

# THE Messenger

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OCTOBER, 2025

## Inside this Issue

For Your Information .....	2
Lifelong Learning .....	4
Technology & Finance .....	6
Health & Wellness .....	8
Groups & Clubs .....	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
ePantry .....	21
News .....	21
Puzzle .....	22
Foundation .....	23

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




## Downtown Madison Family Halloween & Older Adult Halloween Bash!

**WEDNESDAY, OCTOBER 29, 3 – 6 PM**

The Madison Senior Center will again be a stop for the annual Downtown Madison Family Halloween event, sponsored by the Downtown Business Improvement District. On top of the treats and games for kids, we will have an older adult costume contest and a DJ from 3:30-5:30, so emerge from your mad laboratory to join us for our bash! Dance to your favorite tunes from the 1970s to present with DJ Andre. Enjoy ghoulish treats and possible screams of delight at our costume contest. It would be frightful to miss it, so join in for a haunting good time! The costume contest is limited to those age 55+, but you are welcome to bring younger family members along for fun and treats! Festivities will be limited to our first floor during the extended event hours.

## Third Thursday Entertainment: Halloween Storytelling

**THURSDAY, OCTOBER 16, 12:30 – 1:30 PM**

In the spirit of all things Halloween, join professional storyteller Alice Pauser for a fun-filled hour recounting Halloweens gone by. Be an active participant or just listen, the choice is yours. Think about what you liked best about Halloween as a child to help you prepare. Wear a costume to really get in the mood (optional). 



# FOR YOUR INFORMATION

## Directory

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

Website ..... madisonseniorcenter.org

### SENIOR CENTER STAFF

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*Front Desk Associate, Beatrice Gonzalez (she, her, they, them)*

(608) 266-6581, bgonzalez@cityofmadison.com

## 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](mailto:seniorcenter@cityofmadison.com) or call (608) 266-6581.**

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

### Member of



Like us on Facebook:  
[facebook.com/MadisonWISeniorCenter](https://facebook.com/MadisonWISeniorCenter)



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

## SUBSCRIBE TODAY!

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

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

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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](mailto: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](mailto:seniorcenter@cityofmadison.com)

## Language Access Program

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

# LIFELONG LEARNING

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

## Coffee With a Cop

**WEDNESDAY, OCTOBER 1, 9 – 10 AM**

On National Coffee With a Cop Day, meet Officer Davilla – one of our downtown neighborhood police officers. She and a colleague will chat with folks and answer questions over coffee and treats.

## Docs to Digest: *Look Into My Eyes*

**THURSDAY, OCTOBER 23, 12:30 – 2 PM**

Join us in the Senior Center lounge once a month for a special post-lunch documentary screening. In October, we will watch *Look Into My Eyes* (2024), in which a group of New York City psychics conduct deeply intimate readings for their clients, revealing a kaleidoscope of loneliness, connection, and healing.

## 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. *R*

## First Friday Open Mic

**FRIDAY, OCTOBER 3, 10 – 11 AM**

Join us as a performer or an audience member for an hour of open mic! This first Friday gathering is the perfect venue to show off your poetry, music, or other talent. Bring your own instruments and/or material to share. Open to all styles of expression!

## Halloween Bash!

**WEDNESDAY, OCTOBER 29, 3:30 – 5:30 PM**

See cover page for more information. *R*

## Line Dance Class

**WEDNESDAYS THROUGH OCTOBER 29, 10 – 11 AM**

\$30 for six weeks (financial assistance available)  
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. Enjoy great music, light exercise, and a chance to connect with others in a supportive environment. No prior experience needed — just bring your enthusiasm!. *R*

## Paint & Sip: Pumpkin Painting

**MONDAY, OCTOBER 13, 9:30 – 11 AM**

This month instead of doing a Paint & Sip on canvas, we are painting pumpkins! Join us for a festive morning of decorating a pumpkin without the slimy mess. All supplies provided. *R*

## Participatory Learning and Teaching

**Organization (PLATO)** PLATO is a community of intellectually curious adults, typically 50 and over, which explores subjects of interest through member-led discussion groups, lectures, travel, and cultural activities. Visit [www.platomadison.org](http://www.platomadison.org) for a full list of programs and host locations, and to register. *R*

### ♥ Learning the Language & Logic of Autism

THURSDAYS, OCTOBER 2 –  
NOVEMBER 20, 10 AM – 12 PM

### ♥ The Play's the Thing

THURSDAYS, OCTOBER 9 –  
NOVEMBER 20, 1:30 – 3:30 PM

### ♥ Shakespeare: Method and Meaning

FRIDAYS THROUGH NOVEMBER 14,  
10 AM – 12 PM

# LIFELONG LEARNING

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


## Photo Affair Photo Drop-off

**TUESDAY, OCTOBER 21, 9 AM – 1 PM**

Drop off your photo(s) to be entered into our contest and to display at our Gallery Night on Friday, November 7. Photographers must be 55+ and non-professional (not relying on income from sold pieces). Photos may be edited but should not have significant digital alterations. Submit up to three pieces for \$25, or individual photos for \$10 each (scholarships are available). No submissions from prior Photo Affair events are permitted, and photographs must be original, framed, and ready-to-hang. Photographers may sell their work, with a 10% donation to the Madison Senior Center Foundation expected. Prize categories are Best of Show, Award of Excellence, Judge's Choice, and Honorable Mention.

