

THE Messenger

VOLUME 37, NUMBER 6

JUNE, 2020

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



Finding a New Normal

Throughout this issue you will find information about ways to connect with people and continue living with some degree of normalcy. If you have questions, our staff are checking messages daily and responding to emails.

Pollinator Week is June 22-28, 2020

Pollinator Week is a time to celebrate pollinators and spread the word about what you can do to protect them. Pollinator Week was initiated and is managed by Pollinator Partnership.



Thirteen years ago the U.S. Senate’s unanimous approval and designation of a week in June as “National Pollinator Week” marked a necessary step toward addressing the urgent issue of declining pollinator populations. Pollinator Week has now grown into an international celebration of the valuable ecosystem services provided by bees, birds, butterflies and beetles.

This year we will begin to incorporate pollinator plants into the landscape at MSC. We’d love your help! Pollinator plants will attract butterflies, ladybugs and bees who in turn will help sustain our food supply. If you have an interest in gardening or the environment we’d love to include you in the process. If you have extra pollinator plants at home, we’d love to plant them at MSC where your legacy as an environmentalist will live on!

Golf Outing at Cherokee – Get your team together!

We are excited to announce the first annual Madison Senior Center Golf Tournament hosted by Cherokee Country Club to be held August 10, 2020. Madison community members will hit the links to have fun, raise money for the Madison Senior Center Foundation, and learn about programs and services provided by MSC.

Proceeds from this event will go towards upgrading audiovisual equipment. Many individuals who utilize our space and participate in programs, activities and classes experience hearing and vision loss. Therefore, it is critical that the equipment we use provide accessibility to all. If you are interested in entering, contact John Weichelt at jweichelt@cityofmadison.com.

This issue mailed out at no charge compliments of the Madison Senior Center Foundation. Subscribers will have an extra month added on to their subscription.

FOR YOUR INFORMATION

Directory

Phone.....(608) 266-6581

FAX.....(608) 267-8684

Website..... madisonseniorcenter.org

Hours..... Monday-Friday, 8:30 am-4 pm

SENIOR CENTER STAFF

Senior Center & Senior Services Manager,

Sally Jo Spaeni

267-8652, sspaeni@cityofmadison.com

Office/Rental Manager, Karen Cator

266-6290, kcator@cityofmadison.com

Program Coordinator, Laura Hunt

267-8650, lhunt@cityofmadison.com

Volunteer Coordinator, John Weichelt,

267-2344, jweichelt@cityofmadison.com

Intergenerational Coordinator, Laurie Bibo

267-8673, lbibo@cityofmadison.com

Reception Coordinator, Gary Flesher

267-8651, gflesher@cityofmadison.com

Custodian, Jeff Thompson, 266-6581,

jathompson@cityofmadison.com

"The Madison Senior Center promotes successful aging."

AA/EOC Employer and Service Provider

COMMITTEE ON AGING

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



MISSION OF THE MADISON SENIOR CENTER

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

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!

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)

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

FOR YOUR INFORMATION

Now more than ever our ability to be flexible, creative and innovative is being tested. With Safer at Home restrictions in place many of us have been sheltering with less social interaction than usual. This can be challenging as we transition from one way of life to another, all for the common good. Thank you for your efforts to flatten the curve to keep everybody safe and healthy!



Many people I've talked to are keeping busy with jigsaw puzzles, word searches and crossword puzzles and others are catching up on their reading or binging on Netflix. The nice days have allowed us to get out in nature and rejuvenate that way. Others are participating in safe social distancing activities like our Pandemic Pen Pal program or getting together on Zoom for coffee. Whatever your choice of activities are I hope you are doing well. Know that we are thinking of you and looking forward to seeing you again at MSC.

When we do resume hours at MSC there will likely be a few changes to adapt to. For instance, all staff and participants will be wearing facemask coverings and maintaining 6' of social distancing. It is likely that our in house programming will be some of the last to resume because we know that group gatherings put older adults at risk.

We are exploring offering more classes and activities remotely and will have more information as the path to change becomes clearer. Stay tuned for MSC Post COVID-19!

Sally Jo

What is Virtual Programming?

In different places throughout the Messenger you will see references to "virtual" or "remote" programs. You may also be hearing that from other places that you were going to for programs prior to the "Shelter at Home" order. Virtual programs are taught online, and to participate you need to have an internet connection and a device that connects to the internet. On pages 4 and 8 you will find more detailed information about virtual programming.

