

The Messenger

*in the heart
of Madison*



VOLUME 36, NUMBER 3

MARCH, 2019

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*Located in the heart
of Madison*

**Madison Senior Center
330 W. Mifflin Street**

**Madison, Wisconsin 53703
(608) 266-6581**

cityofmadison.com/senior-center

Marquette Show Choir

FRIDAY, MARCH 1, 12 PM

The Marquette Elementary School Show Choir returns for the second year to perform three contemporary choreographed songs. Last year the kids were fun, entertaining and a delight to watch!



Computer Fix-It Clinic

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

Device Fix IT clinics are to repair and support computers and hardware owned by households without the means to fix them. Adults can bring in their devices (smart phone, desktop, tower, laptop, etc.) and DANenet staff and volunteers will fix and clean the devices. More information on page 4.



Coffee with Sally Jo

THURSDAY, MARCH 21, 9-10 AM

Once every quarter, Sally Jo, the new Senior Center & Senior Services Manager, will be down in the lounge to chat with participants and answer questions. She will have fresh coffee and cookies; and she can't wait to hear your thoughts, ideas, stories and more.



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, MARCH 5, 1 PM

Key Largo (1948). Starring Humphrey Bogart, Edward G. Robinson and Lauren Bacall. A hurricane swells outside, but its nothing compared to the storm within the hotel at Key Largo. There, sadistic mobster Johnny Rocco holes up and holds at gun point hotel owner Nora Temple and her invalid father-in-law and ex GI Frank McCloud. McCloud is the one man capable of standing up against the belligerent Rocco. *Action, Adventure, Drama. Not Rated, 100 minutes.*



TUESDAY, MARCH 12, 1 PM

The Princess Bride (1987). Starring Cary Elwes, Mandy Patinkin and Robin Wright. An elderly man reads the book “The Princess Bride” to his ill adolescent grandson, the reading of the book which as been passed down within the family for generations. The story centers on a former farm girl, Buttercup, who has been chosen as the princess bride to Prince Humperdink of Florian. *Adventure, Family, Fantasy. Rated PG. 98 minutes.*



TUESDAY, MARCH 19, 12:45 PM*

Bohemian Rhapsody (2018). Starring Rami Malek, Lucy Boynton, Gwilym Lee. Bohemian Rhapsody is a foot-stomping celebration of Queen, their music and their extraordinary lead singer Freddie Mercury, who defied stereotypes and shattered convention to become one of the most beloved entertainers on the planet. *Biography Drama, Music. Rated PG-13. 135 minutes.*



Enjoy popcorn and beverages.

Donations for refreshments are gladly accepted.

Non Traditional Doll Making & Fabric Art

FRIDAYS, MARCH 1, 8, 15, 22 & 29, 1-4 PM

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

John Duggleby: Circle of Life

TUESDAY, MARCH 26, 1-2 PM

Mr. Duggleby is always a favorite and his repertoire is so wide. In this show, his songs will cover the entire life cycle from “Baby Face” to “Old Friends. Everyone is encouraged to sing-along, and bound to hear at least one favorite is song from the past.



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.

Featured Artist: Kate Speer Ely

MARCH 4 - APRIL 19

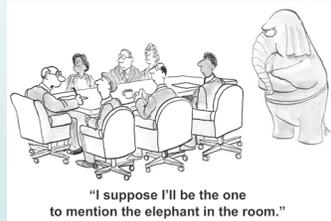
Local artist Kate Speer Ely will exhibit her paintings in the second floor art gallery. She will host an evening reception on Thursday, April 4, 4-6 pm. This is a great opportunity to meet the artist.

Financial Literacy: A 3-part Series

PRESENTED BY VICTORIA DAVIS FROM
ASSOCIATED BANK

Monday, March 18, 10-11 am: The Elephant in the Room

No one wants to talk about the unexpected. It's the proverbial "elephant in the room." But a "Plan B" for your own incapacity or death is one of the



most important things you can do for your family and friends. Through this presentation you'll learn about the "elephant in the room," how to start and have a meaningful conversation about planning, and the benefits to parents, children and caregivers.

