

# THE Messenger

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JULY, 2019

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

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**MSC**  
 55+ MADISON SENIOR CENTER

## July is National Ice Cream Month

Americans have a love affair with ice cream. On average we eat more than 40 pints per year!



- ♥ Thomas Jefferson became quite fond of ice cream and actually recorded America's first ice cream recipe, which was an 18-step process.
- ♥ In 1920, the first year of prohibition, consumption of ice cream surged to 260 million gallons across the United States.
- ♥ It takes 3 gallons of milk to make 1 gallon of ice cream.
- ♥ "Brain Freeze" occurs when ice cream touches the roof of your mouth.
- ♥ Industrial production of ice cream began in 1851 in Boston.
- ♥ Ice cream cones were invented during the 1904 World Fair in St. Louis.
- ♥ The favorite ice cream topping is chocolate syrup.

To celebrate National Ice Cream Month, we will have an ice cream social once a week through the month of July.

- ♥ Tuesday, July 2 at 12:45 pm
- ♥ Wednesday, July 10 at 10:30 am
- ♥ Thursday, July 18 at 2:00 pm
- ♥ Wednesday, July 24 at 1:30 pm
- ♥ Tuesday, July 30 at 12:45 pm

**1 in 10** PEOPLE ADMIT to LICKING THE BOWL CLEAN AFTER EATING ICE CREAM  
**in 5** SHARE with their PET

## The Soundbillies

**WEDNESDAY, JULY 10, 10:30-11:15 AM**

Come out for our Ice Cream Social and enjoy music by the Soundbillies. They are a group of five musicians playing primarily old tunes, bluegrass folk and blues music. They play together to have fun, and they hope that you will too.



# 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

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266-6290, kcator@cityofmadison.com

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267-2344, jweichelt@cityofmadison.com

*Intergenerational Coordinator,* Laurie Bibo

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*Custodian,* Jeff Thompson, 266-6581,

jathompson@cityofmadison.com

*AASPIRE Intern,* Shannon Wuensch, 267-1993

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

## COMMITTEE ON AGING

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

## 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.)

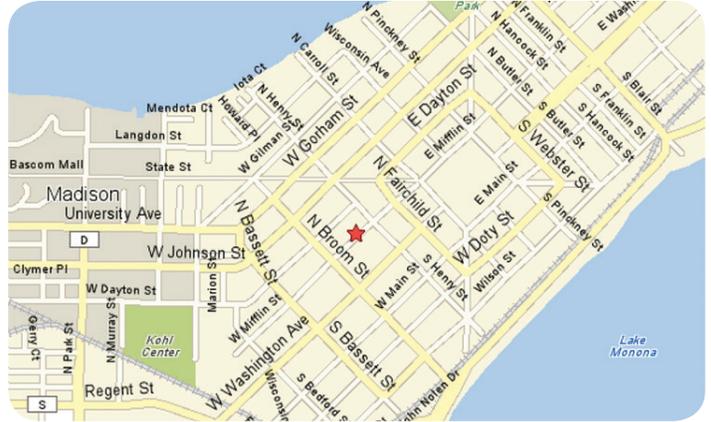
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Phone \_\_\_\_\_

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



## MISSION OF THE MADISON SENIOR CENTER

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

## Member of



## 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!

# FOR YOUR INFORMATION

## Save the Pollinators!

### MSC IS ON A QUEST TO HELP SAVE THE POLLINATORS!

Per NationalPollinatorGardenNetwork.org: “Pollinators are responsible for **1 out of 3 bites** of food we take each day, and yet pollinators are at critical point in their own survival. Many reasons contribute to their recent decline. We know for certain, however, that more nectar and pollen sources provided by more flowering plants and trees will help improve their health and numbers. Increasing the number of pollinator-friendly gardens and landscapes will help revive the health of bees, butterflies, birds, bats and other pollinators across the country.”



We are busy as bees (!) planning sustainable pollinator gardens on site. We have been fortunate to partner with a great horticulturist from Allen Centennial Gardens to advise us on plant species and placement and are excited with the progress. Our hope is to engage intergenerational volunteers to plant and maintain the gardens and to attract butterflies, ladybugs, & bees offering them a healthy environment within which to thrive.



Vibrant volunteers with an interest in gardening and the environment are always welcome. We are also interested in donations of pollinator plants and in talking to butterfly, ladybug and bee experts! Is that you? If so, give us a buzz!