## Podcast Discussion Group

**ALTERNATING 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! 

**OCTOBER 7**

Capitol Notes Podcast: the Wisconsin Budget Process

**OCTOBER 21**

Rewind: Your Week in Review by Wisconsin Eye (specific topic is announced later)

## Third Thursday Entertainment: Halloween Storytelling

**THURSDAY, OCTOBER 16, 12:30 – 1:30 PM**

See cover page for more information.

## Trivia!

**WEDNESDAY, OCTOBER 22, 1 – 2 PM**

Whether you know a lot of trivia, or want to learn more, this is a great way to keep your brain active. Join Alyssa from Comfort Keepers in a friendly but competitive hour of fun. What would trivia be without some prizes, so come over and win!


## Watercolor Painting

**WEDNESDAYS, 9 - 10 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 UW Madison student volunteers might join in. All supplies provided, and no advanced signup is needed.

## Writing Your Life

**THURSDAYS THROUGH OCTOBER 23, 10 – 11:30 AM**

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

**SAVE THE DATE:** Silver Santa Registration forms will be due by WEDNESDAY, NOVEMBER 5, so keep an eye out for the announcement and submit your form to participate in the annual gift-receiving fun!



# TECHNOLOGY & FINANCE

## Computer Lab

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



**Conversations:** Please minimize conversations not related to the work being done at the computer. Use low tones and be respectful of others.

**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.

## Laptop Training by DaneNet

**TUESDAY, OCTOBER 7, 2 – 4 PM**

This class will focus on how to use Microsoft Word Processing to create basic writing documents. Bring your own device to work with. If you need to borrow one, contact Ericka for availability: 608-266-6290

We have extended our Computer Lab volunteer hours! Make an appointment or drop in during these hours:

Monday: 8:30 – 10:30 AM  
Tuesday: 8:30 – 11:30 AM  
Wednesday: 11:15 AM – 3:30 PM  
Thursday: 2:00 – 4:00 PM  
Friday: 8:30 – 10:00 AM



## Common Scams & Fraud that Target Seniors

**WEDNESDAY, OCTOBER 15, 12 - 1 PM**

The Wisconsin Bureau of Consumer Protection will discuss the details of common scams, the warning signs of a scam, and what to do if you or someone you know falls victim to a scam or fraud. Helpful factsheets from The Bureau of Consumer Protection will be available.



## A PARTNER FOR LOCAL CARE

Contact your county's Aging and Disability Resource Center to find out if you qualify.

[www.lakelandcareinc.com](http://www.lakelandcareinc.com)



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A 4C 01-1141

# HEALTH & WELLNESS

To register for programs, call (608) 266-6581 or email [seniorcenter@cityofmadison.com](mailto: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](http://www.ballroombasicsforbalance.org), or you can use the QR code below, or contact instructor Susan Frikken at 608-692-8794. The registration period has passed for the two classes below, but a wait list is kept for future vacancies.

**BALLROOM BASICS FOR BALANCE: ESPAÑOL & ENGLISH**

**FRIDAYS, SEPTEMBER 12 – DECEMBER 5,  
10 – 11:30 AM, NO CLASS NOVEMBER 28**

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

**OCTOBER 17: CLASS AT MADISON SENIOR CENTER  
THIS DAY ONLY**


\$90 for 12 weeks (financial assistance available) 

**VIRTUAL AND INCLUSIVE! (ZOOM)**

**FRIDAYS, SEPTEMBER 19 – DECEMBER 12, 9:30 –  
10:45 AM, NO CLASS NOVEMBER 28**

\$90 for 12 weeks (financial assistance available)

**West Coast Swing, Kansas City Two-Step, Country  
Line Dancing, and Disco**


Our class is a welcoming community that you can join anywhere from Zoom. We have seated and standing variations, so you can dance as you recover from an injury or manage a chronic illness. Each week we explore a balance tip like mindful movement, safe ways to get up and down from the floor, or winter safety along with dancing! Please check with your doctor or physical therapist to see if a balance class would be right for you. Beginners and continuing students welcome. 

**REGISTER USING THE QR CODE.**




## Blood Pressure Screening

**1ST & 3RD TUESDAYS, 11:15 AM – 12 PM**

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


## Foot Care Clinic – \$25

**FRIDAY, OCTOBER 17, 9 AM – 12 PM |  
APPOINTMENT REQUIRED**

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

## Gentle Yoga

**TUESDAYS, 10 – 11 AM**

Yoga improves balance, range of motion and flexibility, which are all important, especially as we age. Yoga Accessible for All (YAFA) teachers dedicate themselves to making yoga safe and inviting for anyone who is interested in gaining the benefits ([yafayoga.org](http://yafayoga.org)). We do a combination of seated and standing positions and will always suggest modifications if a pose is not working for you. Please register in advance. No fee, but donations are welcome. Please be seated by 10:00. Latecomers cannot be accommodated if class is full. First-timers please arrive by 9:50. 