Monday, April 15: Power of Attorney (POA) vs Payable on Death (POD)

Victoria will present with a lawyer from Boardman, Clark & May

Monday, May 20: Avoiding Scams & Protecting Personal Information



Financial Perspective

WEDNESDAY, MARCH 13, 10-11 AM

Finances are personal for most of us, but it's also often difficult to navigate the terrain without help. A local financial advisor will be available to share current events and trends in the market. This workshop is appropriate whether you have currently have investments or not. Find out what you should know, or ask, before investing. Call 266-6581 to register.



Computer Fix-It Clinic

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

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

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

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

Credit Education Month

March is National Credit Education Month, which means there is no better time to educate yourself and others on the importance of understanding the in's and out's of your credit score! Did you know that one in five Americans find errors on their credit reports and that more than 90% of homeowners and auto insurers use credit scoring to decide who to cover and what premiums to charge? It's reasons like this that is is extremely important to actively monitor your credit score as well as educate yourself on how to properly manage it!

Celebrate **National Credit Education Month** the right way, and learn how to manage, build, and improve your credit score!

- ♥ Check your credit score
- ♥ Focus on meeting payment deadlines
- ♥ Reduce debt

EDUCATION & ENRICHMENT

Meet the Author Returns: Michelle Wildgen

TUESDAY, MARCH 12, 12-1 PM

Michelle Wildgen is an accomplished author who lives in the Madison area. Her work includes essays, reviews, food writing, as well as three novels.



She was an executive editor at the literary magazine Tin House, and is co-founder of the Madison Writer's Studio. Wildgen's 2006 novel, *You're Not You*, was made into a movie in 2014. In addition to talking about her books, Ms. Wildgen has agreed to guide you through a writing exercise that she herself uses when starting to write a book. Be ready to listen, learn and have fun! Register by Monday, March 11, 266-6581.

Artful Aging

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

This art program is designed for any skill level! We will be exploring all artistic mediums (watercolor, pastels, acrylics) as we discuss cultural differences and forge new friendships. At the end of 12 sessions, we will hold two art showings! Instruction provided by Amy Cavi, who has been teaching art for over 25 years. Class size is limited. Free but registration by Monday, March 4 required. Transportation may be available. If interested, call Ruth Hellenbrand at (608) 512-0000.

Sudoku

Answers located on page 15.

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

Senior Beat

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

In March, our topic will be low income and affordable housing for seniors. Our guests will be Kim Kennedy the Eligibility Coordinator the City of Madison Housing Authority.

Watch **Senior Beat** all month: Tuesdays at 12:30 pm, Wednesdays at 4:30 pm, Fridays at 12:00 pm, and Saturdays at 4:30 pm on Madison City Channel (Charter analog 98, Charter Digital 994 and AT&T U-verse, 99). Find **Senior Beat** at: www.cityofmadison.com/information-technology/city-channel/shows#SeniorBeat

Free Tax Return Preparation by VITA

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

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

- ♥ March 8 and 22
- ♥ April 5



**REGISTER FOR PROGRAMS AND
CHECK IN WHEN YOU ARRIVE.**
THIS DATA IS IMPORTANT FOR FUNDING
AND BUILDING AND PARTICIPANT SAFETY.

EDUCATION & ENRICHMENT

Joe Parisi

WEDNESDAY, MARCH 27, 10-10:45 AM

County Executive Parisi will lead a discussion and give an update on the work Dane County is doing to clean up our lakes, finance renewable energy development, and benefit county taxpayers. Dane County continues to add to its solar portfolio and complete its analysis on what it and other public and private partners can do locally to further reduce carbon emissions. In addition, work has begun on Dane County's current endeavor, a \$23.5 million landfill gas project that will convert garbage and cow manure into vehicle fuel. Gas from the county landfill can be compressed, cleaned and marketed nationally to earn carbon and renewable energy credits. That means millions of dollars each year for taxpayers! Please sign up for this program at 266-6581.



Women's History Month

March is Women's History Month and March 8 is International Women's Day (IWD). This year's theme, #BalanceforBetter, calls for a more gender-balance world. Balance is not a women's issue, it's a business issue. The race is on for the gender-balanced boardroom, a gender-balanced government, gender-balanced media coverage, a gender-balance of employees, more gender-balance in wealth, gender-balanced sports coverage...