For the next 3-7 months, all of our programming will be done virtually. We will be adhering to the Forward Dane plan which recommends that older adults shelter in place until phase 3, and social distancing of 6 feet would be difficult with in person programs.

We hope that you decide to join us through one of our virtual programs because we really want to hear about how you are doing. If you don't have a device, check out page 8 to learn about some options we have put together for you.

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.

Did an ID Thief Steal Your Stimulus Payment? Report It To Us

May 4, 2020 by Seena Gressin
Attorney, Division of Consumer & Business Education, FTC

Do you think your economic impact payment has landed in the hands of an identity thief? You can report it to the FTC and the IRS at the same time. Here's what to do.

Visit IdentityTheft.gov, the government's one-stop resource for people to report identity theft and get a personal recovery plan. Click "Get started." The next page asks, "Which statement best describes our situation?" Click the line that says, "Someone filed a Federal tax return—or claimed an economic stimulus payment—using my information."

IdentityTheft.gov will ask you some questions so that it can complete an IRS Identity Theft Affidavit (IRS Form 14039) for you, and submit it electronically to the IRS. You can include a personal statement too, to tell the IRS details about how your identity was misused to claim your economic impact payment. You also can download a copy of your completed Affidavit for your files. And, IdentityTheft.gov also will give you a recovery plan with steps you can take to help protect yourself from further identity theft.

Use IdentityTheft.gov to report suspected identity theft only. If you have **other** concerns about your economic impact payment, visit the IRS's Economic Impact Payment Information Center and Get My Payment Frequently Asked Questions pages for detailed, and frequently-updated, answers to questions. You also can find information here about payments that the IRS may have deposited to an account you don't recognize.

Whether you're waiting for your payment, or even if it's already arrived, keep alert for scammers trying to steal your personal information, your money, or both. Remember, the IRS will not call, text you, email you, or contact you on social media asking for personal or bank account information—even related to the stimulus payments. Also, watch out for emails and texts with attachments or links claiming to have special information about the payments. They're fake, and they may be phishing for your personal information or might download malware to your computer, tablet, or phone.

Computer Lab

When the building reopens the computer lab will have new guidelines and time restrictions that allow for CDC recommendations in regards to social distancing and disinfecting surfaces. We appreciate your patience and understanding. The safety and well-being of participants, volunteers and staff is of the utmost importance to us.

Census

It's not too late to complete your 2020 census. The data generated from the census will effect government funding allocations for the next 10 years. Fill it out online at my2020census.gov or at 844-330-2020.

What is Zoom?

When I first heard people talking about Zoom meetings, I was confused. As far as I knew Zoom was a kids' show on PBS back in the 70's. Fast forward to today and Zoom is an American communications technology company that provides online chat and video services similar to the better known service of Skype.

Zoom was founded in 2011 under a different name, but has been known as Zoom since 2012. The company has been steadily growing and became a public company in April 2019. It saw a major increase with the onset of the COVID-19 pandemic as we all scrambled to adapt to remote work and distance education.

Zoom is the platform that we chose to use for our remote programs. There are several other platforms that you may encounter at other organizations. There shouldn't ever be a fee to participate in a program or meeting that someone else has set-up. We hope that you will join us in some of our online, or virtual programs.

ARTS & ENTERTAINMENT

Tuesday Movie Matinees

SUSPENDED DUE TO COVID-19

Join us Tuesdays for a movie and popcorn. Selections are subject to change depending on availability.

Senior Showcase Band

SUSPENDED DUE TO COVID-19

1ST & 3RD THURSDAYS, 1-3 PM

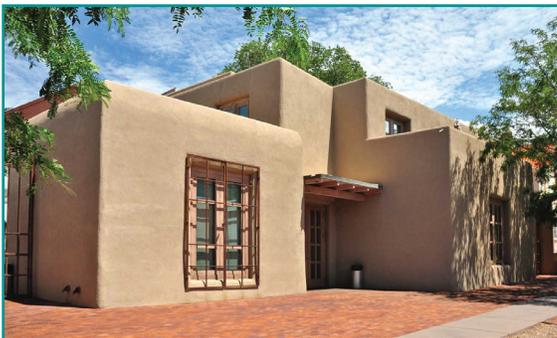
Listen or dance to the music of the big band era and other favorites. \$2 per person.

