people can do to help you.
4. Learn how to **communicate effectively** with doctors.
5. Caregiving is hard work so **take respite breaks** often.
6. Watch out for **signs of depression** and don't delay getting professional help when you need it.
7. Be open to **new technologies** that can help you care for your loved one.
8. **Organize medical information** so it's up to date and easy to find.
9. Make sure **legal documents are in order.**
10. **Give yourself credit for doing the best you can in one of the toughest jobs there is!**

Visit this website for more in depth information: www.caregiveraction.org/resources/10-tips-family-caregivers

Para ver estos consejos en español, haga clic aquí. www.caregiveraction.org/sites/default/files/10tips_spanish.pdf

Foot Care Clinic is Back!

FRIDAY, NOVEMBER 17, 9 AM - 1:30 PM | APPOINTMENT REQUIRED

Cost is \$30 (\$35 for diabetics)

We are excited to once again offer a Foot Care Clinic at the Madison Senior Center. Kelly has been a CNA for 30 years, and is looking forward to meeting folks at MSC. You must make an appointment. **Bring two towels** to your appointment.




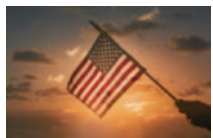




MADISON SENIOR CENTER PROGRAM & ACTIVITY LIST

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

PROGRAM OR ACTIVITY	DAY & DATE	TIME	COST	LOCATION
Ballroom Basics for Balance	Fridays, Sept 15 – Dec 8	9:30 – 10:45 am	\$85	Virtual
Ballroom Basics for Balance	Fridays, Sept 15 – Dec 8	10:00 – 11:30 am	\$85	Library
BINGO	Thursdays	10:15 - 11:15 am	Free	MSC
Blood Pressure Screening	E/O Tuesday, November 7 & 21	11:00 am – 12:00 pm	Free	MSC
Bridge Belles	Mondays	9:00 – 11:00 am	Free	MSC
Cardio Dancing	Fridays	9:30 – 10:15 am	Free	MSC
Computer Lab	Monday – Friday	8:30 am – 3:45 pm	Free	MSC
CQ, CQ, CQ	1st & 3rd Thursdays	1:00 – 3:00 pm	Free	OutReach
eFood Pantry	Place orders Tuesday 11/14 Pick-up orders Thursday 11/16	10:00 am – 12:00 pm	Free	MSC
Exploring Poetry	2nd Wednesdays	11:00 am – 12:30 pm	Free	MSC
Foot Care Clinic	Friday, November 17	9:00 am – 1:30 pm	\$30/\$35	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays	2:00 – 3:30 pm	Free	MSC
Haircuts	Tuesday, November 21	9:00 am – 1:00 pm	Free	MSC
Holiday Crafts	Tuesday, November 28	1:00 – 2:00 pm	Free	MSC
Medicare 101	Friday, November 10	10:00 - 11:00 am	Free	MSC
Medicare Part D Appts.	Monday, November 6 & 27	10:00 - 4:00 pm	Free	MSC
Memory Cloth Circle	Wednesday, November 1	1:00 - 3:00 pm	Free	MSC
Money Matters	By Appointment	By Appointment	Free	MSC
Movies (titles on page 13)	Tuesdays	12:30 – 3:00 pm	Free	MSC
NewBridge Case Manager	Monday, November 13	10:45 am – 12:00 pm	Free	MSC
Red Hat Mamas	Last Tuesday of Month – 11/28	11:00 am – 2:00 pm	Free	MSC
Spanish Conversation	1st Wednesday in Person 10/4 Others Virtual	1:30 – 2:30 pm	Free	MSC/ Virtual
Technology Assistance	By appointment	Varies	Free	MSC
Veterans ROTC Social	Tuesday, November 7	10:00 – 11:30 am	Free	MSC
Veterans Social	Tuesdays	10:00 – 11:15 am	Free	MSC
Writing Your Life	Thursdays, Nov 16 – Dec 14	10:00 – 11:30 am	Free	MSC