You might now know this, but IWD is an official holiday in many countries including Afghanistan, Armenia, Azerbaijan, Belarus, Burkina Faso, Cambodia, China (for women only), Cuba, Georgia, Guinea-Bissau, Eritrea, Kazakhstan, Kyrgyzstan, Laos, Madagascar (for women only), Moldova, Mongolia, Montenegro, Nepal (for women only), Russia, Tajikistan, Turkmenistan, Uganda, Ukraine, Uzbekistan, Vietnam and Zambia.

Gender balance is essential for economies and communities to thrive.

Life and Work of Mark Twain

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

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

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

There is a \$10 fee for all Great Courses.

The Rise of Rome

WEDNESDAYS, MAY 8 – JULY 24, 12-2 PM

The Roman Republic was one of the most breathtaking civilizations in world history. Over the course of about 500 years, a modest city-state developed an innovative system of government and expanded into far-flung territories across Europe, Northern Africa, and the Middle East. This powerful civilization inspired America's founding fathers, gifted us a blueprint for amazing engineering innovations, left a vital trove of myths, and has inspired the human imagination for 2,000 years. *Facilitated by Jim Lamal, Program Fee of \$10, Registration Required.*

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 266-6581 to set-up an appointment.

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



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

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

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

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HEALTH & WELLNESS

Blood Pressure Screening

1ST THURSDAY OF THE MONTH, 10-11 AM

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

Gentle Exercise

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

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

Foot Care Clinic

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

Provided by the Visiting Nurse Service SSM Health at Home. Bring 2 towels. Appointment recommended; call 266-6581. Cost is \$22.

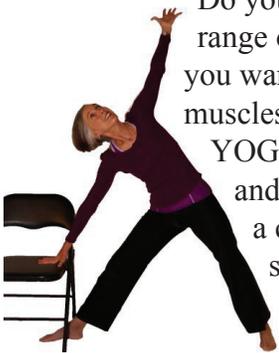
Massage

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 to schedule your appointment.

Chair Yoga

NO CLASS IN MARCH



Do you want to improve your balance, range of motion and flexibility? Do you want to strengthen your bones and muscles, quiet your mind? Then CHAIR YOGA is for YOU! All abilities and levels welcome. We will do a combination of seated and standing positions. Pay the \$4 per class fee when you check in. Scholarships are available.

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

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

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



6 Ways to Practice Mindful Eating

Mindless Eating

- 1 Eating past full and ignoring your body's signals
- 2 Eating when emotions tell us to eat (i.e., sad, bored, lonely)
- 3 Eating alone, at random times and places
- 4 Eating foods that are emotionally comforting
- 5 Eating and multitasking
- 6 Considering a meal an end product

Mindful Eating

- Listening to your body and stopping when full
- Eating when our bodies tell us to eat (i.e., stomach growling, energy low)
- Eating with others, at set times and places
- Eating foods that are nutritionally healthy
- When eating, just eating
- Considering where food comes from

Healthy Cooking

WEDNESDAY, MARCH 6, 1-2 PM

Kick-off National Nutrition Month by learning to prepare a quick, easy, healthy and delicious meal. A Registered Dietician from University Hospital will do a demonstration, and then give out samples. Register by Monday, March 4.

Sleep and Aging

Older adults need about the same amount of sleep as all adults—7 to 9 hours each night. But, older people tend to go to sleep earlier and get up earlier than they did when they were younger. There are many reasons why older people may not get enough sleep at night. Feeling sick or being in pain can make it hard to sleep. Some medicines can keep you awake. No matter the reason, if you don't get a good night's sleep, the next day you may:

- ♥ Be irritable
- ♥ Have memory problems or be forgetful
- ♥ Feel depressed
- ♥ Have more falls or accidents

GET A GOOD NIGHT'S SLEEP

Read and share this infographic to get tips on how to get a good night's sleep. Being older doesn't mean you have to be tired all the time. You can do many things to help you get a good night's sleep. Here are some ideas:

