

THE Messenger

VOLUME 39, NUMBER 1

JANUARY, 2022

Inside this Issue

For Your Information	2
Volunteer View	4
Arts & Entertainment	5
LGBTQ 50+ Alliance	6
Education & Enrichment	6
Technology & Finance	6
Calendar	10
Health & Wellness	12
Community Update	15

Relevant, Inclusive, Enlightened

Madison Senior Center

330 W. Mifflin Street

Madison, Wisconsin 53703

(608) 266-6581

cityofmadison.com/senior-center



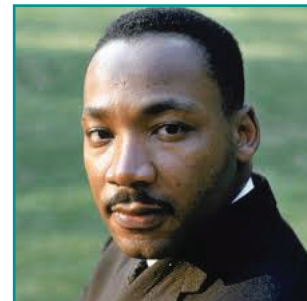
Happy New Year!

We wish you all the health & happiness you need to thrive.

Martin Luther King, Jr. Day

MONDAY, JANUARY 17, 2022

Martin Luther King, Jr. was an accomplished and well-educated man. He graduated from high school at the age of 15, and went on to earn a Bachelor of Arts degree, a Bachelor of Divinity degree and PhD in Systemic Theology. In addition, later, he was awarded five honorary degrees.



He was passionate about his church, family and was always a strong worker and advocate for civil rights for the African American community. He was emphatic about peaceful protests, regardless of the amount of violence he personally suffered in retribution for leadership in the civil rights movement.

King was named Man of the Year by Time Magazine in 1963. Then in 1964, at the age of thirty-five, he was the youngest man to have received the Nobel Peace Prize. He was recognized world-wide as a leader.

On April 4, 1968, King traveled to Memphis, Tennessee to lead a protest march in sympathy with striking garbage workers. That evening, while standing on the balcony of his motel room, he was assassinated. King continues to be an icon of the civil rights movement. He symbolizes the quest for equality and nondiscrimination that lies at the heart of the American, and human, dream.

Information pulled from www.youthforhumanrights.org and www.nobelprize.org/prizes/peace/1964/king/biographical/

FOR YOUR INFORMATION

Directory

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

SENIOR CENTER STAFF

Senior Center & Senior Services Manager,
Sally Jo Spaeni (she, her)
267-8652, sspaeni@cityofmadison.com
Office/Rental Manager, Karen Cator (she, her)
266-6290, kcator@cityofmadison.com
Program Coordinator, Laura Hunt (she, her)
267-8650, lhunt@cityofmadison.com
Volunteer Coordinator, John Weichelt (he, him)
267-2344, jweichelt@cityofmadison.com
Reception Coordinator, Gary Flesher (he, him)
267-8651, gflesher@cityofmadison.com
Custodian, Jeff Thompson (he, him)
266-6581, jathompson@cityofmadison.com
*"The Madison Senior Center promotes successful aging."
AA/EOC Employer and Service Provider*

MISSION STATEMENT

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

OUR VISION

Become known as an inclusive community where older adults thrive.

Program Format & Registration

Programs will be offered in person, virtually and sometimes both ways. Watch for the **"V" for virtual** at the beginning of the program description. Classes that use both in person and virtual presentation methods are referred to as **Hybrid "H"**. **Register for the programs**, even if they are free. Almost all programs require a minimum number of people, and are subject to cancellation if there are not enough people registered. If there is a fee, payment is required at the time of registration. **To register for a program, email gflesher@cityofmadison.com or (608) 267-8651.** **R** = Registration Required.

Scholarship Fund

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

Member of



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 _____

City _____ State _____ Zip _____

Phone _____

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

FOR YOUR INFORMATION

10-Digit Telephone Number Change in October



Remember that you must dial 10-digits (area code + phone number) for all local calls. You need to update any numbers saved on your phone. Transitioning to 10-digit dialing will not affect your current telephone number. Your phone number and area code will not change.

NewBridge Madison



NewBridge is a not for profit agency that serves adults age 60+. Their phone number is (608) 512-0000 and their website is www.newbridgemadison.org. NewBridge provides programs and services throughout the community: Bridge Buddies - Friendly Callers, Case Management, Diversity & Inclusion Activities, Food Bridge Delivery, Foot Clinics, Home Chore Program – Outdoor Only, Loan Closet, Representative Payee & Guardianship Service and Zoom Classes & Activities

Inclement Weather

When Madison Public Schools are closed, our programs are cancelled for that day, however, the Madison Senior Center will remain open.



Bundle Up on Cold, Windy Days

A heavy wind can quickly lower your body temperature. Check the weather forecast before going out. If you can't avoid going out, here are some tips:

- ♥ Dress for the weather.
- ♥ Wear loose layers of clothing. The air between the layers traps heat.
- ♥ Put on a hat and scarf. You lose a lot of body when your head and neck are uncovered.
- ♥ Wear a waterproof jacket if it is snowy.
- ♥ Change your clothes right away if they get damp or wet.

