

THE Messenger

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The Madison Senior Center staff wish you peace and good cheer during the holiday season and throughout the year.

MSC Volunteers Making a Difference!

Margaret Rentmeesters has actively participated and volunteered at the Madison Senior Center since 1994. From kitchen duty to registering participants for special events to her involvement with intergenerational programs such as Preschool Crafts, Shabazz Oral History, and Edgewood College Nursing Mentorship, Margaret engages with energy, willingness and a smile.

Margaret has spent years crocheting mats out of plastic grocery bags so the homeless do not have to sleep on the bare ground. This is also a great way to reuse bags that can be hazardous to the environment. Over the years, she has taught many others how to crochet bags into colorful and useful items such as book bags and purses. At age 87, she humbly and quietly goes about her work of making a difference.



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

Relevant, Inclusive, Enlightened
MSC
 55+ MADISON SENIOR CENTER

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

SENIOR CENTER STAFF

Senior Center & Senior Services Manager,
Sally Jo Spaeni

267-8652, sspaeni@cityofmadison.com

Office/Rental Manager, Karen Cator

266-6290, kcator@cityofmadison.com

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267-8650, lhunt@cityofmadison.com

Volunteer Coordinator, John Weichelt,

267-2344, jweichelt@cityofmadison.com

Intergenerational Coordinator, Laurie Bibo

267-8673, lbibo@cityofmadison.com

Reception Coordinator, Gary Flesher

267-8651, gflesher@cityofmadison.com

Custodian, Jeff Thompson, 266-6581,

jathompson@cityofmadison.com

"The Madison Senior Center promotes successful aging."

AA/EOC Employer and Service Provider

FREE E-MAIL SIGN-UP

Receive your *Messenger*, the monthly newsletter of the Madison Senior Center, by email. Register for your new My City of Madison Account at: <https://my.cityofmadison.com>. Click on 'New User?' in the green box; then, on the word box 'Register'. Provide your information and click the box to 'Register'. Scroll down to Senior Center and click!

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.

Register for The Messenger (PLEASE PRINT)

\$10 per year, check enclosed (Make check payable to Madison Senior Center.)

Name _____

Address _____

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Phone _____

Mail to the Madison Senior Center, 330 W. Mifflin Street, Madison, Wisconsin 53703.



MISSION STATEMENT

To provide opportunities for older adults to engage in healthy living, education and activities in a relevant and inclusive community.

VISION STATEMENT

Become known as an inclusive community where older adults thrive.

Member of



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.

FOR YOUR INFORMATION

The 12th month of the year signifies a variety of meanings for many people. It could mean anticipation of holiday gatherings and reuniting with loved ones near and far. It could signify the end of a particularly good or even difficult year. For others, it means cold, snowy days that they thoroughly enjoy during a winter walk, or it signals time to escape Wisconsin for a bit.



If you're staying close to home this winter, make time for self-care to ward off illness. Take time to read a book, work on a puzzle, paint, write—all good activities for self-care. If you're traveling this winter, be sure to schedule a pre-travel visit with your physician 4-6 weeks before you're scheduled to leave. Get your flu shot and be sure to inquire about any other vaccines you may need updated.

Did you know? More than half of tetanus cases are in people over 65. The diseases we vaccinate against protect us the most when we travel to other countries. Check the CDC Destinations page on the CDC.gov website before you travel for tips.

However you choose to spend the last month of 2019, I wish you warmth, enjoyment and peace.

Sally Jo

File Maintenance

WE NEED YOUR HELP!

With the New Year approaching, we are cleaning up old files and identifying files that need updating. It seems some forms weren't completely filled out. We rely on this information to assist us when applying for grants and fundraising. As such, if your membership fob doesn't work one day when you arrive, will you please check in with the front desk receptionist to complete your registration form? We promise we'll make it a quick and painless process. Thank you for your cooperation!



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.