- ♥ **Follow a regular sleep schedule.** Go to sleep and get up at the same time each day, even on weekends or when you are traveling.
- ♥ **Avoid napping in the late afternoon or evening, if you can.** Naps may keep you awake at night.
- ♥ **Develop a bedtime routine.** Take time to relax before bedtime each night. Some people read a book, listen to soothing music, or soak in a warm bath.
- ♥ **Try not to watch television or use your computer, cell phone, or tablet in the bedroom.** The light from these devices may make it difficult for you to fall asleep. And alarming or unsettling shows or movies, like horror movies, may keep you awake.
- ♥ **Keep your bedroom at a comfortable temperature,** not too hot or too cold, and as quiet as possible.
- ♥ **Use low lighting in the evenings** and as you prepare for bed.
- ♥ **Exercise at regular times each day** but not within 3 hours of your bedtime.
- ♥ **Avoid eating large meals close to bedtime**—they can keep you awake.
- ♥ **Stay away from caffeine late in the day.** Caffeine (found in coffee, tea, soda, and chocolate) can keep you awake.
- ♥ **Remember—alcohol won't help you sleep.** Even small amounts make it harder to stay asleep.

Information provided by the National Institute on Aging

Ballroom Basics for Balance (BB4B) - Beginner & Intermediate

FRIDAYS, MARCH 1-MAY 17

Practice balance and learn to prevent falls while dancing. Get better at walking or moving around on various surfaces and improve your confidence! This class is for you if: You move around on your own with or without a device, have fallen or have fear of falling. No experience or partner needed! Have fun while improving your balance, and challenge yourself in a safe environment. Taught by physical therapists and other health professionals. Meet on the lovely 3rd floor (elevator available) of the Central Library. The cost is \$70. Call the Madison Senior Center at 266-6581 to register. For more information: www.ballroombasicsforbalance.org.

Be a Leader!

We have been growing, and continue to do so. We'll be recruiting and training more instructors this year (and really could use some help finding more folks...demand is high, but we need more leaders!), as well as getting legal help to structure this entity and formalize documents. Go to www.ballroombasicsforbalance.org for more information on teaching a class.

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

Activity & Meal Calendar - March, 2019

MONDAY	TUESDAY	WEDNESDAY
<p>JOIN US FOR LUNCH! SERVING 11:30 AM, MONDAY-FRIDAY.</p> <p>Enjoy a variety of healthy, delicious meals with friends. Reservations are required at least one day in advance by calling (608) 266-6416.</p> <p>The cost to provide a meal is \$10.23; guests over 60 are asked to pay what they can contribute, with a suggested donation of \$4.</p> <p>Vegetarian Option (MO) will be listed as the second option. Entrees with pork have an *.</p>		
<p>4</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 PLATO (2) 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO (2) 1:30 PLATO</p> <p>ENCHILADA CASSEROLE BEAN/CHEESE BURRITO (MO)</p>	<p>5</p> <p>8:30 Billiards 9:00 Gentle Exercise 9:00 Computer Lab 10:00 Mark Twain 11:00 Table Tennis 12:30 Computer Fix It Clinic 1:00 Movie: Key Largo 1:30 PLATO</p> <p>BEEF STROGANOFF VEGGIE MEATBALLS (MO)</p>	<p>6</p> <p>8:30 Billiards 9:00 Rediscover Literature 9:00 Foot Care Clinic 10:00 PLATO 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Healthy Cooking 1:30 Spanish Conversation 1:30 PLATO (2) 1:30 Artful Aging</p> <p>SPINACH, MUSHROOM, SWISS QUICHE</p>
<p>11</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 PLATO (2) 10:30 Knit 1, Purl 2 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO (2) 1:30 PLATO</p> <p>ROASTED TURKEY IN GRAVY VEGGIE WRAP (MO)</p>	<p>12</p> <p>8:30 Billiards 9:00 Gentle Exercise 9:00 Computer Lab 10:00 Mark Twain 11:00 Table Tennis 12:00 MTA: Michelle Wildgen 1:00 Movie: The Princess Bride 1:30 PLATO</p> <p>TACO PASTA CASSEROLE RICE AND BEANS (MO)</p>	<p>13</p> <p>8:30 Billiards 8:30 Wisconsin Senior Games 9:00 Rediscover Literature 9:30 PLATO 10:00 Financial Perspective 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO (2) 1:30 Artful Aging 5:45 Latinx Discussion Group</p> <p>CHICKEN SANDWICH ON WW MULTIGRAIN BURGER (MO)</p>
<p>18</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 PLATO (2) 10:00 Elephant In The Room 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO (2) 1:30 PLATO</p> <p>CORNERD BEEF VEGGIE MEATBALLS (MO)</p>	<p>19</p> <p>8:30 Billiards 9:00 Gentle Exercise 9:00 Computer Lab 10:00 Mark Twain 11:00 Table Tennis 1:00 Movie: Bohemian Rhapsody 1:30 PLATO</p> <p>CHICKEN MACARONI SALAD VEGGIE MAC SALAD (MO)</p>	<p>20 SPRING EQUINOX</p> <p>8:30 Billiards 9:00 Rediscover Literature 9:30 PLATO 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO (2) 1:30 Artful Aging 1:45 Massage</p> <p>MEAT SAUCE W/ NOODLES VEGGIE MEAT SAUCE W/ NOODLES (MO)</p>
<p>25</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 PLATO (2) 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO (2) 1:30 PLATO</p> <p>ITALIAN SAUSAGE IN WW BUN VEGGIE WRAP (MO)</p>	<p>26</p> <p>8:30 Billiards 9:00 Gentle Exercise 9:00 Computer Lab 10:00 Mark Twain 11:00 Table Tennis 12:15 Red Hat Mamas 1:00 John Duggleby 1:30 PLATO</p> <p>CHILI VEGGIE CHILI (MO)</p>	<p>27</p> <p>8:30 Billiards 9:00 Rediscover Literature 9:30 PLATO 10:00 Joe Parisi 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO (2) 1:30 Artful Aging 1:45 Massage</p> <p>PULLED PORK HUMMUS AND PITA (MO)</p>

