

THE Messenger

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MARCH, 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



Have you heard?!

Madison Senior Center recently collaborated with Public Health Madison-Dane County and Downtown Madison, Inc. for the City of Madison to achieve acceptance as a member of AARP's network of Age-Friendly Communities. The network is an affiliate of the World Health Organization's Age-Friendly Cities and Communities program, an international effort launched in 2006 to help cities prepare for rapid population aging and the parallel trend of urbanization. Madison is the 6th municipality in Wisconsin to earn the designation.



AARP defines Livable Communities as those that are livable for people of all ages. Specifically, they are safe and secure places that provide affordable and appropriate transportation and housing options, and have quality health care and community services. "Livable communities mobilize volunteers to advocate, plan and make the changes they want to see in a way that honors the community's values and preferences."¹

We'll be pulling together focus groups in each area of livability. Please contact John Weichelt or me if you are interested in participating in a focus group or have a desire to help us achieve these worthy goals!

¹AARP Livable Communities Roadmap to Livability AARP.org/Livability Roadmap, p.5.

Sally Jo Spaeni

Artful Affair 2020: Calling All Artists

ART DROP DATE: TUESDAY, APRIL 21, 9 AM - 3 PM
ART PICK-UP DATE: MONDAY, JUNE 1, 9 AM - 3 PM

Artful Affair is an opportunity for Dane County artists age 55+ years 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'. Artful Affair is open to all artists age 55+ who have a residence in Dane County. The Opening Show will be part of the Madison Museum of Contemporary Art's Gallery Night on Friday, May 1. Entry fee is \$25. Call 266-6581 for a brochure, or visit madisonseniorcenter.org for an entry form.

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

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)

\$10 per year, check enclosed (Make check payable to Madison Senior Center.)

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

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

FOR YOUR INFORMATION

“Valiant Women of the Vote”

March is **National Women’s History Month**, and this year’s theme “Valiant Women of the Vote” honors “the brave women who fought to win suffrage rights for women, and for the women who continue to fight for the voting rights of others.” In recognition of the centennial of the 19th amendment, organizers will honor women from the original suffrage movement as well as 20th and 21st century women who have continued the struggle to ensure voting rights for all.



The Suffrage movement started long before 1920, and it was a long and difficult road. Suffragists were satirized, libeled, lied to and callously dismissed; but they persevered. They were grandmothers, mothers, aunts, sisters, daughters, cousins and close friends. Those who knew them, knew they were heroes – brave and visionary women working for a better life, especially for women.

Even after 1920, the federal government didn’t fully enforce the 19th Amendment, and some states didn’t embrace its clear purpose of political equality. Therefore, we should especially pay tribute to those heroic multicultural women who kept at it after 1920. For generations the writings and speeches of Black and minority women were ignored and their participation minimized or omitted altogether.

It can be difficult to accept change and challenging to rewrite historical narratives that are deeply ingrained in the consciousness of a country. We must propel ourselves to consider how leaving women of color out of the historical narrative has shaped women’s history as well as our own story of America.



Thank you to the National Women’s History Alliance and writer Leasa Graves for much of the information in the article.

Laura Hunt

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.

WINTER CLOSING PROCEDURES

The Madison Senior Center, a City of Madison agency, closes only at the direction of the Mayor. Individual classes or events may be cancelled. Call 266-6581 for that information.

The Nutrition Site is operated by NewBridge Madison, and it cancels when the Madison Public Schools close.

*March in like a Lion
and out like a Lamb.*

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 and March. You must bring a social security card and a photo ID for all adults included on the return, and all relevant tax documentation. If you have last year's tax return, please bring that as well. *R*

2020 TAX PREPARATION DATES: FRIDAYS, 9 AM–12 PM

♥ March 6, 13 and 27

Computer Lab Hours

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

♥ Tuesday-Thursday, 9 am-3:45 pm

The computer lab is available every day MSC is open. On Tuesdays from 10-11:30 am, a volunteer is available to answer questions. Please respect the posted behavior and etiquette policies. Hours subject to change.