WINTER CLOSING PROCEDURES

The Madison Senior Center, a City of Madison agency, closes only at the direction of the Mayor. Individual classes or events may be cancelled. Call 266-6581 for that information. *The Nutrition Site is operated by NewBridge Madison, and it cancels when the Madison Public Schools close.*

TECHNOLOGY & FINANCE

FCC | Consumer Connections

ROBOCALLS, TEXTS AND SPOOFING

What You Can Do:

- ♥ Put your mobile and landline numbers on the national Do Not Call Registry. Visit donotcall.gov or 1-888-382-1222 from the number you want to register.
- ♥ Research apps, services or devices that help block unwanted calls. There are a lot of free apps that do this.
- ♥ Don't answer calls from unknown callers. That could verify you have an active line. Never call back an unfamiliar number—it may lead to a scam.
- ♥ Spoofed caller ID numbers may trick you into answering. If you answer a spoofed call, hang up immediately. Do not respond to even simple questions or requests.
- ♥ Scam callers may pretend to represent an organization, business or government agency. **Never** reveal any personal or financial information unless you can independently verify the caller.
- ♥ FCC rules offer protection against unwanted calls and texts. File a complaint with the FCC to help us determine where to take action. Visit consumercomplaints.fcc.gov.

Computer Lab Hours

- ♥ Monday-Wednesday-Friday, 11:30 am-3:45 pm
- ♥ Tuesday-Thursday, 9 am-3:45 pm

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

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JOIN THE 2020 CENSUS TEAM



Sudoku

Answers located on page 17.

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

= Register

ARTS & ENTERTAINMENT

Tuesday Movie Matinees

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

TUESDAY, DECEMBER 10, 1 PM

Miracle on 34th Street (1947).

Starring Maureen O'Hara and John Payne. An old gent who is the living image of Santa Claus, claims to be the real thing. Serving as a last-minute replacement for the drunken Santa who was to have led Macy's Thanksgiving Parade, he is offered a job as a Macy's toy-department Santa. Complications ensue when Macy's nasty in-house psychologist has Kris locked up in Bellevue as a lunatic. A young lawyer represents Kris at his sanity hearing, rocking the New York judicial system by endeavoring to prove that Kris is, indeed, the real Santa Claus! *Comedy, Drama, Family. Not Rated, 96 minutes.*



TUESDAY, DECEMBER 17, 1 PM

National Lampoon's Christmas Vacation (1989). Starring Chevy Chase, Beverly D'Angelo and Juliette Lewis. It's Christmas time and the Griswolds are preparing for a family seasonal celebration, but things never run smoothly for Clark, his wife Ellen and their two kids. Clark's continual bad luck is worsened by his obnoxious family guests, but he manages to keep going knowing that his Christmas bonus is due soon. *Comedy. Rated PG-13. 97 minutes.*



Enjoy popcorn and beverages.

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

Coming in January!
Art-Based Cognitive Training, see p. 15

Senior Showcase Band

THURSDAYS, 1-3 PM

Listen or dance to the music of the big band era and other favorites. The Senior Showcase Band plays every week, and they will not disappoint. \$2 per person. *No charge on December 19 because the band will not play on Thursday, December 26.*

Beginner Zentangle Class

WEDNESDAY, JANUARY 15, 9:15-11:30 AM



The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful art by drawing structured patterns. It naturally reduces stress and anxiety, increases brain function, develops focus and mindfulness, and increases sense of personal well-being. It is enjoyed all over the world across a wide range of skills, interests, and ages. The instructor will introduce the basic steps of the Zentangle through demonstrations and hands-on-exercises, provide mini kits of art tools, and immerse students in creating actual Zentangle tiles. Join Certified Zentangle teacher, Donna Danowski. Cost \$7.50 (includes mini art tool kit) and payable to instructor. Register Early, limited spaces. Call 608-266-6581.

KG & The Ranger: Country Christmas

TUESDAY, DECEMBER 3, 1-2 PM

A musical ride through the sagebrush with vintage cowboy songs, harmony yodeling, humor and history. Bring back



memories of Roy Rogers and Gene Autry ~ hear your favorites plus rare "lost gems" of the Singing Cowboys. They are known for their creative harmony arrangements plus award-winning harmony yodeling.