November 2023

Native American Heritage Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
		1 9:00 HASfit 1:00 Memory Cloth Circle 1:30 Spanish Conv @ MSC 4:00 Let's Cook ✓	2 9:00 HASfit 10:15 BINGO 1:30 PLATO	3 9:00 HASfit 9:30 BB4B ✓ 10:00 BB4B (MSC) 1:00 PLATO	4/5 Nov. 5 National Donut Day 
6 9:00 HASfit 9:00 Bridge Belles 10:00 Med D Appts 1:30 PLATO	7 9:00 HASfit 10:00 Gentle Yoga 10:00 Veteran's Day Intergenerational Social 12:30 Movie: Dune	8 9:00 HASfit 11:00 Exploring Poetry 1:00 Doll Making 1:30 Spanish Conv ✓ 4:00 Let's Cook ✓	9 9:00 HASfit 10:15 BINGO 1:30 PLATO 2:00 Gay, Gray & Beyond	10 9:00 HASfit 9:30 BB4B ✓ 10:00 Medicare 101 10:00 BB4B (MPL) 1:00 PLATO	11/12 Nov. 11 Veterans Day 
13 9:00 HASfit 9:00 Bridge Belles 1:00 NB Case Manager Walk-In	14 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet's Social 11:00 Blood Pressure 12:30 Movie: Fast X *ePantry Ordering Day	15 9:00 HASfit 1:00 Doll Making 1:30 Spanish Conv ✓ 4:00 Let's Cook ✓	16 9:00 HASfit 10:00 Writing Your Life 10:00 ePantry Pick-Up 10:15 BINGO 1:30 PLATO 2:00 Gay, Gray & Beyond	17 9:00 HASfit 9:00 Foot Care Clinic 9:30 BB4B ✓ 10:00 BB4B (MPL) 1:00 PLATO	18/19 Nov. 18 Mickey Mouse Birthday 
20 9:00 HASfit 9:00 Bridge Belles	21 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet's Social 12:30 Movie: The Unknown Country	22 9:00 HASfit 11:00 Exploring Poetry 1:00 Doll Making 1:30 Spanish Conv ✓ 4:00 Let's Cook ✓	23 CLOSED FOR THANKSGIVING 	24 CLOSED 	25/26 Nov. 25 National Parfait Day 
27 9:00 HASfit 9:00 Bridge Belles 10:00 Med D Appts	28 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet's Social 11:00 Blood Pressure 11:00 Red Hats 12:30 Movie: Barbie 1:00 Holiday Craft	29 9:00 HASfit 1:00 Doll Making 1:30 Spanish Conv ✓	30 9:00 HASfit 10:00 Writing Your Life 10:15 BINGO 1:30 PLATO		



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**To learn more about your long-term care options,
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<https://www.dhs.wisconsin.gov/adrc/index.htm>**

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health and participating in research?**



**School of Medicine
and Public Health**
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give us a call: **608-800-2899** or send us an email:

BrainHealthResearch@medicine.wisc.edu



For ad info. call 1-800-950-9952 • www.lpcommunities.com

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

ENTERTAINMENT

Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm. Enjoy fresh popcorn while you watch the movie.

NOVEMBER 7

DUNE (2021)

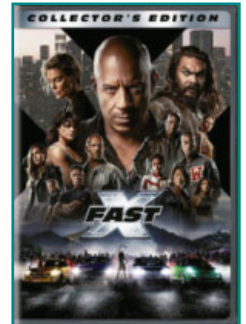
Paul Atreides, a brilliant and gifted young man born into a great destiny beyond his understanding, must travel to the most dangerous planet in the universe to ensure the future of his family and his people. As malevolent forces explode into conflict over the planet's exclusive supply of the most precious resource in existence, only those who can conquer their own fear will survive. *Stars: Timothée Chalamet, Rebecca Ferguson and Zendaya. Sci-fi, Adventure, Action, Fantasy and Drama. 2 hour 35 minutes. Rated PG-13.*



NOVEMBER 14

FAST X (2023)

Over many missions and against impossible odds, Dom Toretto (Vin Diesel) and his family have outsmarted, out-nerved and outdriven every foe in their path. Now, they confront the most lethal opponent they've ever faced: A terrifying threat emerging from the shadows of the past who's fueled by blood revenge, and who is determined to shatter this family and destroy everything and everyone that Dom loves, forever. *Stars: Vin Diesel, Michelle Rodriguez and Jason Statham. Action Adventure, Crime. 2 hours 21 minutes. Rated PG-13.*



NOVEMBER 21

THE UNKNOWN COUNTRY (2022)

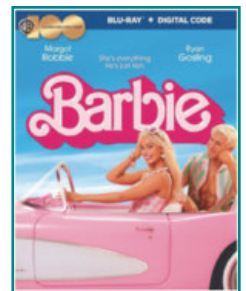
After a devastating loss, Tana (Lily Gladstone) pack up her grandmother's Cadillac and hits the open road to South Dakota, reconnecting with family, finding closure, and making unexpected connections along the way. A personal reverie summoned from a beguiling mix of fact and fiction. The Unknown Country is an arresting debut feature from Morrissa Maltz. *Stars: Lily Gladstone, Raymond Lee and Ray Whitman. Drama, Arthouse. 1 hours 25 minutes. Not Rated.*



