

THE Messenger

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Relevant, Inclusive, Enlightened

Madison Senior Center

330 W. Mifflin Street

Madison, Wisconsin 53703

(608) 266-6581

cityofmadison.com/senior-center



"Our Story"

A 2021 PHOTO EVENT

Photos tell a story and allow us to share a part of ourselves with others. They capture moments in time and in our hearts. "Our Story" (previously known as Photo Affair) is an opportunity for adults age 55+ to participate in a non-juried photo exhibit, and bring family and friends in to see their work. This year's event features additional prize categories that will expand the pool of participants who receive recognition.



Drop-off your entries on **Tuesday, November 2, between 9 am and 2 pm.** Photos should be framed or matted and ready for hanging. The fee is \$20, and includes up to three photographs. The exhibit will be up until Thursday, December 16, 2021. For more information, call (608) 266-6581 or go to our website.

Our official exhibit opening will be Friday, November 12, 5-8:30 pm during Gallery Night. Madison Museum of Contemporary Art (MMOCA) organizes Gallery Night to showcase the city's vibrant arts community. It is a free event that offers art lovers and art novices alike an opportunity to enjoy a wide variety of exhibitions and opening receptions.

Gallery Night

FRIDAY, NOVEMBER 12, 5 - 8:30 PM

Stop by the Madison Senior Center's Gallery Night Exhibit featuring photography by older adults. One exhibit will feature photographs entered into "Our Story" a Photo Affair. A second exhibit will feature photographs submitted for a community project titled "Life During a Pandemic: A Photographic Expose." There will be live music 5-7 pm and refreshments.



FOR YOUR INFORMATION

Directory

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

SENIOR CENTER STAFF

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

MISSION STATEMENT

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

OUR VISION

Become known as an inclusive community where older adults thrive.

Program Format & Registration

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

Scholarship Fund

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

Member of



SUBSCRIBE TODAY!

If you prefer a paper copy of The Messenger, the monthly newsletter of the Madison Senior Center, it is only \$10. Drop off this form and a \$10 payment.

Register for The Messenger (PLEASE PRINT)

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

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

FOR YOUR INFORMATION

10-Digit Telephone Number Change in October



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

NewBridge Madison



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

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.



Code of Conduct for Facility Usage

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

BEFORE LEAVING HOME

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

ON-SITE DURING THE EVENT

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

POST-EVENT

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

VOLUNTEER VIEW

Volunteer Opportunities

FRONT DESK RECEPTION

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

EXERCISE MOTIVATOR

Take the lead on getting older adults in shape! Set up the morning instructional videos and greet guests as they arrive with enthusiasm. Can be daily or a few times a week.

LINE DANCE INSTRUCTOR

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

MULTI-LINGUAL PROGRAM LEADERS

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

BINGO CALLER

Have fun and meet great new people by calling Bingo. Shifts are 12:45pm to 2:15pm on the first or third Thursday of each month. Help set up, call out winning letters/numbers, and hand out prizes. Now THAT'S a good Bingo!

MARKETING ASSISTANT

If you like to stay busy, give attention to detail, and like social media, this might be for you. The right volunteer or intern is needed to post information to community calendars, create events on FaceBook, make posters, and write an occasional blog or article. This can be a hybrid volunteer opportunity with some of the time spent at home.

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

Volunteer Spotlight:

Dale Sproule

Please welcome Dale Sproule as the newest volunteer at the front desk. Stop by and meet him when you get a chance.

SURPRISING THING PEOPLE MIGHT NOT KNOW ABOUT YOU?

I hunt for rocks with a hole through them, naturally caused by water against mineral inclusion.

WHAT FICTIONAL CHARACTER DO YOU WISH YOU COULD MEET?

Investigative Park Ranger Anna Pidgeon.

WHAT DO YOU THINK IS THE GREATEST INVENTION OF ALL TIME?

Ball bearings-without them your car wouldn't go, your fidget spinner wouldn't spin, your cooling fan wouldn't run.

FAVORITE CELEBRITY OVER 55 AND WHY?

Steve Martin, still working and touring, Best Pink Panther Spoof, plays banjo, wrote a children's book, and made a board game.

IF YOU COULD RE-LIVE AN EVENT OR MOMENT IN YOUR OWN LIFE, WHAT WOULD IT BE?