Like us on Facebook:
facebook.com/MadisonWISeniorCenter



Code of Conduct for Facility Usage

To ensure the health and safety of all participants, we ask that all facility visitors agree to the following practices:

BEFORE LEAVING HOME

- ♥ Follow relevant guidance provided by your local health authority and the CDC. Public Health Madison and Dane County is the local health authority overseeing Madison. <https://publichealthmdc.com/>
- ♥ Evaluate your own health and that of people you are in close contact with.
- ♥ Stay home if you feel sick.

ON-SITE DURING THE EVENT

- ♥ Follow guidance from your local health authority for everyday preventative actions to help prevent the spread of the virus including:
 - Wash hands often with soap and water for at least 20 seconds, or use an alcohol-based sanitizer with at least 60% alcohol.
 - Avoid touching eyes, nose and mouth with unwashed hands.
 - Use a tissue to cover a cough or sneeze, dispose of tissue and wash hands.
- ♥ Masks are required regardless of vaccination status.
- ♥ Highly encourage everyone to continue practicing social distancing by keeping six feet between yourself and others.
- ♥ Notify your instructor/staff if you feel unwell or are experiencing flu-like symptoms.

POST-EVENT

Based on current contact tracing advice from health authorities, if you test positive for COVID-19 up to 14 days after returning home, please contact the Madison Senior Center staff.

VOLUNTEER VIEW

Volunteer Opportunities

FRONT DESK RECEPTION

This is the focal point of the Madison Senior Center. If you like to know what's going on and when, and have office skills, this may be the spot for you. MUST have computer/phone/office skills and experience. Shifts are 4 hours, weekly and Mon - Fri.

LINE DANCE INSTRUCTOR

Line Dancing is a great example of one of MSC's new programs that has been successful online and in person. Dancers socialize, practice advancing their skill and improve their mood (have fun!). Contact us to turn your love of line dancing into a great volunteer role! It can be either an in-person or virtual opportunity.

MULTI-LINGUAL PROGRAM LEADERS

If you are a multi-lingual person, and would like to lead a program in an area in which you have expertise we would love to talk with you. Learning about healthy aging and making it happen, should be available to anyone. A few program ideas we have are yoga, tai-chi, art, and healthy eating. What ideas do you have?

MODERATOR/HOST FOR BOOK CLUB

Are you a person of color who is excited about advancing racial equity and social justice? Help MSC pick books, formulate questions, and lead a monthly (or bi-monthly) hour-long book club. This new book club is grassroots, and will offer different perspectives. A minimum 6 month commitment is required.

EDGEWOOD RN PROGRAM

For Spring of 2022: MSC and Edgewood College are looking to pair older adult volunteers with students for a series of discussions, Zoom (computer) chats, or phone conversations. The topics will expand beyond medical topics to discussions about: nutrition, recreation, and coping with COVID. This is for general well-being, increased socialization, and mental health check-in for BOTH the student and volunteer.

For more volunteering info, contact John, 267-2344 or jweichelt@cityofmadison.com.

Volunteer Spotlight: Sandy Ward

Please welcome Sandy Ward as the newest volunteer at the front desk. Stop by and meet her when you get a chance.

Why volunteer with MSC?

I've had a good feeling about the Senior Center for many years because some time ago my father-in-law was a participant. Now I have more free time in my retirement to offer some time to the center. And then there's the fact that the center is a really easy walk from my home -- like across the street.



What is your favorite part about volunteering with MSC?

My appreciation of MSC as a generous caring stimulating organization has been renewed and increased. The variety of creative programming is outstanding with offerings that range from light fun to serious, from small to large group, and with something for just about everyone. I'm hoping to greet more and more people at the front desk in the coming months as, hopefully, we get past the pandemic constraints

Other volunteering in the community?

For a number of years, I was the secretary of the Tenny Lapham Neighborhood Association and the lead on a litter-pickup campaign. More recently I was a docent at MMoCA. Most of my volunteer activity has been related to my pre-retirement work, such as volunteering for the American Pain Society and the American Cancer Society.

Hobbies or other interests?

My husband and I have been hiking segments of the Ice Age Trail for quite a few years. Our goal is to walk the entire trail, but at our current pace we'll have to live to be about 120 to do so. I love reading and belong to two book clubs, one very small (4 of us) and one quite large (12 of us). I enjoy travel but have done much less of that due to the pandemic, but we've managed short trips to Door County to visit Newport Beach State Park (a dark-sky viewing area) and most recently Wausau to do more of the Ice Age Trail. I love many parts of the American West and hope to return to Taos NM, Jerome AZ, and other favorites in the near future.

If a Deli named a sandwich after you what would be on it?