THE VOLUNTEER VIEW

Volunteer Opportunities

♥ Special Event Planning Team

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

♥ Intergenerational School Program

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

♥ Preschool Arts & Crafts

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. Staff will lead the activity and handle any issues.

♥ Musicians

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

♥ Front Desk Reception

Connect with the Community! Meet, greet and help people by volunteering once a week at the Front Desk reception area. Answer and route phone calls, provide accurate information about programs, and register folks for programs. **MUST** have computer/phone/office skills and experience. Shifts are Monday through Friday for 4 hours.

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



Volunteer Spotlight: Gwen Kirk



Since moving to Madison about two years ago, Gwen Kirk has been keeping busy by volunteering regularly and attending a ton of programs at MSC. She is currently helping out at the dances weekly, assisting with dinner service, and helping out with special events.

She is looking to join the new program team to help staff decide which programs to schedule.

Surprising thing people might not know about you?

I was born and spent almost all of my life in Indiana.

Hobbies or other interests?

Sewing.

What fictional character do you wish you could meet?

Cinderella.

Most famous person you have ever met?

Congregational Medal of Honor Recipient, Sammy Davis (from Indiana). The movie “Forest Gump” was based on Sammy’s life story. When Forest received the Medal of Honor in the movie that was Sammy’s actual footage with Tom Hanks’ face superimposed over his.

Name a product or service you love so much that you’d happily be that company’s spokesperson?

Chipotle Mexican Grill. The veggie burrito is my favorite.

What is your favorite family Thanksgiving tradition?

Every year my family would eat our Thanksgiving dinner, and then go and get our Christmas tree and decorate it.

If you could time travel when/where would you go?

1935 to the family farm where I grew up and my father grew up. Then I could meet my grandfather who died before my parents were married and I was born.

What is the most ridiculous animal on the planet?

The skunk.

What’s your favorite childhood holiday memory?

Getting together with my 30 first cousins (on my Dad’s side of the family) to celebrate with our grandmother.

What do you enjoy most about Madison? The friendly people and the ability to walk wherever you want to go.

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EDUCATION & ENRICHMENT

Senior Beat

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

In December we catch up with NewBridge staff. The new Executive Director, Jim Krueger will join us and talk about NewBridge’s first year, his new role and what we might see in 2020. Jim will be joined by Sonya Lindquist, NewBridge Senior Services Director.



Hunger is a common problem for people with fixed incomes, but when you have limited mobility or lack transportation, the problem is compounded. NewBridge is collaborating with the River Food Pantry and RSVP of Dane County to provide a new service called FoodBridge. Charles McLimans, River Food Pantry CEO, and Katie Gallagher, NewBridge Marketing Director will join us to explain the new program.

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).

Shabazz Mural Project

Intergenerational programs bring together diverse groups and networks and help dispel inaccurate and negative stereotypes. Both youth and seniors benefit and describe these experiences as beneficial.

At the Madison Senior Center, we are working with students at Shabazz High School to create a moveable mural that will be housed at our center. The project will begin in February. If this sounds like something you would enjoy, contact John Weichelt at (608) 267-2344 or jweichelt@cityofmadison.com.



**MONDAY, DECEMBER 16,
10-10:45 AM**

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

Winter Solstice 2019

In the Northern Hemisphere, the winter solstice will be **Saturday, December 21** at 10:19 pm. According to Forever Conscious, “The winter solstice celebrates the longest hours of darkness or the rebirth of the sun and is believed to hold a powerful energy for regeneration, renewal and self-reflection. In Pagan times the winter solstice was referred to as Yule and was a celebration of the Goddess (Moon) energy.

The world ‘solstice’ comes from the Latin solstitium meaning ‘Sun stands still’, because the apparent movement of the Sun’s path north or south stops before changing direction. At the winter solstice, the apparent position of the Sun reaches its most southerly point against the background stars. Winter solstice is an important time for cultures across the globe. Under the old Julian Calendar, the winter solstice occurred on 25 December. With the introduction of the Gregorian calendar the solstice slipped to the 21st, but the Christian celebration of Jesus’s birth continued to be held on 25 December.