DJ Dance Party

SUSPENDED DUE TO COVID-19

2ND THURSDAY, 1 - 3 PM

Rock the House Entertainment DJ, Ted Zoromski, will play tunes from the 60's, 70's and 80's. \$2 per person.



Georgia O'Keeffe Museum, Santa Fe, NM



J. Paul Getty Museum, Los Angeles, CA

Free Museum Tours of Art Exhibit

Enjoy fine art from around the world from the comfort of your home. Links will be posted on our website as well if it's easier for you to simply click on a link.

DETROIT INSTITUTE OF ARTS

Get your fill of modern art, realism, impressionism and more with Detroit Institute of Arts' online exhibits. There's also an exhibit that features Frida Kahlo. <https://artsandculture.google.com/partner/detroit-institute-of-arts?hl=en>

GEORGIA O'KEEFFE MUSEUM

Five virtual exhibits walk you through the inspiration behind Georgia O'Keeffe's greatest works, from modernism to watercolors. She's affectionately dubbed the "Mother of American Modernism," and these pieces truly take our breath away. artsandculture.google.com/partner/georgia-o-keeffe-museum?hl=en

GETTY MUSEUM

With two online exhibits, the J. Paul Getty Museum is loaded with color, history and life lessons we can all take home. artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en

THE LOUVRE

France's most famous museum is offering four virtual tours: The Advent of the Artist, Egyptian Antiquities, Remains of the Louvre's Moat and Galerie d'Apollon. www.louvre.fr/en/visites-en-ligne#tabs

VAN GOGH MUSEUM

Go for a walk through Van Gogh's collection of famous art pieces with this virtual exhibit. www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.1.html

THE VATICAN MUSEUM

Take a trip to Vatican City without even leaving your house with this virtual tour featuring Raphael's Rooms, the Sistine Chapel and the New Wing. www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.1.html

Volunteering During a Pandemic

Seniors in our community are under a lot of stress being at higher risk than most to become seriously ill COVID-19. Please consider these volunteer opportunities which will provide immediate relief.

♥ Pen Pal Program

This Program is open to anyone that might enjoy some friendly communication. Begin a friendship via email or regular mail. If you are interested contact: jweichelt@cityofmadison.com or call (608) 266-6581.

♥ NewBridge Madison

Our community partner, NewBridge Madison, is looking for volunteers to deliver food pantry groceries and emergency supplies to older adults. Call (608) 512-0000 to volunteer.

♥ SSM Meals on Wheels

The demand for nutritious meals has increased dramatically. Many of the regular volunteers for this program are elderly themselves and no longer able to safely volunteer. To volunteer, call (608) 223-7952.

Volunteer Opportunities

Once MSC opens again, we will still have volunteers that prefer or will be medically advised to refrain from volunteering. If you are able to volunteer at MSC, check out the opportunities below.

♥ Front Desk Reception

Meet, greet and help people by volunteering weekly at the front reception area. Answer and route telephone calls. Provide accurate information about programs and register participants. MUST have computer/phone/office skills and experience. Shifts are 4 hours, weekly Mon - Fri. Social distancing measures will be in place.

♥ Special Event & Fundraising Team

Join a team of enthusiastic volunteers to plan, execute, and evaluate special events and fundraising efforts. Use your personal connections to secure financial resources and gifts to support our Senior Center.

♥ Marketing and Media Team

Do you have experience with marketing, media, or advertising? MSC is looking for enthusiastic volunteers to help tell our story of an inclusive community where older adults thrive.

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

Volunteer Spotlight

THANK YOU PRESCHOOL VOLUNTEERS!

Our intergenerational preschool program is one of the longest running and most successful programs the Senior Center has ever had. Ms. Theresa from St. James Pre-Kindergarten program brings children to visit the senior center once a month during the school year. She has been doing this for over 20 years. The children are matched up with older adult volunteers to work together on a craft project.

This program's real success can be attributed to the volunteers who have participated over the years. Our Older Adult volunteers bring genuine enthusiasm, creativity and most importantly patience and caring to the children that visit us. The craft project is truly secondary to the relationships that are formed between the children and adult volunteers. Everyone is enriched by the interactions and shared experiences.

More recently, the program evolved with the addition of college students as partners in the program. The student volunteers have further enhanced the program by adding dance and yoga to some of our sessions.