## 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.



# HEALTH & WELLNESS

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

## Let's CONNECT

**TUESDAYS THROUGH NOVEMBER 11,  
10 – 10:50 AM**

Let's CONNECT! is a multi-week series of hands-on activities designed to stimulate the imaginations of older adults and promote human connection. The sessions include a wide range of activities, including physical exercise, music, seated dance, singing, storytelling, and sharing ideas. The activities are facilitated by the TNW Ensemble's co-founding artistic directors, Donna Peckett and Danielle Dresden, who have worked extensively with older adults since 2012. These activities are drawn from the workshop leaders' more than 39 years in theater and creative drama, and movement. National research has shown the improvisational approach of "Yes, and..." to be very effective in improving memory. *R*

## Memory Lane

**1ST & 3RD MONDAYS, 9 – 10 AM**

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

## Movement for Every Body

**1ST & 3RD FRIDAYS, 9 – 9:30 AM**

This class will include music and dance, stretching, breathing techniques, mobility exercises, and fun for everyone. *R*

## Navigating Breast Health

**THURSDAY, OCTOBER 30, 12:30 – 1:30 PM**

Navigating breast health involves a combination of prevention, such as maintaining a healthy lifestyle and early detection, especially for those at higher risk. Learn more about this disease from staff from the UW Health Breast Center. *R*

## Rosen Method Movement

**MONDAYS OCTOBER 6 – NOVEMBER 24,  
11 AM – 12 PM**

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

## Welcome to Medicare Seminar – Free!

**SATURDAY, NOVEMBER 15, 9 – 11:30 AM  
UW EXTENSION, 5201 FEN OAK DR**

What you need to know about enrolling in Medicare! If you are turning 64 this year, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options. Do you understand what Medicare is and isn't, how to avoid penalties for late enrollment in Medicare, and how to get the most out of your health and prescription benefit plans? Some decisions and actions about Medicare can take place 3-6 months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit. Want easy to understand answers to all these complex questions? Sign up to attend. You'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs. Email [AAA@danecounty.gov](mailto:AAA@danecounty.gov) by November 7th to register. *R*

## GROUPS, GAMES & CLUBS

### Bid Whist

**THURSDAY, OCTOBER 2, 1 – 2:30 PM**

Join us for a fun afternoon playing the card game Bid Whist! Basic knowledge needed, but all skill levels welcome. Light refreshments provided. Limited transportation available; contact Laura. *R*

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

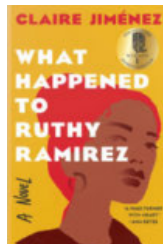
**THURSDAYS, 10:15 - 11:15 AM**

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 for fun and camaraderie. Join us!

### Book Club

**2ND & 4TH FRIDAYS, 10:15 – 11:15 AM**

Join our Friday Book Club! Anyone who enjoys reading is welcome to join us. Club members will choose books and activities. We will use library book club kits; call Laura at 608-267-8650 to reserve yours. Our next book selection is *What Happened to Ruthy Ramirez* by Claire Jiménez. A powerful novel of a Puerto Rican family in Staten Island who discovers their long-missing sister is potentially alive and cast on a reality TV show, and they set out to bring her home. *R*



### Bridge Belles

**MONDAYS, 9 - 11 AM**

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

### Lotería: A Visual BINGO Game!

**WEDNESDAY, OCTOBER 8, 1 – 2:30 PM**

**ESPAÑOL & ENGLISH**

Join us for a fun afternoon of traditional Lotería; Mexico's version of BINGO. It's easy to learn on the spot, fun for the whole family, and spaces (called in Spanish) can be identified visually, making it a fun game for most! Light refreshments provided. *R*

Acompáñenos a disfrutar de una tarde divertida de lotería tradicional, la versión mexicana del bingo. Es fácil de aprender en el momento, divertido para toda la familia, y los espacios se anunciarán en español, ¡un juego divertido para todos! Se ofrecerán refrigerios. *R*

### Spanish Conversation

**WEDNESDAYS, 1:30 - 3 PM VIRTUAL**

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

### Spirit Days

**FRIDAYS, 8:30 AM - 12 PM:** Participate in a Spirit Day activity and win a prize! Each Spirit Day is a new chance to win.

