

THE Messenger

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OCTOBER, 2019

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Relevant, Inclusive, Enlightened

Madison Senior Center

330 W. Mifflin Street

Madison, Wisconsin 53703

(608) 266-6581

cityofmadison.com/senior-center






Health & Resource Fair

Wednesday, October 9
8:45—11:45 am



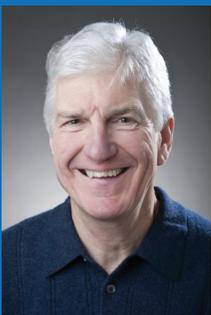
8:45—10:30
30+ Vendor Tables & Free Health Screenings

10:30—Break—Refreshments

10:45—11:45 - Keynote: Dr. Robert McGrath

Thriving at Any Age: Guidelines for Living a Happy and Healthy Life

Robert McGrath, Psy D, ABPP is a licensed psychologist providing Mind/Body Wellness Services at University Health Services.





FOR YOUR INFORMATION

MSC is proud to announce a new educational series called “Preparing to Care” an informational program created by MSC and University of Wisconsin-Madison, School of Human Ecology Master’s Candidate Shannon Wuensch.



As we progress through life, we may find ourselves wanting to provide care for a loved one experiencing health changes, like dementia. We can help you prepare for this experience.

Join us this month for an informational series that addresses dementia and caregiving.

Week 1: What is Dementia? Dr. Nathaniel Chin, director of medical services for the Wisconsin Alzheimer’s Disease Research Center, and medical director for the Wisconsin Registry for Alzheimer’s Prevention (WRAP) Study, will be presenting on the overall process of dementia and what to expect from this progression. This session will include understanding memory loss, cognitive impairment, and the different types of dementia. A panel will be present to relay their experiences as caregivers of an individual with dementia, and to answer questions.

Week 2: Caregiving and Communication. Staff from the Alzheimer’s & Dementia Alliance of Wisconsin will lead a presentation and discussion on what to expect when caring for someone who has dementia. This will include communication tips and techniques, as well as understanding that different behaviors are a form of communication by the individual with dementia.

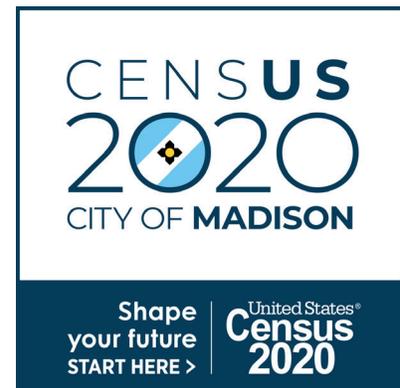
Week 3: Legal and Financial Planning. Stay tuned for more information on this session.

Part 2 of Preparing to Care will be held in March 2020. In that series we will cover Preparing the Home, A Day in the Life of a Dementia Caregiver, and Caring for the Caregiver.

Sally Jo

General Policies

- ♥ Public spaces (interior and exterior) at the MSC are monitored by staff on video security cameras; participants and visitors may be recorded.
- ♥ **R** = Register. Most of our presenters are volunteers and their time is valuable. The **R** means that programs without sufficient enrollment may be canceled.
- ♥ All participants and guests must check in upon arrival. If you aren’t at the center for business purposes, and will be returning within the next three months, please apply for a free membership. You will be issued a key tag to scan when you come in.
- ♥ Service animals are welcome. They should always be on a leash. You must clean up after your own animal.



Every 10 years, the federal government conducts a population count of everyone in the United States. Data from the census provide the basis for distributing federal funds to communities across the country to support vital programs—impacting housing, education, transportation, employment, health care, and public policy.

Learn more about how you can be counted in the 2020 Census at the Health & Resource Fair, held October 9 at the Madison Senior Center.

Technology Tip of the Month

DON'T CLICK ON LINKS

The golden rule is simply not to click on links in emails or messages that then require you to log in. Even if you have been sent an urgent warning that your password has been hacked, or that your account is about to be deactivated for one reason or another. In the vast majority of cases these will be false messages, and if you decide to click on the link and enter your details, then expect your bank account or credit card to be used shortly afterwards.

It's not always banking sites that are used, you will also see phishing attacks for Gmail, Facebook, Amazon, Apple, or other popular high-profile services that have your credit card details attached. The best way to avoid being hacked by one of these emails is to open a new window in your browser, and then type in the website address manually. Then log into your account (not copying and pasting the link from the message).