One friend suggested Sandy's Salami Sandwich, an offering consisting only of salami and white bread. I know, I know, but if you have two really good ingredients (think French baguette), that is all you need.

What makes you optimistic about the future?

My two grandchildren Michael and Theo. Although, honestly, they are also the reason for my concern about the future.

What pop culture or art do you turn to when you've had a bad day?

TV shows such as Breaking Bad, Better Call Saul, and Peaky Blinders. Hmm, those are all pretty violent, aren't they?

ARTS & ENTERTAINMENT

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

Movie Madness

Movies are shown on Tuesday afternoons at 12:30 pm. Every effort is made to show the scheduled movie. Enjoy freshly made popcorn.

CODA (2021)

TUESDAY, JANUARY 4, 12:30 PM

As a CODA (Child of Deaf Adults) Ruby is the only hearing person in her deaf family. When the family's fishing business is threatened, Ruby finds herself torn between pursuing her love of music and her fear of abandoning her parents. *Starring: Emilia Jones, Marlee Matlin, Troy Kotsur. Drama, Music. 111 minutes. PG-13.*

CAT BALLOU (1965)

TUESDAY, JANUARY 11, 12:30 PM

A young schoolteacher hires a notorious gunman to protect her father's ranch, and later to avenge his murder, only to find out that the gunman is not what she expected. *Starring: Jane Fonda, Lee Marvin and Michael Callan. Comedy, Romance, Western. 97 minutes. Not Rated.*

SELMA (2014)

TUESDAY, JANUARY 18, 12:30 PM

A chronicle of Dr. Martin Luther King, Jr., a revered leader and visionary, and his campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama, in 1965. *Starring David Oyelowo, Carmen Ejogo and Oprah Winfrey. Biography, Drama, History. 128 minutes. Rated PG-13.*

DESTROY RIDES AGAIN (1939)

TUESDAY, JANUARY 25, 12:30 PM

The town of Bottleneck is under the control of Kent, a power hungry boss who gets control over the local ranchers by winning a rigged game of cards. When the sheriff questions the game, Kent has him killed. *Starring: Marlene Dietrich, James Stewart and Mischa Auer. Comedy, Western. 95 minutes. Not Rated.*




**MONDAY-TUESDAY-
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. No spectators.


Wii Bowling League

WEDNESDAYS, 12:30-2:30 PM

Wii bowling goes to the next level with a league of bowlers from area senior centers. Get in on the fun! Form a team or sign up solo and we will put you on a team. 

Winter Watercolor - Virtual


**FRIDAYS, JANUARY 21, 28 AND
FEBRUARY 4 & 11, 10-11:30 AM**

Have you always wanted to paint, but you aren't sure where to start? In this class, Edgewood art student, Margo, takes you through the basics of watercolor painting. This is a fun, no pressure class that will provide you with encouragement and inspiration. Please be sure to have the supplies listed before the first class. Register by January 19, 2022. Supplies Needed: Watercolor or multimedia Paper, paint brushes, watercolor paints, a fine tip Sharpie, and a water cup. 



"Paper Bag" Craft

TUESDAY, JANUARY 18, 10-11 AM

Our January "Paper Bag" craft is still to be announced, but don't wait to register. Crafter Jackie Hill is planning something amazing. In December, we make star ornaments by folding wrapping paper. They looked great on the Christmas tree, on presents or hanging in a window. **Register by Thursday, January 13.** 

EDUCATION & ENRICHMENT

Technology & Finance

Tablets2Go

Virtual programs and activities will continue to be a great way to connect with friends and family, or take programs at the Madison Senior Center. If you do not have a computer we can lend you a tablet for FREE. Tablets2Go is available to you if are an adult age 55+ who belongs to the Madison Senior Center. Membership is free. Call (608) 266-6581 to schedule an appointment and check out a tablet. Picture ID required.

Computer Lab

The Computer Lab is open for general use by appointment only. Volunteers are also available by appointment to provide tutoring and instruction on use of computers, tablets or smart phones. Call or email John Weichelt to schedule an appointment at (608) 267-2344 or jweichelt@cityofmadison.com.

January Tech Tip

- ♥ Remember: Think before you post! There is no “delete” button on the internet. Even if you delete a picture only seconds after posting it, chances are someone still saw it.
- ♥ Keep some things private from everyone; even on social media. Giving your date of birth with your full name and address gives identity thieves pertinent info.
- ♥ Be CYBER AWARE. Set up alerts on your most important accounts to be on the watch for suspicious transactions.
- ♥ Microsoft will not call about your computer, the IRS won’t call about their case, and Rachel from card services won’t get you a better rate!

Tech tips are from the University of Alaska.



LGBTQ 50+ Alliance

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

Gay, Gray & Beyond

2ND & 4TH THURSDAY, 2-4 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.