Cyber Security for Everyone

WEDNESDAY, MARCH 11, 10-11 AM

If you've ever wondered or worried about how safe you are online, come to the Madison Senior Center for an entertaining and informational presentation on Internet Security. You don't need to know anything about the Internet or security to participate. This is a general information presentation with tips for all levels of users. Bring your mobile devices or a pad and pen. *R*

National 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?

HOW TO OBSERVE NATIONAL CREDIT EDUCATION MONTH

- ♥ **Check your credit score.** It is important to always keep track of your credit! Even when you feel things might be in the clear, your credit can change very quickly; whether it's a missed payment, frequent credit checks, or an error in your personal or business credit report that does it, credit isn't always stable.
- ♥ **Focus on meeting payment deadlines.** One of the best ways to either maintain or build good credit is to make all your payments on time. If you are someone who has a bad habit of forgetting to pay bills on time, set up payment reminders to ensure yours have all your bill payments organized. You can also enroll in auto-withdraw with many of your bills, ensuring that you never miss a payment. Continuing to make payments on time will positively impact your credit score.
- ♥ **Reduce Debt.** Paying off outstanding balances as soon as possible is another way in which you can drastically improve your credit score. While easier said than done, paying off debts is a great way to see your credit score improve.

Is Your Credit Secure?

WEDNESDAY, MARCH 25, 10-11 AM

Associated Bank is proud to partner with the Madison Senior Center for Credit Education Month! Come learn the value of credit, having a good credit history, protecting your credit and simple steps to protect yourself online. An experienced banker will be onsite to answer questions you might have, in addition to providing resources for the topics discussed. *R*

ARTS & ENTERTAINMENT

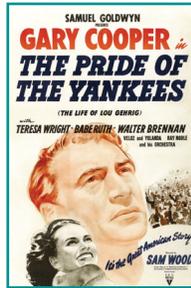
Tuesday Movie Matinees

Join us on the 1st, 2nd, 3rd & 4th Tuesdays for a movie and popcorn. Selections are subject to change.

TUESDAY, MARCH 3, 1 PM

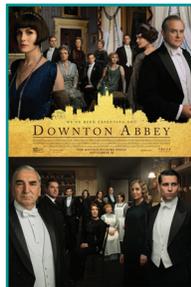
The Pride of the Yankees (1942).

Starring Gary Cooper, Teresa Wright and Babe Ruth. This movie traces the life of Lou Gehrig, the famous baseball player who played in 2130 consecutive games before falling at age 37 to ALS, a deadly nerve disease which now bears his name. *Biography, Drama, Romance. Not Rated, 128 min.*



TUESDAY, MARCH 10, 1 PM

Downton Abby (2019). Starring Michelle Dockery, Maggie Smith & Matthew Goode. It's the continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early twentieth century. *Drama, Romance. Rated PG. 122 min.*



TUESDAY, MARCH 17, 1 PM

Finian's Rainbow (1965). Starring Fred Astaire, Petula Clark & Tommy Steele. An Irish immigrant and his daughter move into a town in the American South with a magical piece of gold that will change people's lives. *Family, Fantasy, Musical. Rated G, 141 min.*



TUESDAY, MARCH 24, 1PM

Knives Out (2019). Starring Daniel Craig, Chris Evans, Ana de Armas and Jamie Lee Curtis. When renowned crime novelist Harlan Thrombey is found dead at his estate just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc is mysteriously enlisted to investigate. *Comedy, Drama, Crime, Mystery and Thriller. Rated PG-13. 130 min.*



Senior Showcase Band

1ST & 3RD THURSDAYS, 1-3 PM

Listen or dance to the music of the big band era and other favorites. The Senior Showcase Band plays the 1st and 3rd Thursdays of the month. \$2 per person.

Dance Party

2ND THURSDAYS, 1-3 PM

Put on your dancing shoes! Rock the House Entertainment DJ, Ted Zoromski, will be "spinning records" from the 60's, 70's and 80's. Requests are welcome! \$2 per person.

