

THE Messenger

VOLUME 42, NUMBER 9

SEPTEMBER, 2025

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



Get the Resources You Need at our Health Resource Fair!

Our Health Resource Fair started as a celebration of National Senior Center Month; a chance to do what we do best, which is work with community partners to bring older adults the resources they need. Over the years, we have added more exhibitors and more activities, making this a program you won't want to miss!

Health Resource Fair

WEDNESDAY, SEPTEMBER 17,

9:30 AM – 1:00 PM

**Includes lunch if you pre-register by
SEPTEMBER 9!**



SCHEDULE

Time	Event
9:30 – 11:30 AM	Info Booths & Health Screenings: Balance, Behavioral Health, Blood Pressure, Memory
10:30 - 10:45 AM	Line Dancing Demonstration
11:00 - 11:15 AM	Tai Chi Demonstration
11:30 AM – 12 PM	Lunch (don't forget to register!)
12 – 1 PM	Presentation: <i>Noticing Memory & Thinking Changes? Now What?</i> by Bonnie Nutkinson, MS, WI Alzheimer's Disease Research Center, School of Medicine & Public Health

Calling all Photographers!

It's time to start thinking about what photos you would like to submit for our annual Photo Affair contest and exhibition. Submissions will be on display during Gallery Night in November, so photo drop-off will be in late October. It's a great way to share your work and to have the chance to be one of our prize winners. Tell your friends and enter together!

FOR YOUR INFORMATION

Directory

Phone (608) 266-6581

Website madisonseniorcenter.org

SENIOR CENTER STAFF

Community Resources Manager, Yolanda Shelton-Morris (she, her)

(608) 266-6563, yshelton-morris@cityofmadison.com

Facility Operations Supervisor, Alana LaBeaf (she, her)

(608) 267-8652, alabeaf@cityofmadison.com

Program & Outreach Coordinator, Laura Hunt (she, her)

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

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

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

Facility Operations Assistant, Gary Flesher

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

Custodian, Ricky Butler (he, him)

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

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

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

Engagement & Operations Intern, Eimaan Khan (she, her)

(608) 267-2344, ekhan@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 or call (608) 266-6581.**

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

Member of



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

SUBSCRIBE TODAY!

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

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

FOR YOUR INFORMATION

Scholarship Fund

Scholarships are available to people age 55 and older with annual income less than \$30,120 (one person) or \$40,880 (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

Endorsements

The Madison Senior Center does not endorse or recommend private agencies or service providers. Presenters are selected for their subject matter expertise. Private companies also may provide donations for programs or allow employees to volunteer as part of their workday. Accepting these donations is not an endorsement of the business. Always do your own research before selecting a service provider.

Photography

All programs, events and daily activities may be photographed, and the pictures may be used in promotional materials or posted to social media. If you object to the use of your image, please inform the photographer.



Health & Safety Precautions

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

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

Masks are welcome and available for free at the front desk.

Key Cards – Checking-In

When you visit the Senior Center, please make sure you check-in at the Front Desk with your key card. If you do not have a key card, stop at the Front Desk, fill out a Member Form, and we will give you a key card. This allows us to keep track of how many people use the Senior Center. Usage is directly connected to our funding.

*Note: If you are at the Senior Center for lunch, you will also have to check-in at the NewBridge Nutrition Site.

Building Hours

- » **Tuesday - Wednesday - Thursday** 8:30 am - 4:00 pm
- » **Monday & Friday** 8:30 am - 1:00 pm

You Belong Here!

If you are age 55 or older you belong at the Madison Senior Center. If you don't see a program relevant to your needs or interests, let us know. Call us at (608) 266-6581 or email seniorcenter@cityofmadison.com

Language Access Program

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

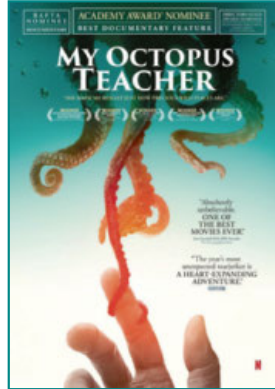
LIFELONG LEARNING

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

Docs to Digest: *My Octopus Teacher*

THURSDAY, SEPTEMBER 25, 12:30 – 2 PM

Join us in the Senior Center lounge once a month for a special post-lunch documentary screening. In September, we will screen *My Octopus Teacher*, the 2020 documentary about the unlikely friendship between a filmmaker and an octopus living in a South African kelp forest.



