

THE Messenger

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Inside this Issue

For Your Information	2
Lifelong Learning	4
Entertainment & Games.....	6
Technology & Finance	6
Services	8
Health & Wellness	9 & 10
Program & Activity List.....	12
Calendar	13
Movies	14
LGBTQ 50+ Alliance	15
Empowering Black Older Adults...	16
Programas en Español	17
Volunteer Opportunities	18
Community Resources	19
News.....	21
Puzzle	22
Foundation.....	23

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



Downtown Madison Family Halloween Party

WEDNESDAY, OCTOBER 28, 3 – 6 PM

Join us for an all-ages Halloween Bash! The Madison Senior Center will be a trick-or-treat location for the Downtown Madison Family Halloween event, which means we will have treats and games for little ones. For our Older Adults who are kids at heart, we will have light refreshments, a costume contest, and some tunes you're sure to know and love mixed by DJ Andre. The music will end at 5 PM, so come early and end the evening enjoying the final trick-or-treaters.



Celebrate Hispanic Heritage Month!

Hispanic Heritage Month runs from September 15 through October 15. It is important to celebrate the contributions of Hispanic and Latino people all year round, but during this month especially, we want to bring attention to the contributions this group has made to U.S. history and culture.

Check out the Senior Center display of important figures in Latino history and join us for our movie screenings celebrating Latino culture.

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)

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

Program & Outreach Coordinator, Ericka Booe (she, her)

(608) 266-6290, ebooe@cityofmadison.com

Facility Operations Assistant, Gary Flesher

(608) 267-8651, gflesher@cityofmadison.com

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

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**”.

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.**

If you need interpretation, translation, or a reasonable accommodation, contact seniorcenter@cityofmadison.com or 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. Public spaces (interior and exterior) at the Madison Senior Center are recorded and monitored by staff on video security cameras.



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, or for interpretation, translation, or a reasonable accommodation call 608-266-6581 or email seniorcenter@cityofmadison.com

Craft & Coffee: Pumpkin Painting

3RD MONDAYS, 9:30 – 11:00 AM

Enjoy a cup of joe and conversation while working on a different craft project each month. The October 19th program will be Pumpkin Painting – Choose a design or paint a face, it's up to you. Take your pumpkin home or leave it at the Senior Center to enhance our decor and bring joy to others! 

On Wisconsin: People, Places, Health and Aging

WEDNESDAY, OCTOBER 21, 12:30 – 1:30 PM

Join us for this special Badger Talks presentation, which is part of the Wisconsin Science Festival! The Wisconsin Longitudinal Study (WLS) has followed Wisconsin's 1957 high school graduates for 66 years, linking early and midlife experiences with later-life health. Recently, WLS engaged Hmong refugees resettled in Wisconsin to understand similarities and differences in the experiences of aging in the state.

Presented by Michal Engelman, Professor, UW Madison College of Letters & Sciences

Craft With Kids

NEW DATE!

2ND WEDNESDAYS, 9:45 – 11 AM

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

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, THROUGH OCTOBER 28,
10:30 - 11:30 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. 

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 platomadison.org for a full list of programs and host locations, and to sign up for membership and events.

- » **How to Read, Interpret (and Write) Poetry**
FRIDAYS, THROUGH NOVEMBER 20,
10:30 AM – 12 PM
- » **The Play's the Thing**
THURSDAYS, THROUGH NOVEMBER 12,
1:30 – 3:30 PM

Podcast Discussion Group

2ND & 4TH TUESDAYS, 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!