Exploring Spirituality

1ST & 3RD THURSDAY, 1-3 PM / MEETS AT OUTREACH, 2701 INDEPENDENCE LANE

This discussion group discusses a wide variety of topics related to religion and spirituality. Sponsored by the LGBTQ 50+ Alliance.

Coffee, Tea or Smoothie Time

3RD FRIDAY 1 PM / MEETS AT CARGO COFFEE, 750 E WASHINGTON AVE (FREE RAMP PARKING OFF LIVINGSTON)

Meet up with other friendly folks to talk and hang out. Old friends and new friends are welcome.

OutReach Senior Advocate

The OutReach Senior Advocate coordinates educational trainings and workshop with the community in addition to advocating for LGBTQ+ older adults and their wellness.

Quarterly Socials are Back!

Dinner & the Dairyland Dancers

WEDNESDAY, JANUARY 26

Join us for dinner, line dancing and some boot stompin’ fun. The Dairyland dancers return to dance for us and with us. Music and instruction provided. Watch the LGBTQ 50+ Alliance newsletters for information on cost and time.



Custom
Care
Plan

Free
Assessment

Visits from 3
hours to
24/7



Age in place with the help of
Visiting Angels
608-819-0665

www.VisitingAngels.com/MadisonWI

HAPPY RESIDENTS LIVE HERE!

Park Glen
Commons
Senior Apartments



- Passionate & Caring Onsite Management
- Skilled & Professional Maintenance
- Heat Included
- Heated Underground Parking
- Car Wash
- Beauty Salon
- Laundry Provided in Every Home
- Resident Activities & Events
- Pets Welcome
- Park Like Setting with Wildlife
- Patio/Grilling

Call (608) 241-4200 or email parkglen@oakbrookcorp.com to schedule your personal showing.



FREE DELIVERY
with \$40 Purchase

Open 7 a.m - Midnight 7 Days a week
111 N Broom St 608-255-2616
www.capecentremarket.com

SENIOR
Helpers

Care and comfort at a moment's notice.

Help care for those who have cared for us

Now Hiring Caregivers

* Flexible Hours * Training Provided
* Great Team

Apply Today 608-729-5365
www.seniorhelpers.com/wi/madison

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Jeff Parkinson** to place
an ad today! jparkinson@lpicommunities.com
or (800) 950-9952 x5887



**HASKINS
SHORT &
BRINDLEY LLC**

5113 Monona Drive, Monona, WI 53716
608-237-6673
www.HSBElderLaw.com

Areas of Law Practice
Estate Planning
Elder Law
Social Security
Medicaid/Medicare
Guardianship
Special Needs/Disability
WisPACT Trust
Probate
Real Estate
Family Law

Attorneys
Brenda R. Haskins
Julie A. Short
Anne M. H. Brindley
Anna M. Dontje
Amy Devine
Amanda Pirt Meyer

50+ years combined experience!

**SUPPORT OUR
ADVERTISERS!**



Honest, reasonably priced attorney

I Make House Calls!

Wills • Trusts
Domestic Partnership Agreements
Powers of Attorney • Real Estate

Paul O'Flanagan
Attorney at Law

862 Woodrow Street
Madison, WI 53711
608-630-5068

Paul@oflanaganlaw.com

Waunakee
MANOR

Independent and Assisted Living

(608) 849-5016

801 Klein Dr. • Waunakee
www.waunakeemanor.com

College Football
Legend
Barry Alvarez



Paid Spokesperson

**A winning
game plan**

with Medicare benefits
you deserve.



DeanHealthPlan

A member of SSM Health

deancare.com/medicareadvantage

H9096_885483R02_C



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Madison Senior Center, Madison, WI

A 4C 01-1141

EDUCATION & ENRICHMENT

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

Spanish Conversation

WEDNESDAYS, 1:30-3 PM **VIRTUAL**

Do you want to practice your Spanish? Our groups meet every week to chat in Spanish. Attend when you can. There are no attendance requirements. To register email gflesher@cityofmadison.com. Once you are registered you will be sent an invite with a link to join the conversation. All levels welcome. Spanish Conversation meets via Zoom. They will start to meet at MSC every other week when the mask mandate ends. The opposite weeks it will continue to meet virtually. *R*

Exploring Poetry

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



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

Exploring Poetry will be led by Mark Kraushaar who's poetry has appeared in *Ploughshares*, *Yale Review*, *Alaska Review* as well as the web site *Poetry Daily* and Ted Kooser's *American Life in Poetry*. A full length collection, "Falling Brick Kills Local Man" was published by University of Wisconsin Press, as winner of the 2009 Felix Pollak Prize. His most recent collection, "The Uncertainty Principle" published by Waywiser Press, was chosen by James Fenton as winner of the Anthony Hecht Prize. He has worked as a pipe welder, wig salesman, shoe factory line worker, waiter, motel clerk and, most recently as an RN. *R*



