

The Messenger

*in the heart
of Madison*



VOLUME 36, NUMBER 2

FEBRUARY, 2019

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*Located in the heart
of Madison*

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

Who Matters? Volume 2: An Intergenerational Photo and Story Project

OPENING RECEPTION FRIDAY, FEBRUARY 1

Madison Senior Center (MSC)
330 W. Mifflin St., Second Floor
5-6:30 pm

Madison Public Library (MPL)
201 W. Mifflin St., First Floor
6:30-8 pm

In October and November of 2018, MSC and MPL teamed up with local photographer Jennifer Bastian to capture pictures and stories of multigenerational relationships. Families, friends, and neighbors at the Hawthorne, Sequoya and Goodman South libraries participated with only one rule: at least one person in the photo had to be 55 years of age or older.

The photos and accompanying stories that came out of these sessions will be on display for the month of February at both locations.

Funding for the Who Matters project is generously provided by a grant from the Madison Public Library Foundation and the Madison Senior Center Foundation. Brought to you by MPL and MSC.



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, FEBRUARY 5, 1 PM

The Bride Came C.O.D. (1941). Starring James Cagney and Bette Davis. Bette Davis plays the daughter of an oil tycoon who is about to marry a man her father does not approve of. Her father hires an airplane pilot (James Cagney) to find her and bring her back safely—and unhitched. *Comedy, Romance. Not Rated, 92 minutes.*



TUESDAY, FEBRUARY 12, 1 PM

Steel Magnolias (1989). Starring Sally Field, Dolly Parton, Shirley MacLaine, Daryl Hannah, Olympia Dukakis and Julia Roberts. A young beautician, newly arrived in a small Louisiana town, finds work at the local salon, where a small group of women share a close bond of friendship, and welcome her into the fold. *Comedy, Drama, Romance. Rated PG. 117 minutes.*



TUESDAY, FEBRUARY 19, 1 PM

Ocean's 8 (2018). Starring Sandra Bullock, Cate Blanchett and Anne Hathaway. Upon her release from prison, Debbie, the estranged sister of legendary conman Danny Ocean, puts together a team of unstoppable crooks to pull off the heist of the century. Their goal is New York City's annual Met Gala, and a necklace worth in excess of 150 million dollars. *Action, Comedy, Crime. Rated PG-13. 110 minutes.*



Enjoy popcorn and beverages.

Donations for refreshments are gladly accepted.

Non Traditional Doll Making & Fabric Art

FRIDAYS, FEBRUARY 1, 8, 15, 22 1-4PM

Express yourself in Wendy Fern Hutton's class using simple sewing techniques. Create a something that speaks to your soul—an animal totem, a medicine doll or maybe a spirit guide. Use fabrics, beads, feathers, ribbons, sequins, or whatever else you can think of. Class meets on Fridays. The cost is \$50 for the first four classes and then \$25 for every four classes thereafter. Please pay the instructor. Call 266-6581 to register.

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. Bring a partner or not. \$2 per person. No charge the last Thursday of the month.

KG & The Ranger

TUESDAY, FEBRUARY 26, 1-2 PM

Discovering KG & The Ranger is like turning back the pages of time as they transport you back to the days of the dime matinees and the Silver Screen heroes like Roy Rogers, Sons of the Pioneers and Gene Autry. They are known for their creative harmony arrangements plus award-winning harmony yodeling. From familiar songs to the less well-known rare gems, they give them all their own unique sound.



Whether being funny or serious, nostalgic or original, they always put on a great show! Awards include Western Music Association "Outstanding Entertainer - Duo" of 2010 and three-time "Harmony Yodeling Champions."

Technology Tip of the Month

- ♥ Double-click a word to highlight it in any document, email or webpage.
- ♥ You can enlarge the text on any webpage. In Windows, press Ctrl and the plus or minus keys (for bigger or smaller fonts); on the Mac, it's the Command key and plus or minus.

Sip & Swipe Café®

FREE TABLET TRAINING FOR OLDER ADULTS

A Sip & Swipe Café® is a place where older adults can get free self-paced lessons on how to use a tablet. A coach works with the learner to provide support and answer questions. These skills also will transfer to most smart phones. We provide the tablets, so if you have been contemplating purchasing one, this is a great opportunity to try one out. You must register for this because we take a maximum of 4 people at each session. Volunteer coaches needed! Training provided.