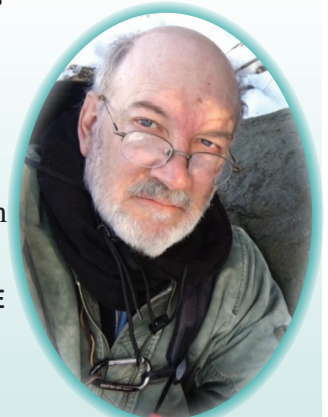
Cape Breton Island day with my wife and my Mom and Dad.

WHAT'S THE ONE FOOD YOU COULD NEVER BRING YOURSELF TO EAT?

Parsnips! Mom loved them and would serve a big bowl for Thanksgiving, as well as beets, pickled herring, and dulse (dried seaweed)

YOU HAVE TO LEAVE THE COUNTRY, AND YOU DO NOT GET TO RETURN. YOU HAVE FIVE MINUTES TO PACK THREE ITEMS INTO A BACKPACK. WHAT DO YOU TAKE?

Family photos, my car key with wedding ring and 2-hole rock, birth certificate that says Scottish-scratched out and Irish written in blue pen over it.



ARTS & ENTERTAINMENT

Movie Madness

TUESDAY, NOVEMBER 2, 1 PM

Shouting Secrets (2011)

Shouting Secrets is a hopeful and heartwarming, universal story taking place in a present day Native American Family. It's a story that is at once about the constancy and the fragility of love, as well as the importance of family. *Stars: Chaske Spencer, Q'orianka, Tyler Christopher. Drama, Thriller. 88 minutes. Not rated.*

TUESDAY, NOVEMBER 9, 1 PM

The Hero (2017)

Lee Hayden is an aging Western actor with a golden voice but his performances are decades behind him. A surprise cancer diagnosis brings his priorities into sharp focus. He soon strikes up an exciting, contentious relationship with stand-up comic Charlotte, and he attempts to reconnect with his estranged daughter, Lucy, all while searching for one final role to cement his legacy. *Starring Sam, Elliot, Krysten Ritter, Nick Offerman. Comedy, Drama, 113 minutes.*

TUESDAY, NOVEMBER 16, 1 PM

Lake Effects (2020)

After the loss of their father, two estranged sisters reunite with their mother at their enchanting family lake house and find that the secret to overcoming tragedy and rebuilding hope lies in their ability to look deeper at themselves. *Starring Scottie Thompson, Jane Seymour and Madeline Zima. Drama, 95 minutes.*

TUESDAY, NOVEMBER 23, 1 PM

Tower Heist (2011)

When a group of hard-working guys find out they've fallen victim to their wealthy employer's Ponzi scheme, they conspire to rob his high-rise residence. *Stars: Eddie Murphy, Ben Stiller, Casey Affleck, Alan Alda, Matthew Broderick, Judd Hirsch and Tea Leoni. Action, Comedy, Crime. 104 minutes. Rated*

TUESDAY, NOVEMBER 30, 12:30 PM*

North by Northwest (1959)

A New York City advertising executive goes on the run after being mistaken for a government agent by a group of foreign spies. *Stars: Cary Grant, Eva Marie Saint and James Mason. Adventure, Mystery, Thriller. 136 minutes.*

*Note early start time. Rated



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

Gather round for some friendly competition.

A great way to get a little exercise and meet other people. Join our Wii bowling league. No spectators.

BINGO

1ST & 3RD THURSDAYS, NOVEMBER 4 & 18, 1-2 PM

B-I-N-G-O is for fun everyone! Join us for an hour of light hearted fun and maybe even win a prize. It's free to play and each person can have up to two cards. Arrive 10 minutes early and be ready to start at 1 pm.

Senior Showcase Band

2ND THURSDAYS, NOVEMBER 11, 1-3 PM

The Senior Showcase band is back, and they are ready to see you with your dancing shoes on. They play on the 2nd Thursday of each month. Spread the word! No admission fee but donations accepted.

Artistic Expressions - Virtual

**TUESDAYS, 1-2:30 PM - NOVEMBER 23 & 30,
DECEMBER 7 & 14**

All levels are welcome. Attendance at all four classes is preferred because the lessons will be progressive. Our instructor, Margo Skolaski, is a student at Edgewood, and has been teaching art for two years. You must register in advance to get the Zoom link. To register, email Gary Flesher or call (608) 266-6581. This class is free, but you will need a few supplies. If you have any questions about the class or the supplies email Laura Hunt.

