

THE Messenger

VOLUME 36, NUMBER 9

SEPTEMBER, 2019

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



Senior Centers: The Key to Aging Well

GROWING*LEARNING*CONNECTING*GIVING

September is National Senior Center Month! We now know the research and importance behind **Connecting** with others. Making friends matters. We know that **Learning** new languages and skills and exercising helps care for your body. That **Giving** back at the senior center and within the community fosters purpose and a more meaningful life. And that as long as each of us lives, we want to continue **Growing** to reach our full potential. Senior centers have built a holistic experience where all of that is possible. During National Senior Center Month celebrate the many ways MSC is the key to aging well in your community.

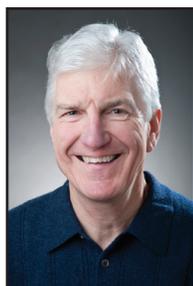
BRING A FRIEND, WIN A PRIZE

Celebrate National Senior Center Month by bringing a guest, 55 years old or older, to any program or activity during the month of September. The guest must be someone who has either never been to MSC before, or who hasn't been here for at least one year. Let the Front Desk know, and at the end of the month there will be a drawing. The more guests you bring, the more chances you have to win.

Photo Affair

TUESDAY, SEPTEMBER 24, 9 AM - 2 PM

Submit 1-3 photographs and have your work exhibited in a community wide art event, Gallery Night. This event is for ages 55+ and is an opportunity to see what others are doing with a lens. For more information, go to www.cityofmadison.com/senior-center/events/a-photo-affair or call (608) 266-6581. Fee \$25.



Bob McGrath

Health & Resource Fair

WEDNESDAY, OCTOBER 9, 8:45 - 11:45 AM

Our Annual Health & Resource Fair returns this year featuring over 40+ vendors and health screenings. Healthy snacks will be served before our keynote speaker, Dr. Robert McGrath, begins his presentation on "Thriving at Any Age: Guidelines for Living a Happy and Healthy Life."

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

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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.

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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Member of



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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!

FOR YOUR INFORMATION

September 23rd is National Falls Prevention Day, a day set aside to educate others on how to prevent fall related injuries, the impact of falls, and to make the community aware of falls prevention programs in the community.



Per the National Council on Aging “Falls are the leading cause of fatal and non-fatal injuries for older Americans. Wisconsin has one of the highest rates of death from unintentional falls in the nation. In fact, the death rate due to unintentional falls in Wisconsin is twice the national average.

Falls threaten older adults’ safety and independence as well as generate enormous economic and personal costs. However, falling is not an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs, and community partnerships, the number of falls among seniors can be substantially reduced.”

Did you know MSC offers classes that increase balance? Madison Senior Center partners with several professionals who provide instruction and opportunities for practice. Yahara Therapy conducts Ballroom Basics for Balance, Li Chiao Ping conducts Laughing Bodies, Dancing Minds and other certified professionals provide yoga and tai chi opportunities. Look for information here on upcoming fall classes and get started today—it’s never too late!

Sally Jo

Preparing to Care: Part 1

TUESDAY, OCTOBER 15, 22, 29, 5:30 – 7:00PM

The oft-circuitous journey of caring for family member with dementia catches many of us off guard. We’re torn between our desire to help and their need to maintain autonomy and control. The three week series defines the disease, provides info on community resources, and gets you started on developing a support system. Presenters are local experts who understand the toll that dementia can take on the entire family. Part 2 will be offered in spring of 2020. *R*

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.

“Only Leaves Should Fall” Falls Prevention Event

**TUESDAY, SEPTEMBER 24, 11:30 AM-3:30 PM
DOOR CREEK CHURCH, 6602 DOMINION DR.**

Participants will learn about local falls prevention programs and classes; receive screenings and reviews for blood pressure, cognitive function, medication, balance, home safety, and urinary incontinence; and participate in program demonstrations. Lunch is provided, and the event is FREE. Transportation is provided upon request if you register by Friday, September 13. Call Safe Communities at (608) 441-3060 to register. *R*

Technology Tip of the Month

If you use Apple's Calculator app, you know how frustrating it can be when you accidentally hit that one wrong key and it throws off your whole calculation. To delete the last typed digit, simply swipe from right to left over the results section. You can do this multiple times in a row to undo your last steps.

iPhone Technology

MONDAY, SEPTEMBER 9, 10-11 AM

This class will be all about the iPhone, and how to take advantage of the technology at your disposal, including the camera. Plenty of time for questions. Bring your phone. Taught by Dave St. Amant from Community PC, LLC. Maximum of 10 participants so register early. 

