

THE Messenger

VOLUME 36, NUMBER 7

AUGUST, 2019

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



August is National Immunization Awareness Month

THE 4 VACCINES OLDER ADULTS NEED

By Hallie Levine (Last updated: October 23, 2018)



If you skip certain vaccines, you have plenty of company. Research shows that many older adults aren't getting the protection they need. About 30% of people 65 and older skipped their flu shot last year, about 67% didn't receive the recommended shingles vaccine, and 43% aren't up to date on tetanus shots, according to a 2017 report from the Centers for Disease Control and Prevention.

But these vaccines are important for this age group. "As we get older, our immune system becomes much less robust, which means we're not just more at risk for getting diseases like the flu and shingles but of developing life-threatening consequences from them," says William Schaffner, M.D., an infectious-disease specialist at Vanderbilt University in Nashville, Tenn.

HOW EFFECTIVE ARE VACCINES?

NO matter what your age, vaccines don't necessarily provide complete protection. Some, such as the tetanus shot, are reported to be 100 percent effective. But the flu shot generally cuts your risk of getting influenza by only about half. The effectiveness of certain vaccines also wanes over time, which is why boosters are recommended for certain diseases.

Still, "half a loaf of bread is better than none," Schaffner says. "If you get vaccinated and still get the flu—or other illnesses, like shingles—your illness is probably going to be much milder than it might have been. You're much less likely to develop a life-threatening complication, much less likely to be admitted to the hospital, and much less likely to die."

Here are the four shots that all older adults should be up to date on (your doctor might recommend others based on your health and preferences): **Flu Vaccine, Pneumococcal Vaccine, Shingles Vaccine and Tdap Booster.** Talk to your doctor about questions specific to your health or situation.

CVS PHARMACY FLU CLINIC

Wednesday, August 28
10:30 am-12:30 pm
FREE – CVS will bill your insurance. Be sure to bring your medicare card or your insurance card. Please pre-register. We need at least 25 people.

FOR YOUR INFORMATION

Directory

Phone.....(608) 266-6581
FAX.....(608) 267-8684
Website.....cityofmadison.com/senior-center
Hours..... Monday-Friday, 8:30 am-4 pm

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

COMMITTEE ON AGING

An advisory body to the Community Services Committee and the Community Development Division, as well as other City Departments, the Mayor and the Common Council. Meets 4th Wednesday at 2:30 pm.



MISSION OF THE MADISON SENIOR CENTER

The Madison Senior Center involves older adults as leaders, teachers and learners, and provides a balanced, diverse, and coordinated program that acts as an ideal model for aging.

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SUBSCRIBE TODAY!

If you prefer a paper copy of The Messenger, the monthly newsletter of the Madison Senior Center, it is only \$10. Drop off this form and a \$10 payment.

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FOR YOUR INFORMATION

Long are the nights of a beautiful summer in Madison. Whether you prefer to enjoy this season outside gardening or relaxed on the lake, remaining safe in the heat is always a priority. When you are outside grilling that perfect BBQ or taking a stroll around the farmer's market, be sure to beat the heat and follow The National Safety Council's tips to stay safe during the hot weather:



♥ Tip #1

Drink plenty of fluids. Many beverages can assist with your water intake, but nothing beats some good old fashioned H2O!

♥ Tip #2

Eat light. The more calories you take in, the more body heat you produce.

♥ Tip #3

Eliminate or reduce outdoor activities. There are plenty of fun summer activities that can be done inside with the air conditioning!

♥ Tip #4

Prevent sunburn. Sunscreen, sunscreen, sunscreen! It's good practice to use sunscreen with an SPF of 15 or higher and apply it at least 20 minutes before going outdoors.

♥ Tip #5

Wear appropriate clothing. Cotton allows skin to breathe and absorbs sweat.

♥ Tip #6

Never leave children or pets in a car, even with the windows partially open. The temperature inside a car in the summer can rise quickly. At 70 degrees on a sunny day, after a half hour, the temperature inside a car can reach 104 degrees.

Make every second of summer count by indulging in the warm summer nights and outdoor activities! Attend one of the many festivals, celebrate the arts, enjoy good music, or shop till you drop. Get the most out of our Madison summer and stay cool doing it.



Sally Jo

General Policies

- ♥ Public spaces (interior and exterior) at the MSC are monitored by staff on video security cameras; participants and visitors may be recorded.
- ♥ **R** = Register. Most of our presenters are volunteers and their time is valuable. The **R** means that programs without sufficient enrollment may be canceled.
- ♥ All participants and guests must check in upon arrival. If you aren't at the center for business purposes, and will be returning within the next three months, please apply for a free membership. You will be issued a key tag to scan when you come in.
- ♥ Sleeping/napping is not allowed.
- ♥ Participants are limited to a maximum of two bags while at MSC. Bags must be kept with you at all times. Staff cannot look after the personal belongings of participants.
- ♥ Our facilities cannot be used for personal care/hygiene.
- ♥ Service animals are welcome. They should always be on a leash. You must clean up after your own animal.

Floor Resurfacing

The wood floor area on the first floor will be closed **Friday, August 9 - Monday, August 12**. The Nutrition Site will be relocated to the Craft Room for these two days.