Free Tax Return Preparation by VITA

This year we will offer free tax preparation by the Volunteer Income Tax Assistance (VITA) program. VITA helps people who generally make \$54,000 or less, persons with disabilities and limited English speaking taxpayers. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals. **Call 266-6581 to schedule an appointment.** You must bring a social security card and a photo ID for all adults on the return, and all relevant tax documentation. If you have last year's return, please bring that as well.

2019 TAX PREPARATION DATES, FRIDAYS, 9 AM - 12 PM

- ♥ February 15 and 22
- ♥ March 8 and 22
- ♥ April 5



Computer Fix-It Clinic

TUESDAY, MARCH 5, 12:30-3:30 PM

Device Fix IT clinics are to repair and support computers and hardware owned by households without the means to fix them. Adults can bring in their devices (smart phone, desktop, tower, laptop, etc.) and DANenet staff and volunteers will fix and clean the devices.

HAVE A COMPUTER QUESTION OR ISSUE?

If your computer or laptop is slow, not working, or seems to have a virus, bring it in for **free tech support!** Our volunteers will teach valuable repair skills, answer questions, and give technical advice about your device.

DETAILS & WHAT TO BRING:

First come, first served. Labor is FREE. Volunteers can offer advice on purchasing parts online or at local repair stores. Bring your laptop, and/or desktop tower and **power cord**. Volunteers will help with computers, smartphones and tablets.

Service provided by DANenet, a local non-profit committed to making information technology accessible and affordable through education and services for nonprofit organizations and individuals with barriers.

Intro to Facebook

WEDNESDAY, FEBRUARY 20, 10-11:30 AM

Whether you are contemplating getting on Facebook, or already a regular user, this workshop will be beneficial. Learn the basics of using Facebook safely so that you can get the most out of it. It will also cover tips and tricks, posting pictures, and Facebook algorithms. This will be hands on in the Computer Lab. You can also bring your own laptop or tablet. **Free but preregister due to space limitations.** Call 266-6581.



EDUCATION & ENRICHMENT

Artful Aging

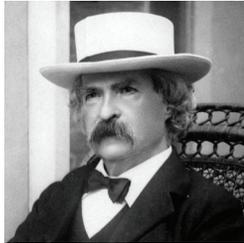
**WEDNESDAYS, MARCH 6-MAY 22 (12 WEEKS),
1:30-3:30 PM**

This art program is designed for any skill level! We will be exploring all artistic mediums (water color, pastels, acrylics) as we discuss cultural differences and forge new friendships. At the end of 12 sessions, we will hold two art showings! Class size is limited. Free but registration required.

Life and Work of Mark Twain

TUESDAYS, MARCH 5-MAY 21, 10 AM-12 PM

Join Robin Pride as she facilitates a course from Great Courses that is lead by Professor Stephen Railton from the University of Virginia. This course explores Twain's dual identities as one of our classic authors and as an almost mythical presence in our nation's cultural life. It seeks to appreciate Twain's literary achievements and to understand his life by highlighting seven of his major works:



- ♥ *Innocents Abroad*
- ♥ *Roughing It*
- ♥ *Old Times on the Mississippi*
- ♥ *The Adventures of Tom Sawyer*
- ♥ *Adventures of Huckleberry Finn*
- ♥ *A Connecticut Yankee in King Arthur's Court*
- ♥ *The Tragedy of Pudd'nhead Wilson*

Sudoku

Answers located on page ##.

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

Senior Beat

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

2019 starts out with a look at our emotional health and the mind body connection. The first guest is Dr. Hollis Jellinek of the Woodview Counseling Center in Madison. She is a licensed psychologist specializing in health psychology and she works with a number of geriatric clients. Dr. Jellinek talks about the effect of aging on emotional health, and offers suggestions on behaviors that are known to boost emotional health.



Our second guest is Ellen Millar, a local yoga instructor and studio owner. Ellen's story is inspirational because she didn't start yoga until she was 74 years old. She tells you why you are never too old or limited in mobility to change your behavior.



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

Rediscover Literature

WEDNESDAYS, 9:30 AM

Gather to read aloud and discuss great literature with facilitator Brian Knight. Past authors include Shakespeare, Chaucer and Gardner.