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, SEPTEMBER 5, 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!

Line Dance Class

WEDNESDAYS, SEPTEMBER 10 – OCTOBER 22, 10 – 11 AM (FREE DEMO SESSION ON SEPT 17 FOR THE HEALTH & RESOURCE FAIR)

\$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*

Lotería: A Visual BINGO Game!

2ND WEDNESDAYS, 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 refrescos. *R*

Third Thursday Entertainment: Angela Puerta

THURSDAY, SEPTEMBER 18, 12:30 – 1:30 PM

See back cover for more information. *R*

LIFELONG LEARNING

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

Paint & Sip

2ND MONDAYS, 9:30 – 11 AM

Join us for coffee, pastries, and camaraderie. At Paint & Sip, we learn a little about art and creative expression and have a whole lot of fun talking and laughing. No experience or talent required. An outline is already drawn on the canvas, and we guide you through the painting process. *R*

Participatory Learning and Teaching Organization (PLATO): Shakespeare: Method and Meaning

FRIDAYS, SEPTEMBER 19 – NOVEMBER 14, 10 AM – 12 PM

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. Check back for two more PLATO sessions happening this Fall at MSC, or visit www.platomadison.org for a full list of programs and host locations.

Podcast Discussion Group

TUESDAY, SEPTEMBER 9, 9 – 10 AM

We will watch a video podcast or listen to an audio podcast about a world issue and discuss it afterwards while enjoying coffee and refreshments!

Trivia!

WEDNESDAY, SEPTEMBER 24, 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, 10 - 11 AM

NO SESSION SEPTEMBER 17

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.

Women in WWII

THURSDAY, SEPTEMBER 11, 12:30 – 1:30 PM

Based on her soon to be released book *Til I Come Marching Home*, this presentation by C. Kay Larson will explore the important role that women have played in all wars, especially World War II. Kay has a longtime interest in American political history, especially the lesser-known components, and will discuss iconic and singular women figures such as Agnes Myer, the "mother" of code-breaking, and Virginia Hall, the only woman to have received the Distinguished Service Cross. *R*

Writing Your Life

THURSDAYS, SEPTEMBER 18 – 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. *R*

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



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

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

Food & Beverages: Food is not allowed on top of the computer desks, and eating is not permitted in the Computer Lab. Beverages with unsecured lids are not allowed in the Computer Lab.

Laptop Training by DaneNet

TUESDAYS, SEPTEMBER 16 – OCTOBER 7, 2 – 4 PM

Join us for beginner's level laptop training on specific topics. Take one class, or however many you find helpful! Bring your own device to work with. If you need to borrow a device, contact Ericka by September 9 to arrange it. *R*

SEPTEMBER 16: Laptop and Computer Basics

SEPTEMBER 23: Cyber Security

SEPTEMBER 30: Email Basics

OCTOBER 7: Word Processing/Microsoft



Cell Phone Photography

THURSDAYS, SEPTEMBER 11 & 18, 9:30 - 11 AM

These days, smartphone cameras are quite powerful, with advanced lenses and settings that maximize quality. In this class, learn about common smartphone camera settings, where to find and edit your photos, and how to frame your photos and use natural light and other techniques to make every photo *picture perfect*! Taught by members of Photo Midwest, a group of spiritual and generous volunteers dedicated to learning and sharing the joys of the photographic arts. Classes are progressive; please plan to attend both sections. *R*



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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

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 *R*

BALLROOM BASICS FOR BALANCE: ESPAÑOL & ENGLISH

FRIDAYS, SEPTEMBER 12 – DECEMBER 5, 10 – 11:30 AM

MADISON PUBLIC LIBRARY, 201 W MIFFLIN ST

\$90 for 12 weeks (financial assistance available)

To register, complete the **registration form** or contact Susan Frikken at 608-692-8794. Registration deadline is Friday, September 5, 2025. This class has a cap. We will keep a waitlist. *R*

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 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 physical therapist to see if a balance class would be right for you. Beginners and continuing students welcome. *R*

Register using the QR code.