This unique and special program exists solely because of the incredible volunteers who make the commitment to be there every month. We thank and appreciate every one of you who through the years have created masterpieces, memories and magic! In Ms. Theresa's own words: "We truly have become a multi-generational family".

GOLF OUTING AT CHEROKEE

Madison Senior Center Golf Tournament hosted by Cherokee Country Club to be held August 10, 2020 was planned by a committee of VOLUNTEERS! It is on track to raise thousands of dollars for the Madison Senior Center Foundation. The proceeds from this event is targeted for technology upgrades at the Senior Center.

When life offers the gift of time...

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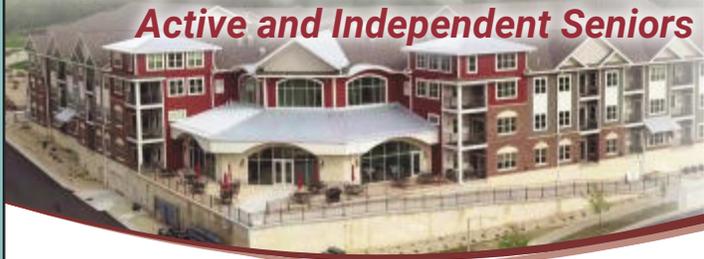
Reach the Senior Market
ADVERTISE HERE

CONTACT

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

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

EDUCATION & ENRICHMENT

Virtual Programs

Introduction

Virtual or remote programs are taught online, and they can be a real advantage if you don't like driving and paying for parking. To participate you need to have an internet connection and a device that connects to the internet. You can use a desk top computer, a laptop, a tablet or a smart phone.

The program leader uses a third party platform like Zoom, GoToMeeting or Microsoft Teams. At the Senior Center, we will be using Zoom. You register in advance for the program by emailing Laura Hunt (lhunt@cityofmadison.com), and then she sends you an invite via email. By clicking on the link in the email, you are allowed to join the program. You do not need to have a Zoom account to participate in a program.

Most devices have a web cam built in, and that is how the instructor and other participants are able to see you. Without a webcam, people will be able to hear you, but not see you. In most programs, you always have the option of turning the video feed off, and of muting the audio. Assistance will be provided via email, phone calls and videos.

If you need assistance figuring Zoom out, send an email to Laura or Gary (gflesher@cityofmadison.com) and we will help you out. Make sure you figure it out at least a day before the first program you want try. If you have internet access but no device to use let Laura know. We are developing a program for lending out tablets for program participation. We are very excited to roll this out!



EDUCATION & ENRICHMENT

Conversation With a Cop

We are excited to welcome back “Coffee with a Cop” with pandemic modifications, and about the return of Officer Casey Amoroso. A big THANK YOU to Officers Ken Brown and Kraig Kalka for filling in during Officer Amoroso’s absence.

Until we can gather again, Officer Amoroso will write a column for our Messenger responding to questions or concerns that you would like to talk to a police officer about. Submit your questions and concerns to lhunt@cityofmadison.com. Requests must be received by the 5th of the month to be addressed in the next Messenger.



Juneteenth, which is June 19th, is the oldest nationally celebrated commemoration of the ending of slavery in the United States. Dating back to 1865, on the day that the Union soldiers, led by Major General Gordon Granger, landed at Galveston, Texas with news that the war had ended, and that the enslaved were now free. It is celebrated in 46 of our 50 states; and has been celebrated in Wisconsin since 1971, and in Madison since 1990.

Local festivities celebrate and carry on the legacy and rich heritage of African Americans. Tributes to music legends and historical figures are interwoven with live music, presentations, displays, activities, cultural information and food. It is a festive family-centered environment. Information on local celebrations is still tentative due to COVID-19.

Senior Beat

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

We are currently not producing new episodes of Senior Beat, but we hope to resume in late fall or 2021. You can view all existing episodes at cityofmadison.com/information-technology/city-channel/shows.