*Sally Jo*

## General Policies

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

### Benefits of Bees

- ♥ Pollination
- ♥ The environment
- ♥ Honey
- ♥ Wax (Candles and other wax products)
- ♥ Antibacterial components



## Technology Tip of the Month

### SPOTTING AND AVOIDING TECH SUPPORT SCAMS

Tech support scammers use many different tactics to trick people. Spotting these tactics will help you avoid falling for the scam.

#### PHONE CALLS

Tech support scammers may call and pretend to be a computer technician from a well-known company. They say they've found a problem with your computer. They often ask you to give them remote access to your computer and then pretend to run a diagnostic test. Then they try to make you pay to fix a problem that doesn't exist.

Copy and paste this link to hear a tech support scammer. They can be very convincing. The link will take you to the Federal Trade Commission's website.

[www.ftc.gov/news-events/audio-video/video/tech-support-scam-undercover-investigation](http://www.ftc.gov/news-events/audio-video/video/tech-support-scam-undercover-investigation)

## 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. **Call today for an appointment, 608-266-6581!**

**“New technology is not good or evil in and of itself. It's all about how people choose to use it.”**

~David Wong

## Cyber Security at Home

TUESDAY, JULY 23, 10-11 AM

Two local Madison IT professionals would like to share their experiences and expertise on how we can protect ourselves from scammers who are attempting to reach out by



phone, email, and online. Scams are on the rise and the perpetrators are coming up with new ploys daily. Everywhere we look there are scammers trying to get at our personal information or trying to separate us from our life savings. Let's spend an hour together and discuss ways we can protect ourselves from these predators. Register by Friday, July 19. Minimum of 6 participants required. *R*

## POA vs POD

### Power of Attorney vs Payable on Death

WEDNESDAY, JULY 17, 10-11:15 AM



Attorney Chris Schmidt from Boardman, Clark & May will be explaining what power of attorney and payable on death really mean, and why it is important that you know the difference. As difficult as it is, these are things that you want to have in writing before you actually need them. *R*

## Sudoku

Answers located on page 17.

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

*R* = Register

# ARTS & ENTERTAINMENT

## Tuesday Movie Matinees

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

### TUESDAY, JULY 2, 1 PM

*State Fair* (1945). Starring Jeanne Crain, Dana Andrews and Dick Haymes. The Frake family attends the annual Iowa State Fair; each member of the clan has their own reason for doing so. *Comedy, Drama, Musical. Not Rated, 100 minutes.*



### TUESDAY, JULY 9, 1 PM

*Stan & Ollie* (2018). Starring Steve Coogan, John C. Reilly, Shirley Henderson. Laurel and Hardy, the world's most famous comedy duo, attempt to reignite their film careers as they embark on what becomes their swan song – a grueling theatre tour of post-war Britain. *Biography, Comedy, Drama. Rated PG. 98 minutes.*



### TUESDAY, JULY 16, 12:30 PM

*First Man* (2018). Starring Ryan Gosling, Claire Foy, Jason Clarke. A look at the life of the astronaut, Neil Armstrong, and the legendary space mission that led him to become the first man to walk on the Moon on July 20, 1969. *Biography, Drama, History. Rated PG-13. 141 minutes.*



### TUESDAY, JULY 23, 1 PM

*At Eternity's Gate* (2018). Starring William Dafoe, Rupert Friend and Oscar Isaac. A look at the life of painter Vincent van Gogh during the time he lived in Arles and Auvers-sur-oise, France. *Biography, Drama. Rated PG-13. 111 minutes.*



*Enjoy popcorn and beverages.*

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

## Senior Showcase Band

### THURSDAYS, 1-3 PM

Listen or dance to the music of the big band era and other favorites. 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.

## Tom Kastle

### TUESDAY, JULY 30, 1-2 PM

Tom Kastle has performed maritime music and stories at festivals and maritime institutions throughout the U.S. and around the world from San Francisco to Europe to New Zealand. He is a co-founder of the Chicago Maritime Festival has taught a class in sea music. He accompanies himself on guitar and concertina.



These days, his passions are even more diverse and include theatrical projects, a recording of original songs based mostly on traditional fiddle tunes, film projects, and television, where he hosted a short documentary that was nominated for an Emmy Award.