**OCTOBER 3RD RANDOM ACTS OF POETRY DAY**  
Write a poem using our magnetic poetry board.

**OCTOBER 10TH GET FUNKY DAY**  
Groove to some funky tunes!

**OCTOBER 17TH SPORT DAY**  
Support your favorite team by wearing a hat, jersey, or other memorabilia.

**OCTOBER 24TH HORROR MOVIE DAY**  
What movie still scares you to this day?

**OCTOBER 31ST HALLOWEEN**  
Trick or Treat? It's a surprise!





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Madison Senior Center, Madison, WI B 4C 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
<b>Ballroom Basics for Balance</b>	Fridays through Dec 5th, NO CLASS Nov 28th	10:00 – 11:30 am	\$90/12 wks	MPL; 10/17 @ MSC
<b>Ballroom Basics for Balance: Virtual and Inclusive</b>	Fridays through Dec 12th, NO CLASS Nov 28th	9:30 – 10:45 am	\$90/12 wks	Virtual
Bid Whist	First Thursdays	1:00 – 2:30 pm	Free	MSC
<b>Book Club</b>	2nd & 4th Fridays	10:15 – 11:15 am	Free	MSC
<b>Coffee With a Cop</b>	Wednesday, Oct 1st	9:00 – 10:00 am	Free	MSC
<b>Common Scams &amp; Fraud that Targets Seniors</b>	Wednesday, Oct 15th	12:00 – 1:00 pm	Free	MSC
<b>Docs to Digest: Look into My Eyes</b>	4th Thursdays	12:30 – 2:30 pm	Free	MSC
Exploring Poetry	2nd Wednesdays	11:00 am – 12:30 pm	Free	MSC
First Friday Open Mic	1st Fridays	10:00 – 11:00 am	Free	MSC
Foot Care Clinic	3rd Fridays	9:00 am – 12:00 pm	\$25	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays	2:00 – 4:00 pm	Free	MSC
Gentle Yoga	Tuesdays	10:00 – 11:00 am	Free	MSC
<b>Halloween Bash</b>	Wednesday, Oct 29th	3:30 – 5:30 pm	Free	MSC
<b>Laptop Training: Word Processing/Microsoft</b>	Tuesday, Oct 7th	2:00 – 4:00 pm	Free	MSC
Let's CONNECT	Tuesdays through Nov 11th	10:00 – 10:50 am	Free	MSC
<b>Line Dance Class</b>	Wednesdays through Oct 29th	10:00 – 11:00 am	\$30/6 sessions	MSC
Lotería	2nd Wednesdays	1:00 – 2:30 pm	Free	MSC
Memory Lane	1st & 3rd Mondays	9:00 – 10:00 am	Free	MSC
<b>Movement for Every Body</b>	1st & 3rd Fridays	9:00 – 9:30 am	Free	MSC
<b>Navigating Breast Health</b>	Thursday, Oct 30th	12:30 – 1:30 pm	Free	MSC
Paint & Sip: <b>Pumpkin Painting</b>	2nd Mondays	9:30 – 11:00 am	Free	MSC
<b>Photo Affair Dropoff</b>	Tuesday, Oct 21st	9:00 am – 1:00 pm	Free	MSC
<b>PLATO</b>	Autism: Thu, Oct 2nd - Nov 20th Play's: Thu, Oct 9th - Nov 20th Shakespeare: Fri through Nov 14th	10:00 am – 12:00 pm 1:30 - 3:30 pm 10:00 am – 12:00 pm	Free	MSC
Podcast Discussion Group	Tuesdays, Oct 7th and 21st	9:00 – 10:00 am	Free	MSC
Rosen Method Movement	Mondays through Nov 24th	11:00 am – 12:00 pm	Free	MSC
Spanish Conversation	Wednesdays	1:30 – 3:00 pm	Free	Virtual
<b>Third Thursday Entertainment: Halloween Storytelling</b>	3rd Thursdays	12:30 – 1:30 pm	Free	MSC
<b>Trivia!</b>	Wednesday, Oct 22nd	9:00 – 11:30 am	Free	Virtual
Writing Your Life	Thursdays through Oct 23rd	1:00 – 2:00 pm	Free	MSC