Danger Signs of Suspected Financial Abuse

Wisconsin Department of Financial Institutions

“Senior financial exploitation is a growing problem. Many in our elderly population are vulnerable due to social isolation and distance from family, caregiver, and other support networks,” DFI Secretary-designee Kathy Blumenfeld said. “Taking the time to understand the warning signs and the steps that can be taken to report financial abuse are key to helping those who cannot help themselves.” The North American Securities Administrators Association (NASAA), of which DFI is a member, has developed resources to help call attention to the red flags of fraud and suspected guardian financial abuse. For example, the “Guarding the Guardians” publication provides examples of exploitation and information on how to report suspected abuse.

Examples of suspected guardian abuse include: the guardian takes money from the protected individual’s investment portfolio to buy a flashy car for personal use; the guardian overcharges for a caregiving service, such as billing the estate hourly for wait time to file paperwork in person when it could have been submitted online; the guardian does not take the protected individual to medical appointments or purchase necessary medication. The publication as well as other resources to help seniors are available on NASAA’s Serve Our Seniors website (serveourseniors.org) at: <http://serveourseniors.org/about/investors>. Other senior investor protection resources are available on the DFI’s website at www.wdfi.org. Anyone with suspicions of possible senior financial exploitation can call (608) 266-2139.

Sip & Swipe Café®

FREE TABLET TRAINING!

Get free self-paced lessons on how to use a tablet. A coach will work with you, provide support and answer questions. These skills will also transfer to most smart phones. We provide the tablets, so if you have been thinking about purchasing one, this is a great opportunity to try one out. You must register for this because we take a maximum of four people at each session. **Call today for an appointment, (608) 266-6581!** *R*

Smart Phone Technology

FRIDAY, AUGUST 16, 10-11 AM

This class will focus on phones that use android technology such as Samsung, LG and Motorola. It will not cover iPhones. Learn how to take advantage of the technology in your phone. Plenty of time for questions. Bring your phone. Maximum of 10 participants. Instructor Gil Hillman. *R*



Computer Lab Hours

- ♥ Monday-Wednesday-Friday, 11:30 am-4 pm
- ♥ Tuesday-Thursday, 9 am-4 pm

The computer lab is available every day MSC is open. On Tuesdays from 10-11:30am a volunteer is available to offer assistance. Please respect the posted behavior and etiquette policies.

Sudoku

Answers located on page 16.

1			5			8		9
		4			6	3		
3	5		7				1	
	9					4		1
8		2						9
	4				3		5	6
		9	8			7		
7		3			9			2

R = Register

ARTS & ENTERTAINMENT

Tuesday Movie Matinees

Join us on the 1st, 2nd & 3rd Tuesdays for a movie and popcorn. Selections are subject to change depending on availability.

TUESDAY, AUGUST 6, 1 PM

The Three Faces of Eve (1957). Starring Joanne Woodward, David Wayne and Lee J. Cobb. A young Georgia housewife (Eve) suffers from multiple personalities. Eve's husband is confused by his wife's aberrant behavior, and seeks help from a psychiatrist. *Drama, Mystery. Not Rated, 91 minutes.*



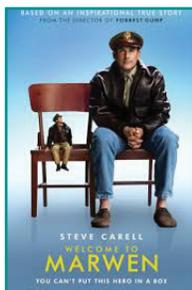
TUESDAY, AUGUST 13, 1 PM

Holmes & Watson (2018). Starring Will Ferrell, John C. Reilly, Ralph Fiennes. A humorous take on Sir Arthur Conan Doyle's classic mysteries featuring Sherlock Holmes and Doctor Watson. The plot follows the famed detective duo as they set out to find the culprit behind a threat at Buckingham Palace. *Adventure, Comedy, Crime. Rated PG-13. 90 minutes.*



TUESDAY, AUGUST 20, 1 PM

Welcome to Marwen (2018). Starring Steve Carell, Falk Henschel, Matt O'Leary. Mark Hogancamp, a victim of a brutal attack, loses his memory and struggles with PTSD. The movie shows how Hogancamp finds a unique and beautiful therapeutic outlet to help him through his recovery process. *Biography, Drama, Comedy. Rated PG-13. 116 minutes.*



Enjoy popcorn and beverages.

Sponsor refreshments for a month and have your company featured here.

Senior Showcase Band

THURSDAYS, 1-3 PM

Listen or dance to the music of the big band era and other favorites. Senior Showcase Band plays every week. Bring a partner or not. \$2 per person. No charge the last Thursday of the month.

Chuck Bauer Exhibit

AUGUST 12–SEPTEMBER 20

My works are usually executed on site, en plein air ("in the open air"), during one or two painting sessions. I find there is no substitute for direct response to the natural world because photographs are weak, and memory is weaker. My subjects are often mere excuses to use color expressively, or to work out compositional themes that engage my interest. At the same time, no one interested in the details of perception could be immune to the beauty of this part of the Midwest, so any emotional content one might sense in this work is in no way unintended. Simply think of these paintings as "Boxes of Imaginative Air." Painting en plein air offers special pleasures and special challenges. Shifting light, blowing wind, expanded time, serene stillness, chill dampness, falling snow, blazing sunshine, puzzled wildlife, and hungry insects are some of them.



MMOCA Tour

FRIDAY, SEPTEMBER 6, 11 AM-12 PM

Jeffrey Gibson has Choctaw and Cherokee background, and holds advanced degrees in art from schools in the US and England. He has lived in several countries in Europe and Asia, and has absorbed their cultures. His art includes Native American themes combined with influences from contemporary European, American, and Asian art. The exhibition is colorful and accessible, and has been received with enthusiasm by visitors to MMoCA. *R*



THE VOLUNTEER VIEW

Volunteer Opportunities

♥ Special Event Planning Team

Get in on the ground floor and decide our next special event. Plan, schedule, and brainstorm a gathering at the Madison Senior Center in a self-directed team of enthusiastic volunteers.