## Dvora Kaufman Exhibit



Kaufman is an immensely talented fiber artist, and is a member of the Madison Contemporary Fiber Artists. In 2018, she was awarded "Best of Show" in MSC's Artful Affair. Her exhibit will be up July 2 - August 9 and can be viewed during MSC

hours, Monday-Friday, 8:30 am-4 pm. You are invited to an evening viewing and reception at which you can meet Ms. Kaufman, scheduled for Friday, July 19, 4-6 pm.

# THE VOLUNTEER VIEW

## Volunteer Opportunities

### ♥ Special Event Planning Team

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

### ♥ Nutrition Site Kitchen Volunteer

Help older adults maintain their health. Deliver or serve meals, help clean up, and do dishes. Thursdays or Mondays from 10:30-12:30 pm.

### ♥ Musician

A great opportunity to play to small, intimate audiences. If you prefer small audiences this may be for you. Events throughout the year are enhanced by live music.

### ♥ Computer Lab

Volunteers needed to advise and assist with compute maintenance, software updates, and overall lab operations. Great opportunity to share knowledge. Time commitment is 1-2 hours two times a months. Volunteer in our computer lab for a 2-4 hours a week to help older adults gain and improve basic skills like setting up emails, using search engines, setting up social media accounts, navigating MS Word or Google Docs. Opportunities available MWF 12:30-3:45 pm and TR 10 am-2 pm.

### ♥ Leadership Volunteer

Do you have a talent or a skill you would like to share with others? Volunteers are needed to with backgrounds in art, photography, health & wellness and technology. Develop a program, lead a program or be a Program Ambassador.

### ♥ 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. You are matched 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](mailto:jweichelt@cityofmadison.com).

## Volunteer Spotlight: Shannon Wuensch

Meet Shannon Wuensch, our summer intern in marketing and program development at MSC. Shannon moved to here last summer to begin her graduate studies at UW-Madison. She is a master's candidate in the School of Human Ecology with a focus on aging and dementia; will graduate in December. She plans to stay in Madison while her fiancé finishes his law degree.



**What do you enjoy most about being an intern at MSC?** “I enjoy the opportunity to be engrained within the Madison community. Even after only living here for a year, I can tell Madison is a special place and I love being involved in positively impacting the older adults in our area.”

**What is your favorite ice cream flavor?** “I actually really enjoy making homemade ice cream! A little bit of coconut milk, honey, almond butter, and vanilla goes a long way when you have an ice cream maker.”

**Which fictional character do you wish you could meet?** “It would definitely have to be Harry Potter. I have read all seven books three times each (considering picking them up for a fourth!) and cannot count how many times I have seen the movies. I am jealous of those reading this series for the first time and the J.K. Rowling magic they are about to experience.

**Tell us something about you that will probably surprise our readers?** “I love to workout and at one time was able to deadlift 350 lbs and squat 275 lbs. I have always been active and played sports but started doing Crossfit about 4 years ago. I love the competitive and community aspects of it.

**If you could travel anywhere in the world where would you go?** “Top o’ the mornin’ to ya! If I could travel anywhere in the world, I would go to Ireland. My middle name is McNally and I joke around with my siblings that I am more Irish than any of them because of it.

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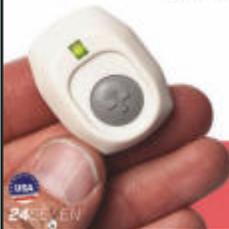


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# EDUCATION & ENRICHMENT

## Senior Beat

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

AARP is often know for the AARP card that we are all eligible for when we turn 50, but how else are they positively affecting the lives of older adults. Our two guests in July are both active in the community and do volunteer work that connects them to AARP.

Monica Kamal Spaeni is the founder of Access Ability Wisconsin, and organization that makes outdoor wheelchairs and adaptive sporting equipment available to people with physical disabilities to use free of charge. In 2018, Monica was an AARP Purpose Prize winner because of the incredible work she has done through Access Ability Wisconsin.

Our second guest, Patrice Blanchard, is involved with the AARP Smart Driver Course. Most of us took Driver’s Education around the age of 16, but our roads and traffic laws have changed over the years. The AARP Smart Driver™ course will help you refresh your driving skills. Learn more about this course and the data that backs up the importance of a refresher course.

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).