Financial Perspective

WEDNESDAY, OCTOBER 2, 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.

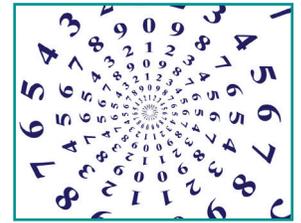
Sip & Swipe Café®

Get free self-paced tablet lessons on how to use a tablet. A coach will work with you, provide support and answer questions. These skills also will transfer to most smart phones. We provide the tablets, so if you have been thinking about 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 (608) 266-6581 to schedule your appointment. 

Math is Magical!

WEDNESDAY, OCTOBER 23, 10-11 AM

Have fun with “mathemagics”. Explore special numbers such as 1089 and 2178, including a magic square for 2019! Who said 1729 is a dull number? It's a fascinating unique number! Find out why at Math is Magical!



Many things from Super Computation to Mind Reading will be discussed in this hour, including the demonstration of a few math tricks. A simple calculator is helpful. Lead by Jegan Sriskandarajah (Sri). Call 266-6581 to register. 

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 offer assistance. Please respect the posted behavior and etiquette policies.

Sudoku

Answers located on page 14.

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

 = Register

ARTS & ENTERTAINMENT

Tuesday Movie Matinees

TUESDAY, OCTOBER 1, 1 PM

Manhattan Melodrama (1934). Starring Clark Gable, William Powell and Myrna Loy. The friendship between two orphans endures even though they grow up on opposite sides of the law, and fall in love with the same woman. *Crime, Drama, Romance. Not Rated, 93 minutes.*



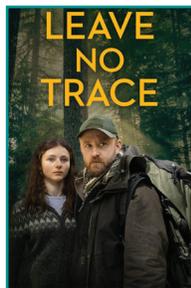
TUESDAY, OCTOBER 8, 12:45 PM

Catch Me If You Can (2002). Starring Leonardo DiCaprio, Tom Hanks and Christopher Walken. A seasoned FBI agent pursues Frank Abagnale Jr. who, before his 19th birthday, successfully forged millions of dollars' worth of checks while posing as a Pan Am pilot, doctor and legal prosecutor. *Crime, Drama, Biography. PG-13. 141 minutes.*



TUESDAY, OCTOBER 15, 1 PM

Leave No Trace (2018). Starring Thomasin McKenzie, Ben Foster and Jeffery Riffard. A father and his 13-year old daughter are living an ideal existence in a vast urban park in Portland, OR, when a small mistake derails their lives forever. *Drama, Music. PG. 109 minutes.*



TUESDAY, OCTOBER 22, 1 PM

Breakthrough (2019). Starring Marcel Ruiz, Topher Grace and Sarah Constible. When her 14-year old son drowns in a lake, a faithful mother prays for him to come back from the brink of death and be healed. Her steadfast belief inspire those around her to continue to pray for his recovery, even in the face of every case history and scientific prediction. *Biography, Drama. PG. 116 minutes.*



Enjoy popcorn and beverages. Sponsor refreshments for a month and have your company featured here.

Botanical Zentangle Inspired Art

NOVEMBER 12, TUESDAY, 9:15 – 11:15

This class encourages you to explore 4 of nature's most magical patterns in adventurous, fun and colorful ways. Using 30 Zentangle-inspired tangles with accompanying "step-outs" and nature's organic photos as a springboard, you will design beautiful botanical cards, bookmarks, "standard" and "Apprentice" art tiles, etc. with color enhancement. In addition to the "step-outs" packet, cards/envelopes, art tiles, bookmarks, and "Inspirational Sayings," each receives a 6-pocket plastic sleeve to store your art safely and a magnetic frame to display your art. Please bring your previously used micron pen(s), Pigma pen(s) and/or Sharpie fine point permanent marker(s). If necessary, pens will be available to purchase. Previous Zentangle experience is a prerequisite. **Cost: \$10 (cash). Please pay Donna Danowski CZT, (Certified Zentangle Teacher). Call MSC at 266-6581 to register.** 

Non-Traditional Doll Making & Fabric Art

FRIDAYS 1-4 PM

Express yourself using simple sewing techniques. Create something that speaks to your soul. 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. 

Coloring with Heather

TUESDAYS, OCTOBER 8, 15, 22, 10-11 AM

Did you know that coloring is a creative and stress reducing activity? Whether you are an experienced "colorer", or eager to try it out for the first time, this series is for you. Artist and Professor Heather Schatz will lead the group in a combination of coloring activities designed to stimulate your creativity and reduce anxiety. Coloring sheets and art supplies will be provided. Free but registration required. 