MSC Book Club

MEETS THE 3RD THURSDAY OF EACH MONTH,
1-2 PM **VIRTUAL**

A book club is a fun way to enjoy books and meet new people. Each month we read a different book and rotate facilitators. Books are often available at the library, and can be reserved in advance. Many books have audio versions* for those with vision impairments. You do not have to read every book, and you do not have to facilitate if that is outside your comfort zone. *R*

- ♥ January 20: *The Nesting Dolls: A Russian-Jewish Family Saga* by Alina Adams
- ♥ February 17: *The Overstory* by Richard Powers
- ♥ March 17: *Never Caught: The Washingtons' Relentless Pursuit of Their Runaway Slave, Ona Judge* (nonfiction) by Erica Armstrong Dunbar

Meet the Author

JANUARY 20, 1 - 2 PM **VIRTUAL**

Our Book Club is reading *The Nesting Dolls: A Russian-Jewish Family Saga* by Alina Adams; and our January discussion will be with the author, herself. If you have been thinking about checking out the Book Club this would be a perfect month join us. *R*




The Nesting Dolls: A Russian-Jewish Family Saga
Spanning nearly a century, from 1930s Siberia to contemporary Brighton Beach, a page turning, epic family saga centering on three generations of women in one Russian Jewish family—each striving to break free of fate and history, each yearning for love and personal fulfillment—and how the consequences of their choices ripple through time.

EDUCATION & ENRICHMENT

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


Thursdays, Writing Your Life

JAN. 6, 13, 20, 27, FEB. 3, 10-11:30 AM

We all have stories to tell, stories about our life experiences, stories about our friends, stories about our families. Some of those stories encompass the joys of achievement, celebration, milestone moments, and the joy of love. Others detail the harder parts of life, jealousy, betrayal, sadness, loss. Our stories define us. Through the Greater Madison Writing Project's "Writing Your Life" workshops, we will help you find the stories you want to tell and give you writing strategies that will help you craft them into the stories that you will want to share. Six-week writing workshops will incorporate different writing strategies like descriptive writing, sense of place, capturing someone's unique character and personality, using dialogue in meaningful ways, exploring story arcs, developing focus and flow and finding the best beginnings and meaningful endings to the stories. Each 90-minute session will include exploration of different strategies, opportunities to write and seek feedback, and time to share writing in a welcoming and enthusiastic community. 

Preschool Buddies

THURSDAY, JANUARY 13, 9:30-11:15 AM

This delightful intergenerational program is starting its 25th year. Two to three Adult volunteers are matched up with two to three preschool children, and they do a project together. Teachers, MSC staff and volunteers do all preparation. Usually there will also be a story and/or songs to accompany the project. Call John Weichelt, 267-2344 for more information. 


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 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.

Voices of Color


A monthly series that gives you the opportunity to have engaging conversations with community leaders who are People of Color. Listen to their stories that speak to cultural differences, learn more about Madison's history from a different perspective, ask questions and have an experience. 

Help Needed

Are you a person of color who is at least 55 years old? We are looking for people who are willing to share a little about their journey with us. Ideally, guests have grown up in Madison or lived here for at least twenty years. Accomplishments are good, but what we really want to hear about is everyday life in Madison from your perspective. If you would like to learn more about this opportunity, call or email John Weichelt, Volunteer Coordinator, (608) 267-2344.

Non-Traditional Doll Making & Fabric Art

WEDNESDAYS, 1-4 PM

Express yourself in Wendy Fern Hutton's class using simple sewing techniques. Create 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. The cost is \$50 for the first four classes and then \$25 for every four classes thereafter. Please pay the instructor. 