Supplies:

Drawing Paper is ideal, but any paper will do.
Basic #2 Graphite Pencil (Drawing pencils are good too)

Eraser (in addition to the one on your pencil)

Blending Stump (optional)

Colored Pencils

Coloring Book or Pages

EDUCATION & ENRICHMENT

Technology & Finance

Tablets2Go

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

Computer Lab

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

November Tech Tip

CHOOSE STRONG PASSWORDS

For every website or account with a login, choose a unique password that only you would know. Use special characters and symbols, and consider using longer words strung together. Do not send your password information by email or social media and avoid entering your password unless you recognize the website you are visiting. *November's Tech Tip is from Cap Tel. More can be found at <https://www.captel.com/2018/10/technology-tips-for-seniors/>.*



LGBTQ 50+ Alliance

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

Current Events Discussion Group

1ST TUESDAY OF MONTH, 2-4 PM

V - 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

2ND & 4TH THURSDAY, 2-4 PM

P - GG&B is a discussion group for those fortunate enough to have arrived, that is, for those who know the obstacles, but also recognize that there have been joys. Those who look beyond the closet. Let's get together consider our individual selves, our unique strengths and the nature of our ever-changing world. Sponsored by the LGBTQ 50+ Alliance.

Exploring Spirituality

1ST & 3RD THURSDAY, 1-3 PM

Meets at OutReach, 2701 Independence Lane

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

Coffee, Tea or Smoothie Time

3RD FRIDAY 1 PM

Meets at Grace Coffee Shop, 1216 E Washington Ave

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

OutReach Senior Advocate

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



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Madison Senior Center, Madison, WI

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EDUCATION & ENRICHMENT

Health Literacy

TUESDAY, NOVEMBER 16, 10-11 AM **VIRTUAL**


Wisconsin Health Literacy is striving to raise awareness of the integral connection between health literacy and health equity. Only by fostering more inclusive interactions between those who give and those who receive health care services, can we really meet people where they are. Health literacy plays a vital role in ensuring that all feel valued and achieve good health. Sign up for this virtual presentation to learn more about the resources available to older adults to improve your health literacy, and learn more about advocating for equitable health care. Register to get the Zoom link. Call (608) 266-6581 or email gflisher@cityofmadison.com. 

Exploring Poetry

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

STARTS WEDNESDAY, OCTOBER 27


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

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



MSC Book Club

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


Looking for a fun way to enjoy books and meet new people? Join our Book Club! Each month we will read a different book and rotate facilitators. Books are often available at the library, and can be reserved in advance. Many books have audio versions* for those with vision impairments. Email gflisher@cityofmadison.com to register. *This group meets virtually but will meet in person when the mask mandate is lifted.* 

- ♥ November: *Hidden Valley Road: Inside the Mind of an American Family* by Robert Kolker
- ♥ December: *The Silent Patient* by Alex Michaelides
- ♥ January: *The Overstory* by Richard Powers



Anti-Racist Book Club

2ND FRIDAYS AT 10 AM

If you are passionate about social justice and equity issues in our community, you will like our new Book Club. This is a safe place to discuss sensitive issues and ask questions. Register even if you can't attend every month. In November, we will be discussing *So You Want to Talk About Race* by Ijeoma Oluo. Call (608) 266-6581 to register. Meets at the Madison Senior Center. 

EDUCATION & ENRICHMENT

Voices of Color

THURSDAY, NOVEMBER 18, 10-11 AM
VIRTUAL

**FEATURING JEANNE MORTON,
EXECUTIVE DIRECTOR AT CAPRI SENIOR
COMMUNITIES**

Jeanne Morton has spent over 30 years in the senior housing/healthcare settings in a variety of communities, including rural, urban, and suburban skilled nursing facilities and assisted living communities. Currently she is the Executive Director of Capri Communities newest property in west Madison, Vista West. Vista West provides independent, assisted and memory care services to Madison seniors. Jeanne will share about her grandfather and great-grandmother's life on the Cherokee Nation in Checotah, Oklahoma.



A monthly series that gives you the opportunity to have engaging conversations with community leaders of color. Listen to their stories that speak to cultural differences, learn more about Madison's history from a person of color's perspective, ask questions and have an experience. To register and receive the Zoom link, email gflisher@cityofmadison.org or call (608) 266-6581. *R*

Preschool Buddies

THURSDAY, NOVEMBER 11, 9:30-11:15 AM

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



Senior Volunteer Jane Qualle helps our preschool friends create "Oozing Pumpkins."