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

Driver Safety – AARP

**RESCHEDULED FOR WEDNESDAY, NOVEMBER 4,
9 AM - 1 PM**

Current Events Discussion Group - **Virtual** 1ST TUESDAY OF MONTH, 2-4 PM

There is so much going on in the world and in our country that sometimes it’s hard to make sense of it all. This is a safe place to ask questions, talk about impact and sort through it all. A facilitator will be at each meeting. Sponsored by the LGBTQ 50+ Alliance. *Email karenlkane13@gmail.com to request a Zoom invite.*

Gay, Gray & Beyond - **Virtual** 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 LGBTQ Senior Alliance. *Email karenlkane13@gmail.com to request a Zoom invite.*

All Nutrition Sites are closed due to COVID-19 restrictions.

NewBridge Madison is providing the following meal services:

TAKE-OUT MEALS

Meals are available to pick up at the following locations for older adults 60+. While there is no charge for these meals, donations are accepted via mail to NewBridge, 1625 Northport Dr. #125, Madison 53704.

Call to order Monday-Friday, 8:00 am - 4:00 pm. Orders are due by Thursday 10:00 am the week prior. Contact information to order is below.

LJ's Sports Tavern and Grill, 8 North Patterson St.

- ♥ Friday between 3:00-4:00 pm
- ♥ 1 Meal Hot Fish Fry
- ♥ Order with Candice (608) 512-0000 Ext. 4006

NewBridge West Office, 5724 Raymond Rd.

- ♥ Wednesday between 3:00-4:00 pm
- ♥ 1 Meal Catered by Kavanaugh's Esquire Club
- ♥ Order with Candice at (608) 512-0000 Ext. 4006

Kavanaugh's Esquire Club, 1025 N. Sherman Ave.

- ♥ Wednesday between 3:00-4:00 pm
- ♥ 1 Meal Catered by Kavanaugh's Esquire Club
- ♥ Order with Candice at (608) 512-0000 Ext. 4006

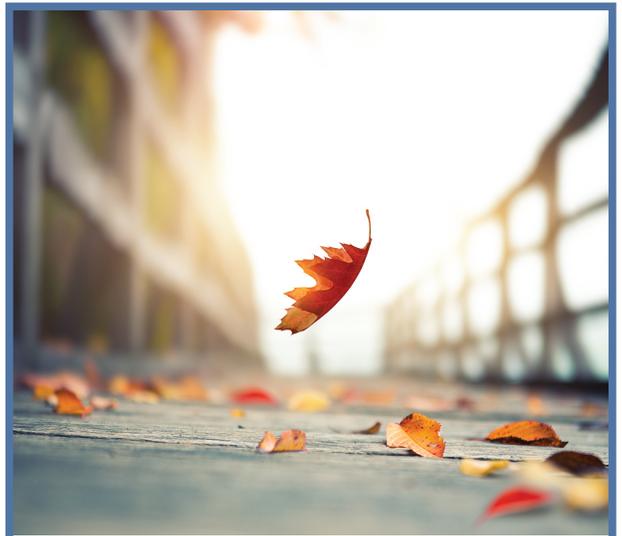
Mt. Zion Church, 2019 Fisher St. (Opens June 1)

- ♥ Monday between 10:00 am-12:00 pm
- ♥ 2 Meals Catered by Kavanaugh's Esquire Club
- ♥ Order with Candice at (608) 512-0000 Ext. 4006

MEAL DELIVERY FOR HOME BOUND ONLY

For older adults who do not have a car and do not have a proxy driver

- ♥ Friday between 3:00-4:00 pm
- ♥ 2 Meals Catered by Kavanaugh's Esquire Club
- ♥ Order with Kristen at (608) 512-0000 Ext. 2001



Falls are the #1 cause of injury death in Wisconsin

During this time of social distancing, it's important to keep moving and to eliminate fall hazards in your home.

If you are worried about falling and would like guidance on helpful exercises and home safety during COVID-19, please call

Ron Dorr at 608-212-9120

Monday – Friday between the hours of 10:00 a.m. – 12:00 p.m.

Resource provided by Safe Communities of Madison-Dane County

THERE ARE THINGS YOU CAN DO TO PREVENT A FALL!
www.safercommunity.net/falls-prevention/

Fall Prevention Project Sponsors:

Dane County Area Agency on Aging,
United Way of Dane County
Wisconsin Institute for Healthy Aging

Sustaining Members of Safe Communities

Lifesavers: Dane County, City of Madison,
American Family Insurance, UW
Health/Quartz/UPH-Meriter

Heroes: SSM Health, Rich and Amy Steffen

First Responders: AAA Wisconsin,
Group Health Cooperative of SC WI, Madison
Gas and Electric



LGBTQ 50+ ALLIANCE

The **LGBTQ 50+ Alliance** is committed to connecting LGBTQ adults with programs and services in our community. 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 intergenerational social opportunities.