NOVEMBER 28

BARBIE (2023)

Based on the eponymous fashion dolls by Mattel, Barbie is a fantasy comedy. It is the first love-action Barbie film. The film, directed by Greta Gerwig, follows Barbie and Ken on a journey of self-discovery following an existential crisis. It was a summer splash and considered a dazzling achievement, both technically and in tone. *Stars: Margot Robbie, Ryan Gosling and Will Ferrell. Adventure, Comedy, Fantasy. 1 hours 54 minutes. Rated PG-13.*



LGBTQ 50+ ALLIANCE

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

Gay, Gray & Beyond

2ND & 4TH THURSDAYS, 2 - 4 PM

Meets at MSC, 330 W. Mifflin St

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

CQ, CQ, CQ

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

1ST & 3RD THURSDAYS, 1 - 3 PM

Meets at OutReach, 2701 International Lane

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

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

Medicare 101

Learn the ins and outs of Medicare, and get your questions answered. No sales – no pressure! More information on page 16.

LGBTQ 50+ Alliance Becomes 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, email karenlkane13@gmail.com or kristim@outreach.org.



Outreach Senior Advocate

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

Thanksgiving Potluck

THURSDAY, NOVEMBER 16, 5:30 – 8 PM

The LGBTQ 50+ Alliance is hosting an intergenerational Thanksgiving potluck at OutReach on International Lane. Find out more about what to bring, the activities and registration by calling OutReach at 608-255-8582 or email Kristi at kristim@outreach.org.

You Are Needed!

The 50+ Alliance needs your help to plan activities that you enjoy! Consider joining the Steering Committee and sharing 2-3 hours month to attend our monthly meeting and plan fun outings, programs, potlucks and more! Email info@lgbtq50plusalliance.org or kristim@outreach.org.



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

VOLUNTEER VIEW

FRONT DESK RECEPTION

This is the focal point of the Madison Senior Center. If you like to know what's going on and when, and have office skills, this may be the spot for you. MUST have computer/phone/office skills and experience. Shifts are usually 4 hours, weekly. We are open Monday – Friday, 8:30 – 4 pm.



TECH SUPPORT

Are you at ease using a computer? Many people struggle with the ever-changing nature technology. It can create a significant barrier. Volunteer a few hours a week to help people navigate email problems, online applications, search engines, and more. Flexible scheduling during our open hours.

COMPUTER LAB TECH SUPPORT

Tech savvy individual needed to trouble shoot on older computers, and keep malware and virus protection up to date. Probably 2-3 hours per month, Monday – Friday between 8:30 and 4 pm.



FOOT CARE CLINIC ASSISTANT

Are you organized and friendly? Once a month, check people in, collect payments, and help the technician keep things moving along. No medical experience is necessary. Service is usually offered on the 3rd Friday of the month. Work a 2-3 hour shift.

BOOK CLUB LEADER

Are you excited about advancing racial equity and social justice? Facilitate monthly discussions, find or develop discussion questions and lead the group in book selection. A 6-month minimum commitment is required.

PROGRAM FACILITATOR

Are you an expert in something you love? Do you have a hobby or passion that you want to share with others? If so, we have an exciting opportunity for you! Whether its art, music, sports, cooking, gardening, or anything else, we want to hear from you! You will get to meet new people, have fun, and make a difference in our community.

GAMES VOLUNTEER

Bolster older adult socialization by facilitating card games, board games, and strategy games. Learn the rules, teach others, and organize prizes.

DISCUSSION GROUPS

Are you skilled at facilitating discussions with diverse groups of people? Are you inspired by the thoughts and ideas of others? Meet new people, challenge yourself to think outside the box, and make a difference.

WELCOME AMBASSADOR

This is a perfect volunteer job for the person who likes to socialize, keep busy and help others. Introduce new people to MSC, and help them become acclimated. Set-up and operate our new hospitality station, and believe in the power of kindness and a smile.