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

EDUCATION & ENRICHMENT

NewBridge Latinx Cultural Diversity Program

BILINGUAL BINGO AND LUNCH WITH OPTIONAL COMPUTER CLASS

- ♥ Friday, February 1, 10 am-2 pm
- ♥ Warner Park Community Recreation Center, 1625 Northport Dr.
Computer class presented by Jorge Antezana of DANenet from 12:30-2 pm at the Vera Court Neighborhood Center (participants will be shuttled).

FITCHBURG BILINGUAL BINGO AND LUNCH

- ♥ Friday, February 22, 10:30 am-12:30 pm
- ♥ Fitchburg Senior Center, 5510 Lacy Rd.
Transportation available only for residents of Fitchburg and the surrounding West Madison neighborhoods.

SUPPORT GROUP IN MEADOWOOD

- ♥ Thursday, February 7, 10:30 am-1 pm
- ♥ Meadowood Neighborhood Center, 5740 Raymond Rd.
Transportation available for those living in the West Madison service area.

LATINX MONTHLY DISCUSSION GROUP

- ♥ Wednesday, February 20, 5:45-8 pm
- ♥ Madison Senior Center, 330 W. Mifflin St.
Join us for our monthly discussion group as we discuss relevant issues on health and wellness.

Call NewBridge at 512-0000 to join or get more information. All programs conducted in Spanish.

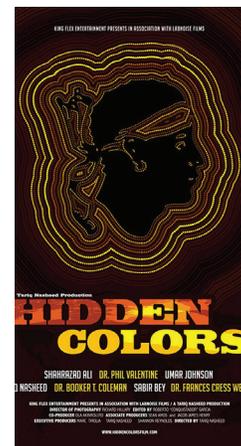
Poetry Reading & Writing

TUESDAY, FEBRUARY 5, 11:30 AM, ROMNES APTS TUESDAY, FEBRUARY 5, 2:45 PM, FISHER-TAFT APTS

Poet Fabu, Madison Poet Laureate (2008-2012)
Literary Artist, Innovative Educator and Culture Columnist--Journey to Wisconsin, African American Life in Haiku, Award winner, supported by Alz. Poetry Project through Alzheimer's Alliance.

Hidden Colors

February is African American History Month, and it is seen as an opportunity to celebrate the achievements of African Americans throughout history. In truth it is much more than that. By reliving and remembering history, we create an awareness of the past and current struggles that fuel the racial divide in our country. This four-part series is about the real and untold history of people of color.



MONDAY, FEBRUARY 4, 10 AM-12 PM

The Untold History of People of Aboriginal, Moor and African Descent

Discusses some of the reasons the contributions of African and aboriginal people have been left out of the pages of history.

MONDAY, FEBRUARY 11, 10 AM-12:30 PM

The Triumph of Melanin

Goes into topics such as: The global African presence, The science of melanin, The truth about the prison industrial complex, How thriving black economic communities were undermined in America and The hidden truth about Native Americans.

MONDAY, FEBRUARY 18, 10 AM-12:30 PM

The Rules of Racism

Tackles the taboo subject of systematic racism.

MONDAY, FEBRUARY 25, 10 AM-12:30 PM

The Religion of White Supremacy
Explores topics such as: The motivation behind European global subjugation, the history of vast West African Empires, how germ warfare is used on melanated people and the history of slave breeding farms in America.

Please register for each week you plan to attend.

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Are you a man who has, or is concerned about osteoporosis, low bone density or fractures?



The University of Wisconsin Osteoporosis Clinical Research Program is looking for men who have been diagnosed with osteoporosis or low bone density and are not receiving drug therapy. Participants must be willing to:

- Come to the study office for 9 visits over 15 months
- Administer a daily dose of injectable study medication or placebo (injection with no medicine)

If interested, please call the UW Osteoporosis Clinical Research Program at 608-265-6410 and ask about the Bone Density study.

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HEALTH & WELLNESS

Blood Pressure Screening

1ST THURSDAY OF THE MONTH, 10-11 AM

On the first Thursday of the month a registered nurse will be onsite to provide free blood pressure screening. Thank you to Sylvan Crossing for providing this service.

Gentle Exercise

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

Get active together by watching exercise videos that increase strength, flexibility and balance. Everyone welcome! Participants choose appropriate exercises.

Foot Care Clinic

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

Provided by the Visiting Nurse Service SSM Health at Home. Bring 2 towels. **Appointment recommended;** call 266-6581. Cancellations must be received 48 hours in advance or you may be charged by SSM Health. Cost is \$22.

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.