LIFELONG LEARNING

To register for programs, or for interpretation, translation, or a reasonable accommodation call 608-266-6581 or email seniorcenter@cityofmadison.com

Premier World Discovery Group Travel Opportunities

- » Smoky Mountains & Pigeon Forge Holiday; Departs 12/6/2026
\$3,149 pp/double



Psycho Century: Discussion, Movie Screening, Q&A

TUESDAY, OCTOBER 27, 12:15 – 2:45 PM

Psycho Century: Robert Bloch, American Horror Master (2026) is a book by Professor Bill Gillard about the life and career of one of the twentieth Century's most important (and fun) writers. Bloch wrote *Psycho* (1959), the novel upon which Alfred Hitchcock based the most important horror film of the twentieth Century. Bloch had a six-decade career, and he was friends with HP Lovecraft and Stephen King. Professor Gillard will present an introduction to Bloch and *Psycho* before our Movie Matinee screening of the movie and then lead a Q & A session after the movie ends.

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. 

Spilling the Tea Podcast

MONDAYS, OCTOBER 5 & 19, 9 – 10:30 AM

Join us to listen to a podcast and discuss the content.

- » **OCTOBER 5:** Black Oxygen with Angela Russell - Who is your neighbor? With guest Judge Everett Mitchell
- » **OCTOBER 19:** 365 Amplified - The Thing About Body Cameras with Rob Chappell

Walking Stick Woodworking

WEDNESDAYS, 12:30 – 1:30 PM

Join our volunteer and hobbyist extraordinaire Dale S. for a woodworking workshop! He will go over basic safety and woodworking techniques, and each person will prepare their own walking stick. Tools and materials will be provided, but if you have your own supplies, you are welcome to bring them. Some woodworking experience is recommended. Registration is required, **but attendance at every session is not.** 

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.

Writing Your Life

THURSDAYS, THROUGH OCTOBER 22,
10 – 11:30 AM

VIRTUAL OPTION (EMAIL FOR LINK)

NEXT SESSION:

THURSDAYS, NOVEMBER 12 – DECEMBER 17,
10 – 11:30 AM, NO CLASS NOV 26

We all have stories to tell about our life experiences. They encompass the joys of achievement, celebration, milestones, and love. Others detail the harder parts of life: jealousy, betrayal, sadness, loss. Explore different writing strategies and give and receive feedback. Led by Mark Nepper. 



ENTERTAINMENT & GAMES

B-I-N-G-O

THURSDAYS, 10:15 – 11:15 AM

It is free to play the standard BINGO rounds for a small prize. We play for 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.

Friday Open Stage

EVERY FRIDAY, 10 – 11 AM

The First Friday theme for October is Changes. 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!

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. Bring your singing voice and let the good times roll! There is a 3-song limit per person.

Third Thursday Entertainment: Selena y Los Dinos Movie Screening

THIRD THURSDAYS, 12:30 - 2:00 PM

This definitive documentary about the Queen of Tejano Music features home videos and archival material from the Quintanilla family and details the rise of her band from local restaurant performances to stadium tours. The movie shows Selena as a sister, wife, and daughter rather than focusing primarily on her tragic death. *Music, Culture. 1 hour 45 minutes. Rated PG.*

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.

Scheduled assistance may be available other days and times, so calling in advance is recommended: 608-266-6581, or email seniorcenter@cityofmadison.com

- » Monday 8:30 – 11:30 AM
- » Tuesday 10 – 11:30 AM, 1 – 3:30 PM
- » Wednesday 8:30 AM – 12:30 PM
- » Thursday 8:30 – 11:30 AM, 12 – 4 PM
- » Friday 9 AM – 1 PM

Artificial Intelligence & AI Scams

WEDNESDAY, OCTOBER 28, 10 – 11 AM

It has been reported that older Americans lost \$2.4 billion to scams in 2024. Join us as Donald Bach presents information about what Artificial Intelligence (AI) is, how AI is being used today by scammers, how to identify these savvy scams, and most importantly, learn what we need to know to help prevent us from falling victim. 



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Madison Senior Center, Madison, WI

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SERVICES

To register for programs, or for interpretation, translation, or a reasonable accommodation call 608-266-6581 or email seniorcenter@cityofmadison.com

Blood Pressure Screening

1ST & 3RD TUESDAYS, 11:15 AM – 12 PM

CALL FOR ADDITIONAL TIMES WHEN OUR PULSEWATCH OR NURSING STUDENT VOLUNTEERS ARE AVAILABLE

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.