THE VOLUNTEER VIEW

Volunteer Opportunities

♥ Special Event Planning Team

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

♥ Intergenerational School Program

Interested in mentoring a high school student? We are working on a collaboration with a Madison high school starting in September. Volunteers will meet weekly with teens to talk and get to know each other.

♥ Preschool Arts & Crafts

We are recruiting for the next school year. Get back in touch with your inner child by spending an hour once a month doing a project with one or two preschoolers. You are there to guide and interact with the child. Staff will lead the activity and handle any issues.

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

Special Events on the Horizon

The Classic English Tea will not be held this year. In its place we are planning two exciting new events for 2020. Both will be great opportunities to have fun, support the Senior Center, and invite new friends learn about our programs and services.

MSC NOSTALGIA NIGHT

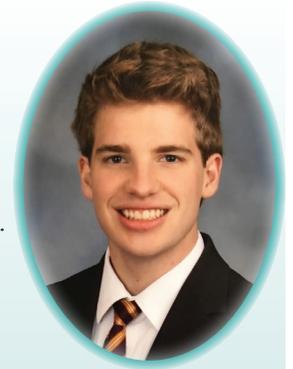
Relive your youth with a night of dance, food, and activities. Dress up in your favorite 60s or 70s fashion and get groovy. Coming Spring of 2020!

MSC GOLF TOURNAMENT

Cherokee Country Club will be hosting the first annual tournament on August 10 from 11:30 am to 5 pm. Mark your calendars. Proceeds benefit the Madison Senior Center.

If you are interested in learning more if becoming involved in the planning of any of these events, please contact John Weichelt at jweichelt@cityofmadison.com or (608) 267-2344.

Volunteer Spotlight: Garrett Schreffler



Garrett Schreffler is our Marketing and Event Planning Intern. He is a senior at UW-Madison majoring in Economics. He will be assisting with promoting programs, social media, and even covering the front desk occasionally.

Favorite celebrity over 55 and why? Robert De Niro because I love every single one of his movies. *Meet the Parents* is probably my favorite.

What's your favorite fast food item? A Culver's Butter Burger always hits the spot.

What's your favorite healthy food item? I love eating bell peppers. Both mixed with other foods and by themselves.

If you could re-live an event or moment in your own life, what would it be? The first day of college.

What possession can you not get rid of? My bobble heads at home. I have over 70 of them!

What's your favorite Scary Movie? *Hereditary*. It is the most thrilling movie I have ever seen.

What do you enjoy most about Madison in the Fall? Badger football.

Favorite Candy? Tie between a Snickers Bar and a Milky Way.

Favorite Madison Hang Out? The Terrace in the summer. I love the fact that it is right on the water.

Favorite city outside of Wisconsin? Chicago. There is always something going on there at any given time.

What's the one food you could never bring yourself to eat? Brussel sprouts. It doesn't matter how they are prepared. I just cannot eat them.

What's your favorite childhood book? *The Giving Tree* by Shel Silverstein.

Name a product or service you love so much that you'd happily be that company's spokesperson. Patagonia. I have far too many Patagonia clothing items.

What skill would you bring to a post-apocalyptic society? I know how to start a fire when needed.

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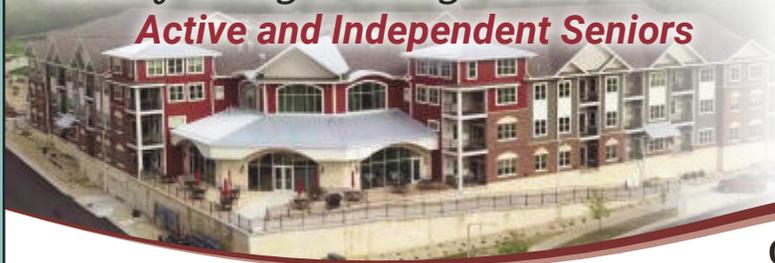
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EDUCATION & ENRICHMENT



**FRIDAY, OCTOBER 11,
9-11 AM BY APPT.**

Driver safety programs improve adult driver

safety by addressing cognitive abilities and skills, however, drivers can also improve their safety by ensuring their cars are properly adjusted for them. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others. Learn how to adjust your fit within your personal vehicle for maximum safety and comfort. This program is made available by AARP Driver Safety and AOTA (American Occupational Therapy Association). Call (608) 266-6581 to schedule your appointment. *R*