♥ Intergenerational High School Program

Interested in mentoring a high school student? We are working on a collaboration with a Madison high school starting in September. Volunteers will meet weekly with teens to talk and get to know each other.

♥ Preschool Arts & Crafts

Volunteers are needed for the upcoming school year. Get back in touch with your inner child by spending an hour once a month doing a project with one or two preschoolers. You are there to guide and interact with the child(ren). Staff will lead the activity and handle any issues.

♥ Musicians

Share your musical talent with us. If you prefer small audiences this may be for you. Events throughout the year are enhanced by live music.

Contact John Weichelt, Volunteer Coordinator, (608) 267-2344, jweichelt@cityofmadison.com.

Senior Center Summer Picnic

**THURSDAY, AUGUST 22,
3-6 PM**

Volunteers, participants, donors, friends and family members are invited to enjoy this informal summer gathering. A meal will be served at 5 pm for a nominal \$4 fee. Weather permitting, the picnic will be held in the courtyard. The alternate location will be the Madison Senior Center lounge/dining area. Blue Accordion will perform songs about friendship, picnics, and Wisconsin. Call (608) 266-6581 by August 19 to sign up. Payment also due by August 19. 



PICNIC VOLUNTEER SHIFTS AVAILABLE

- ♥ Set-up/Decorating: 2-3 pm
- ♥ Registration: 2:30-5 pm

Volunteer Spotlight: Sri



Jegan Sriskandarajah (Sri for short) has been coming to the senior center since 2017. Most

recently, he has joined the Foundation Board and the Advisory Council. Sri has also held a fun mathematics class, assisted at special events, and has even volunteered at the front desk greeting participants.

What do you enjoy most about Madison?

The friendly people

What is your favorite candy?

Anything coconut or pistachio

Favorite city in Wisconsin that is not Madison?

Richland Center

Most famous person you have ever met?

Isthak Pearlman

What do you think is the greatest invention of all time?

The internet

What is your favorite family or personal tradition?

Celebrating the New Year

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

EDUCATION & ENRICHMENT

Senior Beat

Madison City Channel and the Senior Center develop television programs "for, by and about seniors."

This month we will talk to Jim Schmidlkofer, a retiree from the State of Wisconsin Board on Aging and Long Term Care where he was the Supervisor of Older Americans Act Services. Jim continues to follow aging issues closely and advocate on behalf of older adults in our state. He will be joined by Janet Zander, Advocacy & Public Policy Coordinator at Greater Wisconsin Agency on Aging Resources, Inc. Hear about which bills before the legislature could have the greatest impact on older adults.

Watch *Senior Beat* all month: Tuesdays at 12:30 pm, Wednesdays at 4:30 pm, Fridays at 12:00 pm, and Sundays at 4:30 pm on Madison City Channel (Charter analog 98, Charter Digital 994 and AT&T U-verse, 99).

Ballroom Basics for Balance (BB4B) Beginner & Intermediate

FRIDAYS, SEPTEMBER 13 THROUGH DECEMBER 13, 10-11:30 AM (11 WEEKS)

Practice balance and learn to prevent falls while dancing. Get better at walking or moving around on various surfaces and improve your confidence! This class is for you if: you move around on your own with or without a device, have fallen or have fear of falling. No experience or partner needed! Have fun while improving your balance, and challenge yourself in a safe environment. Taught by physical therapists and other health professionals. Meet on the lovely 3rd floor (elevator available) of the **Central Library**. The cost is \$65. Call the Madison Senior Center at (608) 266-6581 to register. For more information: www.ballroombasicsforbalance.org. 

Meet the Author: Fall 2019

We are excited to announce our fall line-up of authors. Watch for more information in the coming months about each author and their literary work. 

- ♥ **R. Chris Reeder:** September 10, 12-1 pm
Reeder is author of *The Changeling's Daughter* (Fantasy)
- ♥ **Dr. Joshua Mezrich:** October 8, 1-2 pm
Mezrich is author of *When Death becomes Life: Notes from a Transplant Surgeon*
- ♥ **Howard G. Olson, PhD:** November 12, 1-2 pm
Olson is author of *The Last Dog*, "When the world gets crazy, finding serenity in dogs, Spirit, and nature."



WEDNESDAY, AUGUST 7, 10-11 AM

Madison Police Officers Ken Brown and Kraig Kalka will join us for coffee in the lounge area of MSC. This is a casual environment and everyone is welcome to ask questions, or just hang out and listen.

"Zoo to You!"

WEDNESDAY, AUGUST 21, 10:30-11:30 AM

Presented by Henry Vilas Zoo staff and volunteers. Come meet and learn about special zoo animals at the Madison Senior Center, 330 W. Mifflin St. Pre-registration is recommended due to a limited number of seats. Call (608) 266-6581 to RSVP. 