Case Management through NewBridge

3RD TUESDAYS, 10:30 AM – 12:30 PM

Services Offered Through Case Management:

- » Resource Coordination: Assistance with finding resources like food, transportation, and affordable housing.
- » Benefits Assistance: Help with accessing benefits.
- » Home Assessments: In-home visits to assess individual needs.
- » Advocacy: Support to help older adults remain independent.



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

ORDERING ASSISTANCE MONDAY, OCTOBER 12, 8:30 AM – 1 PM

PICKUP FRIDAY, OCTOBER 16, 9 – 11:30 AM

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 and are an MSC member, you can pick your order up at the Senior Center. 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.

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

Foot Care Clinic – \$25

FRIDAY, OCTOBER 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, check or Venmo accepted. 



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. Calls with your Phone Pal can be short or long and can occur on a weekly or monthly basis. 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.

HEALTH & WELLNESS

To register for programs, or for interpretation, translation, or a reasonable accommodation 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, 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: FALL VIRTUAL & INCLUSIVE

FRIDAYS THROUGH DECEMBER 11,
9:30 – 10:45 AM, NO CLASS NOVEMBER 27

\$90 for 12 weeks (financial assistance available)

Latin Dances - Rumba, Cha Cha Cha, Mambo & Bachata



BALLROOM BASICS FOR BALANCE

FRIDAYS THROUGH DECEMBER 4,
10 - 11:30 AM, NO CLASS NOVEMBER 27

MADISON PUBLIC LIBRARY, 201 W MIFFLIN ST

October 16 class at MSC: the registration period has passed, but call for waitlist availability

\$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: NEW! BALLET BASICS FOR BALANCE VIRTUAL

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

\$60 for 8 weeks (financial assistance available)

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.



Eating Smart, Being Active

TUESDAYS, OCTOBER 13 – NOVEMBER 17,
1 – 2:30 PM

FoodWise Eating Smart, Being Active (ESBA) is a free, interactive nutrition and wellness program designed for parents, grandparents, and other caregivers who are raising or caring for children. Participants learn practical ways to prepare healthy meals on a budget, plan and shop for nutritious foods, increase physical activity, and build healthy habits for the whole family. Classes are fun, hands-on, and focused on making small changes that can support lifelong health.



UW-MADISON EXTENSION

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. 

HEALTH & WELLNESS

HASFIT Gentle Exercise

MONDAY - FRIDAY, 9 - 9:30 AM

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.

Movement for Every Body

MONDAYS, OCTOBER 5 & 19,

9:30 – 10:30 AM



This class, led by UW-Madison's Movement for Every Body club, includes music and dance, stretching, breathing exercises, and fun for everyone! . *R*

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. *R*

StrongBodies

**WEDNESDAYS & FRIDAYS, THROUGH NOVEMBER 20,
9 – 10:15 AM**

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. Participants follow a structured plan to strengthen all major muscle groups working to gradually increase the weights used. Participants gain strength, improve mobility, and reduce the risk of conditions like osteoporosis, heart disease, and diabetes. Plan to attend both weekly sessions for maximum benefit. *R*

Understanding Grief

TUESDAY, NOVEMBER 10, 10 – 11 AM

Grief is a deep emotional and physical response to loss, but what does that mean on a personal level? Everyone experiences grief differently, and how we process it impacts our well-being and those around us. Gain a greater understanding of grief and its impact through this presentation and discussion lead by staff from St. Croix Hospice. *R*

Welcome to Medicare - Free and In Person!