Chair 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 CHAIR YOGA is for YOU! All abilities and levels welcome. We will do a combination of seated and standing positions. Pay the \$4 per class fee when you check in. Scholarships are available.

Li Chiao Ping: Laughing Bodies/Dancing Minds, A Movement Class Series with Li Chiao-Ping

THURSDAYS, APRIL 4 - MAY 23, 11 AM-12 PM

Li Chiao-Ping, internationally known Artistic Director of Li Chiao-Ping Dance, choreographer, performer, and Professor of Dance at UW-Madison, will lead an 8-week movement class beginning. Focus on warm-up techniques, stretch and strengthening exercises, core work, breathing and energy flow. No prior dance experience needed. Minimum of 10 students. \$70 fee. Scholarships available. Stop by or call 266-6581. Payment required at time of registration.



Ballroom Basics for Balance – Beginner & Intermediate

FRIDAYS, MARCH 1-MAY 17

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.

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 and you can call 266-6581 for that information. The Nutrition Site cancels when the Madison Public Schools close.

February is American Heart Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions.

Communities, health professionals, and families can work together to create opportunities for people to make healthier choices. Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- ♥ Watch your weight.
- ♥ Quit smoking and stay away from secondhand smoke.
- ♥ Control your cholesterol and blood pressure.
- ♥ If you drink alcohol, drink only in moderation.
- ♥ Get active and eat healthy.

For more information, call the American Heart Association at (608) 709-4930.

CAULIFLOWER RICE PILAF

Prep Time 20 / Cook Time 0 / Total Time 20

Ingredients

6 cups cauliflower florets (about 1 head)
3 tablespoons extra-virgin olive oil
2 cloves garlic minced
1/2 teaspoon salt
1/4 cup toasted sliced almonds
1/4 cup chopped fresh herbs, such as chives, parsley, cilantro or basil
2 teaspoons lemon zest

STEP 1: Pulse cauliflower florets 2 cups at a time in a food processor until chopped into rice-size pieces.

STEP 2: Heat oil in a large skillet over medium-high heat. Add garlic and cook until fragrant, about 30 seconds. Add the cauliflower rice, sprinkle with salt and cook, stirring, until softened, 3 to 5 minutes. Remove from heat. Stir in almonds, herbs and lemon zest.

BREAKFAST BLUEBERRY-OATMEAL CAKES

Prep Time 15 / Cook Time 40 /
Total Time 55

Ingredients

2-1/2 cups old-fashioned rolled oats
1-1/2 cups low-fat milk
1 large egg lightly beaten
2/3 cup pure maple syrup
2 tablespoons canola oil
1 teaspoon vanilla extract
1 teaspoon ground cinnamon
1 teaspoon baking powder
1/4 teaspoon salt
3/4 cup blueberries, fresh or frozen

STEP 1: Combine oats and milk in a large bowl. Cover and let soak in the refrigerator until much of the liquid is absorbed at least 8 hours and up to 12 hours.

STEP 2: Preheat oven to 375°F. Coat a 12-cup nonstick muffin tin with cooking spray.

STEP 3: Stir egg, maple syrup, oil, vanilla, cinnamon, baking powder and salt into the soaked oats until well combined. Divide the mixture among the muffin cups (about 1/4 cup each). Top each with 1 tablespoon blueberries.

STEP 4: Bake the oatmeal cakes until they spring back when touched, 25 to 30 minutes. Let cool in the pan for a 10 minutes. Loosen and remove with a paring knife. Serve warm.