Music by Randy & Cindy

TUESDAY, AUGUST 27, 1-2 PM

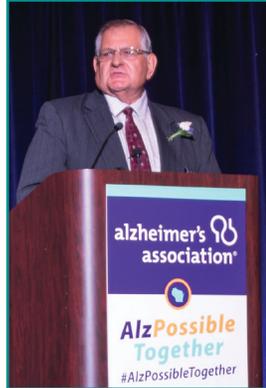
Randy Keil and Cindy Harrington have been performing individually for decades. Each has traveled all over Wisconsin, as well as to many other states, to share their love of music. About five years ago they connected through mutual friend, and renown music artist, Jerry Stueber at a show at the Cottage Grove Rd VFW. Now, whenever the opportunity arises, they team up to perform hits from the 1950s, 60s and 70s. At times, they even throw in a number or two from as far back as 1900.

EDUCATION & ENRICHMENT

Monona Terrace Health Series - Save the Date!

THURSDAY, SEPTEMBER 19, 12-1 PM

Paul Braun talks and people listen. A familiar voice in the Madison area, this well-known radio and TV Sportscaster now makes presentations about Alzheimer's disease and living the life of a caregiver.



Paul shares his personal journey of caring for his spouse who suffered with Alzheimer's disease for eight years. Having made the decision to move his wife to a memory care unit, he can offer some insight and information about issues people face in caring for a loved one.

Color with Heather

THREE-WEEK SERIES

TUESDAYS, SEPTEMBER 3, 10, 17, 10-10:45 AM

Did you know that coloring is a creative and stress reducing activity? Whether you are an experienced "colorer," or eager to try it out for the first time, this series is for you. Artist and Professor Heather Schatz will lead the group in a combination of coloring activities designed to stimulate your creativity and reduce anxiety. Coloring sheets and art supplies will be provided. Free, but registration required. 

Inexplicable Universe: Unsolved Mysteries

THURSDAY, SEPTEMBER 12-19, 10 AM-12 PM

A Great Course presented by astrophysicist, Neil deGrasse Tyson. Professor Tyson is renowned throughout the scientific community and the media for his vast knowledge, his penetrating insights, and his amazing ability to make even the most intimidating areas of science accessible, engaging, and—most of all—enjoyable. *Facilitated by Daryl Sherman. Fee \$2.*



LGBTQ 50+ Alliance Activities

**OUTREACH'S MAGIC FESTIVAL:
A PRIDE CELEBRATION**

**SUNDAY, AUGUST 18, 1-6 PM
WARNER PARK, 2930 SHERMAN AVE.**

Celebrate the 50th Anniversary of Stonewall and the 30th Anniversary of Madison's first pride parade. There will be activities for all ages, entertainment, food and merchant vendors, and more! Let's focus on bringing the community together for celebration, healing, and rejuvenation. Stop by our table and learn more about connecting with other 50+ folks in our community.

ENJOY A DAY ON LAKE WINGRA

**SUNDAY, AUGUST 25, 1-4 PM
824 KNICKERBOCKER ST., MADISON**

Rent a kayak, canoe, or paddleboard. Concessions are available for purchase or bring a bag lunch. A driver's license, state ID or set of keys will be needed to reserve a boat while on the water. Lockers are available for \$1. To see prices, visit www.madisonboats.com. We will receive a 15% group rate discount. Be sure to tell them you are with the LGBT group when reserving your boat. Please be flexible on single vs. double and type of boat. RSVP by Friday, August 16 to marybethwilk@charter.net.

COFFEE MEET-UPS

- ♥ 3rd Mondays, 2-4 pm, WPCRC/NewBridge, 1725 Northport Dr., Madison
- ♥ August 12, 10 am-12 pm, Beans & Cream Bakehouse, 1120 Main St., Sun Prairie
- ♥ August 26, 10 am-12 pm, Common Ground Coffeehouse, Branch St., Middleton

Activity & Meal Calendar - August, 2019

MONDAY	TUESDAY	WEDNESDAY
<p>JOIN US FOR LUNCH! SERVING 11:30 AM, MONDAY-FRIDAY.</p> <p>This is a congregate nutrition site operated by NewBridge. Reservations are required at least 24 hours in advance by calling (608) 266-6416.</p> <p>The cost to provide a meal is \$8.97; guests over 60 are asked to pay what they can contribute, with a suggested donation of \$4.</p> <p>Meatless Option (MO) will be listed as the second option. Entrees with pork have an *.</p>		
<p>5</p> <p>9:00 Gentle Exercise 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO</p> <p>CHICKEN MAC CASSEROLE MAC & CHEESE (MO)</p>	<p>6</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Stand Up & Move 11:00 Table Tennis 1:00 Movie: The Three Faces of Eve</p> <p>CHEESE TORTELLINI BAKE IN MEAT SAUCE VEGGIE TORTELLINI BAKE (MO)</p>	<p>7</p> <p>9:00 Footcare Clinic 10:00 Coffee with a Cop 10:00 PLATO 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation</p> <p>CHICKEN A LA KING W/BROWN RICE VEGGIE CHICKEN A LA KING (MO)</p>
<p>12</p> <p>9:00 Gentle Exercise 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO</p> <p><i>Floor Resurfacing in Dining Area</i></p> <p>BBQ CHICKEN BREAST VEGGIE BBQ CHICKEN STRIPS (MO)</p>	<p>13</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Stand Up & Move 11:00 Table Tennis 1:00 Movie: Holmes & Watson</p> <p>PIZZA BURGER GARDEN BURGER (MO)</p>	<p>14</p> <p>10:00 PLATO 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 6:00 Latinx Discussion Group</p> <p>HAM & POTATO CASSEROLE* VEGGIE CHEESE POTATO (MO)</p>
<p>19</p> <p>9:00 Gentle Exercise 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO 2:00 LGBT Coffee Meet-Up @ WPCRC 6:00 Perfect Pizzas-MC</p> <p>TUNA SALAD SANDWICH EGG SALAD (MO)</p>	<p>20</p> <p>9:00 Computer Lab 9:00 Stand Up & Move 11:00 Table Tennis 1:00 Movie: Welcome to Marwen</p> <p>ENCHILADA CASSEROLE BEAN & CHEESE CASSEROLE (MO)</p>	<p>21</p> <p>10:00 Bobby Hinds 10:30 "Zoo to You!" 11:30 Computer Lab 11:30 Table Tennis 12:30 Wii Bowling 1:30 Spanish Conversation 1:45 Massage</p> <p>BRAT* VEGGIE WRAP (MO)</p>
<p>26</p> <p>9:00 Gentle Exercise 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO</p> <p>ROASTED TURKEY IN GRAVY VEGGIE CHICKEN IN GRAVY (MO)</p>	<p>27</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 11:00 Table Tennis 12:15 Red Hats 1:00 Randy & Cindy</p> <p>TUNA CASSEROLE HUMMUS & PITA (MO)</p>	<p>28</p> <p>11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 6:00 Laxtinx Caregivers</p> <p>CHICKEN SANDWICH MULTIGRAIN BURGER (MO)</p>