Call (608) 255-8582 for more information or email info@lgbtoutreach.org. You can also check out our website, lgbtq50plusalliance.org.

Call OutReach at 255-8582 to confirm if meetings listed below are happening.

CURRENT EVENTS DISCUSSION GROUP

♥ 1st Tuesday, 2-4 pm - **Virtual**

COFFEE MEETUPS

♥ Mondays 2-4 pm - **Virtual**

EXPLORING SPIRITUALITY

♥ 1st AND 3rd Thursdays 1-3 pm - **Virtual**

GAY, GRAY & BEYOND

♥ 2nd AND 4th Thursdays, 1-3 pm - **Virtual**

If interested in attending any of the virtual programs listed above, email karenlkane13@gmail.com to register and receive a Zoom invite.



During the month of June, the LGBT community celebrates in a number of different ways. Across the globe, various events are held during this special month as a way of recognizing the influence LGBT people have had around the world. June is significant because that is when the Stonewall Riots took place in 1969.

Pride month is also an opportunity to peacefully protest and raise political awareness of current issues facing the community. Traditionally there are parades, street parties, community events poetry readings, educational sessions and festivals. 2020 will look a little different, but the spirit will be the same.

What is LGBT or Gay Pride? It is a movement that celebrates sexual diversity. For lesbian, gay, bisexual and transgender (LGBT) people it is a way of promoting their dignity, equal rights, self-affirmation and is a way of increasing society's awareness of the issues they face.

Information on local celebrations is still tentative due to COVID-19.



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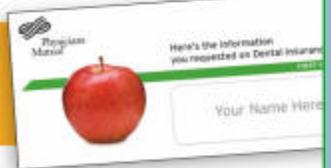
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- Do you live in Jefferson County?
- You may be eligible for Care Wisconsin Medicare Dual Advantage.

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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GROUPS & GAMES

ALL PROGRAMS ON THIS PAGE HAVE BEEN SUSPENDED DUE TO COVID-19. THEY WILL RESUME WHEN IT IS SAFE TO DO SO.

Table Tennis

MONDAY-FRIDAY, 11:30 AM-1 PM

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



Pool - Billiards

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



Wii Bowling

MONDAYS-WEDNESDAYS-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. Spring league starts in April. Four people per team.



Knitting for the Needy!

2ND MONDAY 10:30-11:30 AM

RSVP Group Projects Program; Make a difference in your own creative way... Volunteers in the *RSVP Group Projects Program* handcraft & donate items like hats, mittens, quilts, afghans, pillows and baby items to help keep our community safe, warm and comforted. If you (or someone you know) enjoy the social aspect of sewing, knitting or crocheting in an RSVP group or prefer to implement a craft in your own home, please join our efforts! Yarn and fabric provided. All skill levels welcome! Contact Kate Seal, Group Projects Coordinator at (608) 310-7280 or kseal@rsvpdane.org for more information.

AA (Alcoholics Anonymous)

WEEKDAYS, 12-1 PM

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

Grupos de apoyo

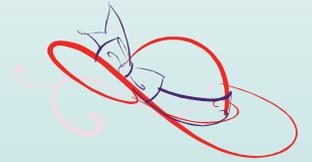
Offered in Spanish only. Se Ofrece Solo en espanol. Bienvenida a nuevos participantes.

**2ND WEDNESDAY, 5:45-8 PM
LATINX DISCUSSION GROUP**

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.



The SOS Senior Council

2ND FRIDAY, 12 PM

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

Spanish Conversation

WEDNESDAYS, 1:30-3 PM

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

"Sometimes we're tested not to show our weaknesses, but to discover our strengths."

~ Unknown

Tai Chi Fundamentals - Virtual

FRIDAYS, 1-2 PM

Tai Chi is one of the best exercises for balance, and good balance means fewer falls. Tai Chi also builds core strength and stamina through its slow, precise movements. Its focus on posture and alignment helps release tension, and the emphasis on mindful action promotes stress reduction, improves mental health, and can even improve sleep quality. All levels welcome. No fees until classes resume at the Senior Center. Email Rachel at sandretto.taiji@gmail.com to register and get a Zoom invite.