# October 2025

## HISPANIC HERITAGE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>HASFIT Gentle Exercise,</b> Every day, 9:00</p>	<p><b>Breast Cancer Awareness Month</b></p> 	<p><b>1</b></p> <p>9:00 Coffee w/ a Cop 9:00 Watercolor Painting 10:00 Line Dance 1:30 Spanish Conv <b>V</b></p>	<p><b>2</b></p> <p>10:00 Writing Your Life 10:00 PLATO - Language &amp; Logics of Autism 10:15 BINGO 1:00 Bid Whist</p>	<p><b>3</b></p> <p>9:00 Movement for Every Body 9:30 BB4B <b>V</b> 10:00 BB4B - MPL 10:00 First Friday Open Mic 10:00 PLATO - Shakespeare</p> <p><b>Spirit Day: Random Acts of Poetry Day</b></p>
<p><b>6</b></p> <p>9:00 Bridge Belles 9:00 Memory Lane 11:00 Rosen Method Movement</p>	<p><b>7</b></p> <p>9:00 Podcast Disc Grp 10:00 Gentle Yoga 10:00 Let's CONNECT 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>Cesar Chavez</i> 2:00 Laptop Training: Microsoft Word</p>	<p><b>8</b></p> <p>9:00 Watercolor Painting 10:00 Line Dance 11:00 Exploring Poetry 1:00 Lotería <b>S</b> 1:30 Spanish Conv <b>V</b></p>	<p><b>9</b></p> <p>10:00 Writing Your Life 10:00 PLATO - Autism 10:15 BINGO 1:30 PLATO - The Play's the Thing 2:00 pm Gay, Gray &amp; Beyond</p> <p><b>Ageism Awareness Day</b></p>	<p><b>10</b></p> <p>9:30 BB4B <b>V</b> 10:00 BB4B - MPL 10:00 PLATO - Shakespeare 10:15 Book Club</p> <p><b>Spirit Day: Get Funky Day</b></p>
<p><b>13</b></p> <p>9:00 Bridge Belles 9:30 Paint &amp; Sip: Pumpkin Painting 11:00 Rosen Method Movement</p> <p><b>*ePantry Ordering Day</b></p>	<p><b>14</b></p> <p>10:00 Gentle Yoga 10:00 Let's CONNECT 12:30 Movie: <i>Under the Same Moon / La Misma Luna</i></p>	<p><b>15</b></p> <p>9:00 Watercolor Painting 10:00 Line Dance 12:00 Common Scams &amp; Fraud that Target Seniors 1:30 Spanish Conv <b>V</b></p>	<p><b>16</b></p> <p>9:00 ePantry Pick-Up 10:00 Writing Your Life 10:00 PLATO - Autism 10:15 BINGO 12:30 3rd Thursday Entertainment: Halloween Storytelling 1:30 PLATO - Play's</p>	<p><b>17</b></p> <p>9:00 Footcare Clinic 9:00 Movement for Every Body 9:30 BB4B <b>V</b> 10:00 BB4B - <b>MSC</b> 10:00 PLATO - Shakespeare</p> <p><b>Spirit Day: Sport Day</b></p>
<p><b>20</b></p> <p>9:00 Bridge Belles 9:00 Memory Lane 11:00 Rosen Method Movement</p>	<p><b>21</b></p> <p>9:00 Photo Affair Drop-Off 9:00 Podcast Disc Grp 10:00 Gentle Yoga 10:00 Let's CONNECT 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>Straw</i></p>	<p><b>22</b></p> <p>9:00 Watercolor Painting 9:30 Craft with Kids 10:00 Line Dance 1:00 Trivia! 1:30 Spanish Conv <b>V</b></p>	<p><b>23</b></p> <p>10:00 Writing Your Life 10:00 PLATO - Autism 10:15 BINGO 12:30 Docs to Digest: Look into My Eyes 1:30 PLATO - Play's 2:00 Gay, Gray, &amp; Beyond</p>	<p><b>24</b></p> <p>9:30 BB4B <b>V</b> 10:00 BB4B - MPL 10:00 PLATO - Shakespeare 10:15 Book Club</p> <p><b>Spirit Day: Horror Movie Day</b></p>
<p><b>27</b></p> <p>9:00 Bridge Belles 11:00 Rosen Method Movement</p>	<p><b>28</b></p> <p>10:00 Gentle Yoga 10:00 Let's CONNECT 12:30 Movie: <i>The Haunting</i></p>	<p><b>29</b></p> <p>9:00 Watercolor Painting 10:00 Line Dance 1:30 Spanish Conv <b>V</b> 3:00 Downtown Madison Family Halloween &amp; MSC Older Adult Halloween Bash</p>	<p><b>30</b></p> <p>10:00 PLATO - Autism 10:15 BINGO 12:30 Navigating Breast Health 1:30 PLATO - Play's</p>	<p><b>31</b></p> <p>9:30 BB4B <b>V</b> 10:00 BB4B - MPL 10:00 PLATO - Shakespeare</p> <p><b>Spirit Day: Halloween!</b></p> 

# MOVIES

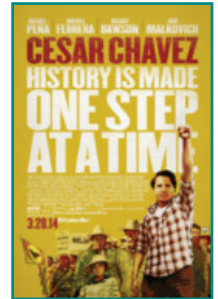
## Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm. The 4th Tuesday of the month is reserved for a classic movie.