THURSDAY	FRIDAY
<p>1</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 Gentle Yoga 11:30 Table Tennis 12:30 Healthy Living w/Chronic Pain 1:00 Senior Showcase Band</p> <p>CHICKEN NOODLE SOUP VEGETABLE SOUP (MO)</p>	<p>2</p> <p>9:00 Gentle Exercise 10:00 Painting – MC 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>BEEF STEW OR CHICKEN CONFETTI SALAD VEGGIE STEW (MO)</p>
<p>8</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 Gentle Yoga 11:30 Table Tennis 12:30 Healthy Living w/Chronic Pain 1:00 Senior Showcase Band 1:00 Gay, Gray & Beyond</p> <p>TRADITIONAL MEATLOAF VEGGIE MEATBALLS (MO)</p>	<p>9</p> <p>9:00 Gentle Exercise 10:00 Painting – MC 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 SOS Senior Council</p> <p><i>Floor Resurfacing in Dining Area</i></p> <p>POT ROAST W/GRAVY BLACK BEAN BURGER (MO)</p>
<p>15</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 Gentle Yoga 11:30 Table Tennis 12:30 Healthy Living w/Chronic Pain 1:00 Senior Showcase Band</p> <p>EGG BAKE</p>	<p>16</p> <p>9:00 Gentle Exercise 10:00 Painting – MC 10:00 Smart Phone Technology 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>BBQ PULLED PORK* HUMMUS WRAP (MO)</p>
<p>22</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 Gentle Yoga 11:30 Table Tennis 12:30 Healthy Living w/Chronic Pain 1:00 Senior Showcase Band 1:00 Gay, Gray & Beyond 3:00 MSC Summer Picnic</p> <p>CHICKEN STRIPS CHEESE & TOMATO SANDWICH (MO)</p>	<p>23</p> <p>9:00 Gentle Exercise 10:00 Painting – MC 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>TACO PASTA CASSEROLE VEGGIE TACO PASTA CASSEROLE (MO)</p>
<p>29</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 Gentle Yoga 11:30 Table Tennis 12:30 Healthy Living w/Chronic Pain 1:00 Senior Showcase Band</p> <p>MEATBALLS IN GRAVY* VEGGIE MEATBALLS (MO)</p>	<p>30</p> <p>9:00 Gentle Exercise 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>SLOPPY JOE CHICKPEA SLOPPY JOE (MO)</p>

August...

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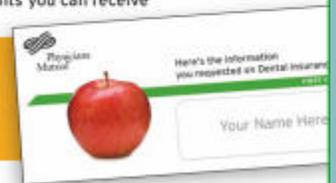
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CLUBS & GROUPS / GAMES

AA (Alcoholics Anonymous)

WEEKDAYS, 12-1 PM

Knit 1, Purl 2

2ND MONDAY,
10:30-11:30 AM

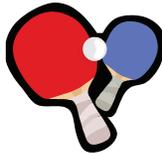


If you like to knit or crochet, we meet once a month at the Madison Senior Center and work on service projects for RSVP. Yarn and needles provided, or you may use your own. **No meeting in July or August.**

Table Tennis

MONDAY, WEDNESDAY, THURSDAY &
FRIDAY, 11:30 AM-1 PM

TUESDAY, 11 AM-12:30 PM



Meet friends and find challenging partners.

Pool - Billiards

Play pool unless an event is scheduled in the lounge area.



Wii Bowling

MONDAY, WEDNESDAY, FRIDAY,
12:30-2:30 PM



Gather round for some friendly competition. A great way to get a little exercise and meet other people. Join our Wii bowling league.

Do you have a group of primarily 55+ folks that would like to meet at the Senior Center?

Call Laura at 267-8650 for more information.

It is a great way to attract new members.

Grupos de apoyo

Offered in Spanish only. Se ofrece solo en Español. Bienvenida a nuevos participantes.

2ND WEDNESDAY, 5:45-8 PM

LATINX DISCUSSION GROUP

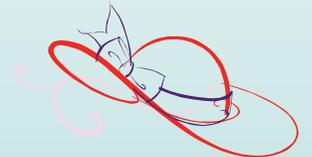
4TH WEDNESDAY, 5:45-8 PM

LATINX GRANDPARENT SUPPORT GROUP

Doesn't meet in March, June or September.

