

THE Messenger

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SEPTEMBER, 2023

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Relevant, Inclusive, Enlightened

Madison Senior Center

330 W. Mifflin Street

Madison, Wisconsin 53703

(608) 266-6581

cityofmadison.com/senior-center



MSC40

CHEERS TO FORTY YEARS!

Honoring & Celebrating the Aging Community

Thursday, September 21

4 - 7 pm

You are invited to celebrate the Madison Senior Center's 40th Anniversary!

- Aging Forward Awards
- Guest Speakers
- Live Entertainment
- Hors d'oeuvres

Please RSVP online at <https://www.cityofmadison.com/msc40>



FOR YOUR INFORMATION

Directory

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

SENIOR CENTER STAFF

Community Resources Manager, Yolanda Shelton-Morris
(she, her)
(608) 266-6563, yshelton-morris@cityofmadison.com

Older Adult Program & Outreach Coordinator, Laura Hunt
(she, her)
(608) 267-8650, lhunt@cityofmadison.com

Administrative Services Coordinator, Karen Cator (she, her)
(608) 266-6290, kcator@cityofmadison.com

Facility Operations Assistant, Gary Flesher (he, him)
(608) 267-8651, gflesher@cityofmadison.com

Custodian, Ricky Butler (he, him)
(608) 266-6581, rbutler@cityofmadison.com

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

MISSION STATEMENT

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

OUR VISION

Become known as an inclusive community where older adults thrive.

Program Format & Registration

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

Member of



Scholarship Fund

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

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

SUBSCRIBE TODAY!

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

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

FOR YOUR INFORMATION

Aging & Disability Resource Center (ADRC)

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

NewBridge Madison

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



Area Agency on Aging

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

Like us on Facebook:

facebook.com/MadisonWISeniorCenter



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.

Fall Hours (effective September 5)

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

NewBridge Nutrition Site

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



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

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

IS THERE A COST?

If you are age 60 and older, the suggested minimum donation is **\$4.50**. If you are under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost \$15.44.


LIFELONG LEARNING

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

Exploring Poetry

2ND & 4TH, WEDNESDAYS,
11 AM - 12:30 PM



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

What do you need to know about “Air Quality” Alerts?


THURSDAY, SEPTEMBER 14, 1 - 2 PM

John Hausbeck from Public Health Madison Dane County will explain and answer questions about the air quality alerts over the last few months. You probably already know that they are due to the wildfires in Canada, but how concerned should you be? Register by September 12 and receive 1 hour free parking validation for the Overture Ramp.



Writing Your Life

THURSDAYS, SEPTEMBER 14 – OCTOBER 19,
10 - 11:30 AM

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

“Off the Record: A Vietnam War Nurse’s Journal”

WATCH FOR DATE IN OCTOBER!

Join us to meet and hear from Fay Ferington, local author, photographer, facilitator and long-time senior center participant and volunteer. Ferington will read excerpts, talk about how the book came about, and answer questions.

Creative Crafts

TUESDAY, SEPTEMBER 26,
1 - 2 PM

Make an amazing seasonal craft that you can easily share with friends and family, while enjoying the company of fellow crafters. Lead by Jackie from Vista West.



LIFELONG LEARNING

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

What is Green Burial?

MONDAY, SEPTEMBER 18, 1 - 2:15 PM

Learn from Shedd Farley, Natural Path Sanctuary, and Melissa Theisen, Gunderson Funeral & Cremation Care about burial options that emphasize simplicity and environmental sustainability. Shedd will share about his passion for green burials and Natural Path Sanctuary, a nature preserve burial ground, also known as a green cemetery. Natural Path Sanctuary is located in Verona and is the first cemetery in Dane County, WI, that exclusively follows natural/green burial practices. Register by September 14, and receive free parking validation for the Overture Ramp.

Presenters:

Shedd Farley, Director of the Linda and Gene Farley Center for Peace, Justice and Sustainability, founded by his father and named after his parents. He is also coordinator of Natural Path. Sanctuary, the on-site, certified green cemetery where his parents are buried.

Melissa Theisen, Advanced Planning & Aftercare Specialist: Melissa grew up in rural Montello but has called the Madison area home for over 30 years. She has a passion for helping people, and considers it an honor to help families have memorable experiences at a difficult time.