### OCTOBER 7

#### Cesar Chavez (2014)

The story of the civil-rights activist and labor organizer Cesar Chavez who was torn between his duties as a husband and father and his commitment to securing a living wage for farm workers. Passionate but soft-spoken, Chavez embraced non-violence as he battled greed and prejudice in his struggle to bring dignity to people. *Stars: Michael Peña, America Ferrera, and Rosario Dawson. Biography, Drama. 1 hour 42 minutes. Rated PG-13.*



### OCTOBER 14

#### Under the Same Moon | La Misma Luna (2007)

After his grandmother passes away, a young Mexican boy illegally travels across the border to search for his undocumented mother living and working in the U.S. Meanwhile, his mother begins her own journey to reunite with her son. Along the way, mother and son face challenges and obstacles, but they never lose hope. *Stars: Eugenio Derbez, Kate del Castillo, and Adrian Alonso. Drama. 1 hour 46 minutes. Rated PG-13.*



### OCTOBER 21

#### Straw (2025)

What will be her last straw? A devastatingly bad day pushes a hardworking single mother to the breaking point — and into a shocking act of desperation. *Stars: Taraji P. Henson, Sherri Shepherd, and Teyana Taylor. Drama, Thriller. 1 hour 45 minutes. Rated TV-MA.*



### OCTOBER 28

#### The Haunting (1963)

Hill House has stood for about 90 years and appears haunted: its inhabitants have always met strange, tragic ends. Now Dr. Markway has assembled a team of people who he thinks will prove whether the house is haunted. *Stars: Julie Harris, Claire Bloom, and Richard Johnson. Horror. 1 hour 52 minutes. Rated G.*



## 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](mailto:info@lgbtoutreach.org); you can also check out our website, [lgbtq50plusalliance.org](http://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](mailto:karenlkane13@gmail.com) or [lynnc@outreach.org](mailto:lynnc@outreach.org)

## LGBTQ 50+ Alliance Steering Committee

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

We are continually planning programs and outings. Reach out to one of our committee members to share your ideas. Is there a program or group you would like to participate in?

## Coffee Meet-Up

**1ST & 3RD TUESDAYS, 2 - 3:30 PM**  
**JAVA CAT, 4221 LIEN ROAD,**

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

## 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.



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

# AGING WITH PURPOSE: EMPOWERING BLACK OLDER ADULTS

## **African Center for Community Development INC. Programs**

**2ND & LAST FRIDAYS, 3 – 5 PM**

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

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

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

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



Scan QR Code to register

## **Calming Computer Jitters Age-Friendly Computer Training**

**3RD WEDNESDAYS, 12 – 2 PM**

**MT ZION BAPTIST CHURCH, 2019 FISHER ST**

Are you an older adult who would like to learn more about using computers? Grab your laptop and join us! Questions: call 608-264-3468

## **Cancer Education Group**

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

This group will provide education, support, understanding, and encouragement in a safe space, allowing you to talk and listen to other patients who are having similar life experiences. Scan the QR code to join the Zoom meeting



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

**THURSDAYS, 10 AM – 2 PM**

**MT ZION BAPTIST CHURCH, 2019 FISHER ST**

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

## **Faith Based Depression Treatment Class | Seeking African American Adults**

Dr. Earlise Ward, Psychologist, invites you to participate in free classes to help you learn about depression and healthy coping behaviors. Participation includes 13 classes over 3 months. To learn more, please call 608-262-7917 or email OHD@fammed.wisc.edu

## **Fit & Fun**

**THURSDAYS, 11:30 AM – 12:30 PM**

**MT ZION BAPTIST CHURCH, 2019 FISHER ST**

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

## **Graceful Aging**

**TUESDAYS, 3 – 4 PM**

**MADISON CHURCH OF CHRIST, 2001 FISH HATCHERY RD**

Bobbie Briggs from Anesis will lead this group.

## **Mad-Town Walkers**

**MONDAYS, 12 – 1:30 PM | EAST TOWNE MALL**

Registration: call 608-512-0000 Ext 2007

## **Movies at Marcus!**

**FRIDAY, OCTOBER 3, TIME TBD**

**MARCUS POINT CINEMA, 7825 BIG SKY DR**

Time of the event will be dependent on film showtimes. There is very limited space so please call and sign up ASAP. Registration: call 608-512-0000 Ext 2007

## **My Story Group**

**THURSDAYS, 12:30 – 2 PM**

**WARNER PARK ART ROOM, 1625 NORTHPORT DR**

For lunch beforehand, please contact the Warner Park dining site coordinator: call 608-512-0000 Ext. 4000

## **Rebalanced Life Wellness Association**

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

To request an appointment, call 608-841-1110 or fill out the online form at: <https://rebalanced-life.org/appointment-request>

## **Tech Masters: Getting Comfortable with Computers**

**FIRST WEDNESDAYS, 2 – 4 PM**

**MADISON LABOR TEMPLE, 1602 S PARK ST**

Registration: call 608-512-0000 Ext 2007



# PROGRAMAS EN ESPAÑOL PARA ADULTOS MAYORES

## Bingo Bilingüe

**PRIMER VIERNES, 3 DE OCTUBRE, 10:15 AM**  
**WARNER PARK, 1625 NORTHPORT DR**  
**TERCER MARTES, 21 DE OCTUBRE**  
**MEADOWOOD NEIGHBORHOOD CENTER, 5740**  
**RAYMOND RD**

Habrà Transportación limitada. Favor registrarse:  
LeoM@newbridgemadison.org o (608) 512-0000  
ext. 3003

## La Cafeteria De La Memoria

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

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

## Charlas Semanales

**TODOS LOS MIÉRCOLES, FACEBOOK LIVE**  
**ROOTS4CHANGE, 10 – 11:30 AM**  
**RAÍCES PARA EL CAMBIO**

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

## La Magia del Pueblo

**SÁBADO, 4 DE OCTUBRE, 5:30 PM**  
**CENTRO HISPANO, 2403 CYPRESS WAY**

Celebrar y honrar el espíritu, la fortaleza y la creatividad de la comunidad Latinx.