Denying Gravity Watch Party

TUESDAY, SEPTEMBER 9, 12:30 – 2 PM, VIRTUAL

In honor of Falls Prevention Awareness Month, the Wisconsin Institute for Healthy Aging (WIHA) and the Falls Free Wisconsin Coalition are hosting an innovative event that brings falls prevention information, tools, and resources to people in communities throughout the state. Denying Gravity is a film (based on a play) about a woman, a fall, and the dramatic effect on her life, her family, and her friends. The virtual event will be screened at MSC and is followed by a virtual panel of health and safety experts who will discuss falls prevention strategies and take questions from the audience.

Foot Care Clinic – \$25

FRIDAY, SEPTEMBER 19, 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. *R*

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. No fee, but donations are welcome. *R*

HEALTH & WELLNESS

To register for programs, call (608) 266-6581 or email 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*

Living Well in Your Own Home

WEDNESDAY, OCTOBER 1, 10:30 – 11:30 AM

Lori Gibson, Certified Aging in Place Specialist (CAPS) of Home for Life Advantage, Inc. will review the top home modifications you can put in place today to maintain your independence and age in place freely, confidently, and safely for life. *R*

Memory Lane

**1ST & 3RD MONDAYS, 9 – 10 AM,
CLOSED SEPTEMBER 1**

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

Rosen Method Movement

**MONDAYS THROUGH SEPTEMBER 8, 11 AM – 12 PM (CLOSED SEPTEMBER 1) & MONDAYS
OCTOBER 6 – NOVEMBER 24, 11 AM – 12 PM**

Rosen Method Movement was created by Marion Rosen, a Physical Therapist. It is a class that helps us age gracefully. We move all the joints and stretch to music, and it is low-impact, lighthearted, attentive, and restorative.

Instructor Rebecca Wigg-Ninham is a Rosen Practitioner and a Social Worker for over 30 years. She is passionate about building a community of wellness. *R*



Welcome to Medicare Seminar – Free!

SATURDAY, SEPTEMBER 13, 9 – 11:30 AM

VIRTUAL

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 by September 5th to register. *R*

GROUPS & CLUBS

Calling all Billiard's Fans!

Interested in starting a pool club at the Madison Senior Center? We have a beautiful pool table that we recently refurbished, and we have a casual and fun space to gather with friends and strangers alike. Bring your group, or organize one; we'll take care of the rest!

Bid Whist

1ST THURSDAYS, 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

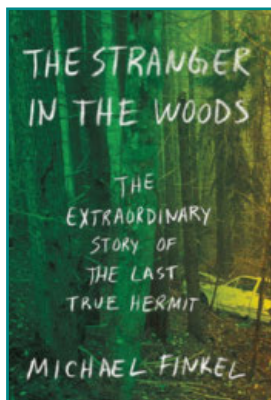
THURSDAYS, 10:15 - 11:15 AM

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 to have 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 *The Stranger in the Woods: The Extraordinary Story of the Last True Hermit* by Michael Finkel. The remarkable true story of a man who lived alone in the woods of Maine for 27 years; not out of anger at the world, but simply because he preferred to live on his own. *R*



Bridge Belles

MONDAYS, 9 - 11 AM

CLOSED SEPTEMBER 1

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

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.

SEPT 5 NATIONAL READ-A-BOOK DAY: Get caught reading in our Book Nook!



SEPT 12 INTERNATIONAL CHOCOLATE DAY: Chocolate is the prize today, which is a win in our book!

SEPT 19 FALL EQUINOX: Make a fall leaf suncatcher!



SEPT 26 JOHNNY APPLESEED DAY Express yourself artistically with an apple craft!