Activity & Meal Calendar - February, 2019

MONDAY	TUESDAY	WEDNESDAY
<p>JOIN US FOR LUNCH! SERVING 11:30 AM, MONDAY-FRIDAY.</p> <p>Enjoy a variety of healthy, delicious meals with friends. Reservations are required at least one day in advance by calling (608) 266-6416.</p> <p>The cost to provide a meal is \$8.97; guests age 60+ are asked to pay what they can contribute, with a suggested donation of \$4.</p> <p>Meat Free Option (MO) will be listed as the second option. Entrees with pork have an *.</p>		
<p>4</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 Hidden Colors 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>BEEF POT PIE W/BISCUIT TOP VEGGIE POT PIE (MO)</p>	<p>5 CHINESE NEW YEAR</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 Computer Lab 11:00 Table Tennis 1:00 Movie: The Bride Came C.O.D</p> <p>CHICKEN & GRAVY SOY POT PIE (MO)</p>	<p>6</p> <p>8:30 Billiards 9:00 Foot Care Clinic 9:30 Rediscover Literature 10:00 PLATO 11:30 Table Tennis 11:30 Computer Lab 12:00 WWI: The Great War 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO</p> <p>FISH SANDWICH BLACK BEAN BURGER (MO)</p>
<p>11</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 Hidden Colors 10:30 Knit 1, Purl 2 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 5:00 Aging Mastery Program (AMP) at Warner</p> <p>CHEESEBURGER GARDEN BURGER (MO)</p>	<p>12</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 Computer Lab 11:00 Table Tennis 1:00 Movie: Steel Magnolias</p> <p>EGG SALAD SANDWICH</p>	<p>13</p> <p>8:30 Billiards 9:30 Rediscover Literature 9:30 PLATO 11:30 Table Tennis 11:30 Computer Lab 12:00 WWI: The Great War 12:30 Wii Bowling 1:30 Spanish Conversation</p> <p>BEEF STEW VEGGIE BURGER (MO)</p>
<p>18 PRESIDENT'S DAY</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 Hidden Colors 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 5:00 AMP at Warner</p> <p>CHEESE TORTELLINI BAKE VEGGIE TORTELLINI (MO)</p>	<p>19</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 Computer Lab 11:00 Table Tennis 1:00 Movie: Ocean's Eight</p> <p>CHICKEN A LA KING SOY A LA KING (MO)</p>	<p>20</p> <p>8:30 Billiards 9:30 Rediscover Literature 9:30 PLATO 10:00 Facebook Seminar 11:30 Table Tennis 12:00 WWI: The Great War 12:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO Open House 1:45 Massage 5:45 Latinx Discussion Group</p> <p>BBQ CHICKEN ON THE BONE MAC-N-CHEESE (MO)</p>
<p>25</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 Hidden Colors 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Games 5:00 AMP at Warner</p> <p>EGG BAKE</p>	<p>26</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 Computer Lab 11:00 Table Tennis 12:15 Red Hats 1:00 KG & The Ranger</p> <p>PIZZA BURGER CHEESE/TOMATO SANDWICH (MO)</p>	<p>27</p> <p>8:30 Billiards 9:30 Rediscover Literature 9:30 PLATO 11:30 Table Tennis 12:00 WWI: The Great War 12:30 Computer Lab 12:30 Wii Games 1:30 Spanish Conversation 1:30 PLATO</p> <p>HAM & POTATO CASSEROLE VEGGIE POTATO CASSEROLE (MO)</p>

THURSDAY	FRIDAY
<p align="center">FEBRUARY 2 IS GROUNDHOG DAY</p> 	<p>1</p> <p>8:30 Billiards 9:00 Gentle Exercise 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Games 1:00 Non-Traditional Doll Making 5:00 Who Matters? Vol. 2 Exhibit Grand Opening</p> <p>CHICKEN STEW OR 7 LAYER SALAD VEGGIE STEW (MO)</p>
<p>7</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 Blood Pressure Screening 10:00 Computer Lab 10:00 Chair Yoga 11:30 Table Tennis 1:00 Senior Showcase Band</p> <p>MEATBALLS/MARINARA W/ PENNE VEGGIE MEATBALLS (MO)</p>	<p>8</p> <p>8:30 Billiards 9:00 Gentle Exercise 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Games 1:00 Non-Traditional Doll Making</p> <p>CHICKEN SALAD OR TUNA SALAD EGG SALAD (MO)</p>
<p>14 VALENTINE'S DAY</p> <p>8:30 Billiards 9:00 Gentle Exercise 9:45 Preschool 10:00 Computer Lab 10:00 Chair Yoga 11:30 Table Tennis 1:00 Senior Showcase Band 1:00 Gay, Gray & Beyond</p>  <p>CHICKEN MAC CASSEROLE VEGGIE MAC CASSEROLE (MO)</p>	<p>15</p> <p>8:30 Billiards 9:00 Gentle Exercise 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making 1:30 Science Wars</p> <p>BBQ RIBS OR BEEF TACO SALAD VEGGIE WRAP (MO)</p>
<p>21</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 Chair Yoga 10:00 Computer Lab 11:30 Table Tennis 1:00 Senior Showcase Band</p> <p>TRADITIONAL MEATLOAF VEGGIE MEATBALLS (MO)</p>	<p>22</p> <p>8:30 Billiards 9:00 Gentle Exercise 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making 1:30 Science Wars</p> <p>POT ROAST/GRAVY OR CHEF SALAD HUMMUS WRAP (MO)</p>
<p>28</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 Chair Yoga 10:00 Computer Lab 11:30 Table Tennis 1:00 Senior Showcase Band 1:00 Gay, Gray & Beyond</p> <p>BBQ CHICKEN BREAST MULTIGRAIN BURGER (MO)</p>	