Technology & Finance

Technology Assistance

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

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

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

Schedule Your Appointment

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

Money Matters

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



Computer Lab

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

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

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

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

GROUPS & CLUBS

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

Groups & Clubs

Bridge Belles

MONDAY, 9 - 11 AM

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

Downtown Veteran Social

TUESDAYS, 10 - 11:15 AM

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

Red Hat Mama's

LAST TUESDAY OF MONTH, 11 AM - 2 PM, SEPTEMBER 29

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

Spanish Conversation

WEDNESDAYS, 1:30 - 3 PM HYBRID

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

Games

Table Tennis * Billiards

*** Table Games ***

Chess-Checkers *

Rummikub

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



B-I-N-G-O

WEDNESDAYS, 10:15 - 11:15 AM

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



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Madison Senior Center, Madison, WI

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HEALTH & WELLNESS

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

HASFIT Gentle Exercise

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

Gentle Yoga

TUESDAYS, 10 - 11 AM

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

Fit for Life Cardio Dancing for 55+

FRIDAYS, 9:30 - 10:15 AM - RESUMES SEPTEMBER 29

Start out the weekend with an energizing cardio class that will get the blood pumping. This class is for you if you can move around freely without assistance, and would enjoy a class that recreates the dance moves to songs you love at an easily modified intensity to fit your comfort range. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! *R*

Health Resource Fair

TUESDAY, OCTOBER 17, 10 AM - 1 PM

Don't miss this opportunity to speak with local agencies and professionals about services and opportunities available to older adults. You will also have the opportunity to receive free health screenings, a light lunch and learn about health topics that matter to older adults.

Ballroom Basics for Balance™

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



FRIDAYS, 10 - 11:30 AM, SEPT. 15 – DEC. 8

Our focus in the fall will be Latin, Smooth & Line Dances ... and more! We meet at the Madison Central Library (201 W Mifflin St). Class is \$85 for 12 weeks. Financial Assistance is available. To register contact Susan Frikken, instructor at (608) 692-9794. Registration deadline is Friday, September 8. *R*

VIRTUAL AND ADAPTIVE (ZOOM)

FRIDAYS, 9:30 - 10:45 AM

Our focus in the fall will be "Dances that began in the U.S. such as Jazz, Tap, Salsa, Charleston & more! Our class is a welcoming Friday morning community that you can join from anywhere via Zoom. We have seated and standing variations, so you can dance as you recover from an injury or manage a chronic illness. Each week we explore a balance tip like mindful movement, safe ways to get up and down from the floor, or winter safety along with dancing! Please check with your doctor or therapist to see if a balance class would be right for you. Beginners and continuing students welcome. Class is \$85 for 12 weeks. Financial Assistance is available. Questions? Contact Atala at (608) 770-8763 or Krista at (608) 335-9252. *R*

"Take care of your body, it's the only place you have to live."

~ Jim Rohn

HEALTH & WELLNESS

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

Stepping On

Stepping On is an evidence-based workshop meeting once per week for seven weeks, two hours per week, with a reunion class three months later. The class is led by trained leaders who work with you to help improve your balance and reduce your risk of falling by reviewing medications, exploring the role of vision and falls, teaching strength and balance exercises, and offering help to improve your safety at home. Members of the class support each other's efforts to take action to prevent falls. Older adults who may have balance problems or fear of falling are the best fit for this class. According to studies, people who complete Stepping On classes see a 31% reduction in falls. Add 15-30 minutes to the first class in the series to complete paperwork (surveys and data collection). The following programs are free, and require a seven-week commitment. This program usually costs \$35, and is only free through 2023 thanks to a special grant.

- » **Tuesdays, September 12 – October 24 (3rd week class will be on Wed., Sept. 27) from 9:30 – 11:30am**
@ OUR LADY QUEEN OF PEACE, 401 S. Owen Dr., Madison
To register, contact Crystal at (608) 231-4614
- » **Fridays, September 15 – November 3 (no class Sept. 29) from 12 – 2pm**
@ MARIA GORETTI CATHOLIC CHURCH, 5313 Flad Ave., Madison
To register, contact St. Maria Goretti Catholic Church at (608) 271-7421



Free testing & information for
HIV
Syphilis
Hepatitis C

Monday, Sept. 18
5:00 - 7:00 PM
Madison Senior Center

 **LGBTQ**
MSC 50+ ALLIANCE

 **viventhealth**

"It gives me so many activities daily. It keeps me active in the community. I help serve people here. I enjoy the movies once a week. I really enjoy the senior center. I really enjoy Madison as well.