Nickel BINGO

THURSDAY, MARCH 26, 1-2:30 PM

Many of you have been wanting us to bring BINGO back, so here it is! Each round of BINGO will cost 5¢ per card. Play with as many cards as you choose. The first one to get BINGO gets to keep the kitty. To play with one card for the entire time we recommend bringing \$1, for two cards \$2, etc. Register by Wednesday, March 25. [R](#)

Tom Kastle

TUESDAY, MARCH 31, 1-2 PM

Tom Kastle has been a singer and folk musician for decades, traveling the world, collecting and performing maritime songs and stories and captaining sailing ships on the Great Lakes.

Tom Dorman Photo Exhibit

MARCH 2 – APRIL 17

Tom Dorman is a street photographer. He carries his camera wherever he goes and shoots photos of ordinary people doing everyday things—but he frames the activity in an extraordinary way. The roots of Tom's photographic style are based in small-town photojournalism, where more faces in the photos means more newspapers sold. Now, he uses his photography to depict American life for his many friends around the world.

THE VOLUNTEER VIEW

Volunteer Opportunities

♥ 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 Mon - Fri.

♥ 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.

♥ Program Team

Have a say in what activities we bring to MSC. Join a team of volunteers that advise, research, and make connections to new and exciting programs. Discuss and brainstorm in relaxed meetings.

♥ 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.

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:

Julia Framstead

Surprising thing people might not know about you? I currently live in a house with 4 roommates—oh the joys of college life!

What fictional character do you wish you could meet? Atticus Finch from *How to Kill a Mockingbird*.

Most famous person you have ever met? I'm old friends with Donald Driver, formerly of the Green Bay Packers.

What do you think is the greatest invention of all time? I highly value my ability to see, so I'd have to say the invention of spectacles/contact lenses! Something we so often take for granted but is so important to daily living.

What are you studying? I am currently a senior at UW Madison studying Human Development and Family Studies and Global Health! I'll be heading to graduate school this summer to get my master's in Nursing!

Favorite celebrity over 55 and why? Ellen DeGeneres because she spreads kindness + positivity!

If you could re-live an event or moment in your own life, what would it be? I'd relive the last 4 years of college—I wish it'd never end!

What possession can you not get rid of? My dog! His name is Zeke & he was a rescue puppy from a shelter! So cute!

What do you enjoy most about Madison in the Spring? When the Farmer's Market comes back!

Favorite Madison Hang Out? Memorial Union Terrace in the summer!

Favorite city outside of Wisconsin? Denver, CO—I grew up visiting family in the city, and have grown to love hiking & the outdoors. I hope to return to Colorado this summer to climb the Rocky Mountains.

What's the one food you could never bring yourself to eat? I've never tried tuna! Maybe one day...but probably not.

What skill would you bring to a post-apocalyptic society? Well, I'm CPR Certified...I am not sure how much that helps.



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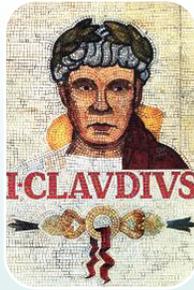
Madison Senior Center, Madison, WI A 4C 01-1141

EDUCATION & ENRICHMENT

I, Claudius

WEDNESDAYS, MARCH 4 –
APRIL 15, 12-1:30 PM

I, Claudius ranks among the most acclaimed productions in BBC history. Tracing the lives of several Roman emperors, it's an epic of ruthless ambition, shocking debauchery and murderous intrigue set in one of history's most fascinating eras. View two episodes each week, followed by a discussion lead by Jim Lamal. Fee \$5, scholarships available. 



Nature Connection: Forest Bathing and Exploring Wisconsin's Scenic State Parks

WEDNESDAY, APRIL 22, 7 PM

Monona Terrace Lecture Hall, 1 John Nolen Dr
Celebrate the 50th anniversary of Earth Day by attending this special health and wellness lecture. Learn about nature's health benefits, including the increasingly popular wellness practice of forest bathing, and beautiful places in Wisconsin to connect with nature.

Moira Farrell: Founder and Owner of Hike and Heal Wellness, Moira Farrell is a lover of all things playful and nature-centered. She inspires individuals and groups to find holistic wellness through programming in deep nature connection and mindful play.