February

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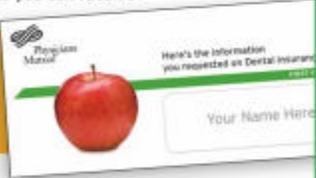
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- ✓ Keep your own dentist! You can go to any dentist you want
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www.dental50plus.com/liturgical



*Individual plan. Product not available in MI, MT, NH, NM, RI, VT, WA. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-800-969-4781 or respond for similar offers. Certificate C250A (JD-C230C; PA-C250C); Insurance Policy P133 (GA-P1305A; NY-P1306Y; OR-P1300K; TN-P1307H); 80866-0817



Care Wisconsin Medicare Dual Advantage

- Are you eligible for Medicare and Medicaid?
- Do you live in Jefferson County?
- You may be eligible for Care Wisconsin Medicare Dual Advantage.

Care Wisconsin Medicare Dual Advantage is an HMO SNP with a Medicare Advantage contract and a contract with the Wisconsin Department of Health Services for the Medicaid Program. Enrollment in Medicare Dual Advantage depends on contract renewal. This plan is available to anyone who has both Medical Assistance from the State and Medicare.

1-800-963-0035 www.carewisc.org/js



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CONTACT

Colleen Mancheski to place an ad today!
cmancheski@lpiseniors.com or (800) 950-9952 x2687

CLUBS AND GROUPS

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. This is a great way to meet new people, and give back to the community while doing something you enjoy.



AA (Alcoholics Anonymous)

WEEKDAYS, 12:15-1:15 PM

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

Conversational Spanish Group

WEDNESDAYS, 1:30-3 PM

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

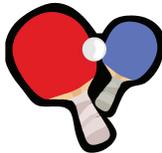
GAMES

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

Bring a couple friends along to shoot some pool. Open when other events aren't 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.



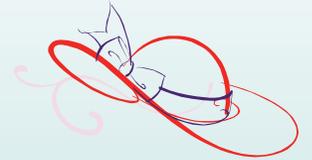
Grupos de apoyo

Offered in Spanish only. Se ofrece solo en Español. Bienvenida a nuevos participantes. Call 512-0000 for schedule.

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. **No meeting in January or February.**

All guests and participants must check-in when arriving at the Madison Senior Center.

FOUNDATION NEWS

Community Impact Grant

We are pleased to announce a new campaign supported by the Madison Community Foundation (MCF). The Endowment for Successful Aging is a year-long opportunity to have funds in our MCF fund matched 2:1 by MCF. This is a permanent, long-term fund, which grows over time, providing income to the senior center for years to come. MCF funds are used to support programs and services at the Madison Senior Center.

To join this distinguished list of corporate sponsors,
call John at (608) 267-2344.

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| ♥ Abigail Loomis & Franklin Court | ♥ Judy Pitman |
| ♥ Hildy Feen | ♥ Margaret Thompson Rice |
| ♥ Lorrie Formella | ♥ Ruth Sandor |
| ♥ Judy Fuerstenberg | ♥ Jeanne Silverberg |
| ♥ Peter & Laura Gottlieb | ♥ Steinhauer Charitable Trust |
| ♥ Susan Hoffman | ♥ Bonita Swan |
| ♥ Terry Huxtable | ♥ WI Senior Games |
| ♥ D Elsa Johnson | ♥ Yahara Therapy |
| ♥ Mary Karau | ♥ Keith or Margaret Zutter |
| ♥ Jesse Kehres | |
| ♥ Lawrence Kruger | |

REMEMBRANCES - IN HONOR OF

- ♥ Kathy Whitt *by Sarah Whitt*
- ♥ Christine Beatty *by Katie Crawley*
- ♥ Christine Beatty *by Carrie Diamond*
- ♥ Christine Beatty *by Reta Harring*
- ♥ Christine Beatty *by Arlene Hart*
- ♥ Christine Beatty *by Michael Jackson*
- ♥ Christine Beatty *by Kathryn Lederhause*
- ♥ Christine Beatty *by Ronald Luskin*
- ♥ Christine Beatty *by Sally Miley*
- ♥ Christine Beatty *by Joyce Schneider*
- ♥ Christine Beatty *by Daryl Sherman*