THURSDAY	FRIDAY
	<p>1</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 BB4B 11:30 Table Tennis 11:30 Computer Lab 12:00 Marquette Show Choir 12:30 Wii Bowling 1:00 Non-Traditional Doll Making 1:00 PLATO 1:30 Science Wars</p> <p>TUNA SALAD SANDWICH OR CHICKEN SALAD EGG SALAD SANDWICH (MO)</p>
<p>7</p> <p>8:30 Billiards 9:00 Gentle Exercise 9:00 Computer Lab 10:00 Blood Pressure Screening 10:00 PLATO (2) 11:30 Table Tennis 1:00 Senior Showcase Band 1:30 PLATO</p> <p>CHICKEN STRIPS GARDEN BURGER (MO)</p>	<p>8</p> <p>8:30 Billiards 9:00 Gentle Exercise 9:00 VITA Tax Prep Appts. 10:00 BB4B 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 SOS Senior Council 1:00 Non-Traditional Doll Making 1:00 PLATO 1:30 Science Wars</p> <p>TUNA CASSEROLE OR HUMMUS PLATTER TOMATO CHEESE SANDWICH (MO)</p>
<p>14 π (PI) DAY</p> <p>8:30 Billiards 9:00 Gentle Exercise 9:00 Computer Lab 9:45 Preschool 10:00 PLATO (2) 10:00 The Joy of π 11:30 Table Tennis 1:00 Senior Showcase Band 1:00 Gay, Gray & Beyond 1:30 PLATO</p> <p>MEATBALLS IN GRAVY VEGGIE MEATBALLS (MO)</p>	<p>15</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 BB4B 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making 1:00 PLATO 1:30 Science Wars</p> <p>SLOPPY JOE/BUN OR PORK TACO SALAD SOY SLOPPY JOE (MO)</p>
<p>21</p> <p>8:30 Billiards 9:00 Gentle Exercise 9:00 Computer Lab 9:00 Coffee w/Sally Jo 10:00 PLATO (2) 11:30 Table Tennis 1:00 Senior Showcase Band 1:30 PLATO</p> <p>PORK LOIN IN GRAVY HUMMUS WRAP (MO)</p>	<p>22</p> <p>8:30 Billiards 9:00 Gentle Exercise 9:00 VITA Tax Prep Appts. 10:00 BB4B 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 SOS 1:00 Non-Traditional Doll Making 1:00 PLATO 1:30 Science Wars</p> <p>LEMON BAKED FISH OR TUNA SALAD BLACK BEAN BURGER (MO)</p>
<p>28</p> <p>8:30 Billiards 9:00 Gentle Exercise 9:00 Computer Lab 10:00 PLATO (2) 11:30 Table Tennis 1:00 Senior Showcase Band 1:00 Gay, Gray & Beyond 1:30 PLATO</p> <p>CHICKEN STEW VEGGIE STEW (MO)</p>	<p>29</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 BB4B 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making 1:00 PLATO 1:30 Science Wars</p> <p>POT ROAST & GRAVY OR CHEF'S SALAD VEGGIE MEATBALLS (MO)</p>

March...