## LGBTQ+ Senior Alliance Summer Picnic

**THURSDAY, JULY 18, 5-8 PM**

**VILAS PARK SHELTER, 1602 VILAS PARK DR**

A summer evening cookout across from beautiful Lake Wingra. Come a little early and take advantage of the proximity of the Henry Vilas Zoo. Bring lawn games to play. Plenty of parking available, and as always, there will be great food and conversation. Friends and allies of the LGBTQ+ community are encouraged to attend. Recommended \$10 donation for the meal.

## Cycling Without Age and the Madison Senior Center present Trishaw Rides

**WEDNESDAY, JULY 24, 10 AM – 12 NOON**

This summer we will be offering trishaw rides around downtown Madison. We also want your feedback about the trishaws. Would you like to take a ride on a regular basis, would you utilize one as a mode of transportation to or from the senior center, would you like to volunteer to be a pilot? Call 608-266-6581 to sign up for a trishaw ride. *R*



*Cycling Without Age is a movement started in Denmark, in 2012. A man there wanted to help the elderly get back on their bicycles, but he had to find a solution to their limited mobility. **The answer was a trishaw.** His idea has now spread to 40 countries around the world. Trishaws are e-bikes pedaled by volunteer pilots. Bike helmets recommended. All people should have “the right to wind in their hair; the right to experience the city and nature close up from the bicycle.”*

## Foster Grandparent Program

**TUESDAY, JULY 16, 10:45 AM**

The Foster Grandparent program that is run by RSVP of Dane County, is a real treasure for our community. Learn more about this program and who is eligible to participate by attending this 30-minute presentation.

# EDUCATION & ENRICHMENT

## Avoid Heat Related Illness

According to the Centers for Disease Control and Prevention:

- ♥ Limit exposure outdoors during hot days
- ♥ Air conditioning is the best way to cool off
- ♥ Drink fluids, even if you don't feel thirsty, and avoid alcohol
- ♥ Wear loose, lightweight clothing and a hat
- ♥ Replace salt lost from sweating by drinking fruit juice or sports drinks
- ♥ Avoid spending time outdoors during the hottest part of the day, from 11 am to 3 pm
- ♥ Wear sunscreen; sunburn affects the body's ability to cool itself
- ♥ Pace yourself when you run or otherwise exert your body

## LGBTQ+ 50+ Alliance Coffee Meet Up

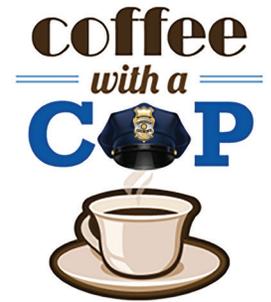
MONDAY, JULY 15, 2-4 PM

Warner Park, 1625 Northport Dr. 50+ Join us monthly to discuss whatever is on your mind. Free coffee.

## Coffee with a Cop

TUESDAY, JULY 9, 10-11 AM

On the second Tuesday of the month, Officer Casey will be dropping by MSC to chat, answer questions, and get to know people. Enjoy free coffee and cookies while getting to know her and other MSC participants.



## Meet the Author: Fall 2019

We are excited to announce our fall line-up of authors. Watch for more information in the coming months.

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

# MSC ANNUAL SUMMER PICNIC

THURSDAY, AUGUST 22, 3 – 6 PM

Volunteer, donors, participants and family members are invited to this informal summer gathering. Enjoy a picnic lunch (for a nominal fee), socialize with friends, and maybe even get a little dancing in. The picnic will happen rain or shine. If the weather does not cooperate, we will picnic inside the Senior Center. Listen, sing and dance to fun musical entertainment by Blue Accordion.