The Madison Senior Center has been a hub for me." ~ Mary Beth



"I came to MSC for lunch and socialization. I had been isolating at home and this was me reaching toward creating a healthy balance in life. Since that time, I have found friendship and community, and just enjoy being here." ~ Anonymous



MADISON SENIOR CENTER PROGRAM & ACTIVITY LIST

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

PROGRAM OR ACTIVITY	DAY & DATE	TIME	COST	LOCATION
40th Anniversary	Thursday, September 21	4:00 – 7:00 pm	Free	MSC
Air Quality Alerts	Thursday, September 14	1:00 – 2:00 pm	Free	MSC
Ballroom Basics for Balance	Fridays, Sept 15 – Dec 15	9:30 – 10:45 am	\$85	Virtual
Ballroom Basics for Balance	Fridays, Sept 15 – Dec 8	10:00 – 11:30 am	\$85	Library
BINGO	Wednesdays	10:15 – 11:15 am	50 cents	MSC
Blood Pressure Screening	E/O Tuesday, September	11:00 am – 12:00 pm	Free	MSC
Bridge Belles	Mondays starting 9/11	9:00 – 11:00 am	Free	MSC
Computer Lab	Monday – Friday	8:30 am – 3:45 pm	Free	MSC
CQ, CQ, CQ	1st & 3rd Thursdays	1:00 – 3:00 pm	Free	OutReach
Creative Crafts	Tuesday, September 26	1:00 – 2:00 pm	Free	MSC
eFood Pantry	Place orders Tuesday 9/19 Pick-up orders Thursday 9/21	9:30 am – 12:00 pm	Free	MSC
Exploring Poetry	2nd & 4th Wednesdays	11:00 am – 12:30 pm	Free	MSC
Fit For Life Cardio Dancing	Resumes Friday, September 29	9:30 – 10:15 am	Free	MSC
Foot Care Clinic	Friday, September 15	9:00 am – 2:00 pm	\$30 / \$35	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays	2:00 – 3:30 pm	Free	MSC
Gentle Yoga	Tuesdays	10:00 – 11:00 am	Free	MSC
Green Burial	Monday, September 18	1:00 – 2:15 pm	Free	MSC
HASfit – Gentle Exercise	Monday - Friday	9:00 – 9:30 am	Free	MSC
Haircuts	Tuesday, September 26	9:00 am – 1:00 pm	Free	MSC
Hispanic Heritage Celebration	Saturday, September 30	12:00 – 4:00 pm	Free	MSC
Money Matters	By Appointment	By Appointment	Free	MSC
Movies (titles on page 13)	Tuesdays	12:30 – 3:00 pm	Free	MSC
NewBridge Case Manager	Monday, September 11	10:45 am – 12:00 pm	Free	MSC
Red Hat Mama's	Last Tuesday of the Month – 9/26	11:00 am – 2:00 pm	Free	MSC
Spanish Conversation	1st Wednesday in Person 9/6 Others Virtual	1:30 – 2:30 pm	Free	MSC/ Virtual
Technology Assistance	By appointment	Varies	Free	MSC
Veterans' Social	Tuesdays	10:00 – 11:15 am	Free	MSC
Writing Your Life	Thursdays, Sept 14 – Oct 19	10:00 – 11:30 am	Free	MSC