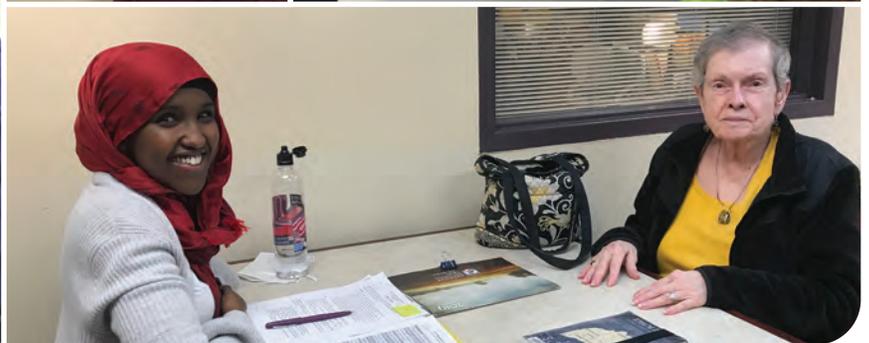
Coffee with Sally Jo

THURSDAY, DECEMBER 12, 9:30-10:15 AM

Once every quarter, Sally Jo Spaeni, Senior Center & Senior Services Manager, will be down in the lounge to have a cup of coffee and chat with participants. She can’t wait to hear your thoughts, ideas, stories and more.



2019 HIGHLIGHTS



Activity & Meal Calendar - December, 2019

MONDAY	TUESDAY	WEDNESDAY
<p>2</p> <p>9:00 Gentle Exercise 10:00 Civil War - P 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Managing Your Money - P</p> <p>BRAT* VEGGIE DOG (MO)</p>	<p>3</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 3 - MC 1:00 KG & The Ranger 1:30 Poetic Voice - P</p> <p>BBQ CHICKEN BREAST BBQ VEGGIE DICED CHICKEN (MO)</p>	<p>4</p> <p>10:00 Great Trials 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 Rem Writing - P 6:00 Japanese MC</p> <p>HAM & POTATO CASSEROLE* VEGGIE POTATO CASSEROLE (MO)</p>
<p>9</p> <p>9:00 Gentle Exercise 10:00 Civil War - P 10:30 Knit 1, Purl 2 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 12:30 Holiday Open House and Caroling</p> <p>RUSTIC TOMATO BEAN SOUP VEGGIE TOMATO BEAN SOUP (MO)</p>	<p>10</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 3 - MC 11:30 Table Tennis 1:00 Movie: Miracle on 34th Street 1:30 Poetic Voice - P</p> <p>CHICKEN STRIPS BLACK BEAN BURGER (MO)</p>	<p>11</p> <p>10:00 Great Trials 11:30 Table Tennis 11:30 Computer Lab 12:00 Art Info Session 12:30 Wii Bowling 1:30 Spanish Conversation 6:00 Japanese - MC</p> <p>BAKED MOSTACCIOLI VEGGIE MOSTACCIOLI (MO)</p>
<p>16</p> <p>9:00 Gentle Exercise 10:00 Civil War - P 10:00 Coffee with a Cop 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>TACO PASTA CASSEROLE RED BEANS & RICE (MO)</p>	<p>17</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 2 - MC 10:00 Ukulele - MC 11:30 Table Tennis 1:00 Movie: National Lampoon's Christmas Vacation 1:30 Poetic Voice - P</p> <p>CHICKEN SANDWICH ON WW BUN GARDEN BURGER (MO)</p>	<p>18</p> <p>10:00 Great Trials 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 1:45 Massage</p> <p>MEATBALLS IN GRAVY* VEGGIE MEATBALLS IN GRAVY (MO)</p>
<p>23</p> <p>9:00 Gentle Exercise 10:00 Civil War - P 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>SLOPPY JO ON WW BUN CHICKPEA SLOPPY JOE (MO)</p>	<p>24</p> <p>MSC CLOSED CHRISTMAS EVE</p> 	<p>25</p> <p>MSC CLOSED CHRISTMAS</p> 
<p>30</p> <p>9:00 Gentle Exercise 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>LEMON BAKED FISH VEGGIE WRAP (MO)</p>	<p>31</p> <p>MSC CLOSED NEW YEAR'S EVE</p> 	<p>P = PLATO Class MC = Madison College Class</p>