# Activity & Meal Calendar - July, 2019

MONDAY	TUESDAY	WEDNESDAY
<p><b>1</b></p> <p>9:00 Gentle Exercise 9:00 Spanish 1 MC 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO</p> <p><b>ROASTED TURKEY IN GRAVY VEGGIE STRIPS IN GRAVY (MO)</b></p>	<p><b>2</b></p> <p>9:00 Gentle Exercise 9:00 Computer Lab 11:00 Table Tennis <b>12:45 Ice Cream Social</b> <b>1:00 Movie: State Fair</b></p> <p><b>TACO PASTA CASSEROLE VEGIE PASTA CASSEROLE (MO)</b></p>	<p><b>3</b></p> <p><b>9:00 Foot Care Clinic</b> 10:00 PLATO 11:30 Table Tennis 11:30 Computer Lab 12:00 Rise of Rome 12:30 Wii Bowling 1:30 Spanish Conversation</p> <p><b>SAUCY BBQ RIBS* BLACK BEAN PATTY (MO)</b></p>
<p><b>8</b></p> <p>9:00 Gentle Exercise 9:00 Spanish 1 MC <b>10:30 Knit 1, Purl 2</b> 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO</p> <p><b>MEATBALLS IN GRAVY* VEG MEATBALLS/VEG GRAVY (MO)</b></p>	<p><b>9</b></p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 Coffee with a Cop 11:00 Table Tennis <b>1:00 Movie: Stan &amp; Ollie</b></p> <p><b>SLOPPY JOE ON WW BUN CHICKPEA SLOPPY JOE (MO)</b></p>	<p><b>10</b></p> <p>10:00 PLATO <b>10:30 Ice Cream Social</b> <b>10:30 Soundbillies</b> 11:30 Table Tennis 11:30 Computer Lab 12:00 Rise of Rome 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO <b>6:00 Latinx Discussion Group</b></p> <p><b>CHICKEN MACARONI SALAD VEGGIE MAC SALAD (MO)</b></p>
<p><b>15</b></p> <p>9:00 Gentle Exercise 9:00 Spanish 1 MC 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO</p> <p><b>LEMON BAKED FISH HUMMUS AND PITA (MO)</b></p>	<p><b>16</b></p> <p>9:00 Gentle Exercise 9:00 Computer Lab <b>10:45 Foster Grandparent Program</b> 11:00 Table Tennis <b>12:30 Movie: First Man</b></p> <p><b>ITALIAN SAUSAGE ON WHITE BUN* VEGGIE BURGER (MO)</b></p>	<p><b>17</b></p> <p>10:00 PLATO <b>10:00 POA vs POD</b> <b>10:00 Humane Society</b> 11:30 Table Tennis 11:30 Computer Lab 12:00 Rise of Rome 12:30 Wii Bowling 1:30 Spanish Conversation <b>1:45 Massage</b></p> <p><b>CHILI VEGGIE CHILI (MO)</b></p>
<p><b>22</b></p> <p>9:00 Gentle Exercise 9:00 Spanish 1 MC 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO</p> <p><b>CHICKEN STEW VEGGIE STEW (MO)</b></p>	<p><b>23</b></p> <p>9:00 Gentle Exercise 9:00 Computer Lab <b>10:00 Cyber Security</b> 11:00 Table Tennis <b>12:45 Ice Cream Social</b> <b>1:00 Movie: At Eternity's Gate</b></p> <p><b>BEEF POT PIE W/BISCUIT TOP VEGGIE CRUMBLE POT PIE (MO)</b></p>	<p><b>24</b></p> <p><b>10:00 Trishaw Rides</b> 10:00 PLATO 11:30 Table Tennis 12:00 Rise of Rome 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO <b>1:30 Ice Cream Social</b> <b>6:00 Latinx Caregivers</b></p> <p><b>CHICKEN AND GRAVY VEGGIE STRIPS IN VEGGIE GRAVY (MO)</b></p>
<p><b>29</b></p> <p>9:00 Gentle Exercise 9:00 Spanish 1 MC 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO</p> <p><b>CHICKEN SALAD VEGGIE WRAP (MO)</b></p>	<p><b>30</b></p> <p>9:00 Gentle Exercise 9:00 Computer Lab 11:00 Table Tennis 12:15 Red Hats <b>12:45 Ice Cream Social</b> <b>1:00 Tom Kastle</b></p> <p><b>CHEESEBURGER MULTIGRAIN BURGER (MO)</b></p>	<p><b>31</b></p> <p>10:00 PLATO 11:30 Table Tennis 11:30 Computer Lab 12:00 Rise of Rome 12:30 Wii Bowling 1:30 Spanish Conversation</p> <p><b>EGG SALAD SANDWICH</b></p>