Earth's Changing Climate

MONDAYS, OCTOBER 21 - DECEMBER 2, 1:30-3:30 PM

Whatever your views on climate change, it's important to understand how the current scientific consensus on global warming evolved out of basic physical principles and a broad range of observations. In a lucid presentation designed for nonscientists, you will learn about:

- ♥ The difference between climate and weather
- ♥ The **concept of energy balance**, which governs the natural warming of the planet by the Sun and is the key to a stable climate
- ♥ The **greenhouse effect**, which makes Earth warmer and more hospitable than it would otherwise be due to naturally occurring gases in the atmosphere
- ♥ The **carbon cycle**, which controls the rate at which carbon dioxide released by fossil-fuel combustion accumulates in the atmosphere, and how long it remains to enhance the natural greenhouse effect.

Earth's Changing Climate addresses only scientific issues and makes no policy recommendations. Lead by Dr. Richard Wolfson, a physicist at Middlebury College, who has written and taught extensively about climate change. A Great Courses program facilitated by Liban Mohammed, PhD Candidate at UW-Madison. Fee \$5. *R*

Meet Goode Rebeka Nurse: Trial by Fire - "The Salem Witch Trials"

TUESDAY, OCTOBER 29, 1-2 PM



It was a new world. The settlers from England had gained a foothold in the verdant land called "Amerika." Old traditions would be laid aside, new ones instituted. Greed, jealousy, suspicion would still persist. Were these at the root of "The Salem Witch Trials?" Innocent residents of Salem, Massachusetts were tried and many executed in perhaps the most infamous chapter in early American history. Meet Goode Rebeka, an elderly woman hanged as a witch in 1692, but was she?

Jessica Michna, recipient of the Presidential Service Center's Distinguished Service Award, is widely known for her riveting portrayals of First Ladies, notable women of history and fictitious characters.



**THURSDAY, OCTOBER 10,
10-10:45 AM**

Madison Police Officers Kalka and Brown will join us for coffee and cookies in the MSC lounge. This is informal and everyone is welcome to ask questions or just hang out and listen.

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. \$2 per person. No charge the last Thursday of the month.

Together Fest

WEDNESDAY, NOVEMBER 13, 5-7:30 PM

Join us to celebrate our unique differences, and the strength that we have when we come together as one. Enjoy music and dance performances, authentic food and friendship. Call (608) 266-6581 to register, \$2 Fee. Register by Wednesday, October 30. *R*

EDUCATION & ENRICHMENT

Meet the Author: Fall 2019

We are excited to announce our fall line-up of authors. Watch for more information in the coming months about each author and their literary work.

DR. JOSHUA MEZRICH
Tuesday, October 8, 1-2 pm

When Death becomes Life: Notes from a Transplant Surgeon

Dr. Mezrich, surgeon, teacher, and now writer joins us to discuss his new book; released by Harper Collins on January 15, 2019 “It is part-memoir, part-history of transplants, and part-patient stories.”



When Death Becomes Life is a thrilling look at how science advances on a grand scale to improve human lives. Mezrich examines more than one hundred years of remarkable medical breakthroughs, connecting this fascinating history with the inspiring and heartbreaking stories of his transplant patients. Combining gentle sensitivity with scientific clarity, Mezrich reflects on his calling as a doctor, conveying what the life of a surgeon is really like and how it feels to experience soaring victories as well as crushing defeats. *R*

HOWARD G. OLSON, PHD
Tuesday, November 12, 1-2 pm

The Last Dog “When the world gets crazy, finding serenity in dogs, Spirit, and nature”

The true stories in this powerful and beautifully written book are about the sometimes difficult task of finding serenity in our lives. In *The Last Dog*, Dr. Howard Olson moves through the stages of life with us, sharing the gifts of wisdom, spiritual connection, and lessons for living an authentic life with meaning and purpose. Howard writes the way he has lived: from his heart, with deep connections to the natural world, the spirit world, and his ever-present and always happy Labrador dogs.

Dr. Olson is a professor emeritus from the UW-Madison, where he taught for 35 years. *R*

Senior Beat

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

In October, we will be talking Joy Schmidt about brain health and what it means if a business or community is dementia friendly. Our second segment takes the dementia discussion one step further as we look at what a diagnosis of dementia means to the rest of the family, who often suddenly find themselves in the caregiver role.