THURSDAY	FRIDAY
<p>5</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish I 10:00 Gentle Yoga 11:30 Table Tennis 1:00 Senior Showcase Band 1:30 Play's the Thing - P</p> <p>STUFFED PEPPER SOUP VEGGIE STUFFED PEPPER SOUP (MO)</p>	<p>6</p> <p>9:00 Gentle Exercise 10:00 Painting - MC 10:00 French - P 10:00 Tai Chi 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making 1:00 How Does Religion Evolve - P</p> <p>ENCHILADA CASSEROLE OR MIXED GREENS W/TUNA SALAD BEAN/CHEESE BURRITO (MO)</p>
<p>12</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:30 Coffee with Sally Jo 9:45 Preschool 10:00 Gentle Yoga 11:30 Table Tennis 12:00 Foot Care Clinic 1:00 Senior Showcase Band 1:00 Gay, Gray & Beyond</p> <p>TUNA CASSEROLE BLACK BEAN BURGER (MO)</p>	<p>13</p> <p>9:00 Gentle Exercise 10:00 BB4B - Library 10:00 French - P 10:00 Tai Chi 10:00 Painting - MC 11:30 Table Tennis 11:30 Computer Lab 12:00 SOS Senior Council 12:30 Wii Bowling 1:00 Non-Traditional Doll Making</p> <p>ROASTED TURKEY IN GRAVY OR BEEF TACO SALAD VEGGIE CHICKEN IN GRAVY (MO)</p>
<p>19</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:30 Spanish I - MC 10:00 Gentle Yoga 11:30 Table Tennis 1:00 Senior Showcase Band</p> <p>TUNA SALAD SANDWICH EGG SALAD SANDWICH (MO)</p>	<p>20</p> <p>9:00 Gentle Exercise 10:00 Tai Chi 10:00 Painting - MC 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making</p> <p>HAM OR CHICKEN CRANBERRY BACON BLEU SALAD* MULTIGRAIN BURGER (MO)</p>
<p>26</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 11:30 Table Tennis 1:00 Gay, Gray & Beyond</p> <p>HONEY BAKED CHICKEN HUMMUS WRAP (MO)</p>	<p>27</p> <p>9:00 Gentle Exercise 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>MEAT SAUCE SPAGHETTI NOODLES OR 7 LAYER SALAD MARINARA SAUCE ON NOODLES (MO)</p>
<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>	

December . . .





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

CLUBS & GROUPS / GAMES

AA (Alcoholics Anonymous)

WEEKDAYS, 12-1 PM

A friendly, welcoming group. Meetings are held Monday-Friday unless the Senior Center is closed for a holiday.

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.

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 consider our individual selves, our unique strengths and the nature of our ever-changing world. Sponsored by the LGBTQ 50+ Alliance.

Table Tennis

MONDAY - FRIDAY, 11:30 AM-1 PM

Meet friends and find challenging partners. Events may be occasionally scheduled. Check calendar or call 266-6581.

Pool - Billiards

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



Wii Bowling

**MONDAYS-WEDNESDAY-FRIDAYS,
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.



Grupos de apoyo

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

**2ND THURSDAY, 5:30-7:30 PM
LATINX DISCUSSION GROUP**

♥ December 12 will be held at a restaurant.

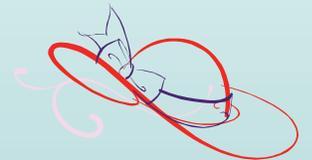
**4TH THURSDAY, 5:30-7:30 PM
LATINX GRANDPARENT SUPPORT GROUP**

♥ Doesn't meet in March, June or September.

♥ No program on December 26.

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. No December meeting.

The SOS Senior Council

2ND FRIDAY, 12 PM

SOS Senior Council is an advocacy group for citizens regardless of age. They advocate on health care, social security, environment, welfare and affordable housing issues. This meeting is held at the Madison Senior Center. SOS Offices are located two doors down at 336 W. Mifflin St., Madison, WI 53703, (608) 256-7626.