Missy VanLanduyt: Missy VanLanduyt is the Recreation Partnership Section Chief for the Wisconsin State Park System. Missy has been with the DNR for nearly 10 years, all within the parks program. She enjoys spending time outdoors with her family hiking, biking, swimming, kayaking, and camping.



MARCH DATE TBA

A downtown Madison police officer will join us for coffee and in the lounge area of the MSC. This is a casual environment and everyone is welcome to ask questions, or just hang out and listen.

Great Courses – Check out for free!

The Great Courses are uniquely crafted for lifelong learners like you, with engaging, immersive learning experiences you can't get in a lecture hall. What you don't get are the trappings of a university that you no longer need or want. There are no exams. No homework assignments. No prerequisites.

“Let Go and Go With The Flow!”

WEDNESDAY, APRIL 22, 9:15-11:45 AM

Add expressive color to your Zentangle Inspired Art (ZIA®). New tangles come to life with Pan Pastels, an easy and creative medium of pastel (dry) color-like paint. They blend beautifully. This class will reinforce basic steps of the Zentangle method, introduce more tangles, demonstrate using Pan Pastels and allow “play time,” provide a personal mini kit of art tools, and immerse the student in creating beautiful and colorful images using structured patterns on 2 different sizes of Zentangle tiles. Join Certified Zentangle Teachers (CZT®s) Donna Danowski. Cost: \$9 (includes all supplies) payable to instructor during class time. Please bring a Micron 01 pen. If you do not have one, extra supplies will be available for purchase. Register early, limited spaces. Call 266-6581.

Current Events Discussion Group - New

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.

EDUCATION & ENRICHMENT



Senior Beat

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

Efforts to destigmatize mental health have helped to raise awareness, improve education and increase funding around the topic. According to the CDC it is estimated that 20% of people age 55 years or older experience some type of mental health concern. The presence of depressive disorders often adversely affects the course and complicates the treatment of other chronic diseases.

In our first segment Cheryl Wittke, Executive Director of Safe Communities will talk with us about suicide prevention with older adults. Learn about indicators of potential suicide risk factors, current efforts and programs offered through Safe Communities, and preventive actions that can be taken.

In the second segment we will be joined by Jill McHone, Director at the Fitchburg Senior Center and Cheryl Batterman, CoA/AAA Manager. They will discuss a very successful grass root effort to get additional funding in the Dane County budget for older adult mental health services.

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).

The Celtic World

TUESDAYS, 10 AM-12 PM, MARCH 24 – JUNE 9

When you hear the word “Celtic,” which images come to mind? These days it could easily be Braveheart, kilts, leprechauns, and St. Patrick’s Day. However, since the surge of interest and pride in Celtic identity since the 19th century, much of what we thought we knew about the Celts has been radically transformed. From the warriors who nearly defeated Julius Caesar to Irish saints who took on the traits of Celtic deities, get to know the real Celts. 12 weeks, cost \$10. A Great Course facilitated by Daryl Sherman. *R*

Preparing to Care

**WEDNESDAYS, MARCH 18, 25 AND APRIL 1,
5:30-7 PM**

No one is ever prepared to become a caregiver for a loved one diagnosed with dementia. This three session series is designed to help you prepare and plan for the future. Each week will feature local professionals who will talk about some of the challenges caregivers face, and strategies for facing those challenges. This is a continuation of the Preparing to Care sessions that ran in October, but attendance in October is not a prerequisite. Free program but registration required. If you need respite in order to attend, call Jane De Broux at the ADRC to discuss options, (608) 240-7400. *R*

March 18 “Preparing the Home”

Beth Fields and Kayla Olson are both Occupational Therapists, and they will cover home modifications, safety and driving.

March 25 “A Day in the Life ...”

Wendy Betley, Program Director at the Alzheimer’s Association, will talk about topics including brain health, nutrition and activities.

April 1 “Caring for the Caregiver”

Jane De Broux, Dane County Caregiver Program Coordinator will cover resources and supports available for caregivers. Joy Schmidt, Dane County Dementia Care Specialist, will discuss the grief process.