Gentle Exercise

ANY DAY YOU CHOOSE ON YOUTUBE

Until we can be together again, stay active exercising at home. If you have access to a computer and the internet, you can watch the same program at home that we do at the Senior Center. Go to www.youtube.com. Do a search for **HASfit**. Several options will come up so scroll down until you find **Seated Chair Exercise Senior Workout Routines**. If you are feeling adventurous check out one of the other HASfit videos as well. Questions? Call 266-6581. Leave a message and as staff person will call you back.

Foot Care Clinic

SUSPENDED UNTIL FURTHER NOTICE

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

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

Massage

SUSPENDED UNTIL FURTHER NOTICE

1ST MONDAY AT 2 PM

Decrease your stress, prevent stress-related injuries and reduce the effects of depression and anxiety. Meet with Seth Jensen LMT. Cost is \$10 for 15 minutes. Choose between a chair or a foot massage. Call 266-6581 for a time.



Alzheimer's disease and other dementias are a major public health issue. On June 20, the longest day, Alzheimer's Association® asks people around the world to fundraise and to wear **purple** to raise awareness because dementia is **not** a normal part of aging. **The day with the most light is the day we fight!**

- ♥ 5.8 million Americans live with Alzheimer's
- ♥ By 2050 it is projected that 14 million Americans will be living with Alzheimer's
- ♥ Every 65 seconds someone is diagnosed with Alzheimer's
- ♥ 1 in 3 seniors dies with Alzheimer's or another form of dementia
- ♥ Alzheimer's deaths increased 145% between 2000 and 2017

Stress Management - Virtual

TUESDAY, JUNE 16, 10 AM

Stress is a part of life, but some of us seem to manage it with ease, and others of us continually want to pull our hair out most of the time. Dealing with the unexpected is challenge for many of us, but who could have anticipated a world-wide pandemic. Tune in to this virtual presentation by Janet Bollig, MSSW, LISW from SSM Health at Home. Learn about how we can be affected by the stress of the situation without even realizing it, and about different coping techniques you can try at home. Call 266-6581 to register or email Laura at lhunt@cityofmadison.com by Monday, June 22, at 4 pm. You will be emailed a link to sign into the class about one hour before it starts.

Fit to a T - Virtual

WEDNESDAY, JUNE 17 AT 10 AM

Osteoporosis is the most prevalent bone condition among Americans with nearly one in two women, and one in four men, likely to suffer from it in their lifetime. Osteoporosis is debilitating, reducing a person's freedom of movement, and leads to high incidences of hip and spine fractures. Prevention education is essential to lowering the burden of disease.

“Fit to a T” is the USBJI’s response to the Surgeon General’s first-ever report on bone health and osteoporosis. In partnership with the Public Library Association and the National Network of Libraries of Medicine this education program presented by Katuska Peppard, BSN, RN, CMSRN, is called “Fit to a T” because the T-score is the measure of a person’s bone density and susceptibility to fragility fracture.

Call 266-6581 to register or email Laura at lhunt@cityofmadison.com by Tuesday, June 16, at 12 pm. You will be emailed a link to sign into the class about one hour before it starts.

Easy Yoga Plus - Virtual

WEDNESDAY AT 10 AM OR FRIDAY AT 1 PM

Easy Yoga Plus is a safe evidence based yoga class designed for seniors taught by Ellen Millar, RYT. In addition to being a certified yoga teacher, Ellen completed the Duke Integrative Medicine Master Class Yoga for Seniors. You must go to Ellen’s website to register at www.thewonderofyoga.com. After you register, you will receive a Zoom invite. Register at least a day in advance so she has time to send you the invite. Free but REGISTRATION REQUIRED. 

“No matter how slow you go, you are still lapping everybody on the couch.”

~ Unknown



Farmer’s Market Vouchers & Distribution

Due to COVID-19, distribution of farmers’ market vouchers will be predominantly through mail. The Area Agency on Aging of Dane County offers vouchers to seniors for use in purchasing \$25 worth of fruit, vegetables or herbs at farmers’ markets and roadside farm stands in Wisconsin during the 2020 season (June to October). The vouchers are distributed on a first come/first serve basis to those 60 or older, who have gross incomes under \$23,606 per year (or \$1,968/month) for a one person household and \$31,894 (or \$2,658/month) for a two person household, and live in Dane County. One set of vouchers per household regardless of household size.