Spanish Conversation

WEDNESDAYS, 1:30-3 PM

Do you want to practice your Spanish? Our groups meets every week to chat in Spanish. Come when you can. There are no attendance requirements. All levels welcome.

Are you on Facebook?

Check in and let other people know what you are doing at MSC.

Tai Chi Fundamentals

FRIDAYS, 10-11AM

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, and the emphasis on mindful action promotes stress reduction, improves mental health, and can even improve sleep quality. All levels welcome. Pay the \$2 per class fee when you check in. Scholarships are available. *No class on December 27.*

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 \$2 per class fee when you check in. Scholarships are available. *No class on December 26.*

Gentle Exercise

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

Exercise together by watching exercise programs 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 266-6581 for a time. *R*

Winter Weather is here!

Remember to dress for the weather. Hats, scarves and gloves make a big difference.

Foot Care Clinic

2ND THURSDAY OF EVERY MONTH, 12-3:30 PM

MSC is partnering with Owen's Superior Foot Care to offer this service. Nail Technician Emma Sunde will provide foot care to non-diabetics. Cost is \$21. By appointment only. Call 266-6581. Please bring two towels. *R*



Ballroom Basics for Balance (BB4B): Beginner & Intermediate

FEBRUARY 21 – MAY 8, 2020; FRIDAYS 10-11:30 AM (12 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 \$70. Call the Madison Senior Center at 266-6581 to register. For more information: www.ballroombasicsforbalance.org.

Loneliness and the Holidays

BY ELIZABETH SCOTT, MS, SEPTEMBER 13, 2019

The holiday season is generally thought of as a time of joy and love, but for far too many people, it's a time of loneliness. Some people live far from family and miss seeing their loved ones this time of year. It's also common for people to feel emotional distance from the people they're with, thus feeling lonely even if they're in a room full of people. For those who feel a sense of loneliness, holidays can be a time of additional stress. The following suggestions can help.

- ♥ **Be Good to Yourself** - taking special care of yourself can help you to feel better and enjoy your solitude more.
- ♥ **Understand That You're Not Alone** - It may be uncomfortable to feel lonely, it's also OK to feel this way. Talking to others who may share your feelings (either via the internet or in real life) can help you to feel less alone in your situation.
- ♥ **Rethink Your Expectations** - Few people's lifestyles truly measure up to "movie standards". It's fine to take a good friend to a holiday party instead of a "date."
- ♥ **Get Connected** - Say hello to neighbors, call old friends, reaching out and strengthening bonds can help you feel more connected and less lonely.
- ♥ **Cultivate Gratitude** - Focus on what you have, not what you're lacking. Love can come from friends, family, neighbors and even pets.
- ♥ **Give to Others** - Donate your time to a cause you believe in. Helping others who are less fortunate than you can fill you with feelings of love and pride

If you feel burdened by feelings of loneliness or feel them throughout the year and find it difficult to deal with, you can also talk to a professional about how you feel; this can often be more helpful than people expect.

Memory Cafés

A Memory Café is a social gathering place where individuals with memory loss, mild cognitive impairment, early Alzheimer's, or other dementias can come together. The cafés usually meet monthly to visit, share common interests, and enjoy refreshments. Family and friends are encouraged to come! If you require assistance to participate, please have someone accompany you.

BADGER ROCK CAFÉ

3rd Thursday of each month, 9:30 am-Noon
Badger Rock Neighborhood Center
501 E. Badger Rd., Madison
Contact ADAW: 608-232-3400

FESTIVAL FOODS MEMORY CAFÉ

2nd Thursday of each month, 10-11:30 am*
810 E. Washington Ave., Madison
Contact ADRC: 608-240-7400

**Festival Foods hosts a Dane County Nutrition Site on Thursdays. Order off the menu and stay for lunch if choose.*

ARTS MEMORY CAFÉ

3rd Thursday of each month, 1-3 pm
Madison Museum of Contemporary Art
111 W. State St., Madison
Contact ADAW: 608-232-3400

Art-Based Cognitive Training

**MONDAYS & WEDNESDAYS, 10-11 AM,
JANUARY 13 – MARCH 11**

You are invited to participate in an art training program where you will learn and be able to practice a number of fundamentals of drawing and painting. All art materials will be provided and will be yours to keep at the end of the program. If you're interested in hearing more, the art instructor, Masha Vodyanyk, will be doing an information session at the Senior Center on Wednesday, December 11 at 12 pm to talk about the program and answer any questions you might have. If you're not able to attend the information session, you can also contact Laura at MSC.