Activity & Meal Calendar - March, 2020

MONDAY	TUESDAY	WEDNESDAY
<p>2</p> <p>9:00 Gentle Exercise 10:00 Great Literature - P 10:00 Art Based Cog Training 11:00 Social Worker 11:30 Table Tennis 12:30 Wii Bowling 1:00 Managing Your Money - P 1:00 Exploring Creativity - P 1:30 Women's Journeys - P 2:00 Massage</p> <p>CHICKEN & GRAVY VEGGIE CHICKEN IN GRAVY (MO)</p>	<p>3</p> <p>9:00 Gentle Exercise 11:30 Table Tennis 1:00 Movie: The Pride of the Yankees 1:30 Poetic Voice - P 2:00 Current Events Discussion Group</p> <p>FISH SANDWICH BLACK BEAN BURGER (MO)</p>	<p>4</p> <p>9:00 Brain Exercise 10:00 Art Based Cog Training 10:00 Con't Philosophy - P 11:30 Table Tennis 12:00 I, Claudius 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 Life Maps - P 1:30 Reminiscence Writing - P 6:00 Japanese 4 - MC 6:00 Spanish 4 - MC</p> <p>MEATBALLS & MARINARA & PENNE* VEG MEATBALLS & MARINARA (MO)</p>
<p>9</p> <p>9:00 Gentle Exercise 9:30 PALS 10:00 Great Literature - P 10:00 Art Based Cog Training 10:30 Knitting for the Needy 11:00 Social Worker 11:30 Table Tennis 12:30 Wii Bowling 1:00 Managing Your Money - P 1:00 Exploring Creativity - P 1:30 Women's Journeys - P</p> <p>HEARTY CHICKEN NOODLE SOUP VEGGIE CHICKEN IN GRAVY (MO)</p>	<p>10</p> <p>9:00 Gentle Exercise 9:00 Spanish 3 - MC 9:30 PALS 11:30 Table Tennis 1:00 Movie: Downton Abby 1:30 Poetic Voice - P</p> <p>BEEF STEW VEGGIE BEEF STEW (MO)</p>	<p>11</p> <p>9:00 Brain Exercise 10:00 Art Based Cog Training 10:00 Con't Philosophy - P 10:00 Cyber Security 11:30 Table Tennis 12:00 I, Claudius 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 Life Maps - P 1:30 Reminiscence Writing - P 6:00 Japanese 4 - MC 6:00 Spanish 4 - MC</p> <p>SLOPPY JOE CHICKPEA SLOPPY JOE (MO)</p>
<p>16</p> <p>9:00 Gentle Exercise 9:30 PALS 10:00 Great Literature - P 10:00 Art Based Cog Training 11:00 Social Worker 11:30 Table Tennis 12:30 Wii Bowling 1:00 Managing Your Money - P 1:00 Exploring Creativity - P 1:30 Women's Journeys - P</p> <p>CHICKEN A LA KING VEGGIE CHICKEN A LA KING (MO)</p>	<p>17 ST. PATRICK'S DAY</p> <p>9:00 Gentle Exercise 9:30 PALS 11:30 Table Tennis 1:00 Movie: Finian's Rainbow 1:30 Poetic Voice - P</p>  <p>CORNEBEEF MULTIGRAIN BURGER (MO)</p>	<p>18</p> <p>9:00 Brain Exercise 10:00 Art Based Cog Training 10:00 Con't Philosophy - P 11:30 Table Tennis 12:00 I, Claudius 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 Life Maps - P 1:30 Reminiscence Writing - P 5:30 Preparing to Care 6:00 Japanese 4 - MC 6:00 Spanish 4 - MC</p> <p>POT ROAST IN GRAVY EGG SALAD (MO)</p>
<p>23</p> <p>9:00 Gentle Exercise 9:30 PALS 10:00 Great Literature - P 10:00 Art Based Cog Training 11:00 Social Worker 11:30 Table Tennis 12:30 Wii Bowling 1:00 Managing Your Money - P 1:00 Exploring Creativity - P 1:30 Women's Journeys - P</p> <p>HAM AND POTATO CASSEROLE* POTATO CASSEROLE (MO)</p>	<p>24</p> <p>9:00 Gentle Exercise 9:30 PALS 10:00 The Celtic World 11:30 Table Tennis 12:15 Red Hat Mamas 1:00 Movie: Knives Out 1:30 Poetic Voice - P</p> <p>BBQ CHICKEN BREAST HUMMUS WRAP (MO)</p>	<p>25</p> <p>9:00 Brain Exercise 10:00 Art Based Cog Training 10:00 Con't Philosophy - P 10:00 Is Your Credit Secure 11:30 Table Tennis 12:00 I, Claudius 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 Life Maps - P 1:30 Reminiscence Writing - P 5:30 Preparing to Care 6:00 Japanese 4 - MC 6:00 Spanish 4 - MC</p> <p>STUFFED PEPPER SOUP TOMATO SOUP (MO)</p>
<p>30</p> <p>9:00 Gentle Exercise 9:30 PALS 10:00 Great Literature - P 10:00 Art Based Cog Training 11:00 Social Worker 11:30 Table Tennis 12:30 Wii Bowling 1:00 Managing Your Money - P 1:00 Exploring Creativity - P 1:30 Women's Journeys - P</p> <p>CHICKEN STRIPS GARDEN BURGER (MO)</p>	<p>31</p> <p>9:00 Gentle Exercise 9:30 PALS 10:00 The Celtic World 11:30 Table Tennis 12:15 Red Hat Mamas 1:00 Tom Kastle 1:30 Poetic Voice - P</p> <p>TUNA CASSEROLE EGG SALAD (MO)</p>	<p>P = PLATO Class MC = Madison College Class</p>