 = Registration Required

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
					1/2  Happy New Year! New Year's Day
3 9:00 Gentle Exercise 12:30 Wii Bowling	4 9:00 Gentle Exercise 12:30 Movie: CODA	5 9:00 Gentle Exercise 12:30 Wii Bowling League 1:00 Doll Making 1:30 Spanish Conversation	6 9:00 Gentle Exercise 10:00 Writing Your Life	7 9:00 Gentle Exercise 1:00 Cardio Dancing	8/9  National Bubble Day
10 9:00 Gentle Exercise 12:30 Wii Bowling	11 9:00 Gentle Exercise 12:30 Movie: Cat Ballou	12 9:00 Gentle Exercise 11:00 Exploring Poetry 12:30 Wii Bowling League 1:00 Doll Making 1:30 Spanish Conversation	13 9:00 Gentle Exercise 9:30 PLATO 10:00 Preschool 10:00 Writing Your Life 1:00 Gay, Gray & Beyond	14 9:00 Gentle Exercise 1:00 Cardio Dancing	15/16  National Hat Day
17  Martin Luther King Day MSC CLOSED	18 9:00 Gentle Exercise 10:00 Paper Bag Craft 12:30 Movie: Selma 6:00 BB4B	19 9:00 Gentle Exercise 12:30 Wii Bowling League 1:00 Spanish Conversation 1:00 Doll Making	20 9:00 Gentle Exercise 9:30 PLATO 10:00 Voices of Color - Virtual 10:00 Writing Your Life 1:00 Book Club/Meet the Author - Virtual	21 9:00 Gentle Exercise 10:00 Watercolor Art - Virtual 1:00 Cardio Dancing	22/23  National Handwriting Day
24 9:00 Gentle Exercise 12:30 Wii Bowling	25 9:00 Gentle Exercise 12:30 Movie: Destry Rides Again 6:00 BB4B	26 9:00 Gentle Exercise 11:00 Exploring Poetry 12:30 Wii Bowling 1:00 Doll Making 1:30 Spanish Conversation 5:00 LGBTQ 50+ Quarterly Social	27 9:00 Gentle Exercise 9:30 PLATO 10:00 Brain Health in Aging - Virtual 10:00 Writing Your Life 1:00 Gay, Gray & Beyond	28 9:00 Gentle Exercise 10:00 Watercolor Art - Virtual 1:00 Cardio Dancing	29/30  National Puzzle Day



608-442-1898

579 D' Onofrio Drive, Suite 10
Madison WI 53718



- IN-HOME CARE**
- Companionship • Meal Preparation
 - Light Housekeeping • Laundry
 - Medication Reminders
 - Grooming & Dressing Guidance
- PERSONAL CARE SERVICES**
- Bathing • Oral Hygiene
 - Transferring & Positioning
 - Incontinence Care & Toileting

**SPECIALIZING IN
ALZHEIMER'S, PARKINSON
AND DEMENTIA CARE**

**Comfort
Keepers®**

www.ckmadison.com

An international network of independently owned and operated offices. ©2009 CK Franchising, Inc.

**"STAY YOUNG AT HEART BY TAKING CARE OF CHILDREN IN YOUR COMMUNITY!"
BADGER BUS IS ALWAYS HIRING ACTIVE SENIORS LOOKING FOR REWARDING, PART-TIME WORK.**



BadgerBus
established 1920

**Sign-On Bonuses Available for New Drivers.
Apply online today at: badgerbus.com/jobs**

Enjoy a friendly work environment, sign-on bonuses and flexible hours!

CONNECTIONS
YOUR VISION. YOUR PATH. YOUR PARTNER.



A program of
Lutheran Social
Services

IRIS Consultant Agency (ICA)

Call toll-free: **844-520-1712** | Email: connections@lsswis.org



**We believe in the INFINITE
POSSIBILITIES of every person.**

**We support you to live your best life
at home, in your community and at work.**

LET'S GET STARTED!

*First, contact your county Aging and Disability Resource Center (ADRC).
FIND YOUR ADRC: <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>*

**my choice
WISCONSIN**

My Choice Wisconsin
is a managed care organization that
serves government-funded programs
to seniors and adults with disabilities
in over 50 Wisconsin counties.

**Visit us today:
mychoicewi.org/LPI
1-800-963-0035**

For more information on your long-term care
options, contact your local ADRC.

DHS Approved 4/22/2021

GOODMAN'S Jewelers
The Diamond Store of Madison for Generations

220 State St. • Madison, WI

608.257.3644

Store Hours

Mon. - Fri. 10 AM - 5 PM

Saturday 10 AM - 4 PM

Sunday Closed

www.goodmansjewelers.com

**Williamstown
Bay**
of McFarland

Beautiful and Spacious
1 and 2 Bedroom Apartments
Available for those age 55+

**Call
(608) 838-4248**

4809 Dale St.
McFarland, WI 53558
wbt-mcfarland@oakbrookcorp.com
www.wbtmcfarland.com

**Included In
The Rent:**
Heat, Water
& Sewer,
Parking & Storages,
Same Floor
Laundry,
Small Pets Welcome,
Beautiful
Com. Room
& Resident
Activities

Income restrictions may apply.
Professionalism managed by Oakbrook Corporation

We Make Medicare Uplifting
Call for an appointment today!

**INFORMED
CHOICE**
INSURANCE AGENCY

**608-819-6311
877-446-3676**

34 Schroeder Ct Ste 240 – Madison
www.informedchoice.com

MEDICARE



This is an advertisement for insurance. Neither Informed Choice or its
agents are connected with the Federal Medicare program. IC111016

**WICKSHIRE
MADISON**

**\$250
OFF**
your BSR
for the 1st year
when you mention this ad



1601 Wheeler Rd, Madison, WI 53704 • (608) 496-8707
wickshireseniorliving.com/communities/madison

**Whitcomb
SQUARE**

Senior (55+) Apartments

*In Wooded Orchard Ridge
West Madison*

Rent includes HEAT & Garage.