Watch *Senior Beat* all month: Tuesdays at 12:30 pm, Wednesdays at 4:30 pm, Fridays at 12:00 pm, and Sundays at 4:30 pm on Madison City Channel (Charter analog 98, Charter Digital 994 and AT&T U-verse, 99).



Dane County Helps Battle Social Isolation

Social isolation is a serious concern for so many people in Dane County, especially for seniors and people with disabilities. Research indicates that isolation has as much of a negative impact on health as smoking! So it’s exciting news that the Dane County Transportation Department is introducing an option focused on rides to social outings, serving seniors and people with disabilities who live independently in their own homes in Madison, Monona, Middleton and Fitchburg.

The service is provided by Transit Solutions. Trip plans for the new service include destinations like museums, Goodwill, movie theaters, Marshall’s, HoChunk Gaming and more. Rides are door-to-door and are scheduled to start at 10 am and end at 1 pm giving enough time to spread your wings to experience the destination!

For more information, contact Jane Betzig, Dane County Mobility Manager, Betzig.jane@countyofdane.com or (608) 242-6486. A schedule of the trips is available at the MSC Front Desk.

Activity & Meal Calendar - October, 2019

MONDAY	TUESDAY	WEDNESDAY
<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>	<p>1</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 2 – MC 9:30 PLATO 11:00 Table Tennis 1:00 Movie: Manhattan Melodrama</p> <p>ITALIAN SAUSAGE ON WHITE BUN* VEGGIE WRAP (MO)</p>	<p>2</p> <p>10:00 Financial Perspective 10:00 Great Trials 10:00 PLATO 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO (2)</p> <p>CHICKEN A LA KING VEGGIE CHICKEN A LA KING (MO)</p>
<p>7</p> <p>9:00 Gentle Exercise 9:00 Ancestry – MC 10:00 PLATO 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>RUSTIC TOMATO BEAN SOUP VEGGIE TOMATO BEAN SOUP (MO)</p>	<p>8</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 2 – MC 9:30 PLATO 10:00 Coloring w/Heather 11:00 Table Tennis 1:00 MTA: Dr. Mezrich 1:00 Movie: Catch Me If You Can</p> <p>HAM & POTATO CASSEROLE* VEGGIE & POTATO CASSEROLE (MO)</p>	<p>9</p> <p>8:45 Health & Resource Fair 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO (2)</p> <p>CABBAGE ROLLS IN TOMATO SAUCE VEGGIE WRAP (MO)</p>
<p>14</p> <p>9:00 Gentle Exercise 9:00 Ancestry – MC 10:00 Stress Overload 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>ENCHILADA CASSEROLE VEGGIE ENCHILADA CASSEROLE (MO)</p>	<p>15</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 2 – MC 9:30 PLATO 10:00 Coloring w/Heather 11:00 Table Tennis 1:00 Movie: Leave No Trace 1:30 PLATO 5:30 Preparing to Care</p> <p>BRAT W/WHITE BUN VEGGIE DOG (MO)</p>	<p>16</p> <p>10:00 Great Trials 10:00 PLATO 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO (2) 1:45 Massage 6:00 Japanese - MC</p> <p>CHICKEN STRIPS HUMMUS WRAP (MO)</p>
<p>21</p> <p>9:00 Gentle Exercise 9:00 Ancestry – MC 10:00 PLATO 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO (2) 1:30 PLATO 1:30 Earth's Changing Climate</p> <p>ROASTED TURKEY IN GRAVY VEGGIE CHICKEN IN GRAVY (MO)</p>	<p>22</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 2 – MC 9:30 PLATO 10:00 Coloring w/Heather 11:00 Table Tennis 1:00 Movie: Breakthrough 1:30 PLATO 5:30 Preparing to Care</p> <p>TACO PASTA SALAD BEAN/CHEESE BURRITO (MO)</p>	<p>23</p> <p>10:00 Great Trials 10:00 PLATO 10:00 Math is Magical 11:30 Computer Lab 11:30 Table Tennis 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO (2) 6:00 Japanese - MC</p> <p>CHICKEN SANDWICH VEGGIE BURGER (MO)</p>
<p>28</p> <p>9:00 Gentle Exercise 9:00 Medicare Part D/Appt. Only 10:00 PLATO 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO (2) 1:30 PLATO 1:30 Earth's Changing Climate</p> <p>SLOPPY JOE ON WW BUN CHICKPEA SLOPPY JOE (MO)</p>	<p>29</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 3 – MC 9:30 PLATO 11:00 Table Tennis 12:15 Red Hats 1:00 Jessica Michna 1:30 PLATO 5:30 Preparing to Care</p> <p>HONEY BAKED CHICKEN VEGGIE HONEY DICED CHICKEN (MO)</p>	<p>30</p> <p>10:00 Great Trials 10:00 PLATO 11:30 Computer Lab 11:30 Table Tennis 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO (2) 6:00 Japanese - MC</p> <p>MEAT SAUCE W/SPAGHETTI NOODLES MARINARA SAUCE (MO)</p>