- ♥ Christine Beatty *by Bonita Swan*
- ♥ Christine Beatty *by Al & Sue Talarczyk*
- ♥ Christine Beatty *by Patti & Jeff Jorenby*
- ♥ Christine Beatty *by Michael Verveer*

REMEMBRANCES - IN MEMORY OF

- ♥ Frank Catherine Weitz *by Janet Weitz*
- ♥ Merle & Dorothy Shinstine *by Kathy & Chris Davis*

IN-KIND

- ♥ Norman Lear

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 _____

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Telephone _____ Amount Enclosed \$ _____

In Honor of: _____ In Memory of: _____

Birthday of: _____ In Appreciation of: _____

Anniversary of: _____ Other: _____

Person(s) recognized: _____

Send Acknowledgement to (Name and Address): _____

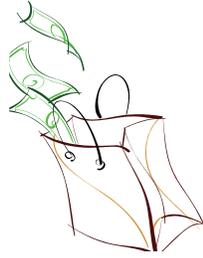
Your donation is tax deductible as allowed by law and will be acknowledged publicly.

For credit card gifts visit: cityofmadison.com/senior-center/donate.

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.



Open Computer Lab

- ♥ Monday-Wednesday-Friday, 11:30 am-3:45 pm
- ♥ Tuesday-Thursday, 10 am-3:45 pm

The computer lab is available for about four hours every day. On Tuesdays from 10-11:30 am and on Fridays from 12:30-2:30 pm, volunteers are available to offer assistance. Please respect the scheduled hours, and make every effort to leave the computer lab at the stated time for that day.

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 senior center or at home. Inquire at the Front Desk if you are interested.

Sudoku Answers

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



Help is Available

Every Monday, a Case Manager from the South Madison Coalition for the Elderly 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.

Helpful Numbers

AARP	866-448-3611
Access to Independence	242-8484
ADRC Aging & Disability Resource Ctr	240-7400
Area Agency on Aging of Dane County	261-9930
Dane County Veteran's Service Office	266-4158
Jewish Social Services	278-1808
LGBT Senior Alliance (OutReach)	255-8582
Madison Public Health	266-4821
Mental Health Crisis Line	280-2600
Metro Paratransit Reservations	266-4466
Madison Gas & Electric	252-7222
Non-Emergency Police Dispatcher	255-3737
RSVP Driver Escort Program	238-7787
Social Security Administration	866-770-2262
Tenant Resource Center	257-0006
United Way 2-1-1	2-1-1

Black History Month

THE TRUTH BEHIND BLACK HISTORY MONTH

By Theodore R. Johnson, Published in Time Magazine in February 2018

Since its inception, Black History Month has never been just a celebration of black America's achievements and stories—it's part of a deliberate political strategy to be recognized as equal citizens. Carter G. Woodson, a black historian and originator of Negro History Week in 1926, believed that appreciating a people's history was a prerequisite to equality.

Black History Month exists to deliver what federal policy has not—the eradication of systemic racism. We have the Fair Housing Act, the Fifteenth Amendment and a Supreme Court-weakened Voting Rights Act; and yet state laws still implement measures that disproportionately affect black people.

Though nearly three in four Americans agree that race relations are bad, we see the issue quite differently. Nearly five times as many white Americans as black ones say the U.S. has already made the changes necessary to give black people equal rights—while four times as many black Americans as white ones believe we will never make those fixes.

The accomplishments of black Americans do merit special attention, particularly given slavery's inhumanity and its vestiges that still shape the nation. The sustained popularity of the National Museum of African American History and Culture is a testament to the interest and curiosity about black culture that grips much of the nation. These places exist so Americans will see the humanity in black people.

Woodson believed that celebrating black history was a political act to “destroy the dividing prejudices of nationality and teach universal love without distinction of race, merit or rank.” Failure to accept black people as fellow architects of the United States is an existential threat to the nation we call home.

To learn more about the history of African Americans and the prevalence of racism in our country, join us on Mondays in February at 10 am, to watch the Hidden Colors series. See page 6.