THURSDAY	FRIDAY
<p>5</p> <p>9:00 Gentle Exercise 9:30 Spanish 2 - MC 10:00 Gentle Yoga 11:00 Li Chiao Ping 11:30 Table Tennis 1:00 Senior Showcase Band 1:30 The Play's the Thing - P</p> <p>PORK LOIN IN GRAVY* VEGGIE WRAP (MO)</p>	<p>6</p> <p>9:00 Gentle Exercise 9:00 VITA Tax Prep 10:00 Painting - MC 10:00 Tai Chi 11:30 Table Tennis 12:30 Wii Bowling 1:00 Non-Traditional Doll Making 1:00 How Does Religion Evolve? - P</p> <p>CHEESEBURGER OR CHICKEN SALAD GARDEN BURGER (MO)</p>
<p>12</p> <p>9:00 Gentle Exercise 9:30 PALS 9:30 Spanish 2 - MC 9:45 Preschool 10:00 Gentle Yoga 11:30 Table Tennis 12:00 Foot Care Clinic 1:00 Gay, Gray & Beyond 1:00 Dance Party 1:30 The Play's the Thing - P</p> <p>TRADITIONAL MEATLOAF VEGGIE MEATBALLS (MO)</p>	<p>13</p> <p>9:00 Gentle Exercise 9:00 VITA Tax Prep 10:00 Painting - MC 10:00 Tai Chi 11:30 Table Tennis 12:30 Wii Bowling 1:00 SOS Senior Council 1:00 Non-Traditional Doll Making 1:00 How Does Religion Evolve? - P</p> <p>TORTELLINI & MEAT SAUCE OR HUMMUS CHEESE TORTELLINI IN MARINARA (MO)</p>
<p>19 SPRING BEGINS</p> <p>9:00 Gentle Exercise 9:30 PALS 9:30 Spanish 2 - MC 10:00 Gentle Yoga 11:30 Table Tennis 1:00 Senior Showcase Band 1:30 The Play's the Thing - P</p> <p>SAUSAGE VEGGIE EGG BAKE* VEGGIE EGG BAKE (MO)</p>	<p>20</p> <p>9:00 Gentle Exercise 10:00 Ballroom Basics for Balance 10:00 Tai Chi 11:30 Table Tennis 12:30 Wii Bowling 1:00 How Does Religion Evolve? - P</p> <p>TOMATO BEAN SOUP OR PORK TACO SALAD TOMATO BEAN SOUP (MO)</p>
<p>26</p> <p>9:00 Gentle Exercise 9:30 PALS 9:30 Spanish 2 - MC 10:00 Gentle Yoga 11:00 Li Chiao Ping - New Session 11:30 Table Tennis 1:00 Gay, Gray & Beyond 1:00 Nickel BINGO 1:30 The Play's the Thing - P</p> <p>ENCHILADA CASSEROLE BEAN AND CHEESE BURRITO (MO)</p>	<p>27</p> <p>9:00 Gentle Exercise 9:00 VITA Tax Prep 10:00 Ballroom Basics for Balance 10:00 Painting - MC 10:00 Tai Chi 11:30 Table Tennis 12:30 Wii Bowling 1:00 Non-Traditional Doll Making 1:00 How Does Religion Evolve? - P</p> <p>BRAT OR CHEF'S SALAD VEGGIE HOT DOG (MO)</p>
<p>JOIN US FOR LUNCH! SERVING 11:30 AM, MONDAY-FRIDAY.</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>Meatless Option (MO) will be listed as the second option. Entrees with pork have an *.</p>	