¿Qué puedes esperar? Disfruta de arte inmersivo que celebra la cultura Latinx. Participa en eventos que resaltan el espíritu y la fortaleza de la comunidad. Apoyo a Centro Hispano: El evento también sirve para apoyar el vital trabajo que Centro realiza durante todo el año, y se espera que sea una noche para reflexionar, regocijarse y comprometerse con la misión de la organización. Para más información y para comprar boletos, puedes visitar la página del evento: <https://givebutter.com/c/HbU5KP>

## El Mercadito de Centro

**TODOS LOS JUEVES, 4 – 8 PM**  
**CENTRO HISPANO, 2403 CYPRESS WAY**

Mercadito ofrece un lugar abierto y saludable donde la comunidad puede compartir su herencia cultural y tradiciones culinarias, rompiendo barreras y desafíos que enfrentan los miembros de la comunidad al acceder a alimentos saludables en un lugar donde los olores 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**

Teléfono: (608) 255-3018

**EL CENTRO INMIGRATORIO DE LA COMUNIDAD**

Teléfono: (608) 640-4444

**ACADEMIA LATINA**

Teléfono: (608) 310-4573

**MADISON COLLEGE (MATC)**

Teléfono: (608) 243-4200

**URBAN LEAGUE**

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](http://www.cityofmadison.com/senior-center/volunteer/apply-to-volunteer)



1. **Photo Affair Assistant:** Assist with registration and drop-off on Oct 21st, with hanging photos on Oct 24th, with the Gallery Night on Nov 7th, with photo pickup on Dec 17th, and/or with distributing flyers.
2. **Craft With Kids Participant:** Join our intergenerational craft meetup on the 4th Wednesday of each month. Kids from St. Joseph's Preschool will work on a craft with older adults.
3. **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!  
**Art Lovers:** Share your love of art by leading a short series of art classes.  
**Bid Whist:** Do you love to play Bid Whist? The volunteer will set up, clean up, coordinate snacks, get the group started, and play along.
4. **Computer Helper:** More and more older adults are trying to improve their digital literacy skills. Take a regular shift to assist walk-ins and help with basic office tasks, or be available to take scheduled 1:1 appointments at the Madison Senior Center during regular operating hours.
5. **Newsletter Prep and Delivery Person:** Help spread the word! Spend a day towards the end of each month driving our newsletter to community partners and senior housing facilities. You bring your vehicle, and we will provide you with a gas gift card. Don't drive? We could use your help addressing the newsletters we mail out to residents.

## October Volunteer Spotlight: Sky

Sky recently moved on to greener pastures to be nearer to his "lady-friend" Jenni (his term) and their dog Molly, but before that, he volunteered at the NewBridge Nutrition Site at MSC for about two years. Over the last year, Sky also assisted with MSC facility projects, such as re-planting some greenery out front to make space for our new mosaic pavers. Always artistic – he makes interesting crafts such as magic wands from found objects – he also made his own sun mosaic paver.

Sky moved to Wisconsin in his youth and started working in construction at the age of 14, so he also contributed by sharing his wealth of knowledge for maintenance projects around the building. We will miss having Sky around to participate in programs such as watercolor painting, poetry recitals, and the Let's Connect group. We will also miss seeing him jump in where he saw a need, such as helping new members fill out applications, or cleaning up the coffee cart. We wish Sky the best and know he will enjoy the extra nature walks with his lady-friend and dog!



## COMMUNITY RESOURCES

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

### **African Center for Community Development**

**2238 S PARK ST**

(608) 294-0066

### **Bayview Foundation**

**103 LA MARIPOSA LN**

(608)256-7808

### **Bridge Lake Point Waunona Neighborhood Center**

**1917 LAKE POINT DR**

(608) 441-6991

### **FOSTER of Dane County**

**700 RAYOVAC DR**

(608) 628-7708

### **Freedom, Inc.**

**2110 LUANN LN**

(608) 716-7324

### **Goodman Community Center**

**214 WAUBESA ST**

(608) 241-1574

### **IP Ministries**

**1102 ENGELHART DR**

(608) 347-7999

### **Lussier Community Education Center**

**55 S GAMMON RD**

(608) 833-4979

### **Neighborhood House Community Center**

**29 S MILLS ST**

(608) 255-5337

### **OutReach, Inc.**

**2701 INTERNATIONAL LN**

(608) 255-8582

### **RSVP of Dane County**

**6501 WATTS RD**

(608) 238-7787

### **Southeast Asian Healing Center, Inc.**

**2814 SYENE RD**

(608) 405-5889

### **The Hmong Institute**

**4402 FEMRITE DR**

(608) 692-8918

### **Urban Triage**

**2312 S PARK ST**

(608) 299-4128

### **NewBridge**

#### **NUTRITION SITE**

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

#### **CASE MANAGEMENT – EXPANDED HOURS!**

NewBridge case managers will now have expanded drop-in hours at the Madison Senior Center on the first and third Tuesday of the month from 10:30 am - 12:30 pm.