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Here's the truth

- Medicare is NOT issuing plastic cards
- You do NOT need to 'update' your Medicare Card
- Medicare will NEVER call or text you asking for your Medicare number

Protect Yourself

- Never give out your Medicare number to unexpected callers
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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
Ballroom Basics for Balance	Fridays, Sept 12th – Dec 5th, NO CLASS Nov 28th	10:00 – 11:30 am	\$90	MPL
Ballroom Basics for Balance: Virtual and Inclusive	Fridays, Sept 19th – Dec 12th, NO CLASS Nov 28th	9:30 – 10:45 am	\$90	Virtual
Bid Whist	Thursday, Sept 4th	1:00 – 2:30 pm	Free	MSC
Book Club	2nd & 4th Fridays	10:15 – 11:15 am	Free	MSC
Bridge Belles	Mondays, CLOSED Sept 1st	9:00 – 11:00 am	Free	MSC
Cell Phone Photography	Thursdays, Sept 11th & 18th	9:30 - 11:00 am	Free	MSC
Denying Gravity Watch Party	Tuesday, Sept 9th	12:30 – 2:00 pm	Free	MSC
Docs to Digest: <i>My Octopus Teacher</i>	Thursday, Sept 25th	12:30 – 2:00 pm	Free	MSC
ePantry	Order Sept 15th; pickup Sept 18th	9:00 – 11:30 am	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
Gentle Yoga	Tuesdays	10:00 – 11:00 am	Free	MSC
Health Resource Fair	Wednesday, Sept 17th	9:30 am – 1:00 pm	Free	MSC
Laptop Training	Tuesdays, Sept 16th – Oct 7th	2:00 – 4:00 pm	Free	MSC
Let's CONNECT	Tuesdays, Aug 26th – Nov 11th	10:00 – 10:50 am	Free	MSC
Line Dance Class	Wednesdays, Sept 10th – Oct 22nd; Free demonstration on Sept 17th	10:00 – 11:00 am	\$30/6 sessions	MSC
Living Well in Your Own Home	Wednesday, Oct 1st	10:30 – 11:30 am	Free	MSC
Lotería	Wednesday, Sept 10th	1:00 – 2:30 pm	Free	MSC
Memory Lane	1st & 3rd Mondays, CLOSED Sept 1st	9:00 – 10:00 am	Free	MSC
Paint & Sip	2nd Mondays	9:30 – 11:00 am	Free	MSC
PLATO: Shakespeare	Fridays, Sept 19th – Nov 14th	10:00 am – 12:00 pm	Free	MSC
Podcast Discussion Group	Tuesday, Sept 9th	9:00 – 10:00 am	Free	MSC
Rosen Method Movement	Mondays through Sept 8th (CLOSED Sept 1st) & Oct 6th – Nov 24th	11:00 am – 12:00 pm	Free	MSC
Spanish Conversation	Wednesdays	1:30 – 3:00 pm	Free	Virtual
Third Thursday Entertainment: Angela Puerta	3rd Thursdays	12:30 – 1:30 pm	Free	MSC
Watercolor Painting	Wednesdays, NO SESSION Sept 17th	10:00 – 11:00 am	Free	MSC
Welcome to Medicare Seminar	Saturday, Sept 13th	9:00 – 11:30 am	Free	Virtual
Women in WWII	Thursday, Sept 11th	12:30 – 1:30 pm	Free	MSC
Writing Your Life	Thursdays, Sept 18th – Oct 23rd	10:00 – 11:30 am	Free	MSC