A BIG

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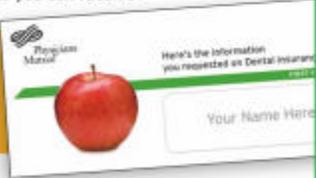
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CONTACT

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

CLUBS AND GROUPS

Knit 1, Purl 2

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

If you like to knit or crochet, we meet once a month at the Madison Senior Center and work on service projects for RSVP. Yarn and needles provided, or you may use your own. This is a great way to meet new people, and give back to the community while doing something you enjoy.



AA (Alcoholics Anonymous)

WEEKDAYS, 12:15-1:15 PM

A friendly, welcoming group. Meetings are held Monday-Friday unless the Senior Center is closed for a holiday. You are welcome to bring your lunch.

Spanish Conversation

WEDNESDAYS, 1:30-3 PM

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

GAMES

Table Tennis

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

TUESDAY, 11 AM-12:30 PM

Meet friends and find challenging partners.

Pool - Billiards

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



Wii Bowling

**MONDAYS-WEDNESDAY-FRIDAYS,
12:30-2:30 PM**

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



Grupos de apoyo

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

2ND WEDNESDAY, 5:45-8:15 PM

LATINX DISCUSSION GROUP

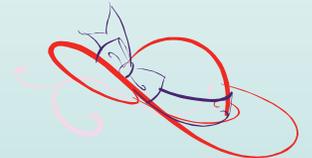
4TH WEDNESDAY, 5:30-8:15 PM

LATINX CAREGIVERS 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, 1 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.

Rediscover Literature

WEDNESDAYS, 9:00 AM

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

FOUNDATION NEWS

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. Your generosity makes things happen here! Please consider a regular contribution.

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

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Annual Volunteer & Donor Appreciation Breakfast

THURSDAY, APRIL 18, 9-11 AM

Keynote Speaker,
Kris Krasnowski, from the Wisconsin Institute of Healthy Aging will address Ageism: That Other Insidious “ism”

Research has shown that people with **POSITIVE** perceptions of aging live, on average, **7.5 years longer.**

REMEMBRANCES - IN HONOR OF

- ♥ Christine Beatty by *Dan & Esther Kauffeld-Hoffa*
- ♥ Christine Beatty by *Ann Albert*
- ♥ Christine Beatty by *Steve King*

REMEMBRANCES - IN APPRECIATION OF

- ♥ Madison Senior Center by *Shirley Dettmann*

What is a legacy gift?

A legacy gift is a planned future donation to a charity, given through a will or other form of designation.



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.*

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Person(s) recognized: _____

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

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

SERVICES & SUPPORT

Open Computer Lab

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

The computer lab is available Monday through Friday. On Tuesdays from 10-11:30 am, a volunteer is available for assistance.

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.

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 Senior Center from 11 am-12 pm to offer guidance in connecting with resources and services in the Madison area.

Great Courses to Check Out

Over the last few years we have offered a number of courses that are produced by the company Great Courses. These are videotaped, semester long courses from professors all over the country. Past courses are available on DVD to check out and watch. Inquire at the Front Desk if you are interested.

Sudoku Answers

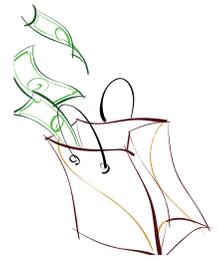
2	7	8	3	9	1	6	4	5
6	5	4	7	2	8	9	3	1
3	9	1	5	6	4	7	2	8
4	3	9	6	8	7	1	5	2
1	6	7	2	4	5	8	9	3
8	2	5	1	3	9	4	6	7
5	8	6	9	7	3	2	1	4
7	1	2	4	5	6	3	8	9
9	4	3	8	1	2	5	7	6

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 from 9 am-3 pm.