THURSDAY	FRIDAY
<p>3</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 1 - MC 10:00 Gentle Yoga 11:30 Table Tennis 1:00 Senior Showcase Band 1:30 PLATO</p> <p>POT ROAST WITH GRAVY BLACK BEAN BURGER (MO)</p>	<p>4</p> <p>9:00 Gentle Exercise 10:00 BB4B – Library 10:00 Painting – MC 10:00 PLATO 10:00 Tai Chi 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making 1:00 PLATO 5:00 Gallery Night</p> <p>SAUSAGE VEG BAKE OR CHICKEN SALAD VEGGIE EGG BAKE (MO)</p>
<p>10</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:30 Spanish 1 - MC 9:45 Preschool 10:00 Coffee with a Cop 10:00 Gentle Yoga 11:30 Table Tennis 12:00 Foot Care Clinic 1:00 Senior Showcase Band 1:00 Gay, Gray & Beyond 1:30 PLATO 6:00 Latinx Discussion Group</p> <p>BBQ CHICKEN BREAST VEGGIE CHICKEN IN BBQ (MO)</p>	<p>11</p> <p>9:00 Gentle Exercise 9:00 CarFit 10:00 BB4B – Library 10:00 Painting – MC 10:00 PLATO 10:00 Tai Chi 11:30 Table Tennis 11:30 Computer Lab 12:00 SOS Senior Council 12:30 Wii Bowling 1:00 Non-Traditional Doll Making 1:00 PLATO</p> <p>CHICKEN MAC SALAD OR HARVEST SALAD MAC AND CHEESE (MO)</p>
<p>17</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:30 Spanish 1 - MC 10:00 Gentle Yoga 11:30 Table Tennis 1:00 Senior Showcase Band 1:30 PLATO</p> <p>TUNA CASSEROLE GARDEN BURGER (MO)</p>	<p>18</p> <p>9:00 Gentle Exercise 10:00 Painting – MC 10:00 PLATO 10:00 Tai Chi 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making 1:00 PLATO</p> <p>ITALIAN LASAGNA OR BEEF TACO SALAD VEGGIE LASAGNA (MO)</p>
<p>24</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:30 Spanish 1 - MC 10:00 Gentle Yoga 11:30 Table Tennis 1:00 Smart Phone Technology 1:00 Senior Showcase Band 1:00 Gay, Gray & Beyond 1:30 PLATO 6:00 Latinx Caregivers</p> <p>MEATBALLS IN GRAVY* VEGGIE MEATBALLS IN MARINARA (MO)</p>	<p>25</p> <p>9:00 Gentle Exercise 10:00 BB4B – Library 10:00 Painting – MC 10:00 PLATO 10:00 Tai Chi 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making 1:00 PLATO</p> <p>TUNA SANDWICH OR PULLED PORK SALAD EGG SALAD (MO)</p>
<p>31 HAPPY HALLOWEEN</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:30 Spanish 1 - MC 10:00 Gentle Yoga 11:30 Table Tennis 1:00 Senior Showcase Band 1:30 PLATO</p> <p>LEMON BAKED FISH VEGGIE WRAP (MO)</p>	

October

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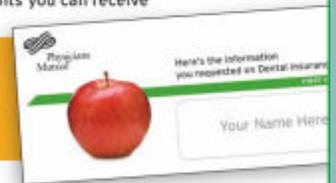
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CLUBS & GROUPS / GAMES

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.

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.

Table Tennis

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

TUESDAY, 11 AM-12:30 PM



Meet friends and find challenging partners.

Pool - Billiards

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



Wii Bowling

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



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

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.

Grupos de apoyo

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

2ND THURSDAY, 6-8 PM

LATINX DISCUSSION GROUP

4TH THURSDAY, 6-8 PM

LATINX GRANDPARENT SUPPORT GROUP

Doesn't meet in March, June or September.