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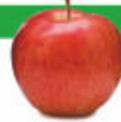


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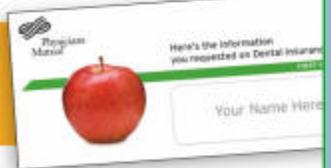
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GROUPS & GAMES

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.



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

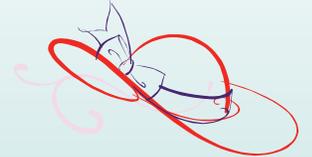
Offered in Spanish only. Se ofrece solo en Español. Bienvenida a nuevos participantes.

Call NewBridge at (608) 512-0000, ext. 2002 for information about meeting days and times.

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.



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.

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 to together consider our individual selves, our unique strengths and the nature of our ever-changing world. Sponsored by the LGBTQ 50+ Alliance.



Tai Chi Fundamentals

FRIDAYS, 10-11 AM

Tai Chi 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. Tai Chi is recommended for people trying to improve their balance. All levels welcome. Pay the \$2 per class fee when you check in. Scholarships are available.

Massage

1ST MONDAY STARTING AT 2 PM

Decrease your stress, prevent stress-related injuries and reduce the effects of depression and anxiety. Meet with Seth Jensen LMT on the **1st Monday of each month**. Cost is \$10 for 15 minutes. Choose between a chair or a foot massage. Call 266-6581 for an appointment. 

Gentle Exercise for Your Brain/Board Games

WEDNESDAYS, 9-9:45 AM

Most of you are probably familiar with the phrase “mind, body, spirit” and we are challenging you to exercise your mind by joining your Gentle Exercise buddies to a challenging game such as checkers, Zulu chess or Scrabble.

Gentle Exercise

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

Exercise together by watching exercise programs that increase strength, flexibility and balance. Everyone welcome!

Foot Care Clinic

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

MSC is partnering 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. 

PALS (Physical Activity Life-Long Success)

MONDAY & THURSDAY 9:30 – 10:30 AM

**TUESDAY 9:30 – 11:30 AM
(1 HOUR OF ACTIVITY &
1 HOUR OF CLASSROOM)**

MARCH 9 – MAY 14



We all know that exercise is an important part of a healthy life, yet many of have a hard time making it a priority. In fact, fewer than 1 in 5 older adults meet the aerobic and strength Physical Activity Guidelines for Americans. PALS is designed to help get moving and incorporate physical activity into your life—for your whole life. Class is limited to 12 so register early.

PALS is a beginner-level program designed to help older adults get started—and keep going—with exercise. It meets for 60 minutes, 3 times a week, for 10 weeks—plus, and additional 45-minute lifestyle class once each week. After the 10-week program, you’ll receive 6 months of follow-up coaching and encouragement either over the phone or in person. 

Sitting is the New Smoking

TUESDAY, MARCH 17, 10-11 AM

Fact: Sitting too long can kill you, even if you exercise! Join Dr. Kamen from APEX Chiropractic for a FREE health workshop to learn key ways to reduce the effects of sitting. 