Past participants will receive a letter and an application in the mail along with instructions for this year’s program. Those who are new to the program can contact AAA Dietitian Alyce Miller (261-5678) to request an application. Vouchers and applications will be mailed out this year. Vouchers may not be mailed until June 1.

We are monitoring the situation as COVID-19 continues. For the most current information on farmers’ market vouchers, contact your local senior services center or Alyce Miller at (608) 261-5678. Updates will also be made on Area Agency on Aging’s website: <https://aaa.dcdhs.com/COVID-19.aspx>



SERVICES & SUPPORT

Scholarship Fund

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

Free DVD Check Out

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

Great Courses to Check Out

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

NewBridge Madison

NewBridge is a not-for-profit agency that serves adults age 60+. Their service areas are Case Management, Nutrition, Home Chore, Programs & Activities, Foot Care Clinics and a Loan Closet. Their phone number is (608) 512-0000 and their website is www.newbridgemadison.org. The Madison Senior Center collaborates with NewBridge to make even more programs and services available throughout the community. Star* indicates services added for COVID-19.

NECESSITY KIT DELIVERY*

Necessity kits will be delivered to the door by a volunteer. Kits may contain depending on availability: toilet paper, soap, sanitizing wipes, toiletries, etc.

BRIDGE BUDDIES - FRIENDLY CALLERS*

Volunteers are matched with older adults to do safety check calls and/or social friendly calls.

FOOD BRIDGE DELIVERY

Groceries are delivered to the door by a volunteer from a food pantry and done every two weeks.

MEDICAL EQUIPMENT LOAN CLOSET

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

HOME CHORE PROGRAM

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

CASE MANAGEMENT

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

COMMUNITY OUTREACH

Madison College Classes

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



*All summer classes will be conducted by **live web meetings** similar to Skype or Zoom. Participants will need high speed internet and a device (computer, laptop, tablet, smart phone) with a microphone and camera that runs Firefox or Chrome.*

Class #	Class Title	Day	Start Time	End Time	Weeks	Approx. Senior Fees	Start Date	End Date
11025	French 1	U	1:00 PM	3:00 PM	10	\$185	7/8/2020	8/26/2020
11037	Spanish 1	R	9:00 AM	10:00 AM	8	\$125	6/23/2020	8/27/2020
10894	Painting	F	10:00 AM	1:00 PM	10	\$125	6/5/2020	8/14/2020
11033	Spanish 3	T-R	6:00 PM	7:15 PM	8	\$125	6/16/2020	8/6/2020
11048	Smartphone Photography	T	6:00 PM	9:00 PM	--	\$29	6/2/2020	6/2/2020



ADRC of Dane County – Aging & Disability Resource Center

The ADRC provides information about resources and support on all aspects of life related to aging or living with a disability and is a one-stop shop for older adults, people with disabilities and their families. ADRC staff are unbiased and knowledgeable professionals who listen to your concerns, help clarify your options and direct you to appropriate resources. The ADRC is also the access point for information about long-term care options and applying for public benefits. Services provided by the ADRC are free and available to all Dane County residents regardless of income or assets.

Useful Telephone Numbers

- ADRC - Aging & Disability Resource Center240-7400
- Alzheimer’s & Dementia Alliance of Wisconsin.....232-3400
- AAA - Area Agency on Aging of Dane County261-9930
- Elder Abuse & Neglect Helpline.....261-9933
- LGBTQ+ Senior Alliance255-8582
- Madison Public Health.....266-4821
- Meals on Wheels (lunch)276-7598
- Meals on Wheels (supper).....204-0923
- Mental Health Crisis Line.....280-2600
- Metro Paratransit Reservations266-4466
- NewBridge Madison512-0000



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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.



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

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

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

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Support No Contact Programs

As we navigate providing services during a pandemic, it is clear that we need to think outside the box. Our number one priority is safety for seniors, staff and volunteers and that means minimal contact. Online programming can provide that option, but many of our seniors with the greatest need lack a device to access the internet.

We are developing a new program called Tablets2Go to get tablets to as many seniors in need as we can. Donations received through the summer will be used to support the purchase of tablets and educational materials for online programming. Access to the internet helps to alleviate isolation and provides access to a wealth of information. Now more than ever, our seniors need your support!



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