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 from and all information is confidential. The application is available at the Front Desk or from Laura Hunt, lhunt@cityofmadison.com.



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 video-taped, 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 senior center or at home. Inquire at the Front Desk if you are interested.

Family Caregiver Education Programs

Alzheimer's & Dementia Alliance of Wisconsin

**RESOURCES & SUPPORTS AT EACH STAGE
MONDAY, DECEMBER 2, 5:30-7 PM**

Understand memory loss, cognitive impairment and dementias, what to do if concerned, and resources and supports available. Hawthorne Public Library, 2707 E. Washington Ave., Madison. No registration needed. Just drop in!

“The problem with winter sports is that—follow me closely here—they generally take place in winter.”

~ Dave Barry

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 who want to help you with cleaning, organizing, and other household tasks. For more information, call Jeannette Arthur if you live downtown or on the south side of Madison at 512-0000, ext. 4007. If you live anywhere else in Madison, call David Wilson at 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 11 am-12 pm to offer guidance in connecting with resources and services in the Madison area.

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.

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.



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. The Madison Senior Center collaborates with NewBridge to make even more programs available to you throughout the community.

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
64284	Painting	F	10:00 AM	1:00 PM	14	1/24/2020	5/1/2020
63870	Japanese 1	W	6:00 PM	8:30 PM	8	1/22/2020	3/11/2020
63872	Japanese 2	W	6:00 PM	8:30 PM	8	3/18/2020	5/6/2020
63801	Spanish 2	R	9:30 AM	11:30 AM	10	2/6/2020	4/9/2020
63805	Spanish 4	W	6:00 PM	8:30 PM	8	1/29/2020	3/18/2020
64352	Baking: Sourdough Breads	T	6:00 PM	9:00 PM	1	1/21/2020	1/21/2020

Madison Area Support Groups

GRANDPARENTS & OTHER RELATIVES AS PARENTS

2nd Saturday, 10 am-12 pm
 831 E. Washington Ave., 53703
 Childcare available
 Contact Serena Breining at 608-255-7356 x324

LGBT SENIOR ADVOCACY

Outreach Community Center
 2701 International Ln., 53704
www.lgbtseniors.org or 608-255-8582

SUBSTANCE ABUSE

- ♥ Alcoholics Anonymous
608-222-8989 or aamadisonwi.org
- ♥ Al-Anon Family Support
608-258-0314 or alanonmadisonwi.org
- ♥ Narcotics Anonymous
608-258-1747 or badgerlandna.org

NATIONAL SUICIDE PREVENTION LIFELINE:

1-800-273-8255

24-HOUR CRISIS LINE:

608-280-2600

Referendum Listening Session with Madison Metropolitan School District

THURSDAY, DECEMBER 5, 11 AM-12 PM

Learn about the proposed referendum for facility improvements and operations. Administrative staff from MMSD will do a brief presentation, and then answer questions, and listen to your thoughts and concerns. Open to the community.

Sudoku Answers

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

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Webpage: www.cofchrist.org

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10:45am Worship

Memorial Day Weekend - Labor Day • 9:30am Worship



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

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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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Open time for table tennis is one of the many options at MSC.

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Holiday Open House & Caroling

MONDAY, DECEMBER 9, 12:30-2 PM

Join your friends at MSC for some holiday merriment and caroling.

Musician and singer, Jeanne Julseth-Heinrich, will play the piano and lead us in song to traditional favorites of the season.

After the caroling, enjoy seasonal refreshments and merriment.



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



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