Red Hat Mamas

LAST TUESDAY OF THE
MONTH, 12:15 PM



The Red Hat group meets after the Nutrition Site meal. New members are always welcome. Enjoy lunch and meeting monthly with a vivacious group of women. For more information, call Marie at 241-5628.

Gay, Gray & Beyond

2ND & 4TH THURSDAY, 1-3 PM

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 to consider our individual selves, our unique strengths and the nature of our ever-changing world. Sponsored by the LGBT Senior Alliance.

The SOS Senior Council

2ND FRIDAY, 12 PM

SOS Senior Council is an advocacy group for citizens regardless of age. We advocate on health care, social security, environment, welfare and affordable housing issues.

Spanish Conversation

WEDNESDAYS, 1:30-3 PM

Want to practice your Spanish? Join this group every week to chat in Spanish. All levels welcome.

HEALTH & WELLNESS

Gentle Yoga

THURSDAYS, 10-10:45 AM

Do you want to improve your balance, range of motion and flexibility? Do you want to strengthen your bones and muscles, quiet your mind? Then GENTLE YOGA is for YOU! All abilities and levels welcome. We will do a combination of seated and standing positions, and instructor, Michelle Ripp, will always suggest modifications if a pose isn't working for you. Pay the \$4 per class fee when you check in. Scholarships are available.

Gentle Exercise

MONDAYS, TUESDAYS, THURSDAYS AND FRIDAYS, 9-9:45 AM

Get fit together by watching exercise videos that increase strength, flexibility and balance. Everyone welcome!

Massage

3RD WEDNESDAY AT 1:45 PM

Decrease your stress, prevent stress-related injuries and reduce the effects of depression and anxiety. Meet with Seth Jensen LMT on the **3rd Wednesday of each month**. Cost is \$10 for 15 minutes. Choose between a chair or a foot massage. Call (608) 266-6581 for a time. *R*

Foot Care Clinic

1ST WEDNESDAY OF EVERY MONTH, 9-11:30 AM

Provided by the Visiting Nurse Service of SSM Health at Home. Bring 2 towels. **Appointment recommended**; call (608) 266-6581. **Cost is \$22.** *R*

~ NON DIABETIC ONLY ~

Save the Date

Health and Resource Fair
Wednesday, October 9
9:00 - 11:30 am

Family Caregiver Education Programs

Alzheimer's & Dementia Alliance of Wisconsin (ADAW) offers monthly Programs for family, friends and others caring for someone with Alzheimer's or other dementia. Free. No registration needed. Just drop in!



UNDERSTANDING & RESPONDING TO BEHAVIOR CHANGES

August 5, 5:30-7 pm
Hawthorne Public Library

SAFETY AT HOME

August 13, 5:30-7 pm
Meadowridge Public Library

Medical Alert Awareness



Are you a diabetic? Are you allergic to penicillin? Do you require certain life-saving medications in an emergency? Do you wish to invoke a Do Not Resuscitate (DNR) order under certain situations? Medic

Alert can tell the doctors caring for you what they need to know. A medical ID can save precious time in diagnosing the reason for the emergency. It can also clue doctors in on any allergies the wearer has before administering medication or first aid. In an emergency, you may be unable to speak for yourself. A Medic Alert bracelet speaks for you—and may well make the difference in saving your life.

The Medic Alert Foundation has been around for over sixty years, and has affiliates in nine countries. If you're interested in getting a Medic Alert bracelet for yourself or a family member, contact the Medic Alert Foundation at MedicAlert.org.

Bobby Hinds

**WEDNESDAY, AUGUST 21,
10 AM**

Known as the “Jump Rope King,” Bobby traveled across the United States in the 1970’s promoting the benefits of his perfectly balanced, smooth-action-high-speed rope. He set records, created spectacles and when he wasn’t on Johnny Carson’s Tonight Show, he was jumping alligators in Louisiana. The ambitious founder took his jump rope from a backyard factory to the back of 12 million boxes of Wheaties...twice! Hinds is now retired, but he hasn’t been idle. Instead, he’s been perfecting his latest fitness invention: Powerwalk.



Bobby will talk about how important it is to keep moving in any way you can, and the importance of getting aerobic and anaerobic exercise. He will demonstrate how Powerwalk can help you achieve this, even in a wheelchair. Bobby will have his Powerwalk for \$20 the day is at MSC. Call (608) 266-6581 to register. *R*

NewBridge Wellness Programs

CALL 608-512-0000 FOR MORE INFORMATION

- ♥ New Exercise Class Free Demo
Tuesday, August 13, 10:30-11 am
- ♥ Ballroom Basics for Balance (BB4B)
Tuesday, August 13, 11:15-11:45 am
- ♥ Easy Yoga Plus—adaptive for all needs
Dale Heights, 5501 University Ave.
- ♥ Ballroom Basics for Balance
Tuesdays, 10:30 am-12 pm, 10 Week Course, starting September 10
- ♥ Sassy Steppers Dance Crew
Every Monday, 4 pm Practice, Warner Park, 1625 Northport Dr. Fun dance team. Any skill level welcome!
- ♥ Blood Pressure Clinic
Wednesday, August 21, 11 am-12 pm
Warner Park, 1625 Northport Dr.

New in September!