SATURDAY, NOVEMBER 14, 1 – 3:30 PM

**WAUNAKEE SENIOR CENTER,
333 S MADISON ST, WAUNAKEE**

What you need to know about enrolling in Medicare! If you are turning age 64 this year, the Dane County Area Agency on Agency 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 Free Welcome to Medicare Seminar. By attending a seminar, you'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs. Email AAA@danecounty.gov to register by November 6. *R*



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Madison Senior Center, Madison, WI

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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
Artificial Intelligence & AI Scams	Wednesday, Oct 28th	10:00 – 11:00 am	Free	MSC
Ballroom Basics for Balance	Fridays through Dec 4th	10:00 – 11:30 am	\$90	MPL/Oct 16th MSC
Ballroom Basics for Balance: Virtual & Inclusive	Fridays through Dec 11th	9:30 – 10:45 am	\$90	Virtual
Ballroom Basics for Balance: Ballet Basics for Balance	Mondays, Oct 5th – Nov 23rd	9:30 – 10:45 am	\$60	Virtual
Blood Pressure Screening	1st & 3rd Tuesdays, call for additional times	11:15 am – 12:00 pm	Free	MSC
Case Manager Drop-in	3rd Tuesdays	10:30 am – 12:30 pm	Free	MSC
Craft & Coffee: Pumpkin Painting	3rd Mondays	9:30 – 11:00 am	Free	MSC
Craft With Kids	2nd Wednesdays	9:45 – 11:00 am	Free	MSC
Docs to Digest: <i>Jiro Dreams of Sushi</i>	1st Thursdays	12:30 – 2:30 pm	Free	MSC
Eating Smart, Being Active	Tuesdays, Oct 13th – Nov 17th	1:00 – 2:30 pm	Free	MSC
ePantry	Order Oct 12th; pickup Oct 16th	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
Karaoke!	2nd & 4th Thursdays	12:30 – 1:30 pm	Free	MSC
Line Dance Class	Wednesdays through Oct 28th	10:30 – 11:30 am	Free	MSC
Movement for Every Body	Mondays, Oct 5th & 19th	9:30 – 10:30 am	Free	MSC
On Wisconsin: People, Places, Health & Aging	Wednesday, Oct 21st	12:30 – 1:30 pm	Free	MSC
Podcast Discussion Group	2nd & 4th Tuesdays	9:00 – 10:00 am	Free	MSC
<i>Psycho Century</i> : Discussion, Movie, and Q&A	Tuesday, Oct 27th	12:15 – 2:45 pm	Free	MSC
Rosen Method Movement	Mondays	11:00 am – 12:00 pm	Free	MSC
Third Thursday Entertainment: <i>Selena y Los Dinos</i>	3rd Thursdays	12:30 – 2:30 pm	Free	MSC
Spanish Conversation	Wednesdays	1:30 – 2:30 pm	Free	Virtual
Spilling the Tea Podcast	Mondays, Oct 5th & 19th	9:00 – 10:30 am	Free	MSC
StrongBodies	Wednesdays & Fridays through Nov 20th	9:00 – 10:15 am	Free	MSC
Walking Stick Woodworking	Wednesdays	12:30 – 1:30 pm	Free	MSC
Writing Your Life	Thursdays through Oct 22nd	10:00 – 11:30 am	Free	MSC/Virtual