Caregiver Support Group

FIRST THURSDAY OF THE MONTH 10-11 AM

Caregiving is stressful and difficult no matter how much we may want to help a loved one. Fifty-five percent of family caregivers report being overwhelmed by the amount of care their family member needs. This group will offer caregiver resources, how to take care of yourself while taking care of others, and most importantly, a space to gather with other caregivers to share experiences and receive support. You are not alone in your care-giving role! You will also learn about respite resources for yourself.

Co-sponsored by the Alzheimer's & Dementia Alliance and Goodman Community Center. The sessions are held at the Goodman Community Center, 149 Waubesa St, Madison. For more information, contact Gayle at 204-8032.

TRIAD Presentation: “Protect Your Identity”

WEDNESDAY, FEBRUARY 27, 10-11 AM

by Walter Sego, Old National Bank, Oak Park Place Madison West, 4327 Nakoma Road.

Triad is a national program that promotes safety and crime prevention for seniors. Locally, RSVP partners with the Dane County Sheriff's Department, local police departments, senior agencies, and others in the community to bring vital health and safety information to Dane County seniors.

Add this to your calendar for next year's fun

GAMES WORTH PLAYING

Wisconsin Senior Games
June 1 - 15, 2019

On-line Registration Available

www.wiseniorgames.org

NEWS & EVENTS

NewBridge Special Events

14TH ANNUAL MULTICULTURAL SENIOR WELLNESS FAIR

- ♥ Friday, March 29, 9-11 am
- ♥ Warner Park Community Recreation Center, 1625 Northport Dr.
- ♥ Special presentations, 35 informational booths and 12 free health screenings. Language accommodations available for Spanish, Hmong and English. Bilingual Bingo from 12:15-1 pm. Come for the Health Fair and stay for lunch and bingo! RSVP by calling NewBridge at 512-0000 by March 25.

5TH ANNUAL BLACK TIE BINGO FUNDRAISER

- ♥ Thursday, April 25, 2019, 6-9 pm
- ♥ Maple Bluff Country Club, 500 Kensington Drive.
- ♥ Tickets go on sale Monday, February 11
- ♥ Cost: \$40/single; \$70/pair



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Elderly Nutrition Initiative


South Madison
Coalition of the Elderly


West Madison
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THE VOLUNTEER VIEW

Volunteer Opportunities

♥ Special Event Planning Team

Get in on the ground floor for a brainstorming session to identify our next special event. Then have the opportunity to plan, schedule and implement the event. Be part of a staff supported, self-directed team of enthusiastic volunteers who want to shape the programming at the Madison Senior Center.

♥ Front Desk Reception

Meet, greet, and help people by volunteering weekly at the front desk reception area. Answer and route telephone calls. Provide accurate information about programs, register participants. MUST have computer/phone/office skills and experience. Shifts are 4 hours, weekly and Monday-Friday.

♥ Nutrition Site Kitchen Volunteer

Help older adults maintain their health. Deliver or serve meals, help clean up. Shifts are 10:30 to 12:30, weekly and Monday-Friday.

♥ Preschool Arts & Crafts

Get back in touch with your inner child this fall. Spend 75 minutes once a month doing super easy projects with preschoolers. We match you with the same 1-2 children for the entire school year. Staff plan and lead all activities.

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

Dane County TimeBank

Convert Senior Center volunteer hours into TB credits. As a TimeBank member, you can spend credits on a variety of services. Visit www.danecountytimebank.org or call 663-0400 to learn more.



Volunteer Spotlight: Thomas “The Phoenix” Wardell



For three years, Thomas has been the king of the kitchen and occasional dishwasher at the nutrition site. Please thank him for a job well done and give him a chat if you want to hear a joke or obtain an interesting nickname.

What is your favorite part about volunteering at the Madison Senior Center?

The teamwork and cooperation of the dining site.

What is a surprising thing people might not know about you?

10 years ago I biked from the west coast to the east coast of the U.S.

What is your favorite food dish?

Lasagna or lobster tail.

What is something you have always wanted to do?

I've never jumped out of an airplane, but I'd like to.

When you are having a bad day, what do you do to make yourself feel better?

Go for a nice bike ride around the lake.

If you could travel anywhere in the world, where would it be?

All over Europe.

What is your favorite animal on the planet?

The Otter! I love the way they slide into the water.

What is your cure for hiccups?

Just sit back and enjoy the ride.

What is the grossest food that you just can't get enough of?

All food is good!

The Messenger



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