September 2025

HEALTHY AGING MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 MSC CLOSED: Labor Day	2 10:00 Gentle Yoga 10:00 Let's CONNECT 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>A Working Man</i>	3 10:00 Watercolor Painting 1:30 Spanish Conv V	4 10:15 BINGO 1:00 Bid Whist	5 10:00 First Friday Open Mic Spirit Day: National Read-a-Book Day
8 9:00 Bridge Belles 9:30 Paint & Sip 11:00 Rosen Method Movement	9 9:00 Podcast Discussion Group 10:00 Gentle Yoga 10:00 Let's CONNECT 12:30 Movie: Denying Gravity	10 10:00 Line Dance 10:00 Watercolor Painting 11:00 Exploring Poetry 1:00 Lotería S 1:30 Spanish Conv V	11 9:30 Cell Phone Photography 10:15 BINGO 12:30 Women in World War II 2:00 pm Gay, Gray & Beyond	12 10:00 BB4B - MPL 10:15 Book Club Spirit Day: International Chocolate Day
15 9:00 Bridge Belles 9:00 Memory Lane *ePantry Ordering Day	16 10:00 Gentle Yoga 10:00 Let's CONNECT 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>I'm Still Here</i> 2:00 Laptop & Computer Basics	17 9:30 Health Resource Fair 1:30 Spanish Conv V	18 9:00 ePantry Pick-Up 9:30 Cell Phone Photography 10:00 Writing Your Life 10:15 BINGO 12:30 Third Thursday Entertainment: Angela Puerta	19 9:00 Footcare Clinic 9:30 BB4B Inclusive 10:00 BB4B - MPL 10:00 PLATO - Shakespeare Spirit Day: Fall Equinox
22 9:00 Bridge Belles	23 10:00 Gentle Yoga 10:00 Let's CONNECT 12:30 Movie: <i>The Apartment</i> 2:00 Cyber Security	24 9:30 Craft with Kids 10:00 Line Dance 10:00 Watercolor Painting 1:00 Trivia 1:30 Spanish Conv V	25 10:00 Writing Your Life 10:15 BINGO 12:30 Docs to Digest: My Octopus Teacher 2:00 Gay, Gray, & Beyond	26 9:30 BB4B Inclusive 10:00 BB4B - MPL 10:00 PLATO - Shakespeare 10:15 Book Club Spirit Day: Johnny Appleseed Day
29 9:00 Bridge Belles	30 10:00 Gentle Yoga 10:00 Let's CONNECT 12:30 Movie: <i>In The Heights</i> 2:00 Email Basics			 HASFIT Gentle Exercise, Every day, 9:00 NO CLASS Sept 1st & Sept 17th

MOVIES

Movie Matinees

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

SEPTEMBER 2

A Working Man (2025)

Levon Cade left his profession behind to work construction and be a good dad to his daughter. But when a local girl vanishes, he's asked to return to the skills that made him a mythic figure in the shadowy world of counterterrorism. *Stars: Jason Statham, Jason Flemyng, and Merab Ninidze. Action, Thriller. 1 hour 56 minutes. Rated R.*



SEPTEMBER 9

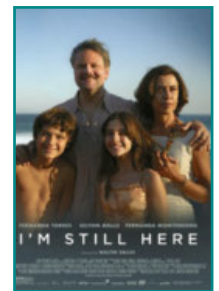
Denying Gravity

See page 8 for more information.

SEPTEMBER 16

I'm Still Here (2024)

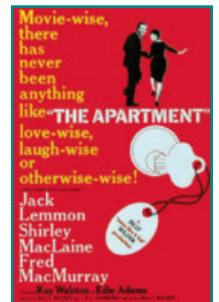
A woman married to a former politician during the military dictatorship in Brazil is forced to reinvent herself and chart a new course for her family after a violent and arbitrary act. *Stars: Fernanda Torres, Fernanda Montenegro, and Selton Mello. Biography, Drama, History. 2 hours 17 minutes. Rated PG-13.*



SEPTEMBER 23

The Apartment (1960)

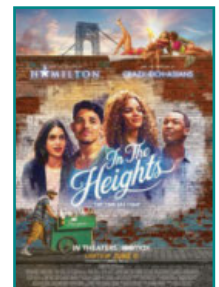
A Manhattan insurance clerk tries to rise in his company by letting its executives use his apartment for trysts, but office politics and his own romantic hopes complicate matters. *Stars: Jack Lemmon, Shirley MacLaine and Fred MacMurray. Farce, Comedy, Romance. 2 hours 5 minutes. Not Rated.*



SEPTEMBER 30

In the Heights (2021)

This musical by Lin-Manuel Miranda and Quiara Alegria, set in Washington Heights, tells the story of a vibrant community and its residents as they navigate their dreams, hopes, and struggles within the neighborhood. The musical explores themes of love, loss, community, and the changing landscape of a close-knit immigrant community. *Stars: Anthony Ramos, Corey Hawkins, and Leslie Grace. Drama, Musical, Romance. 2 hours 23 minutes. Rated PG-13.*



Be a Movie Sponsor

There are many ways to help. Donate popcorn, drinks, or other snacks. Financial sponsorships go towards snacks and movie rental fees. Call Laura to learn more: (608) 267-8650.