OCTOBER 2026

HISPANIC HERITAGE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 HASFIT Gentle Exercise, Every day, 9:00			1 10:15 BINGO 1:30 PLATO The Play's the Thing 12:30 Docs to Digest: Jiro Dreams of Sushi	2 9:00 StrongBodies 9:30 BB4B V 10:00 BB4B – MPL 10:00 First Friday Open Mic: Changes 10:30 PLATO: Poetry
5 9:00 Bridge Belles 9:00 Spilling the Tea Podcast 9:30 Ballet Basics for Balance V 9:30 Movement for Every Body 11:00 Rosen Method Movement	6 10:00 Gentle Yoga 11:15 BP Screening 12:30 Movie: <i>Kiss of the Spider Woman</i>	7 9:00 StrongBodies 10:00 Watercolor Painting 10:30 Line Dance 1:30 Spanish Conv V 10:30 Line Dance 12:30 Walking Stick Woodworking	8 10:15 BINGO 12:30 Karaoke! 1:30 PLATO The Play's the Thing 2:00 Gay, Gray & Beyond	9 9:00 StrongBodies 9:30 BB4B V 10:00 BB4B - MPL 10:00 Friday Open Stage 10:30 PLATO: Poetry
12 9:00 Bridge Belles 9:30 Ballet Basics for Balance V 11:00 Rosen Method Movement *ePantry Ordering Day	13 9:00 Podcast Discussion Group 10:00 Gentle Yoga 12:30 Movie: <i>Un funeral de locos</i> 1:00 Eating Smart, Being Active	14 9:00 StrongBodies 9:45 Craft With Kids 10:00 Watercolor Painting 10:30 Line Dance 11:00 Exploring Poetry 12:30 Walking Stick Woodworking 1:30 Spanish Conv V	15 10:15 BINGO 12:30 Third Thursday Entertainment: <i>Selena y Los Dinos</i> 1:30 PLATO The Play's the Thing	16 9:00 ePantry Pick-Up 9:00 Footcare Clinic 9:00 StrongBodies 9:30 BB4B V 10:00 BB4B – MSC 10:00 Friday Open Stage 10:30 PLATO: Poetry
19 9:00 Bridge Belles 9:00 Spilling the Tea Podcast 9:30 Ballet Basics for Balance V 9:30 Craft & Coffee: Pumpkin Painting 9:30 Movement for Every Body 11:00 Rosen Method Movement	20 10:00 Gentle Yoga 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>Hubie Halloween</i> 1:00 Eating Smart, Being Active	21 9:00 StrongBodies 10:00 Watercolor Painting 10:30 Case Manager Drop-In 10:30 Line Dance 12:30 On Wisconsin: People, Places, Health & Aging 12:30 Walking Stick Woodworking 1:30 Spanish Conv V	22 10:15 BINGO 12:30 Karaoke! 1:30 PLATO: The Play's the Thing 2:00 Gay, Gray & Beyond	23 9:00 StrongBodies 9:30 BB4B V 10:00 BB4B - MPL 10:00 Friday Open Stage 10:30 PLATO: Poetry
26 9:00 Bridge Belles 9:30 Ballet Basics for Balance V 11:00 Rosen Method Movement	27 9:00 Podcast Discussion Group 10:00 Gentle Yoga 12:15 Movie, Discussion, Q&A: Psycho 1:00 Eating Smart, Being Active	28 9:00 StrongBodies 10:00 Artificial Intelligence & AI Scams 10:00 Watercolor Painting 10:30 Line Dance 12:30 Walking Stick Woodworking 1:30 Spanish Conv V 3:00 Downtown Family Halloween	29 10:15 BINGO 1:30 PLATO The Play's the Thing	30 9:00 StrongBodies 9:30 BB4B V 10:00 BB4B - MPL 10:00 Friday Open Stage 10:30 PLATO: Poetry 5:30 50+Alliance Costume Party

MOVIES

Movie Matinees

TUESDAYS, 12:30

OCTOBER 6

Kiss of the Spider Woman (2025)

Valentin, a political prisoner, shares a cell with Molina, convicted for public indecency. An unlikely bond forms as Molina recounts a Hollywood musical plot starring Ingrid Luna. *Stars: Diego Luna, Tonatiuh, and Jennifer Lopez. Drama, Musical, Political. 2 hours 9 minutes. Rated R.*



OCTOBER 13

Un funeral de locos/Death at a Funeral (2025)

The members of a family come to say goodbye to the recently-deceased patriarch, but what should have been a heartfelt wake turns into a crazy gathering when one of the attendees reveals the deceased's best-kept secret. *Stars: Quim Gutierrez, Ernesto Alterio, Gorka Otxoa, and Hong Chau. Drama, Romance, Tragedy. 1 hour 35 minutes. In Spanish with English sub-titles.*



OCTOBER 20

Hubie Halloween (2020)