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.



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.

NewBridge

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. Feeling like you could use some help? All four locations will continue their services.

- ♥ (608) 512-0000
- ♥ www.newbridgemadison.org



An Artful Affair: Calling All Artists

An Artful Affair is an opportunity for Dane County artists to display their artwork and compete for cash prizes. Enter works in watercolor, pastels, oils, ink/pencil, chalk, acrylics or mixed media. Limited space available for small sculpture or ceramics. Maximum size for hanging art of 3'x3'. All entries must be dropped off on Tuesday, April 23 between 9 am and 3 pm. The Artful Affair is open to all artists age 55+ who have a residence in Dane County. The Opening Show will be part of downtown Madison's Gallery Night on Friday, May 3. Call 266-6581 for a brochure, or visit www.madisonseniorcenter.org to print an entry form.

Online Health Support Network

PRESENTED BY PROFESSOR DHAVAN SHAH

TUESDAY, APRIL 16, 12-1 PM

MONONA TERRACE, 1 JOHN NOLEN DRIVE

This talk will explore how expression in online health support networks can benefit patients dealing with cancer, chronic health conditions, and addiction. Shah considers (a) the therapeutic benefits of self-expression and the psychological basis of "sender-effects"—where message senders benefit from the process of composing and sharing messages, and (b) the potential to use self-expression to detect traits and characteristics regarding a person's health and well-being.

LGBT & Dementia Community Forum

THURSDAY, MARCH 7, 6-8 PM AT SEQUOYA LIBRARY, 4340 TOKAY BLVD., MADISON

Register online www.alz.org/scwisc or call 800-272-3900.

Did You Know?

The Alzheimer's & Dementia Alliance of Wisconsin will hold free monthly programs throughout Dane County. The programs offer information about topics related to caring for a person living with Alzheimer's disease or related dementia. All programs are free and open to the public. No registration is required.

- ♥ **End of Life and Dementia:** Discuss the critical decisions often faced at end of life and ways to communicate and stay connected in the later stages. Wednesday, March 20, 5:30 - 7:00 p.m., Middleton Public Library, 7425 Hubbard Ave, Middleton
- ♥ **Safety at Home:** Get tips to help you and your loved one stay safely and independently in your own home. Monday, April 1, 5:30 - 7:00 p.m., Hawthorne Public Library, 2707 E. Washington Ave, Madison
- ♥ **Communication & Emotions in Late Stage Dementia:** Learn how to communicate with a person in the late stage of dementia and understand their emotions. Tuesday, April 9, 5:30 - 7:00 p.m., Meadowridge Public Library, 5726 Raymond Rd, Madison
- ♥ **Understanding & Responding to Behavior Changes:** Understand reasons why behavior changes occur and receive problem-solving tips to help prevent and cope with them. Wednesday, May 15, 5:30 - 7:00 p.m., Middleton Public Library, 7425 Hubbard Ave, Middleton

Registration Opens February 26

Aging Advocacy Day!

May 14, 2019, Madison, WI

Join advocates from around the state to help educate state legislators about issues affecting older adults and care-givers in Wisconsin!

No experience necessary; training is provided prior to your meetings with state lawmakers at the State Capitol.

10:00 a.m. — 3:00 p.m.

Park Hotel, 22 S. Carroll St., Madison and the Wisconsin State Capitol

Make a Difference. Let Your Voice Be Heard!

Aging Advocacy Day 2019 activities focus on connecting aging advocates with their legislators to share the WAAN priorities and discuss state policy solutions to improve the health and well-being of the state's older adults.



WAAN
Wisconsin Aging
| Advocacy | Network

Registration begins Feb. 26, 2019 at:
<https://gwaar.org/AgingAdvocacyDay> or contact your local aging unit or ADRC. Registration deadline is April 30, 2019.
#WIAgingAdvocacyDay #WIAAD.

COMMUNITY OUTREACH

NewBridge Programs

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

NewBridge Programs

VISIT WITH COUNTY EXECUTIVE JOE PARISI
(DESCRIPTION ON PAGE 6)

- ♥ Friday, March 15, 1:30 pm
Coventry Village Comm. Rm
7707 North Brookline Dr.
- ♥ Tuesday, April 2, 10:30 am
Warner Park
1625 Northport Dr.