LGBTQ 50+ ALLIANCE

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

SAGECollab Partner

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

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 lynnnc@lgbtoutreach.org

CQ (Curious Queers)

1ST & 3RD THURSDAYS, 1 - 3 PM
OUTREACH, 2701 INTERNATIONAL LN

Members decide topics and provide presentations. Visits to other LGBTQ Groups, free community concerts, museums, nature walks, etc. are encouraged.

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.

Power of Attorney Info Sessions

- » **FRIDAY, SEPTEMBER 5, 10 – 11:30 AM**
FITCHBURG SENIOR CENTER, 5510 LACY RD
- » **SATURDAY, SEPTEMBER 13, 10 – 11:30 AM**
PINNEY LIBRARY, 516 COTTAGE GROVE RD
- » **THURSDAY, SEPTEMBER 18, 5:30 – 7 PM**
OUTREACH, 2701 INTERNATIONAL LN
- » **WEDNESDAY, SEPTEMBER 24, 2 – 3:30 PM**
ALICIA ASHMAN LIBRARY, 733 N HIGH POINT RD

Make your wishes known. Learn how at a Power of Attorney Info Session. Join Attorney Patricia Foley at one of four sessions where she will share her deep experience creating health care and financial Powers of Attorney that anticipate the unique needs of the LGBTQ+ Community.

Register with the QR Code:



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

Baobab Senior Circle (BSC)

2ND & LAST FRIDAYS, 3 – 5 PM

UW SOUTH MADISON PARTNERSHIP, 2238 S PARK

We bring elders together in a safe space for:
Cultural knowledge and experience sharing,
Intergenerational dialogue, Networking, Peer emotional
support, Field trips and fun activities

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? Learn new skills in our training classes.

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.
Supporting individuals of African American
Black identity. Scan the QR code to join the
Zoom meeting



Chat, Chew, & Cha Cha

3RD FRIDAYS, 4 – 7 PM

UW SOUTH MADISON PARTNERSHIP, 2238 S PARK

A FREE, one-of-a-kind research workshop for an energizing,
engaging, and fun evening! Dive into meaningful
conversations about health and the importance of diverse
participation in clinical research, savor delicious food, and
connect with neighbors and friends. When it's time to
unwind, kick up your heels with some lively line dancing and
community fun! All are welcome to dance, dine, and make
a difference at this free monthly event! Questions: Contact
Mabel Peters, MDPeters2@wisc.edu

Clever Cooks

WEDNESDAY, SEPTEMBER 24, 11 AM – 12 PM

AUBERGINE COMMUNITY SPACE, 1226 WILLIAMSON

Our monthly cooking class is back with local Madison
cook, Chef Paul! We look forward to learning, chatting
with friends, and most importantly... eating together!
Registration: call (608) 512-0000 Ext 2007

Community Elder Connect (CEC)

2ND & LAST FRIDAYS, 3 – 5 PM

UW SOUTH MADISON PARTNERSHIP, 2238 S PARK

We assist our elders to connect with the following
resources:

Disability services, Accessible transportation,
Healthcare, Mental health, Strength and balance
exercises, Housing support, Affordable healthy food,
Ethnic grocery stores, Language assistance.

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.

Get Movin' in Motion – FREE!

TUESDAYS & THURSDAYS, 1 – 2 PM

UW SOUTH MADISON PARTNERSHIP, 2238 S PARK ST

Zoom option available, Registration: call (608) 265-4790

Let's Bowl at Schwoegler's!

FRIDAY, SEPTEMBER 12 11:30 AM – 1:30 PM

SCHWOEGLER'S BOWLING ALLEY, 444 GRAND CANYON DR

Registration: call (608) 512-0000 Ext 2007

Mad-Town Walkers

MONDAYS, 12 – 2 PM | LOCATION VARIES

Registration: call 608-512-0000 Ext 2007

Rebalanced Life Wellness Association

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

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 MAYYORES

¡Bienvenidos a Literacy Network!

Las inscripciones para las clases de inglés y ciudadanía empiezan el 9 de Septiembre. Las registraciones serán en nuestro edificio localizado en el 701 Dane St, Madison, WI. Inscribise para una de nuestras secciones de registró! Usa este enlace o el código QR para empezar: <https://tinyurl.com/Fall2025Reg>. Durante la sesión de registración: • Usted tendrá la oportunidad de hablar con nosotros acerca de sus metas. • Se le hará un examen de inglés corto para ayudarlo a escoger el programa mas adecuado para usted. • Todos nuestros programas son gratuitos. • Durante la registración se paga una cuota para materiales de \$10, \$20, o \$40 dependiendo del programa. Se aceptan efectivo, tarjetas de crédito o cheques. Becas disponibles. • Para más información, llame al 608-244-3911.