Spanish Conversation

WEDNESDAYS, 1:30-3 PM VIRTUAL

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

I, Claudius

**WEDNESDAYS, 12-1:30 PM |
NOVEMBER 10 - DECEMBER 22**

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. No class November 24. *R*

Non-Traditional Doll Making & Fabric Art

WEDNESDAYS, 1-4 PM

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

R = Registration Required

EDUCATION & ENRICHMENT

Brain Strain

1. A room has six doors. In how many ways is it possible to enter by one door and leave by another? **Solution:** One could enter in 6 ways and leave in 5 ways. Total number of ways is $6 \times 5 = 30$

2. How many integers between 1000 and 9999 have distinct digits? **Solution:** Thousands position can be filled by any 1-9 digits (0 is excluded). Without repetition, the hundreds position can be filled with remaining 9 digits (including 0). Similarly without repetitions, tens position and ones positions can be filled with remaining 8 and 7 digits respectively. Thus there are $9 \times 9 \times 8 \times 7 = 4536$ such integers between 1000 and 9999 inclusive that have distinct digits.

“Our Story” Photo Event

TUESDAY, NOVEMBER 2, 9 AM - 2 PM

PHOTO DROP-OFF

Photos tell a story and allow us to share a part of ourselves with others. They capture moments in time and in our hearts.


Submit up to three photographs and have your work exhibited in a community wide art event, *Gallery Night*. **2021 Gallery Night is Friday, November 12.**

“Our Story” is open ages 55+ and is a great opportunity to show your talent and creativity and to connect with other adults who share your passion for photography.

Entries must be framed for hanging. For more information, email Laura, lhunt@cityofmadison.com or call (608) 266-6581. Entry fee is \$20. Scholarships are available. This is not a professional show. People of all skill levels are encouraged to participate.

Hands-On Science Explorations

MONDAYS, 9:30 – 11:00 AM, NOV 1 – DEC 13

Interested in science? Sign up for a 6-week hands-on science course led by a UW Madison graduate student. Participants will have the opportunity to talk about current events in science and popular science topics while completing hands-on experiments from a variety of scientific fields. Topics include biology and DNA, chemical reactions in everyday life, physics, space and more! Interest in science is required, experience is not! Register by calling (608) 266-6581 or email gflasher@cityofmadison.com. No class November 22. 

Native American Heritage Month

America is a vast land of many cultures dating back thousands of years to the original inhabitants of the land. History, heritage, or culture of Indigenous people are part of every community across the country. Please join us in paying tribute to the rich ancestry and traditions of Native Americans. Take the time to learn and educate yourself about a culture of people often misrepresented in our history books.

Tom Jones | Native Peoples of Wisconsin

NOVEMBER 19, 10-11 AM

Who were the Native Nations in Wisconsin? What do we know about their histories and cultural traditions? The arrival of Europeans to Wisconsin significantly impacted the Native cultures already living in what we know as the state of Wisconsin. Learn about this topic from the perspective of someone who was born into the Ho Chunk Native American Indian Community.

Tom Jones is coauthor of **People of the Big Voice: Photographs of Ho-Chunk Families** by Charles Van Schaick, 1879-1942. He is an assistant professor of photography at the University of Wisconsin-Madison, and his work may be found in the National Museum of the American Indian and the Chazen Museum of Art.





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LET'S GET STARTED!

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

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

HEALTH & WELLNESS

“Exercise your Right: Laughing Bodies with Li Chiao-Ping”

NOVEMBER 2, 4-5 PM

Come on down to the Madison Senior Center for this FREE Election Day special event. Her classes focus on warm-up techniques, strength and stretching exercises, core work, breathing and energy flow. No prior dance experience needed.

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

Ballroom Basics for Balance™ or BB4B

PARTY AND LINE DANCING

**FRIDAYS, 9:30-10:45 AM, OCT 29 – DEC 10 (NO CLASS NOV 26) VIRTUAL
FEE \$33**

We are having a party as we learn balance skills with Country and Soul line dancing, Reggae, Hula, and Balinese dance. We always have both a standing and seated option for every dance and this is a virtual class, so we meet on Zoom. We will start with a Monster Mash Line Dance on the first day, so please feel free to dress in a Halloween Costume or to decorate your space for fun.