Despite his devotion to his hometown of Salem and its Halloween celebration, Hubie Dubois is a figure of mockery for kids and adults alike. But this year, something is going bump in the night, and it's up to Hubie to save Halloween. *Stars: Adam Sandler, Kevin James, and Julie Bowen. Comedy, Horror, Mystery. 1 hour 43 minutes. Rated PG-13.*

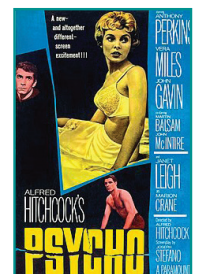


OCTOBER 27

Psycho (1960)

* Special presentation before the movie and a Q & A after the movie about Robert Bloch, the author of the book Psycho, which the movie is based on. See page 4 for more information.

A secretary on the run for embezzlement takes refuge at a secluded California motel owned by a repressed man and his overbearing mother. *Stars: Anthony Perkins, Janet Leigh, and Vera Miles. Dark Comedy, Horror, Thriller. 1 hour 49 minutes. Rated R.*

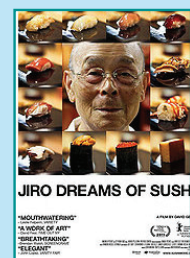


Docs to Digest

FIRST THURSDAYS, OCTOBER 1, 12:30

Jiro Dreams of Sushi (2011)

A documentary about 85-year-old sushi master Jiro Ono, his renowned Tokyo restaurant, and his relationship with his son and eventual heir, Yoshikazu. *Food, Culture. 1 hour 21 minutes. Rated PG. Japanese with English subtitles.*



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@lgbt Outreach.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

Coffee Meet-Ups

1ST & 3RD TUESDAYS, 2 - 3:30 PM at JAVA CAT, 4221 LIEN RD
2ND & 4TH WEDNESDAYS, 1 – 2 PM, QAMARIA COFFEE, 6730 ODANA RD

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.

LGBTQ+ Costume Party

FRIDAY, OCTOBER 30, 6 – 8:30 PM

MADISON SENIOR CENTER, 330 W MIFFLIN ST

Join us for entertainment, games, food, and NA drinks! Must be 18+. Register through OutReach.



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

Black Women Wellness Day SATURDAY, OCTOBER 3

MONONA TERRACE, 1 JOHN NOLEN DR

Register at BWWD.org, or by calling
Ericka, 608-266-6290

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

Anesis works to provide weekly walk-in services. Our drop-in clinics are open to anyone in Dane County. Clients should enter through the sanctuary.

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

A free, feel-good, low-impact fitness class with Johnny Winston! 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

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

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

Habrà Transportaci3n limitada. Favor registrarse

TERCER JUEVES, 11:00 AM
MEADOWWOOD NEIGHBORHOOD CENTER, 5740
RAYMOND RD

Habrà Transportaci3n limitada. Favor registrarse.

La Cafeteria De La Memoria

TODOS LOS JUEVES, 2 – 3 PM VIRTUAL

Un cafè 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 cafè 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 transportaci3n. Favor registrarse: 608-512-0000 ext. 405

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 sensaci3n de hogar y seguridad.

Servicios Asistenciales

CENTRO GUADALUPANO (CMC)

Clases de Inglés, y ciudadanía, clases de computaci3n, Teléfono: 608-661-3512

CENTRO HISPANO

Certificado de asistente de enfermería y capacitaci3n 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 deportaci3n, al brindar representaci3n legal y consultas, así como apoyo y educaci3n sobre temas de inmigraci3n para la comunidad en general.

Teléfono: 608-640-4444

ACADEMIA LATINA

Clases de Inglés y computaci3n, capacitaci3n de trabajo, certificado de preparatoria (GED),

Teléfono: 608-310-4573

MADISON COLLEGE (MATC)

Clases de Inglés y computaci3n, entrenamiento de trabajo, Certificado de preparatoria (GED) español/ inglés. Teléfono: 608-243-4200

URBAN LEAGUE

Entrenamiento de trabajo y preparaci3n para las carreras de tecnología informática, construcci3n, servicio al cliente, administraci3n 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.