Red Hat Mamas

**LAST TUESDAY OF THE
MONTH, 12:15 PM**



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

Gay, Gray & Beyond

2ND & 4TH THURSDAY, 1-3 PM

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

The SOS Senior Council

2ND FRIDAY, 12 PM

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

Tai Chi Fundamentals

FRIDAYS, 10-11 AM

The December 2014 Harvard Health Letter called Tai Chi the “best exercise for balance.” Tai Chi also builds core strength and stamina through its slow, precise movements. Its focus on posture and alignment helps release tension, and the emphasis on mindful action promotes stress reduction, improves mental health, and can even improve sleep quality. All levels welcome. Recommended \$2 donation.

Class Activities

- ♥ Tai Chi Short Form: A flowing series of connected postures
- ♥ Basic Moves: Exercises to build the motor skills used in Tai Chi
- ♥ Qi Gong: A Chinese practice that aids flexibility and relaxation
- ♥ Additional class activities may include short periods of meditation, range of motion exercises, and discussion of the history and applications of Tai Chi

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 the instructor will always suggest modifications if a pose isn't working for you. Pay the \$4 per class fee when you check in. Scholarships are available.

Foot Care Clinic: **New Day & Time**

2ND THURSDAY OF THE MONTH 12-3:30 PM

Madison Senior Center is partnering with Owen's Superior Foot Care. Nail Technician Emma Sunde will provide foot care for \$21 to non-diabetics. Appointments will be available on the 2nd Thursday of each month, 12-3:30 pm. Please bring 2 towels. Call 266-6581 to schedule an appointment.

Massage

3RD WEDNESDAY AT 1:45 PM

Decrease your stress, prevent stress-related injuries and reduce the effects of depression and anxiety. Meet with Seth Jensen LMT on the **3rd Wednesday of each month**. Cost is \$10 for 15 minutes. Choose between a chair or a foot massage. Call 266-6581 for a time. *R*

Gentle Exercise

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

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

Preparing to Care

TUESDAYS, OCTOBER 15, 22, 29, 5:30-7 PM

No one is ever prepared to become a caregiver for a loved one diagnosed with dementia. The financial and emotional strain, as well as the time commitment are significant. This series will provide tools to prepare and plan for the eventuality of this situation. It will also benefit families already in the throes of caregiving. It is a series so each week builds on the previous one. If you need respite care in order to attend, call Jane DeBroux at 240-7400. This program is FREE, but you must register. More information on page 3. Call 266-6581. *R*

Sudoku Answers

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

Wellness Champions

MSC is collaborating with a local member of the Wellness Champions, a professional group of health experts. Dr. David Dow has been in private practice in Madison for over 20 years. He works with all ages and enjoys doing public workshops on a wide variety of topics to help people find their optimum health. Once a month he will join us to lead a session on a chronic problem that affects many people. In October, he will talk about stress and in November about sleep.

SOS - Stress Overload Syndrome

MONDAY, OCTOBER 14, 12-1 PM

Did you know ... 77% of people regularly experience physical symptoms caused by stress? And 73% of the population regularly experience psychological symptoms caused by stress? Learn how YOU can reduce stress, increase performance and receive a complimentary healthy meal. 

Sleep Deprivation, Insomnia & the Solution

MONDAY, NOVEMBER 11, 12-1 PM

Quality of sleep is one of the biggest predictors of health. 70 million people in the U.S. have a sleeping problem. Possible consequences include overeating, not looking your best, more likely to catch a virus, losing brain tissue, less focused and memory problems. If the problem persists the health risks increase significantly. 

Medicare D Appointments Available

MONDAY, OCTOBER 28, 9-11:30 AM OR TUESDAY, NOVEMBER 8, 12:30-3 PM

Annual Enrollment dates for Medicare Part D and Medicare Advantage Plans are October 15-December 7. During the annual enrollment period, you can make changes to various aspects of your coverage such as switch from Original Medicare to Medicare Advantage plan or vice versa. You can also switch from one Medicare Part D (prescription drug) plan to another; or if you did not enroll in a Medicare Part D plan when you first became eligible, you can do so during general open enrollment. A late enrollment penalty may apply. To make an appointment for assistance with plan comparisons, **please call NewBridge at (608) 512-0000 Ext. 4000** and talk to Deb. You can begin making appointments Tuesday, October 1.

The Power of Positive Thinking

From John Hopkins Medicine

Here's heartwarming news: People with a family history of heart disease who also had a positive outlook were one-third less likely to have a heart attack or other cardiovascular event within five to 25 years than those with a more negative outlook.