September 2023

National Senior Center Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
				1 9:00 HASfit	2/3 Sept. 2 National Coconut Day 
4 CLOSED FOR LABOR DAY	5 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet's Social 12:30 Movie: The Outlaws	6 9:00 HASfit 10:15 BINGO 1:30 Spanish Conv (MSC)	7 9:00 HASfit	8 9:00 HASfit 9:30 Cardio Dance - Video	9/10 Sept. 9 National Teddy Bear Day 
11 9:00 HASfit 9:00 Bridge Belles 10:45 Case Manager - Walk-Ins	12 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet's Social 11:00 Blood Pressure 12:30 Movie: The Little Mermaid	13 9:00 HASfit 10:15 BINGO 11:00 Exploring Poetry 1:30 Spanish Conv V	14 9:00 HASfit 10:00 Writing Your Life 1:00 Air Quality Alerts 2:00 Gay, Gray & Beyond	15 9:00 Foot Care Clinic 9:00 HASfit 9:30 Cardio Dance - Video 9:30 BB4B V 10:00 BB4B (Library) 1:00 PLATO: How Jesus Became God ROSH HASHANAH BEGINS AT SUNSET	16/17 Sept. 16 National Play-doh Day 
18 9:00 HASfit 9:00 Bridge Belles 1:00 Green Burial 1:30 PLATO: First Amendment 5:00 Nat'l HIV/ AIDs & Aging Awareness Day Event	19 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet's Social 12:30 Movie: They Cloned Tyrone *ePantry Ordering Day	20 9:00 HASfit 10:15 BINGO 1:30 Spanish Conv V	21 9:00 HASfit 10:00 Writing Your Life 10:00 ePantry Pick-Up 1:30 PLATO: The Play Is The Thing 4:00 40th Celebration	22 9:00 HASfit 9:30 Cardio Dance - Video 9:30 BB4B V 10:00 BB4B (Library) 1:00 PLATO	23/24 Sept. 23 1st Day of Autumn  Sept. 24 Yom Kippur Begins at Sunset 
25 9:00 HASfit 9:00 Bridge Belles 1:30 PLATO	26 9:00 HASfit 9:00 Haircuts 10:00 Gentle Yoga 10:00 Vet's Social 11:00 Blood Pressure 11:00 Red Hat Mama's 12:30 Movie: Black Widow 1:00 Creative Crafts	27 9:00 HASfit 10:15 BINGO 11:00 Exploring Poetry 1:00 Doll Making 1:30 Spanish Conv V	28 9:00 HASfit 10:00 Writing Your Life 1:00 PLATO 2:00 Gay, Gray & Beyond	29 9:00 HASfit 9:30 Cardio Dance 9:30 BB4B V 10:00 BB4B (Library) 1:00 PLATO	30 12:00 Hispanic Heritage Celebration



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

ENTERTAINMENT

Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm.

SEPTEMBER 5

THE OUTLAWS (2023)

A straight-laced bank manager is about to marry the love of his life, when his bank is held up by infamous Ghost Bandits during his wedding week. He believes that his future in-laws who just arrived in town, are the infamous Out-Laws. *Stars: Adam Devine, Pierce Brosnan and Ellen Barkin. Action, Comedy, Crime. 1 hour 35 minutes. Rated R.*



SEPTEMBER 12

THE LITTLE MERMAID (2023)

In this breathtaking live-action reimagining of the beloved animated musical classic, a spirited young mermaid must follow her heart. She makes a deal with an evil sea witch that allows her to experience life on land, but that ultimately puts her life in jeopardy. Warning: Some flashing-lights scenes in this film may affect photosensitive viewers. *Stars: Halle Bailey, Jonah Hauer-King and Melissa McCarthy. Adventure, Family, Fantasy. 2 hours 55 minutes. Rated PG.*



SEPTEMBER 19

THEY CLONED TYRONE (2023)

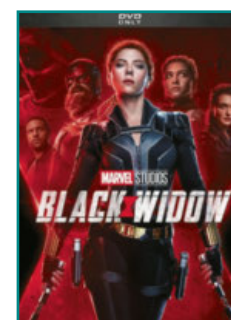
A series of eerie events thrusts an unlikely trio onto the trail of a nefarious government conspiracy in this pulpy mystery caper. They Cloned Tyrone is a thrilling, quirky sci-fi comedy. *Stars: John Boyego, Jamie Foxx and Teyonah Parris. Action, Comedy, Mystery. 2 hours 2 minutes. Rated R.*



SEPTEMBER 26

BLACK WIDOW (2021)

Natasha Romanoff aka Black Widow confronts the darker parts of her ledger when a dangerous conspiracy with ties to her past arises. Pursued by a force that will stop at nothing to bring her down, Natasha must deal with her history as a spy and the broken relationships left in her wake long before she became an Avenger. *Stars: Scarlett Johansson, Florence Pugh and David Harbour. Action, Adventure, Sci-Fi. 2 hours 14 minutes. Rated PG-13.*



National Senior Center Month

Discover your friendships, health, purpose, creativity ...