This class is for you if you want to get better at walking or moving around on various surfaces and in various environments. A completed **Registration Form** and payment in advance is required. Send a check to **Madison Senior Center, 330 West Mifflin St, Madison, WI 53703**. Credit card payment can be over the phone or in person. Scholarships available. Call (608) 266-6581 or email lhunt@cityofmadison.com. 

Like us on Facebook:
facebook.com/MadisonWISeniorCenter



Gentle Yoga

THURSDAYS, 9:30-10:30 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. **Yoga Accessible for All (YAFA)** teachers dedicate themselves to making yoga safe and inviting for anyone who is interested in gaining the benefits of yoga (yafayoga.org). We will do a combination of seated and standing positions, and will always suggest modifications if a pose isn't working for you. Call (608) 266-6581 or email gflisher@cityofmadison.com to register. 

Gentle Exercise

MONDAY – FRIDAY, 9 - 9:45 AM

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

Fit for Life Cardio Dancing for 55+

FRIDAYS 1 - 2 PM, NOW THRU DECEMBER 17, NO CLASS 11/26

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



November

NATIVE AMERICAN HERITAGE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
1 9:00 Gentle Exercise 9:30 Hands-On Science 10:00 PLATO 11:30 Lunch 12:30 Wii Bowling	2 9:00 Gentle Exercise 9:00 "Our Story" Photo Drop-Off 11:30 Lunch 1:00 Movie: Shouting Secrets 1:00 PLATO 4:00 Li Chiao-Ping 6:00 BB4B	3 9:00 Gentle Exercise 11:30 Lunch 12:30 Wii Bowling 1:00 Doll Making 1:30 Spanish Conversation (MSC) 2:00 Current Events	4 9:00 Gentle Exercise 9:30 Gentle Yoga 11:30 Lunch 1:00 BINGO	5 9:00 Gentle Exercise 9:30 BB4B (V) 10:00 BB4B 11:30 Lunch 12:30 Wii Bowling 1:00 PLATO 1:00 Cardio Dancing	6/7 11/07/21 Daylight Savings Time Ends 
8 9:00 Gentle Exercise 9:30 Hands-On Science 10:00 PLATO 11:30 Lunch 12:30 Wii Bowling	9 9:00 Gentle Exercise 11:30 Lunch 1:00 Movie: The Hero 1:00 PLATO 6:00 BB4B	10 9:00 Gentle Exercise 11:00 Exploring Poetry 11:30 Lunch 12:00 I, Claudius 12:30 Wii Bowling 1:00 Doll Making 1:30 Spanish Conversation (V)	11 8-4 Med D Appointments 9:00 Gentle Exercise 9:30 Gentle Yoga 10:00 Preschool Buddies Veterans Day Event 11:30 Lunch 1:00 Senior Showcase Band 2:00 pm Gay, Gray & Beyond VETERAN'S DAY	12 9:00 Gentle Exercise 9:30 BB4B (V) 10:00 BB4B 10:00 Anti-Racist Book Club 11:30 Lunch 12:30 Wii Bowling 1:00 PLATO 1:00 Cardio Dancing 5:00 Gallery Night	13/14 11/13/21 World Kindness Day 
15 9:00 Gentle Exercise 9:30 Hands-On Science 10:00 PLATO 11:30 Lunch 12:30 Wii Bowling	16 9:00 Gentle Exercise 10:00 Health Literacy (V) 11:30 Lunch 1:00 Movie: Lake Effects 1:00 PLATO 1:00 Art Expressions (V)	17 9:00 Gentle Exercise 11:30 Lunch 12:00 I, Claudius 12:30 Wii Bowling 1:00 Doll Making 1:30 Spanish Conversation (V)	18 9:00 Gentle Exercise 9:30 Gentle Yoga 10:00 Voices of Color (V) 11:30 Lunch 1:00 Book Club (V) 1:00 BINGO	19 9:00 Gentle Exercise 9:30 BB4B (V) 10:00 BB4B 10:00 Tom Jones 11:30 Lunch 12:30 Wii Bowling 1:00 PLATO 1:00 Cardio Dancing	20/21 11/21/21 National Red Mitten Day 
22 8-4 Med D Appointments 9:00 Gentle Exercise 10:00 PLATO 11:30 Lunch 12:30 Wii Bowling	23 9:00 Gentle Exercise 11:30 Lunch 1:00 Movie: Tower Heist 1:00 PLATO 1:00 Art Expressions (V)	24 9:00 Gentle Exercise 11:00 Exploring Poetry 11:30 Lunch 12:00 I, Claudius 12:30 Wii Bowling 1:00 Doll Making 1:30 Spanish Conversation (V)	25 THANKSGIVING MSC CLOSED 	26 MSC CLOSED NATIVE AMERICAN HERITAGE DAY	27/28 11/28/21 Hanukkah Begins 
29 9:00 Gentle Exercise 9:30 Hands-On Science 11:30 Lunch 12:30 Wii Bowling	30 9:00 Gentle Exercise 11:30 Lunch 12:30 Movie: North by Northwest 1:00 PLATO 1:00 Art Expressions (V)				