With New Decade Comes New Hope to Better Access Mental and Behavioral Care in Dane County

By Dane County Executive Joe Parisi

In what is truly a first-of-its-kind collaboration, Dane County government, private health providers and insurers, and community non-profit service providers are teaming together to support the creation of Dane County's new Mental Health Resource Center. When opened, this center will help residents struggling with mental health and addiction challenges get connected to supportive resources and treatment.

Trying to navigate the maze of service options within the mental and behavioral health care field based on the type of insurance someone has and where their plan allows them to go can become overwhelming. By opening this one-stop resource center and collaborating with health care providers, we hope to make it easier for Dane County residents to navigate the health care system and advocate for themselves and their loved ones.

With nearly \$500,000 being included in Dane County's 2020 budget, our goal is to have staff hired for the new Mental Health Resource Center starting this spring with a grand opening in the summer. The center will operate from 12:00PM to 4:00AM seven days a week with professional resource staff on hand to help connect individuals with available care and treatment.

Staff at the center will stay informed on service delivery changes related to behavioral and mental health in Dane County. Their knowledge will be used to help county residents seeking information on how to access care regardless of the system they are in.

There's no greater gift to give than hope. Our community has new reason to hope the start of this new decade will be marked by better collaboration in the name of improved mental and behavioral health services.

Gentle 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 GENTLE YOGA is for YOU! All abilities and levels welcome. We will do a combination of seated and standing positions, and instructor, Michelle Ripp, will always suggest modifications if a pose isn't working for you. Pay the \$2 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

MARCH 26 - MAY 21, 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 per session. Sign up for either session or for both. **Scholarships available.** Stop by or call 266-6581. Payment required at time of registration. 

Sudoku

Answers located on page 17.

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

 = Register

SERVICES & SUPPORT

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.

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.

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 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 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.

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.

Useful Telephone Numbers

ADRC - Aging & Disability Resource Center	240-7400
Alzheimer's & Dementia Alliance of Wisconsin.....	232-3400
AAA - Area Agency on Aging of Dane County	261-9930
Elder Abuse & Neglect Helpline.....	261-9933
LGBTQ+ Senior Alliance	255-8582
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 Reservations	266-4466
NewBridge Madison	512-0000



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

COMMUNITY OUTREACH

Madison College Classes are Back!

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.



Class #	Class Title	Day	Start Time	End Time	Weeks	Senior Fees	Start Date	End Date
63870	Japanese 1	W	6:00 PM	8:30 PM	8	\$125	3/18	5/6

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.

CURRENT EVENTS DISCUSSION GROUP

♥ 1st Tuesday at Senior Center, 2-4 pm

COFFEE MEETUPS

- ♥ 2nd Monday at Lakeside St. Café, 10 am-12 pm
- ♥ 3rd Monday at Warner Park Community Recreation Center (WPCRC), 2-4 pm
- ♥ 4th Monday at Common Ground, 10 am-12 pm

ROLLERS

♥ 2nd Wednesday at Elie's Cafe on Broadway, Monona, 11:30 am

RETIRED, GAY MEN'S LUNCHEON

♥ 3rd Wednesday at Elie's Cafe on Broadway, Monona, 12 pm

EXPLORING SPIRITUALITY

♥ 1st and 3rd Thursdays at OutReach LGBT Community Center, 1-3 pm

GAY, GRAY & BEYOND

♥ 2nd and 4th Thursdays at Senior Center, 1-3 pm

POOL – BILLIARDS

♥ 1st Friday at Pitcher's Pub, W. Beltline Hwy., 6:30 pm



Sudoku Answers

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

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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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Spring Fling: 70's Game Show Night

THURSDAY, APRIL 30, 4-7 PM

“Get down tonight ...” as WOLX plays your favorites by KC and the Sunshine Band, the Commodores, the Bee Gees and more! We will “Play That Funky Music”, play 70’s game shows, and so much more. 70’s attire encouraged. \$20 ticket includes snacks and a drink ticket.



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