Cyber Security at Home

THURSDAY, SEPTEMBER 12, 10-11 AM

Two local Madison IT professionals would like to share their experiences and expertise on how we can protect ourselves from scammers who are attempting to reach out by phone, email, and online. Scams are on the rise and the perpetrators are coming up with new ploys daily. Everywhere we look there are scammers trying to get at our personal information or trying to separate us from our life savings. Let's spend an hour together and discuss ways we can protect ourselves from these predators. Register by Monday, September 9. Minimum of 6 participants required. 

Sip & Swipe Café®

MONDAY, SEPTEMBER 16, 10-11 AM

Get free, self-paced lessons on how to use a tablet. A coach will work with you, provide support and answer questions. These skills will also 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 register. Limited enrollment. 

Thinking About Downsizing

When it comes time to consider downsizing your home, there are a mix of emotions and stressors you may have never encountered before. For seniors, it's a situation that sometimes comes about out of necessity or simply as a way of improving the quality of retirement years.

As the number of Baby Boomers entering retirement continues to climb, the reasons to start downsizing are more apparent than ever:

- ♥ **Economic necessity.** It's common for many older adults to be faced with unexpected medical expenses, growing homeowner's insurance rates, and rising utility costs. Selling the house, and moving to a more affordable space is a solution.
- ♥ **Health concerns.** Many seniors downsize to a home where at-home care is more convenient, and there are fewer obstacles to maintaining good health.
- ♥ **Convenience.** If you're tired of doing all the housework that comes with a larger home, you're not alone. A lot of retirees opt for smaller homes where there is less upkeep.

Financial Perspective

WEDNESDAY, SEPTEMBER 11, 10-11AM

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 currently have investments or not. Find out what you should know, or ask, before investing.

Sudoku

Answers located on page 15.

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

 = Register

ARTS & ENTERTAINMENT

Tuesday Movie Matinees

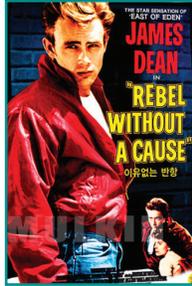
Join us on the 1st, 2nd & 3rd Tuesdays for a movie and popcorn. Selections are subject to change depending on availability.

TUESDAY, SEPTEMBER 3, 1 PM

Rebel Without a Cause (1955).

Starring James Dean, Natalie Wood, Sal Mineo & Corey Allen.

After moving to a new town, troublemaking teen, Jim Stark, is supposed to have a clean slate, although being the new kid in town brings its own problems. While searching for some stability, Stark forms a bond with a disturbed classmate, and falls for local girl Judy (Natalie Wood). However, Judy is the girlfriend of neighborhood tough guy, who violently confronts Jim and challenges him to a drag race. *Drama. Rated PG-13, 111 min.*



TUESDAY, SEPTEMBER 10, 1 PM

The Hate U Give (2018). Starring Amandla Stenberg, Regina Hall & Russell Hornsby. Starr Carter is constantly switching between two worlds—the poor, mostly black neighborhood where she lives and the wealthy, mostly white prep school that she attends. The uneasy balance between these worlds is soon shattered when she witnesses the fatal shooting of her childhood best friend at the hands of a police officer. *Crime. Drama. Rated PG-13. 133 min.*



TUESDAY, SEPTEMBER 17, 1 PM

Rocketman (2019). Starring Taron Egerton, Jamie Bell & Richard Madden. Rocketman is an epic musical fantasy about the incredible human story of Elton John's breakthrough years. The film follows the fantastical journey of transformation from shy piano prodigy Reginald Dwight into international superstar Elton John. *Biography, Drama, Music. Rated R. 121 min.*



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

Chuck Bauer Exhibit

AUGUST 12 - SEPTEMBER 20

My works are usually executed on site, en plein air (“in the open air”), during one or two painting sessions. I find there is no substitute for direct response to the natural world because photographs are weak, and memory is weaker. My subjects are often mere excuses to use color expressively, or to work out compositional themes that engage my interest. At the same time no one interested in the details of perception could be immune to the beauty of this part of the Midwest, so any emotional content one might sense in this work is in no way unintended. Simply think of these paintings as “Boxes of Imaginative Air.”