Tai Chi Fundamentals, Free Demo and Introduction to Tai Chi

FRIDAY, SEPTEMBER 6, 10-11 AM

Meet the instructor, Rachel Sandretto, and learn some basic information about Tai Chi. The Tai Chi class will be on Fridays at 10 am and will start September 13. The cost will be \$4 per class. Scholarships available.

R

BENEFITS OF TAI CHI

The December 2014 Harvard Health Letter called Tai Chi the “best exercise for balance.” Tai Chi also builds core strength and stamina through its slow, precise movements. Its focus on posture and alignment helps release tension throughout the body, and the emphasis on mindful action promotes stress reduction, improves mental health, and can even improve sleep quality.

CLASS ACTIVITIES

- ♥ Tai Chi Short Form: A flowing series of connected postures.
- ♥ Basic Moves: Exercises to build the motor skills used in Tai Chi.
- ♥ Qi Gong: A Chinese practice that aids flexibility and relaxation.
- ♥ Additional class activities may include short periods of meditation, range of motion exercises, and discussion of the history and applications of Tai Chi.

Healthy Living with Chronic Pain

**THURSDAYS, AUGUST 1–
SEPTEMBER 5, 12:30-3 PM**

Living with pain? What if you could feel better? If living with ongoing pain is keeping you from doing the things you want to do, this class can help by giving you the tools and strategies to manage your pain. If you’re 18 or older and have or live with someone who has chronic pain, this program is for you. For more information or to register, call (608) 266-6581. *R*



SERVICES & SUPPORT

Scholarship Fund

Scholarships are available to people over age 55 with annual income less than \$24,280 (one person) or \$32,920 (two people) for programs and events. A simple application is required, and all information is confidential. The application is available at the Front Desk or from Laura Hunt, lhunt@cityofmadison.com.



Free DVD Check Out



The Madison Senior Center has a wonderful collection of older movies. They are now available for you to check out free of charge. Inquire at the Front Desk for more information, and to see a list.

Great Courses to Check Out

Over the last few years we have offered a number of courses that are produced by the company Great Courses. These are videotaped, semester long courses from professors all over the country. Past courses are available on DVD to check out and watch on your own at the MSC or at home. Inquire at the Front Desk if you are interested.

Medical Equipment Loan Closet

The East Madison/Monona NewBridge location has a loan closet with items such as walkers, raised toilet seats, commodes, crutches and more. Loan Closet items are available to seniors for a donation. Call NewBridge at (608) 512-0000 to ask if the item you need is available. They also welcome in-kind donations of these items: shower chairs, tub transfer benches, and commodes. The Loan Closet is open Monday-Thursday 9 am-3 pm.

Home Chore Program

Do you want to stay in your home or apartment, but find that you need a little extra help? NewBridge Home Chore volunteers are available to help; they want to assist you with cleaning, organizing, and other household tasks. For more information, call Jeannette Arthur at (608) 512-0000, ext. 4007 if you live Downtown, on the Southside or on the Westside of Madison. If you live on the Northside, the Eastside or in Monona, call David Wilson at (608) 512-0000, ext. 2006.

Case Management

Case Management is designed to provide older adults, age 60 and over, the support they need to live independently by identifying resources and coordinating supportive services. Every Monday, a Case Manager from NewBridge is at the Madison Senior Center from 11 am-12 pm to offer guidance in connecting with resources and services in the Madison area.



Sudoku Answers

1	2	7	5	3	4	8	6	9
9	8	4	2	1	6	3	7	5
3	5	6	7	9	8	2	1	4
6	9	5	3	8	7	4	2	1
4	7	1	9	2	5	6	3	8
8	3	2	6	4	1	5	9	7
2	4	8	1	7	3	9	5	6
5	1	9	8	6	2	7	4	3
7	6	3	4	5	9	1	8	2



The four Madison Senior Coalition have merged into one organization, NewBridge, and continue to offer case management, programs, nutrition sites, Home Chore and other services. Phone number: (608) 512-0000 and website: www.newbridgemadison.org. Check out a few NewBridge programs on the next page.

COMMUNITY OUTREACH

Madison College Classes

Register at (608) 258-2310 or visit <http://madisoncollege.edu/> and click MyMadisonCollege, login to your account, and use the Student Center to add your 5-digit class number(s). First time users need to activate an account. Register EARLY; classes are cancelled if there are fewer than 10 participants registered one week prior to the beginning date. All fees are paid to Madison College.



Class #	Class Title	Day	Start Time	End Time	Weeks	Start Date	End Date
33870	Painting	F	10:00 AM	1:00 PM	14	9/6/2019	12/13/2019
34217	Ukulele 1	T	10:00 AM	12:00 PM	6	9/10/2019	10/15/2019
33855	Japanese 1	W	6:00 PM	8:30 PM	8	10/16/2019	12/11/2019
33856	Spanish 1	R	9:30 AM	11:30 AM	10	9/19/2019	11/21/2019
33858	Spanish 2	T	9:00 AM	11:30 AM	8	9/3/2019	10/22/2019
33857	Spanish 3	T	9:00 AM	11:30 AM	8	10/29/2019	12/17/2019
34467	Discovering Ancestry Online	M	9:00 AM	12:00 PM	3	10/7/2019	10/21/2019
34249	Fresh Pasta and Sauces	T	6:00 PM	9:00 PM	2	9/17/2019	9/24/2019
34279	Chicken Pot Pie & Shepherd Pie	M	6:00 PM	9:00 PM	1	11/4/2019	11/4/2019

Cooking for One of Two

**TUESDAYS, SEPTEMBER 10–
OCTOBER 1 OR
OCTOBER 8–29, 11 AM-1 PM**

Learn from the chefs of UW Health in the state-of-the-art Learning Kitchen at The American Center at 4602 Eastpark Blvd. To register or get more information contact: Howard Thomas at the Dane County Area Agency on Aging, 608-261-9930, thomas.howard@countyofdane.com.