KellerApartments.com

Office: 608-227-6543 • Cell: 608-577-2451



ALL 2 BR APARTMENTS

KELLER
Real Estate Group



For ad info. call 1-800-950-9952 • www.lpcommunities.com

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

HEALTH & WELLNESS

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

Is It Really 2022 already?

It is hard to believe that we are ushering in 2022. Our lives have been forever altered by the ongoing pandemic, and new behaviors and strategies are becoming our new normal. Hopefully you find yourself in good health and good spirits.

Winter and the holidays can bring on bouts of depression and isolation, especially for older people. It is harder to see people, go places or get exercise when you are cooped up in a house or apartment due to weather or COVID-19. That's why it is important to reach out to other folks even when you don't feel like it. You can call, write a letter, email, use social media or even Zoom. If you are feeling the strain of isolation, it's almost certain your friends are too.


Many people are really tired of Zoom and similar platforms. It's so much nicer to see people in person, but your life may actually depend on those interactions if things get shut down again. Research is showing that isolation can be detrimental to physical and mental health, so stay connected.

Laughing Bodies/Dancing Minds with Li Chiao-Ping

**THURSDAYS, FEBRUARY 3 –
MARCH 24, 1-2 PM**

Come on down to the Madison Senior Center for a movement class with the remarkable Li Chiao-Ping. Her classes focus on warm-up techniques, strength and stretching exercises, core work, breathing and energy flow. No prior dance experience needed.



Li Chiao-Ping is the Sally Banes Professor of Dance & Vilas Research Professor with the UW-Madison Dance Department. She is also the Artistic Director of Li Chiao-Ping Dance. She has a special interest in working with older adults and demonstrating that dance is beautiful and rewarding at any age. Fee is \$50. Financial assistance is available. 

Gentle Exercise


MONDAY – FRIDAY, 9-9:45 AM

Exercise together by watching the Hasfit exercise program for older adults. It focuses on strength, flexibility and balance. Everyone welcome!

Gentle Yoga

THURSDAYS, 9:30-10:30 AM

NEXT 6 WEEK SESSION STARTS FEBRUARY 3

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. **Yoga Accessible for All (YAFa)** teachers dedicate themselves to making yoga safe and inviting for anyone who is interested in gaining the benefits of yoga (yafayoga.org). We will do a combination of seated and standing positions, and will always suggest modifications if a pose is not working for you. 

Cardio Dancing for 55+

FRIDAYS 1-2 PM, STARTS JANUARY 7

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



HEALTH & WELLNESS

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

Glaucoma

JANUARY IS GLAUCOMA AWARENESS MONTH

Glaucoma is a group of eye conditions that damage the optic nerve, the health of which is vital for good vision. This damage is often caused by an abnormally high pressure in your eye.

Glaucoma is one of the leading causes of blindness for people over the age of 60. It can occur at any age but is more common in older adults. Many forms of glaucoma have no warning signs. The effect is so gradual that you may not notice a change in vision until the condition is at an advanced stage.

Because vision loss due to glaucoma can't be recovered, it's important to have regular eye exams that include measurements of your eye pressure so a diagnosis can be made in its early stages and treated appropriately. If glaucoma is recognized early, vision loss can be slowed or prevented. If you have the condition, you'll generally need treatment for the rest of your life.

RISK FACTORS

- Having high internal eye pressure (intraocular pressure)
- Being over age 60
- Being black, Asian or Hispanic
- Having a family history of glaucoma
- Having certain medical conditions, such as diabetes, heart disease, high blood pressure and sickle cell anemia
- Having corneas that are thin in the center
- Being extremely nearsighted or farsighted
- Having had an eye injury or certain types of eye surgery
- Taking corticosteroid medications, especially eye drops, for a long time


For more information visit <https://www.mayoclinic.org/diseases-conditions/glaucoma/symptoms-causes/syc-20372839>.

Save the Date!

Brain Health in Aging **Virtual Presentation by Stacey Schaefer**

THURSDAY, JANUARY 27, 10AM




Our presenter, Stacey Schaefer is an Associate Scientist at the Center for Healthy Minds. She is the principal investigator of a study examining how individual differences in emotion may play a role in the development of Alzheimer's Disease; and co-principal investigator in an Emotion and Wellness Study. In addition, she leads the Center's contribution to the Midlife in the United States Longitudinal Study of Health and Well-Being (the MIDUS Neuroscience Project). 