Painting en plein air offers special pleasures and special challenges. Shifting light, blowing wind, expanded time, serene stillness, chill dampness, falling snow, blazing sunshine, puzzled wildlife, and hungry insects are some of them. Most are surprising. Many are wonderful. Few are daunting. All are stimulating.

Senior Showcase Band

THURSDAYS, 1-3 PM

Listen or dance to the music of the big band era and other favorites. The Senior Showcase Band plays every week, and they will not disappoint. Bring a partner or not. \$2 per person. No charge the last Thursday of the month.

Non Traditional Doll Making & Fabric Art

FRIDAYS, SEPTEMBER 13, 20, 27 1-4 PM

Express yourself using simple sewing techniques. Create a something that speaks to your soul- an animal totem, a medicine doll or maybe a spirit guide. The cost is \$50 for the first four classes and then \$25 for every four classes thereafter. Please pay the instructor, Wendy Hutton. Call 266-6581 to register.

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 High 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, (608) 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:

Bob Judy

Bob Judy is the newest smiling face at the front desk. He has been volunteering since June. He is excited to join the intergenerational programs beginning this fall including The PreSchool Craft, Shabazz Oral History, and Edgewood RN program.



Favorite celebrity over 55 and why?

It's a toss-up between: Country singer Loretta Lynn. She represents the all-American "rags to riches" success story. And Cher, she's still a diva after all these years!

What's your favorite fast food item?

Culver's - Monday flavor of the day: Lemon Crumble Custard.

What's your favorite healthy food item?

Ever since I moved off the family farm in the fall of 1977, I've had a banana for breakfast every day since. (Bananas were a luxury on the farm!)

If you could re-live an event or moment in your life, what would it be?

Recess during the fifth grade at Winchester Elementary.

Who would play you in a movie based on your life?

Tom Hanks.

What possession can you not get rid of?

A picture I painted during kindergarten back in 1965. My kindergarten teacher's family returned it to me after 50 years.

Who's your favorite fictional villain?

Cruella de Vil from the 1961 Disney film: 101 Dalmatians. I wanted to track her down and put her in dog-jail.

What do you enjoy most about Madison summer?

Sleeping at night with the windows open. I dislike AC.

Favorite Candy?

PayDay candy bar.

Favorite Madison Hang Out?

Jogging out to Picnic Point and watching the sunrise.

Favorite city outside of Wisconsin?

I hope to be a "snow-bird" this winter in Tucson, AZ.

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

Boiled cauliflower. Sorry mom!

What's your favorite childhood book?

"Mr. Mysterious and Company" from my fourth grade summer Weekly Reader Summer Book Club.

Name a product or service you love so much that you'd happily be that company's spokesperson.

Diet Mountain Dew or Delta Airlines.

What skill would you bring to a post-apocalyptic society?

Farm / gardening skills. We may have to grow our own food.

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EDUCATION & ENRICHMENT

Senior Beat

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

In September, our guests will both talk about matters related to the brain. Dr. Andrea Gilmore-Bykovskyi from the University of Wisconsin-Madison School of Nursing studies health disparities among people living with, and at risk for Alzheimer’s disease and related dementias. Our second guest will be Joy Schmidt, the Dementia Care Specialist for Dane County. Joy is spearheading a huge movement called Dementia Friendly Communities.

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).

Coloring with Heather

TUESDAYS, SEPTEMBER 3, 10, 17, 10-10:45 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.

Perfect Harmony Men’s Chorus

THURSDAY, SEPTEMBER 19, 6-8 PM

Common Chords, the outreach ensemble of Perfect Harmony Men’s Chorus, performs a cappella hits for your listening enjoyment! This group creates, enriches, and transforms community through music. Its singing membership of 35 serves as the Madison areas gay, bi, trans, queer, and ally men’s chorus. A catered meal will be served at 6:00pm. A donation of \$10 is requested; \$5.00 for low-income.

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.