THURSDAY	FRIDAY
<p><b>4</b></p> <p><b>INDEPENDENCE DAY</b></p> <p><b>SENIOR CENTER CLOSED</b></p> 	<p><b>5</b></p> <p>9:00 Gentle Exercise                      10:00 Painting – MC Class                      11:30 Table Tennis                      11:30 Computer Lab                      12:30 Wii Bowling</p> <p><b>CHICKEN SANDWICH/WW BUN OR TUNA SALAD EGG SALAD (MO)</b></p>
<p><b>11</b></p> <p>9:00 Gentle Exercise                      9:00 Computer Lab                      10:00 Chair Yoga                      11:30 Table Tennis                      1:00 Senior Showcase Band                      1:00 Gay, Gray &amp; Beyond</p> <p><b>MEAT SAUCE &amp; SPAGHETTI MARINARA SAUCE &amp; SPAGHETTI (MO)</b></p>	<p><b>12</b></p> <p>9:00 Gentle Exercise                      10:00 Painting – MC                      11:30 Table Tennis                      11:30 Computer Lab                      12:30 Wii Bowling                      1:00 SOS Senior Council</p> <p><b>PORK LOIN/GRAVY OR CHICKEN TACO SALAD* TOMATO/CHEESE SANDWICH (MO)</b></p>
<p><b>18</b></p> <p>9:00 Gentle Exercise                      10:00 Computer Lab                      10:00 Chair Yoga                      11:30 Table Tennis                      1:00 Senior Showcase Band                      2:00 Ice Cream Social                      5:00 LGBTQ+ Summer Picnic at Vilas</p> <p><b>PULLED PORK ON WW BUN* BLACK BEAN BURGER (MO)</b></p>	<p><b>19</b></p> <p>9:00 Gentle Exercise                      10:00 Painting – MC                      11:30 Table Tennis                      11:30 Computer Lab                      12:30 Wii Bowling</p> <p><b>BAKED CHICKEN OR CAPRESE SALAD VEGGIE WRAP(MO)</b></p>
<p><b>25</b></p> <p>9:00 Gentle Exercise                      10:00 Computer Lab                      10:00 Chair Yoga                      11:30 Table Tennis                      1:00 Senior Showcase Band                      1:00 Gay, Gray &amp; Beyond</p> <p><b>FISH SANDWICH ON WW BUN GARDEN BURGER (MO)</b></p>	<p><b>26</b></p> <p>9:00 Gentle Exercise                      10:00 Painting - MC                      11:30 Table Tennis                      11:30 Computer Lab                      12:30 Wii Bowling</p> <p><b>MEATBALLS IN MARINARA OVER PENNE OR 7 LAYER SALAD* VEGGIE MEATBALLS IN MARINARA (MO)</b></p>
<p><b>JOIN US FOR LUNCH! SERVING 11:30 AM, MONDAY-FRIDAY.</b></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><b>Meatless Option (MO) will be listed as the second option. Entrees with pork have an *.</b></p>	

July...

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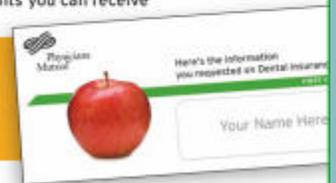
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# CLUBS & GROUPS / GAMES

## AA (Alcoholics Anonymous)

WEEKDAYS, 12-1 PM

## Knit 1, Purl 2

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



If you like to knit or crochet, we meet once a month at the Madison Senior Center and work on service projects for RSVP. Yarn and needles provided, or you may use your own.

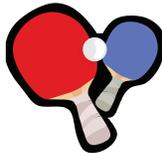
## Rediscover Literature

WEDNESDAYS, 9 AM

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

## Table Tennis

MONDAY, WEDNESDAY, THURSDAY &  
FRIDAY, 11:30 AM-1 PM  
TUESDAY, 11 AM-12:30 PM



Meet friends and find challenging partners.

## Pool - Billiards

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



## Wii Bowling

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



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

Do you have a group of primarily 55+ folks that would like to meet at the Senior Center?  
Call Laura at 267-8650 for more information.  
It is a great way to attract new members.

## Grupos de apoyo

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

2ND WEDNESDAY, 5:45-8 PM

LATINX DISCUSSION GROUP

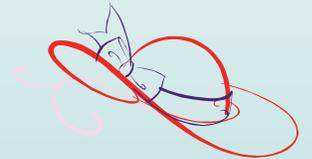
4TH WEDNESDAY, 5:45-8 PM

LATINX GRANDPARENT SUPPORT GROUP

Doesn't meet in March, June or September.

## Red Hat Mamas

LAST TUESDAY OF THE  
MONTH, 12:15 PM



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

## Gay, Gray & Beyond

2ND & 4TH THURSDAY, 1-3 PM

GG&B is a discussion group for those fortunate enough to have arrived, that is, for those who know the obstacles, but also recognize that there have been joys. Those who look beyond the closet. Let's get together to consider our individual selves, our unique strengths and the nature of our ever-changing world. Sponsored by the LGBT Senior Alliance.