Ballroom Basics for Balance™ or BB4B

TUESDAYS, 6-7:15 PM, JANUARY 18 – MARCH 22 (10 WEEKS), FEE \$55

We are having a party as we learn balance skills with dance. There are always options for every dance if a move is challenging. This class is for you if you want to get better at walking or moving around on various surfaces and in various environments. A completed Registration Form and advance payment is required. Send a check to **Madison Senior Center, 330 West Mifflin St, Madison, WI 53703**. Credit card payment can be over the phone or in person. Scholarships available. Call (608) 266-6581 or email lhunt@cityofmadison.com. 

Giving Matters to Seniors

Too many older adults in our community live below the poverty line, and lack the resources to meet basic needs. The pandemic has severely limited socialization and access to services. Isolation can lead to a host of other conditions that affect mental and physical health. Your donation to the Madison Senior Center Foundation supports programs city wide that assist underserved older adults in meeting basic need and providing opportunities for socialization.

PLEASE DONATE TODAY! MADISON SENIOR CENTER FOUNDATION, INC.

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

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

Donor Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Email _____ Amount Enclosed \$ _____

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

☐ In Appreciation of: _____ ☐ Other: _____

Send Acknowledgement to (Name and Address): _____

Your donation is tax deductible as allowed by law and will be acknowledged publicly. For credit card gifts visit: cityofmadison.com/senior-center/donate.

NEVER MISS A NEWSLETTER!
Sign up to have our newsletter emailed to you at
www.mycommunityonline.com



**support our
ADVERTISERS**



When life offers the gift of time...
how will you spend it?

We'll help you every step of the way.
Offering a continuum of care for seniors:

- > Independent Living
- > Assisted Living
- > Memory Care
- > Rehabilitation

Call 608-663-8600 or email madisonsales@oakparkplace.com
718 Jupiter Dr., Madison, WI 53718
oakparkplace.com/madison



**Concerned about Medicare fraud?
Give us a call...**

PROTECT your personal information
DETECT suspected fraud, abuse, or errors
REPORT suspicious claims or activities

Toll-free Helpline:
888-818-2611
Email: smp-wi@gwaar.org
gwaar.org/senior-medicare-patrol
WisconsinSeniorMedicarePatrol

Wisconsin SMP
Empowering Seniors To Prevent Healthcare Fraud



This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



COMMUNITY INFORMATION

All of Us

We are excited to announce a second year of partnership with the *All of Us* Research Program. *All of Us* is a health research program funded by the National Institutes of Health (NIH). Our goal is to help researchers better understand why people get sick or stay healthy, and others do not. This has a positive impact on the quality of healthcare.







All of Us is looking for at least one million people, nationwide, who are 18 years of age and older, to share their health data to build one of the largest, most diverse, health research databases of its kind. The mission of the *All of Us* Research Program is to accelerate health research and medical breakthroughs, enabling individualized prevention, treatment, and care for all of us.

Approved researchers will be able to use this data to conduct thousands of studies. Participants will get back information about their health, including, for some people, DNA results. With over 300,000 participants nationwide, the *All of Us* program is already making a positive impact, thanks to people like you. You can view some current data snapshots of demographics, geographical distribution, and the diversity of *All of Us* participants, www.joinallofus.org.

The older adult population is largely underrepresented in biomedical research despite being the largest group undergoing medical interventions. It is important that medical research represent all age groups. If you decide to join the *All of Us* Research Program, you will contribute to an effort to improve the health of generations to come. Check out *All of Us* for information or contact the *All of Us* team at UW-Madison at (888) 294-2661 or allofus@hslc.wisc.edu. Of course, participation in *All of Us* does not have any impact in people's ability to receive services from the Madison Senior Center.

Foodshare

FoodShare is a monthly benefit deposited on a debit-like card, the QUEST Card, to help with food purchases. It frees up money for bills, medications and other necessities. Your or someone you care about may be eligible.

You may qualify if your household's gross monthly income is less than...	
	\$2,148
	\$2,904
	\$3,660
	\$4,418
For each additional member add \$758	

Income guidelines are valid through September 2022



Applying is fast, easy, and confidential!

Call Julia **(608) 807-9006 OR**

Call the FoodShare Helpline **Toll-Free (877) 366-3635**

The FoodShare Helpline is a service of Feeding Wisconsin and its member food banks. These institutions are equal opportunity providers.



Madison Senior Center
Foundation, Inc.

330 WEST MIFFLIN STREET
MADISON WI 53703
cityofmadison.com/senior-center

NON PROFIT ORG
PRSRT STD
US POSTAGE PAID
PERMIT 1132
MADISON, WI

“We must learn to live
together as brothers
or we will perish
together as fools.”

Dr. Martin Luther King, Jr.



©LPi

“Debemos aprender
a vivir juntos como
hermanos o perecer
juntos como tontos”.

Dr. Martin Luther King, Jr.



©LPi



Find us on Facebook: [MadisonWISeniorCenter](#)



Follow us on Twitter: [@MadisonSrCenter](#)