LGBTQ 50+ ALLIANCE

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

Gay, Gray & Beyond

2ND & 4TH THURSDAYS, 2 - 4 PM

Meets at MSC, 330 W. Mifflin St

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

CQ, CQ, CQ

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

1ST & 3RD THURSDAYS, 1 - 3 PM

Meets at OutReach, 2701 International Lane

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

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

Outreach Senior Advocate

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

LGBTQ 50+ Alliance Becomes SAGECollab Partner!

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



50+ Alliance Fall Social

TUESDAY, OCTOBER 3, 5:30 – 8 PM

This fall we have a special treat, in response to requests for something active.

Using Tai Chi movements and principles, you'll enjoy learning some easy skills that improve balance, focus and energy. Although we'll be standing for this activity, chairs will be provided for all, in case you need these for stability or resting.

Taught by Jessica Smith, an experienced teacher for MSCR's "Balancing Act" and "Mindfulness Movement" classes.

- 5:30-5:45 Doors open, arrival and check in. Enjoy catching up with friends.
- 5:45-6:30 Dinner together. "Make new friends and keep the old. One is silver and the other gold."
- 6:30-7:30 "Balancing Act+++" with Jessica Smith
- 7:30-7:50 Clean up and "Happy trails to you ..."

Recommended donation for program and dinner is \$15. **Call (608) 255-8582 to RSVP.**



VOLUNTEER VIEW

FRONT DESK RECEPTION

This is the focal point of the Madison Senior Center. If you like to know what's going on and when, and have office skills, this may be the spot for you. MUST have computer/phone/office skills and experience. Shifts are usually 4 hours, weekly. We are open Monday – Friday, 8:30 – 4 pm. Contact Gary at (608) 267-865 or gflsher@cityofmadison.com.

Program Opportunities

FOOD PANTRY DRIVER

Looking for drivers that can pick up food in the morning once per month from The River Food Pantry and bring it to the senior center for distribution. Shift is 3rd Thursday of each month from 8:30 am to 11 am. Must have own vehicle and insurance.

FOOT CARE CLINIC ASSISTANT

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

BOOK CLUB LEADER

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

PROGRAM FACILITATOR

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

GAMES VOLUNTEER

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

ARTISTS & CURATORS

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

DISCUSSION GROUPS

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

EVERY DAY TECH SUPPORT

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

COMPUTER LAB TECH SUPPORT

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

WELCOME AMBASSADOR

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

For questions about volunteering for programs contact Laura, 267-8650 or email lhunt@cityofmadison.com.

COMMUNITY

You Can Reduce Your Risk of a Fall!

VISIT FALLS FREE WISCONSIN TODAY

Did you know?

- » One in four older people have a fall each year.
- » Wisconsin has the highest death rate due to older adult falls in the country.
- » Every 11 seconds an older adult somewhere in the United States (US) is admitted to an emergency department for a fall.
- » One out of five falls causes a serious injury. More than 95% of hip fractures are caused by falling and falls are the most common cause of traumatic brain injuries (TBI).
- » **There are steps you can take to reduce your risk of a fall!**



That's why the Wisconsin Institute for Healthy Aging (WIHA), in partnership with the Falls Free Wisconsin Coalition, has launched Falls Free® Wisconsin (FFWI), a new website that gives older adults and their families the information and tools to prevent a fall.

What You'll Find at Falls Free Wisconsin

We'll provide you with the steps, tools, and resources to help you stay safe and independent in your home. When you visit www.fallsfreewi.org you can take the Falls Free Check Up to determine your own risk of a fall and find out what increases your risk. Then, learn the steps you can take to reduce that risk.

With videos, interactive quizzes, a home safety tour, handouts, helpful links and more, Falls Free Wisconsin is a one-stop shop for falls prevention in Wisconsin. Find balance and strength exercises (which are proven to reduce falls); learn how to keep your home safe by removing trip hazards, increasing lighting and adding safety features such as handrails or grab bars; and find out about falls prevention programs like Stepping On, which has been proven to reduce older adult falls by 31%!