October Volunteer Spotlight: Edgewood Nursing Students (and Instructor!)

Nursing students from Edgewood College began visiting the Senior Center earlier this year. At that time, students spoke with Senior Center members to understand their concerns and needs, and as a result of those conversations created a mental health resource 1-page guide. Now a new group of Fall Semester students have joined us, again to assess the needs of Senior Center members and offer them companionship and resources. The positive energy of the Edgewood staff and students is infectious, and our members love having them around. They have assisted with taking blood pressure, setting up for our Health Resource Fair, playing pool and chess, and just being all around good listeners. Thank you, Edgewood students, for helping to brighten the mood while also offering important resources to our members!



COMMUNITY RESOURCES

These are the agencies receiving funding from the City of Madison Community Development Division and the Madison Senior Center Foundation.

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



ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

THE STARLING AT RISE BRAND NEW - NOW OPEN

1- & 2-BEDROOM APARTMENTS 55+
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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



Advertise in Our Newsletter!

Contact Rob Witte

rwitte@4LPi.com

(800) 950-9952 x2501



Community Care

Set your independence in motion. It starts with a community that cares.

Contact your local Aging and Disability Resource Center (ADRC) at 844-WIS-ADRC (844-947-2372) to learn more about long-term care options in your area.



Call 866-992-6600 for additional information



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

Madison Senior Center, Madison, WI

01-1141

New Artwork on Display by Natalie Furtado

As Natalie became the weekly Bingo caller at Madison Senior Center, she spent more time with different elders. Natalie began to reflect and notice the different feelings she leaves each interaction with. She noticed that there is a certain stillness, and maybe sometimes an uneasiness, that exists when two people from polarizing age groups sit down, talk, and spend time together. Through interviews with senior adults, Natalie explores themes of aging, learning, loving, losing, and spending time with our elders. As overlapping topics emerge, this dual component project, consisting of a visual art installation and a video art collage, seeks to understand how spending time with the elderly may influence a person. Utilizing different techniques, overlaid with symbolism, Natalie dissects the stories of her aged peers to learn, when stripped down to the bare bones, what really matters as time goes on.

Natalie Furtado is a multidisciplinary artist born and raised in Las Vegas, Nevada, but is currently pursuing a dual degree in Pharmacology & Toxicology and Biology, with certificates in Global Health & 3D Studio Art from the University of Wisconsin, Madison.



PUZZLE



FALL WORD SEARCH

FIND AND CIRCLE EACH WORD!



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

Orange

Bat

Pumpkin

Patch

Fall

October

Treat

Costume

Halloween

Owl

Candy

Trick

MSC FOUNDATION

Foundation Board of Directors

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

Donations

- Art Paul

Special Thanks!

A special thank-you to our Health Resource Fair sponsors, as well as our 40 vendors – we couldn't have done it without you!

PREMIER SPONSORS:

Hallmark Homecare
Public Health Madison & Dane County
UnityPoint Health Meriter

LUNCH SPONSOR:

MG&E

TRANSPORTATION SPONSOR:

My Choice Wisconsin by Molina Healthcare

SPEAKER SPONSOR:

Badger Talks

Senior Center Wishlist

- Coffee grounds, sugar/sweetener, and creamer
- \$10 gift cards to use as prizes
- Cleaning supplies/household goods for members in need

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

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US POSTAGE PAID
PERMIT 1132
MADISON, WI

On Wisconsin: People, Places, Health and Aging

WEDNESDAY, OCTOBER 21, 12:30 – 1:30 PM

Join us for this special Badger Talks presentation, which is part of the Wisconsin Science Festival! See p.4 for more info.

For more information about the Wisconsin Science Festival, scan the QR Code:



Find us on Facebook: [MadisonWISeniorCenter](#)



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