Bingo Bilingüe

PRIMER VIERNES, 5 DE SEPTIEMBRE 10:15 AM
WARNER PARK, 1625 NORTHPORT DR
Habrá Transportación limitada. Favor registrarse

TERCER JUEVES, 18 DE SEPTIEMBRE, 11 AM
MEADOWWOOD NEIGHBORHOOD CENTER, 5740 RAYMOND RD
Habrá Transportación limitada. Favor registrarse.

La Cafeteria De La Memoria

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

Para registrarse, llame al 608-512-0000 y marque '2' si habla español. Deje un mensaje y alguien se pondrá en contacto con usted con detalles adicionales.

El Centro Inmigratorio de La Comunidad

El Centro Inmigratorio de La Comunidad se esfuerza por garantizar la dignidad y el acceso a la justicia para las personas, especialmente aquellas que enfrentan la deportación, al brindar representación legal y consultas, así como apoyo y educación sobre temas de inmigración para la comunidad en general. Para más información, llame al 608-640-4444.

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 llamar para registrarse 608-800-1316.*

El Mercadito de Centro

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

Mercadito offers an open and healthy place where the community can share their cultural heritage and culinary traditions.

Yoga Suave en Colaboración con MSCR

TODOS LOS LUNES, 10:15 – 11:15 AM (ZOOM)

Practique yoga de pie, sentado(a), y/o acostado(a) sobre un tapete o colchoneta, para aliviar el estrés, fortalecer el sistema inmunológico y mejorar su bienestar. ¡Favor llamar si usted ya está registrado(a) y necesita el enlace!

VOLUNTEER OPPORTUNITIES

Volunteers Needed!

Volunteers are the heart of the Madison Senior Center. APPLY TO VOLUNTEER:

<https://www.cityofmadison.com/senior-center/volunteer/apply-to-volunteer>



1. **Craft With Kids Participant:** Join our intergenerational craft meetup on the 4th Wednesday of each month. Kids from St. Joseph's Preschool will come to the Senior Center to work on a craft with older adults.
2. **Group or Class Leader:** Tell us what kind of group or class you would like to lead- Tai Chi, a book club, discussion group, arts & crafts, music- you name it!

Art Lovers: Share your love of art by leading a short series of art classes. Members have expressed an interest in drawing, painting, clay, and general crafting. We have a great craft room with natural lighting. Having creative outlets is so important to brain health, especially as we age.

Bid Whist: Do you love to play Bid Whist? We are starting a monthly Bid Whist get together. If there is enough interest this could be weekly or bi-weekly. The volunteer would take leadership of setting up and cleaning up, coordinating snacks, and getting the group started. This volunteer would also be able to play the game.

3. **Computer Helper:** More and more older adults are trying to improve their digital literacy skills. If you are savvy enough to create an email, know the ins and outs of password security, and are familiar with word processing, consider being a computer lab volunteer! 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. Appointments must be during the hours we are open, Monday and Friday, 8:30 am – 1:00 pm and Tuesday – Wednesday, 8:30 am – 4:00 pm
4. **Service Provider:** Many of our older adults need hygiene and care services. If you have a licensed service you'd like to provide, we'd love to hear from you
5. **Newsletter Prep and Delivery Person:** Help spread the word! We want as many people as possible to hear about the great programs and services the Madison Senior Center has to offer. We are looking for a volunteer to spend a day towards the end of each month driving our next month's newsletter to various community partners and senior housing facilities. You bring your vehicle, and we will provide you with a gas gift card each month. Don't drive? We could use your help addressing the newsletters we mail out to private residents.