## The SOS Senior Council

2ND FRIDAY, 12 PM

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

## Spanish Conversation

WEDNESDAYS, 1:30-3 PM

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

## Gentle Exercise

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

Exercise 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 of SSM Health at Home. Bring 2 towels. **Appointment recommended;** call 266-6581. **Cost is \$22.** 

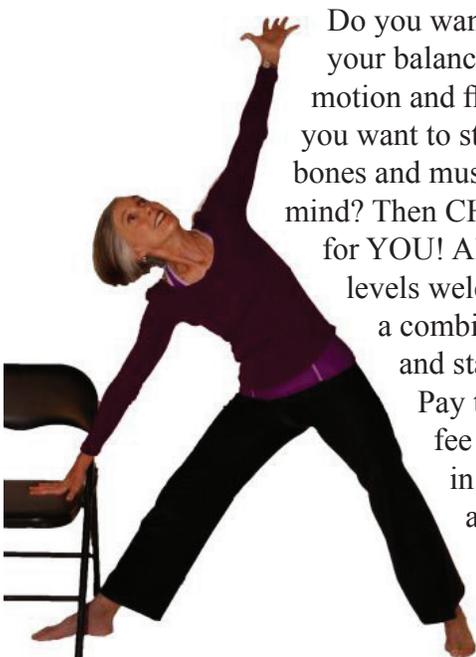
## Massage

**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.

## Mind Over Matter: Healthy Bowels, Healthy Bladder

New free educational website for women:  
[www.healthybowelandbladder.org](http://www.healthybowelandbladder.org).

Did you know that:

- ♥ 1 in 4 women have issues with bladder or bowel control before menopause?
- ♥ 1 in 2 women experience incontinence after menopause?

While these issues are very common, they don't have to be. There are things we can do to prevent or improve symptoms—without medication or surgery. By doing low-impact exercises and making small changes to how we eat and drink, we can improve bladder and bowel health and prevent leakage.

“Mind Over Matter: Healthy Bowels, Healthy Bladder” is an educational program designed to give women the tools they need to prevent or control bladder and bowel symptoms. Scientific studies showed that attending this program in-person reduced or even cured symptoms for many Wisconsin women.

Since not everyone has access to the in-person Mind Over Matter program, researchers at the UW-Madison created a website version of “Mind Over Matter: Healthy Bowels, Healthy Bladder.”

Visit [www.healthybowelandbladder.org](http://www.healthybowelandbladder.org) to learn more. Even if you don't have leakage symptoms now, it's never too early to start thinking about your bladder and bowel health!

## Healthy Living with Chronic Pain

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

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

## Stand Up and Move More Project

The UW-Madison Department of Kinesiology is conducting research to examine whether a Stand Up & Move More health education workshop improves health. We are helping them find people like you who might be willing to try the workshop and give them feedback. The workshop is free and includes: attending a workshop (consisting of meetings held once/week for 4-weeks), assessments, body scanning, blood sampling, and providing feedback about the program.

They are specifically looking for people who:

- ♥ Are older than 55 years of age who are noticing that getting up from a chair/bed or climbing stairs is becoming more difficult
- ♥ Live in a home or apartment in Dane County
- ♥ Are healthy (no hospitalizations in the past month or uncontrolled medical conditions such as hypertension, heart disease, cancer, etc., or severe arthritis)
- ♥ Spend 6 hours or more sitting during the day/ evening
- ♥ Are able to stand up without assistance from another person

Those selected will receive a gift card for up to \$70 for completing the program.

If you think you fit their criteria and are interested in participating in the workshop, you can call 262-2457 and mention the Stand Up & Move More study. They will give you the details, determine if you're eligible to participate, and let you decide whether you want to participate.



**“A lot of the symptoms that we associate with old age—such as weakness and loss of balance—are actually symptoms of inactivity, not age.”**

*~ Dr. Alicia I. Arbaje, MD, MPH  
Assistant Professor of Geriatrics and Gerontology  
John Hopkins University School of Medicine*

## Family Caregiver Education Programs

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

### ♥ Understanding & Responding to Behavior Changes

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

### ♥ Safety at Home

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



## Ballroom Basics for Balance (BB4B)

### Beginner & Intermediate

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

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



# SERVICES & SUPPORT

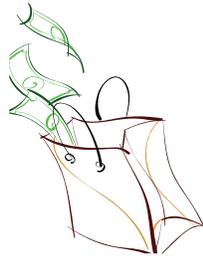
## Open Computer Lab

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

## 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](mailto:lhunt@cityofmadison.com).



## Free DVD Check Out



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

## Great Courses to Check Out

Over the last few years we have offered a number of courses that are produced by the company Great Courses. These are 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.