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



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### 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

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\*Inclusive Income Restrictions Apply\*

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



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



## EPANTRY

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

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

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

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

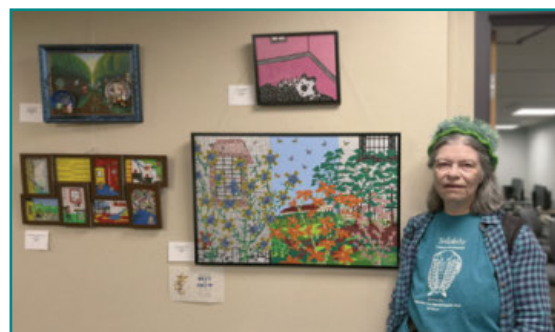
FOOD ORDER DATE WITH ASSISTANCE	FOOD PICK UP DATE
Monday, October 13	Thursday, October 16
Monday, November 17	Thursday, November 20
Monday, December 15	Thursday, December 18

## NEWS

### Trash Interrupted Art Show

**ON DISPLAY THROUGH WEDNESDAY, OCTOBER 15, OPEN DURING MSC HOURS**

Award-winning collage artist Karen Loper from Madison Wisconsin has an original approach to up-cycling. Accused of “shopping in the woods” as a child, now years later she can be found “shopping” in the waste baskets at work, effectively interrupting trash. Since completing her career as an art teacher, Loper’s mission has been to create innovative, high-quality collages and assemblies from rescued, recycled industrial materials.



Visitors of “Trash Interrupted” will find themselves immersed in the details of the landscapes. They will catch your eye from across the room. As one slowly approaches, a closer look at the compositions reveals words combined into trees, birds, and flowers that will make you smile. Odd colors harvested from her “free materials” often tickle your eye’s funny bone.

### Pardon Our Dust: Roof Repair to Begin in October

Work on the Madison Senior Center roof is set to begin in early October. This has been a needed repair, and we look forward to revamping our rooftop patio at some point after the work is complete. Crews will remove the very heavy roof tiles, as well as the surprisingly also very heavy roof membrane. The new membrane will help keep the elements out, and new tiles will update the look of the patio. Work is not expected to affect Senior Center operations aside from making the rooftop patio inaccessible.

# PUZZLE



## Fall Word Search



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

NOVEMBER  
HAYSTACK  
SQUIRREL  
SEPTEMBER  
PEARS  
SQUASH



PUMPKIN  
ACORN  
CORN  
PINE CONE  
AUTUMN  
RAINCOAT



HALLOWEEN  
LEAVES  
YELLOW  
ORANGE  
CHANGE  
APPLE



THANKSGIVING  
OCTOBER  
SEASON  
FESTIVAL  
MIGRATION  
CHESTNUTS

# 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 Thomas DeChant at [mscfoundation@gmail.com](mailto:mscfoundation@gmail.com)

### FOUNDATION BOARD OF DIRECTORS

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

### DONATIONS

Mark St. Francis  
Barbara Troedel  
Amy Noble

### Senior Center Wish List

- » Coffee grounds, sugar packets, and coffee creamer
- » Cases of bottled water
- » Individually wrapped snacks
- » Gift cards to use as game prizes (\$10)
- » Used or new sweat pants in adult sizes
- » Musical instruments in good condition

### Health Resource Fair Donors

Many thanks to the generous sponsors of our Health Resource Fair!



- » MGE sponsored our delicious lunch from El Pastor
- » United Health Care sponsored transportation for low-income and mobility challenged older adults
- » UnityPoint Meriter

### EVENT SPONSORS

- » Village Caregiving
- » Noel Manor
- » TMG
- » Age Better-SAIL-Safe at Home
- » Informed Choice
- » My Choice
- » St. Croix Hospice
- » Caption Call

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**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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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.

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## *Breast Cancer Awareness Month*

Add a name to our pink ribbon garland at the Madison Senior Center – ask at the front desk. The garland will honor those who have passed away due to complications from breast cancer, who are living with it, or who have survived it.

### **Navigating Breast Health**

**THURSDAY, OCTOBER 30, 12:30 – 1:30 PM**

See p. 9 for more information

Talk to your doctor about which screenings are right for you based on your age, lifestyle, and medical history. This list is a great place to start: [communityhealth.mayoclinic.org/prevention-and-wellness/adult](https://communityhealth.mayoclinic.org/prevention-and-wellness/adult)



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