NewBridge Programs

The Madison Senior Center is collaborating with NewBridge to make even more programs available to you throughout the community. You can call them at (608) 512-0000.

AARP DRIVER SAFETY SMART DRIVER

- ♥ Friday, August 2, 9 am-1 pm
Good Shepherd Church, 5701 Raymond Rd.
Course fee: \$15/AARP members and \$20/
non-members. Register for the class by
contacting Joe at ext. 2000 or AARP website

FIRE SAFETY

- ♥ Monday, August 12, 12 pm
Fisher Taft Apartments, 2025 Taft St.
- ♥ Monday, August 19, 10:30 am
Warner Park, 1625 Northport Dr.
- ♥ Wednesday, August 21, 11:30 am
Monona Meadows, 250 Femrite Dr.
- ♥ Wednesday, August 28, 12:15 pm
Meadowridge Commons, 5734 Raymond Rd.

MAUI-MADISON AREA UKULELE INITIATIVE

- ♥ Thursday, August 8,
11:30 am,
Good Shepherd,
5701 Raymond Rd.

BINGO W/ MICHELLE

- ♥ Tuesday, August 20,
1-2 pm
Catholic
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1862 Beld St.

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The Madison Senior Center Foundation, Inc. is a 501(c) 3 organization. Your contributions are tax deductible as allowed by law. Donations to the Foundation are a primary financial resource that provides programs and activities. In addition, the Foundation provides grants to local agencies who are also committed to successful aging. Your generosity makes things happen here! Please consider a regular contribution.

If you would like to be a MSC Champion as a donor or a volunteer, call Sally Jo Spaeni or John Weichelt at 266-6581.

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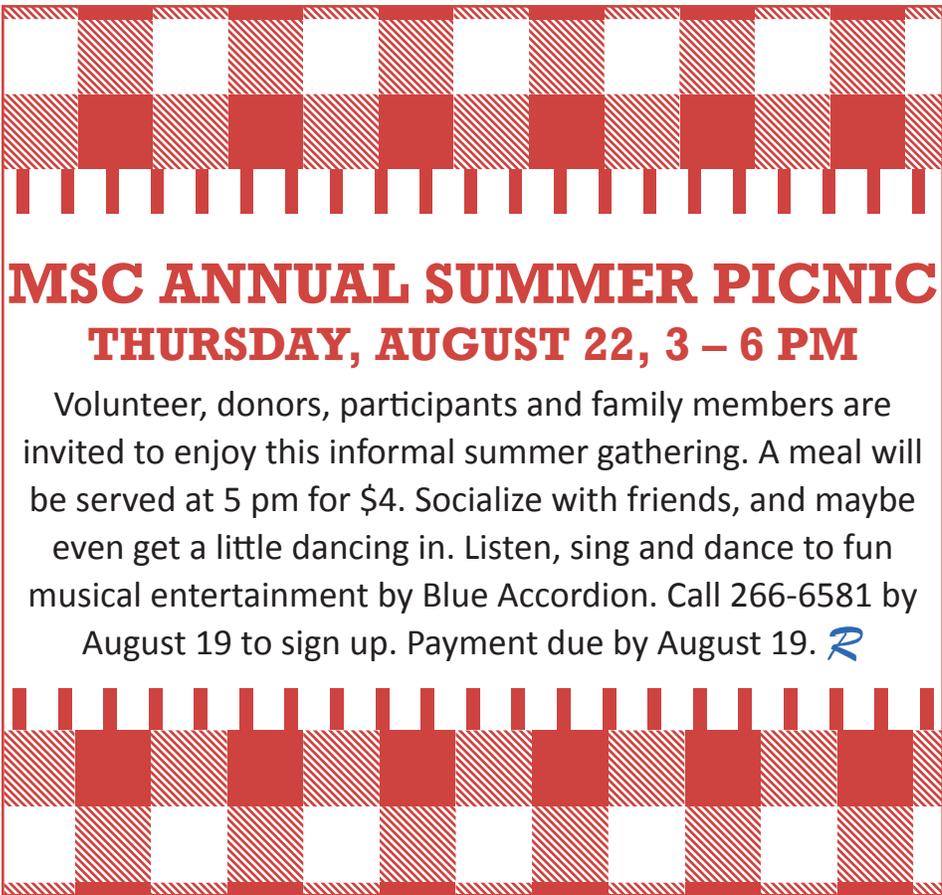
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MSC ANNUAL SUMMER PICNIC
THURSDAY, AUGUST 22, 3 – 6 PM

Volunteer, donors, participants and family members are invited to enjoy this informal summer gathering. A meal will be served at 5 pm for \$4. Socialize with friends, and maybe even get a little dancing in. Listen, sing and dance to fun musical entertainment by Blue Accordion. Call 266-6581 by August 19 to sign up. Payment due by August 19. 

Photo Affair

CALLING ALL PHOTOGRAPHERS!

Drop-off day is September 24, from 9 am-2 pm.

Open to adults age 55+ with residence in Dane County.

Call 266-6581 for more information.