NewBridge Presents: Multicultural Senior Wellness Fair

FRIDAY, MARCH 29, 9-11:30 AM

WARNER PARK COMMUNITY RECREATION CENTER, 1625 NORTHPORT DR.

An informational fair providing a variety of resources for older adults and their families. In addition, there are free health screenings for older adults and presentations on health-related topics. We have interpreters at the fair to assist older adults with language barriers. There are healthy snacks for the participants along with the opportunity to win door prizes. Around 200 guests come to the wellness fair each year.

Avoiding Scams

THURSDAY, MARCH 14, 12:30-1 PM

Meadowridge Commons, 5734 Raymond Rd.

Euchre, Cribbage, Other Games

THURSDAY, MARCH 21, 12:30-1 PM

Meadowridge Commons, 5734 Raymond Rd.

Barbie's Birthday!

TUESDAY, MARCH 26, 10:30 AM-11:35 AM

Warner Park, 1625 Northport Dr.

Ruth, an avid collector, will be bringing part of her Vintage Barbie Collection in for the Annual Barbie Birthday Celebration. Do you have a favorite Doll? Bring her along and share your favorite memories of childhood toys.

Celebrate St. Patty's Day!

TUESDAY, MARCH 19, 11:30 AM

Warner Park, 1625 Northport Dr.

Wear green and put on your best Irish finery. Prizes for 1st, 2nd and 3rd place. Patricia Stone will be performing!

Mindful Movement

2ND AND 4TH TUESDAY, 10 AM

Alicia Ashman Library, 733 N. High Point Rd.

Join fitness and mindfulness coach Venus Washington to explore the mind/body connection. Learn how you think affects the way you move and how you move affects the way you think. Be prepared for movement at a level that's right and safe for you. Perfect for beginners. Space is limited. Call Michelle to reserve your spot, ext. 4008.

Container Gardening

THURSDAY, MARCH 28, 12:30-1 PM

Meadowridge Commons, 5734 Raymond Rd.

Best Board Games of Your Time

2ND AND 4TH TUESDAY, 1:30-3:30 PM

Dale Heights Church, 5501 University Ave.

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THE VOLUNTEER VIEW

Volunteer Opportunities

♥ Got Ideas? We want to hear them!

Join a group of adults age 55+ to brainstorm and vet ideas for potential programs or events at the Madison Senior Center. We will meet 3-4 times over the course of a year. As ideas develop, you decide how involved you do or don't want to be.

♥ Front Desk Reception

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

♥ 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.

♥ Musicians

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

♥ 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 am-12:30 pm.

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

Dane County TimeBank

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



Volunteer Spotlight:

Mikayla Kelz

Mikayla Kelz is the Senior Center's newest Marketing and Event Planning Intern. She is currently studying Political Science and Community and Non-Profit Leadership with a certificate in Criminal Justice at UW Madison.



What goal do you think humanity is not focused enough on achieving?

Quality education for all communities.

What's the oldest thing you own?

A couple stamps from the 1800's.

What's the one food you could never bring yourself to eat?

Frog legs.

What's the spiciest thing you've eaten?

I one time got ghost pepper juice in my eye that stung for hours, I didn't actually eat the pepper though.

What mythical creature do you wish actually existed?

Leprechaun.

What are you interested in that most people aren't?

Bloopers of News Anchors and Reporters messing up on camera.

Surprising thing people might not know about you?

I've been in the White House before to meet the President and Vice President.

Who is your favorite celebrity over 55 years old?

Steve Carell.

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



π (Pi) Day • Thursday, March 14 (3/14)

Have some fun with numbers and pie while we learn about the wonders of 3.14, otherwise known as π , pronounced “pie.”

- | | | |
|-------|--------------------|---|
| 10:00 | The Joy of Pi | A presentation by J Sri, a former mathematics instructor at Madison College |
| 10:45 | Pie Eating Contest | See who can eat the most pie in 3.14 minutes. Must pre-register by Monday, March 11 |
| 11:00 | Pie Music | Enjoy a slice of pie while listening to our Pie playlist |