## Medical Equipment Loan Closet

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

## Home Chore Program

Do you want to stay in 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 Southside 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.



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

# COMMUNITY OUTREACH

## Madison College Classes

Register at (608) 258-2310 or visit <http://madisoncollege.edu> and click MyMadisonCollege. Register EARLY; classes are cancelled if there are fewer than 10 participants one week prior to start date. All fees are paid to Madison College.



Class #	Class Title	Day	Start Time	End Time	Weeks	Senior Fees	Start Date	End Date
11111	Photog Adv: SLR Shoot & Wrkshp	S	8:00 AM	2:30 PM	1	\$36.00	7/13/2019	7/13/2019
11259	Macarons	T	6:00 PM	9:00 PM	1	\$37.00	7/16/2019	7/16/2019
11204	Perfect Pizza's	M	6:00 PM	8:00 PM	1	\$19.00	8/19/2019	8/19/019

## Summer Concerts

### WARNER PARK, 6-7:30 PM

- July 8 **The Lower 5th** (Folk, rock, R&B, reggae, country and bluegrass, dance)
- July 15 **Pupy Costello** (Honky Tonk/Country)
- July 22 **Acoplados** (Folk Afro Latin)

FREE Community Event. Refreshments sold 5-7 pm. Proceeds help to fund NewBridge programs and case management services.

## AARP Driver Safety Smart Driver

### FRIDAY, AUGUST 2, 9 AM-1 PM

Good Shepherd Church, 5701 Raymond Rd. Course fee: \$15/AARP members and \$20/non-members. To register call Michelle at (608) 512-0000 Ext. 4008.

## Heart Health Support Group

### THURSDAY, JULY 18, 2-4 PM

Catholic Multicultural Center Classroom #4, 1862 Beld St. Limited transportation available. For information call Ericka at (608) 512-0000 Ext. 2007.

## African American Diabetes Support Group

### MONDAY, JULY 8, 12-2 PM

Burr Oaks Senior Apartments, 2417 Cypress Way Limited transportation available. For information call Ericka at (608) 512-0000 Ext. 2007.

## Card Games

Warner Park, 1625 Northport Dr. Call Ruth at (608) 512-0000 Ext. 3012 for more information. All skill levels welcome.

- ♥ Euchre: Mondays, 8:30-11:30 am
- ♥ Kings Corner: Mondays, 10:30 am
- ♥ Sheepshead: Wednesdays, 1-3 pm
- ♥ Mahjong: Thursdays, 1 pm

## Day Trip to Galena, Illinois

### WEDNESDAY, AUGUST 21, 8 AM-6 PM

Join us a Badger Motor Coach to beautiful and historic Galena, IL. This is for those who can walk distance. Fee of \$35 includes transportation only and is due at registration. To register call Michelle by July 10 at (608) 512-0000 Ext. 4008.

## Sudoku

### Answers

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

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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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- ♥ In Memory of Helen Aarli *by Christine Beatty*
- ♥ In Memory of Mary Veitenhans *by Christine Beatty*

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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](http://cityofmadison.com/senior-center/donate).



## Can't Afford to Write a Big Check?

Even a small donation can have great impact. Five dollars can pay for table tennis balls for the 20+ seniors who enjoy playing every week. Giving of yourself by volunteering is another way to have a positive impact. Volunteers improve the quantity and quality of services we are able to provide.





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## Summertime Fun With Animals

**Attention:** Grandparents, Senior Childcare Providers, drivers of seniors, and children ages 4-10 who hang out with them! Join us for two special programs designed for you!

### **Animal Kindness**

**Wednesday, July 17**

Presented by Dane County Humane Society. Come meet and learn about furry and not so furry animals!



### **“Zoo to You!”**

**Wednesday, August 21**

Presented by Henry Vilas Zoo staff and volunteers. Come meet and learn about special zoo animals!



Both programs are at the Madison Senior Center, 330 W. Mifflin St. Pre-registration is recommended due to a limited number of seats. Call (608) 266-6581 to RSVP. 



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