That's the finding from Johns Hopkins expert Lisa R. Yanek, M.P.H., and her colleagues. Positive people from the general population were 13 percent less likely than their negative counterparts to have a heart attack or other coronary event.

Yanek and her team determined "positive" versus "negative" outlook using a survey tool that assesses a person's cheerfulness, energy level, anxiety levels and satisfaction with health and overall life.

CAN YOU BOOST YOUR BRIGHT SIDE?

Although a positive personality is something we're born with and not something we can inherently change, Yanek says, there are steps you can take to improve your outlook and reduce your risk of cardiovascular disease. A University of Kansas study found that smiling—even fake smiling—reduces heart rate and blood pressure during stressful situations. Another strategy is to practice "reframing". Instead of stressing about a traffic jam, for instance, appreciate the fact that you can afford a car and get to spend a few extra minutes listening to music or the news. Accept that there is absolutely nothing you can do about the traffic.

What is clear, however, is that there is definitely a strong link between "positivity" and health. Additional studies have found that a positive attitude improves outcomes and life satisfaction across a spectrum of conditions.

SERVICES & SUPPORT

Great Courses to Check Out

Over time we have offered many classes produced by Great Courses. These are on DVD, and from professors all over the country. Past courses are available to check out and watch on your own. Inquire at the Front Desk if you are interested.

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. The application is only one page. All information is confidential. Inquire at the Front Desk or email Laura Hunt, lhunt@cityofmadison.com.



Medical Equipment Loan Closet

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

Home Chore Program

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

Case Management

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

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.

Madison College Classes are Back!

Register at (608) 258-2310 or madisoncollege.edu and click MyMadisonCollege. First time users need to activate an account. Register EARLY; classes are cancelled if fewer than 10 are registered one week prior start date. All fees are paid to Madison College. Watch for the Winter session classes in the November Messenger.

AppleFest

**SATURDAY, OCTOBER 19, 9 AM-4 PM AT WPCRC,
1625 NORTHPORT DRIVE**

Check out this annual fall event that supports NewBridge Madison case management services. Fun activities for all ages! Adults \$2, Children 12 & under FREE.

- ♥ Trunk or Treat Car Show
- ♥ Laser Tag
- ♥ Book & DVD Sale
- ♥ Jewelry & Bake Sale
- ♥ Kids' Carnival
- ♥ Live Entertainment
- ♥ Food



The four Madison Senior Coalition have merged into one organization, NewBridge, and continue to offer case management, programs, nutrition sites, Home Chore and other services. Phone number: (608) 512-0000 and website: www.newbridgemadison.org. Check out a few NewBridge programs.

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24" for \$34



**Bag of Cinnamon
Scented Cones for \$6**



**24" Mixed Pine
Centerpiece for \$40**



**24" Candy Cane Balsam
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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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36" Classic Balsam Wreath	_____ x	\$40.09 (w/tax)	\$ _____
48" Classic Balsam Wreath	_____ x	\$58.03 (w/tax)	\$ _____
Deluxe Mixed Greens Wreath	_____ x	\$35.87 (w/tax)	\$ _____
24" Mixed Pine Centerpiece	_____ x	\$42.20 (w/tax)	\$ _____
24" Candy Cane Balsam Wreath	_____ x	\$23.21 (w/tax)	\$ _____
Balsam Mailbox Swag	_____ x	\$23.21 (w/tax)	\$ _____
Deluxe Mixed Greens Swag	_____ x	\$16.88 (w/tax)	\$ _____
24" Balsam Cross	_____ x	\$28.49 (w/tax)	\$ _____
Bag of Cinnamon Scented Cones	_____ x	\$ 6.33 (w/tax)	\$ _____
Balsam Garland 17' (for 36" door)	_____ x	\$29.54 (w/tax)	\$ _____
Balsam Garland 25'	_____ x	\$41.15 (w/tax)	\$ _____
Fire Accent Log Gift Packs	_____ x	\$12.66 (w/tax)	\$ _____
Magic Rocks	_____ x	\$12.66 (w/tax)	\$ _____
Fatwood	_____ x	\$12.66 (w/tax)	\$ _____
Crystal Cones	_____ x	\$12.66 (w/tax)	\$ _____
Seasonal Evergreen Assortment (not pictured)	_____ x	\$23.21 (w/tax)	\$ _____

\$ _____ **Order Total**