Giving Matters to Seniors

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

PLEASE DONATE TODAY! MADISON SENIOR CENTER FOUNDATION, INC.

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

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

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Address _____ City _____ State _____ Zip _____

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

☐ In Appreciation of: _____ ☐ Other: _____

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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.

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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

COMMUNITY UPDATE

National Family Caregiver Month

ARE YOU A CAREGIVER?

Many people don't think of themselves as caregivers, but if one or more of the statements below apply to you, then you are a caregiver.



DO YOU...

- ♥ Provide direct care to someone--such as feeding, bathing, dressing, supervision, or any other type of assistance?
- ♥ Provide supportive care such as delivering meals, giving rides, calling or stopping in to check on someone?
- ♥ Feel concerned that someone you know isn't taking care of him or herself?
- ♥ Feel concerned that a caregiver you know is struggling and needs help?

Families are the primary source of support for older adults and people with disabilities in the U.S. Many caregivers work and also provide care, experiencing conflicts between competing responsibilities. Research indicates caregiving also takes a significant emotional, physical, and financial toll. With nearly half of all caregivers over age 50, many are vulnerable to a decline in their own health. Studies show that coordinated support services can reduce caregiver depression, anxiety, and stress, and enable them to provide care longer, which avoids or delays the need for costly institutional care.

Through the Older Americans Act, the National Family Caregiver Support Program (NFCSP) was developed by the Administration on Aging (AoA). Through Title III-E of the Older Americans Act, the State of Wisconsin has received funds to administer this program.

The Wisconsin National Family Caregiver Support Program offers information, support, and resources to assist family caregivers (spouse, adult child, another relative, friend, or neighbor) with their concerns related to caregiving. NFCSP helps caregivers find solutions to their caregiving dilemmas.

For more information and resources go to <https://dcdhs.com/Disability-and-Aging/Senior-Services/Family-Caregiver-Support> or call the Area Agency on Aging at (608) 261-9930.

PUBLIC HEARING

to Comment & Provide Input on the
**2022-2024 Dane County
Aging Plan DRAFT**

**Tuesday, 12/14/21
Noon via Remote/Zoom**

Pre-registration required for persons wishing to speak

Go to <https://dane.legistar.com/Calendar.aspx>
& select "Area Agency on Aging Board Meeting"
or call (608) 261-9930

For those wishing to attend but not speak
Call (833) 548-0276 (access code: 969 4688 6739)

The Aging Plan draft is available at <https://dcdhs.com/Aging-Plan-Development> or call (608) 261-9930. Written comments may be mailed to: Area Agency on Aging, Attn: Cheryl Batterman, 2865 N Sherman Ave, Madison, WI 53704 or emailed to Batterman.Cheryl@countyofdane.com by 12/28/21.



Veterans Day

Veterans Day is celebrated every year on November 11th. On the 11th hour of the 11th day of November, the 11th month, the Germans came to an armistice with the Allied Powers to surrender further attacks, effectively ending the global conflict.

Originally called Armistice Day, it was first recognized in 1919, as a day to honor World War 1 veterans. It became an official holiday in 1938. In 1954, Armistice Day switched Veterans Day to include honors for veterans of all wars.



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Veterans Day Tribute

THURSDAY, NOVEMBER 11, 10-11 AM

You are invited to celebrate the contributions of United States veterans! Veterans, please pre-register so that we can recognize you during the program. To register call (608) 266-6581 or email gflesher@cityofmadison.com.

10:00 Celebration Starts

Refreshments and Music

10:30 Program

Special Guests: Mayor Satya Rhodes-Conway, Representative Francesca Hong, Senator Kelda Roys and Alder Mike Verveer

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