September Volunteer Spotlight: Gannon

Gannon started volunteering at MSC in February and made a quick impression on everyone. He is a natural at talking with strangers and making them feel at ease. We were especially impressed when he continued to volunteer this Summer, driving quite a distance from home to be here for our members. Here is what Gannon has to say about his time here: "I have thoroughly enjoyed my time volunteering at the Madison Senior Center and look forward to it each week. I love sharing a cup of coffee with both the regulars and the new faces! Through my short time at the Senior Center, I have made many new friends and hope I have brightened their days as they have mine. In my free time, I love to read, play the piano, and go fishing in Canada with my family. I just recently graduated from the UW with a degree in biology and am currently applying to Physician Assistant schools." We wish you the best, Gannon (even if we really just want you to stay here with us)!



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



ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

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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

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



Inclusive Income Restrictions Apply

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



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Nick Palasini

npalasini@lpicommunities.com

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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, September 15	Thursday, September 18
Monday, October 13	Thursday, October 16
Monday, November 17	Thursday, November 20

NEWS

The View From 330

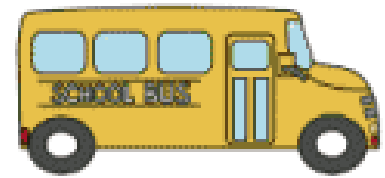
MSC members who have been participating in the Let's CONNECT program hosted each Tuesday by Donna Peckett and Danielle Dresden of TNW Ensemble Theater have compiled a magazine of their inspirations and musings called The View From 330. For those not in the know, the Madison Senior Center is located at 330 W Mifflin St. Their first issue includes a recommended tour of Madison, fun activities to do in the summer, "sentimental journeys", and more. Come check out their work, which is now proudly displayed at our front desk! Special thanks to the TNW Ensemble Theater for their work on this program, and to Dane Arts for their support.

New Rain Garden Courtesy of Planet Patch

On a very hot Saturday in July, a group of volunteers from Planet Patch got to work digging and planting a rain garden in the front planter of the Senior Center. They planted Big Bluestem, Butterfly Weed, Pale Purple Coneflower, Wild Bergamot, and Golden Alexander, which are all native plants that will grow easily here. A rain garden – in addition to having attractive plants – has the added benefit of reducing stormwater runoff, filtering pollutants, and attracting wildlife and pollinators. We are excited to watch these plants grow taller over the years, and want to give a heartfelt thanks to Planet Patch for providing this service to us!



September WORD SEARCH



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



Acorn
Apples
Backpack
Books
Corn
Fall
Friends

Football
Leaves
School
Pears
Pencil
Trees
Yellow

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

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

Capital Centre Market
Catherine Copp
Gil Hillman
Susan Hoffman
Paulette Quick
Donald Sylvester
Barbara Zellmer



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; market cards are most appreciated)
- » Used or new men's pants (sweatpants preferred)
- » Musical instruments in good condition



PLEASE DONATE TODAY! MADISON SENIOR CENTER FOUNDATION, INC.

Send to: **330 W. Mifflin Street, Madison, Wisconsin 53703**

Your personal donation provides programs, activities and services for adults over 55. Please make checks payable to: *Madison Senior Center Foundation, Inc.*

Donor Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Email _____ Amount Enclosed \$ _____

☐ In Honor of: _____ ☐ In Memory of: _____

☐ In Appreciation of: _____ ☐ Other: _____

Send Acknowledgement to (Name and Address): _____

Your donation is tax deductible as allowed by law. Donations are publicly acknowledged. Please indicate if you wish to remain anonymous.

Madison Senior Center
Foundation, Inc.

330 WEST MIFFLIN STREET
MADISON WI 53703

ADDRESS SERVICE REQUESTED

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MADISON, WI

Celebrate Hispanic Heritage Month: September 15 through October 15!

Third Thursday Entertainment: Angela Puerta

THURSDAY, SEPTEMBER 18, 12:30 – 1:30 PM

Angela Puerta is a seven-time Madison Area Music Association (MAMA) Award winner, Wisconsin's Most Influential Latino Leader 2024, and Best of Madison Latin Artist 2019 & 2020. She is a Colombian-born singer-songwriter and band guitarist based in Madison. Angela blends her deep Latin American roots with global influences to create an eclectic musical style she calls Latin Rock. Her sound draws from Alternative Rock, Rock en Español, Pop, Reggae, and a rich variety of Colombian and Latin American rhythms, including bambuco, merengue, and bolero.



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