You have a big role to play in reducing your risk of a fall. Falls Free Wisconsin can help. WIHA and The Madison Senior Center encourage you to visit www.fallsfreewi.org today!

Services

Haircuts

**TUESDAY, SEPTEMBER 26,
9 AM - 1 PM | APPOINTMENT
REQUIRED**



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

Blood Pressure Screening

**EVERY OTHER TUESDAY, SEPTEMBER 12 & 26,
11 AM - 12 PM**

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

Foot Care Clinic is Back!

3RD FRIDAY OF THE MONTH, 9 AM - 2 PM

SEPTEMBER 15

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

We are excited to once again offer a Foot Care Clinic at the Madison Senior Center. Kelly has been a CNA for 30 years, and is looking forward to meeting folks at MSC. The first day will be Friday, September 15, and you **must make an appointment.** The last appointment will be at 1:30 pm. **Bring two towels** to your appointment.



**PROUD SUPPORTERS OF
MADISON SENIOR CENTER
PROGRAMS:**



PUZZLE

Fall Word Search

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



CORN
 AUTUMN
 BONFIRE
 BOOTS
 OCTOBER
 RAKE

THANKSGIVING
 HARVEST
 LEAVES
 CARNIVAL
 APPLES
 APPLE CIDER

PUMPKIN
 FOOTBALL
 SWEATER
 NOVEMBER
 SEPTEMBER
 SUNFLOWER



EPANTRY

ePantry: Food Pantry Online Ordering System

PLACE ORDERS SEPTEMBER 19

The Madison Senior Center is now a pick-up location for orders placed through the River Food Pantry ePantry. That means that if you order food through the ePantry, you can pick it up at the MSC. Our pick-up day is the 3rd Thursday of each month (September 21). **Orders can be picked between 10 am - 12 pm.** To learn about ordering and eligibility, call (608) 266-6581.



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

FOOD ORDER DATE	FOOD PICK UP DATE
Tuesday, September 19	Thursday, September 21
Tuesday, October 17	Thursday, October 19
Tuesday, November 14	Thursday, November 16
Tuesday, December 19	Thursday, December 21

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FOUNDATION

What Does The MSC Foundation Do?

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

FOUNDATION BOARD OF DIRECTORS

Sally Miley – President
Jan Cliff
Tom DeChant
Harry Engbring
Kathy Whitt

DONATIONS

Tom Geis
Tom DeChant
Eloise Barrett

Cheers to 40 Years

The Madison Senior Center (MSC) is excited to announce our 40th anniversary of honoring and serving the aging community. You may not know this, but MSC was the first building in the City designed in 1983, to serve the needs of Madison's older generations. It was a historic achievement that took over 8 years and one million dollars to accomplish.

As the aging population in Madison continues to grow, it is our goal to create a model for service delivery that responds to the increasing diversity within our community. A key component of that goal includes conducting a comprehensive evaluation of services and a community stakeholder engagement process to identify and overcome barriers to accessing opportunities that promote successful aging for older adults. We look forward to sharing the results of that process very soon, which will also help inform future programs and services.

To celebrate our 40th anniversary, we are launching a special fundraising campaign. Your generous support will greatly benefit the services, programs, and activities provided by the Madison Senior Center.

_____ \$4,000 <i>Golden Age</i>	_____ \$140 <i>MSC Champion</i>
_____ \$1,400 <i>Silver Lining</i>	_____ \$40 <i>MSC Friend</i>
_____ \$400 <i>Bronze Star</i>	_____ Other Amount

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. For credit card gifts visit:

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

Madison Senior Center
Foundation, Inc.

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cityofmadison.com/senior-center

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National Senior Center Month

Discover Yours

National Senior Center Month is celebrated every year in September. Senior Centers connect people to the programs, services, and opportunities they need to age well. Senior centers work with community partners to provide access to health, social engagement, purpose, creativity, mobility, nutrition—all in a social and fun environment!

How does the Madison Senior Center positively impact your life?

"At the Senior Center, I can be around people daily since I live alone. I volunteer a lot and participate in classes, especially BINGO (my favorite)." ~ Eric Marx



"The Senior Center provides me with good friendships and food." ~ Kay Larson

"The people here are kind and generous, and are always helpful. I love to come here for the meal service." ~ Larry Allen



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