ARTISTS & CURATORS

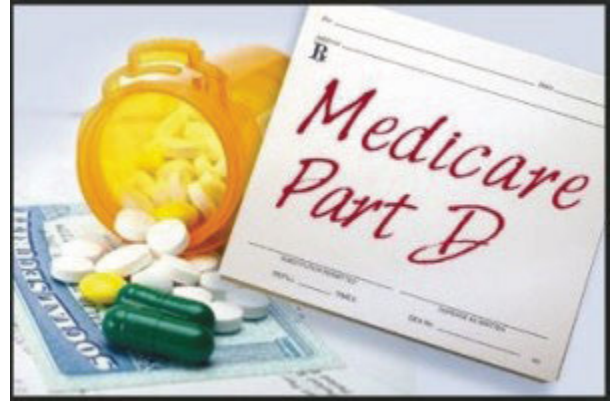
MSC has a wonderful gallery space on the second floor for older adult artists who live in Dane County. If you have ever thought about having your own art show, this may be the place. The space has great lighting, and tracking is already in place for hanging. If you prefer the role of curator, we also have an opportunity. Work with staff to recruit artists and arrange exhibits. Work with artists to hang exhibits, and coordinate art receptions.



**For questions about volunteering,
contact Laura Noel at
lnoel@cityofmadison.com or call (608) 267-8652.**

Time to Review Your Medicare Plan

Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. That means even if you are taking the same medications, the amount you pay for your medications may change in 2024! The plans' premiums, deductibles, and co-pays can also change each year.



What can you do about this? All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment period which runs **October 15 through December 7**. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2024. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.

You can compare plans on the official Medicare website at [Medicare.gov](https://www.medicare.gov). Medicare beneficiaries in Madison & Monona can also receive free, unbiased assistance with plan comparisons from the case managers at NewBridge Madison. Call NewBridge at 608-512-0000 and ask for the Case Manager on Intake.

Assistance is also available through the following resources:

- » 1-800-MEDICARE or www.medicare.gov
- » Medigap Helpline 1-800-242-1060
- » Disability Rights Wisconsin Medicare Part D Helpline 1-800-926-4862 (if under age 60)
- » Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783

MED D APPOINTMENTS

MADISON SENIOR CENTER, 330 W MIFFLIN ST, MADISON, WI 53703

- » Monday, November 6, 10 am-4 pm
- » Monday, November 27, 10 am-4 pm

NEWBRIDGE MADISON – WEST, 5724 RAYMOND RD, MADISON, WI 53711

- » Wednesday, November 8, 10 am-4 pm

Medicare 101

FRIDAY, NOVEMBER 10, 10 – 11 AM

Don't wait until the last minutes to enroll if you are turning 65 soon. Learn the ins and outs of Medicare, and get your questions answered. No sales – no pressure! Already enrolled? All Medicare beneficiaries should check their Part D coverage during Medicare's annual open enrollment period which runs October 15 – December 7. This session will include a presentation with plenty of time for Q & A.

PUZZLE

Thanksgiving

WORD SEARCH

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

FALL

GATHER

HOLIDAY

PILGRIMS

PUMPKIN

CORN

FEAST

THANKFUL

TURKEY

CORNUCOPIA

FAMILY

GOBBLE

GRATITUDE

PIE

NOVEMBER

PLYMOUTH

STUFFING

THANKSGIVING

CRANBERRIES

POTATOES

TRADITION



EPANTRY

ePantry: Food Pantry Online Ordering System

PLACE ORDERS NOVEMBER 14

The Madison Senior Center is now a pick-up location for orders placed through the River Food Pantry ePantry. That means that if you order food through the ePantry, you can pick it up at the MSC. Our pick-up day is the 3rd Thursday of each month (October 19). **Orders can be picked between 10 am - 12 pm.** To learn about ordering and eligibility, call (608) 266-6581.



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

To learn about order and eligibility, call Gracen (Tue/Wed) or Elizabeth (Mon/Tue) at (608) 266-6581.

FOOD ORDER DATE	FOOD PICK UP DATE
Tuesday, November 14	Thursday, November 16
Tuesday, December 19	Thursday, December 21
Tuesday, January 16	Thursday, January 18
Tuesday, February 13	Thursday, February 15

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FOUNDATION

What Does The MSC Foundation Do?

The Madison Senior Center Foundation, a 501 c 3 organization, pays for programs and activities, including a multitude of educational classes, wellness activities, and performances. Associated expenses include instructors, refreshments, volunteer recognition and advertising. The Foundation covers scholarships for any fee-based programs. If you are interested in learning more about the foundation contact Yolanda Shelton-Morris, (608) 266-6563 or yshelton-morris@cityofmadison.com.

FOUNDATION BOARD OF DIRECTORS

Tom DeChant - President
Kathy Whitt - Vice President/Secretary
Sally Miley
Jan Cliff
Harry Engstrom

HELP WANTED

Our Foundation Board of Directors is rebuilding and needs people who are knowledgeable about any one of these areas: finance, fund development, marketing, board development. You do not have to be a senior. You just have to care about older adults and successful aging in our community.



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.*

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☐ In Appreciation of: _____ ☐ Other: _____

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

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