♥ **R. Chris Reeder:** September 10, 12-1 pm

Author of *The Changeling’s Daughter* (Fantasy)

Fourteen-year-old Brynn McAwber discovers a terrible truth about herself and her family and must undergo a perilous quest to another world, to save a friend and redeem her soul.

Reeder lives in Madison, WI, but grew up near the Pacific Northwest. He has lived and worked across the country and around the world; with careers ranging from a Shakespearean actor, to a singing activist, to his current vocation of stay-at-home father.



♥ **Dr. Joshua Mezrich:** October 8, 1-2 pm

Mezrich is author of *When Death becomes Life: Notes from a Transplant Surgeon*.

♥ **Howard G. Olson, PhD:** November 12, 1-2 pm

Olson is author of *The Last Dog*, “When the world gets crazy, finding serenity in dogs, Spirit, and nature.”



**FRIDAY, SEPTEMBER 13,
10-10:45 AM**

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

Medicare Made Clear

WEDNESDAY, SEPTEMBER 25

Educational by Kristen Roberts, United Healthcare

♥ 10:45-11:30, Table Visits



EDUCATION & ENRICHMENT

Great Courses: Inexplicable Universe

TUESDAY, SEPTEMBER 12 & 19, 10 AM - 12 PM

Everything we now know about the universe—from the behavior of quarks to the birth of entire galaxies—has stemmed from scientists who've been willing to ponder the unanswerable. And with the advent of modern science, great minds have turned to testing and experimentation rather than mere thought as a way of approaching and grappling with some of the universe's most pressing and vexing dilemmas.

Professor Neil DeGrasse Tyson is renowned throughout the scientific community and the media for his vast knowledge, his penetrating insights, and his amazing ability to make even the most intimidating areas of science accessible, engaging, and—most of all—enjoyable. He brings the same inviting tone and sharp intellect to *The Inexplicable Universe* as he does to his range of media appearances on popular television programs, including *The Daily Show with Jon Stewart*, *The Tonight Show with Jay Leno*, and *Real Time with Bill Maher*. Facilitated by Daryl Sherman. Registration required. Fee \$2. 

Great Trials of World History

WEDNESDAYS, SEPTEMBER 18 – DECEMBER 18,
10 AM - 12 PM

There are trials that don't simply end with their verdict. There are trials that have a power that reverberates throughout history. Many have shaped and transformed the very social, political, and legal traditions we take for granted today. It's trials like these that are deserving of the description "great."

According to award-winning law professor Dr. Douglas O. Linder of the University of Missouri-Kansas City School of Law, there are two main benchmarks for greatness. First, the trial must have grabbed the attention of society in its own time and place, whether in the courts of ancient Greece or 20th-century Los Angeles. Second, the trial must matter. Perhaps it matters because of how it shaped history; perhaps because it allows us in the 21st century to draw lessons that bring us closer to our highest ideals of justice; or perhaps because the trial provides an especially clear way of understanding a particular place or time. Facilitated by Robin Proud. Registration Required. Fee \$10. 

Coffee with Sally Jo

FRIDAY, SEPTEMBER 20, 9-10AM

Once every quarter, Sally Jo Spaeni, Senior Center & Senior Services Manager, will be down in the lounge to have a cup of coffee and chat with participants. She can't wait to hear your thoughts, ideas, stories and more.

LGBTQ 50+ Alliance Activities

ALL ARE WELCOME!

- ♥ *Fall Social: Perfect Harmony*, p. 8
Thursday, September 19, 6-8 pm @ MSC
- ♥ *Gay, Grey and Beyond*, p. 13
2nd & 4th Thursdays, 1-3 pm @ MSC
- ♥ *Spirituality*
1st & 3rd Thursdays, 1-3 pm @ OutReach Ctr.



MMoCA Tour

FRIDAY, SEPTEMBER 6, 11 AM - 12 PM
227 STATE STREET

Jeffrey Gibson: Like a Hammer.

Jeffrey Gibson has Choctaw and Cherokee background, and holds advanced degrees in art from schools in the U.S. and England. He has lived in several countries in Europe and Asia, and has absorbed their cultures. His art includes Native American themes, combined with influences from contemporary European, American, and Asian art. The exhibition is colorful and accessible, and has been received with enthusiasm by visitors to MMoCA. Tour lead by Gil Hilman. Meet at MMoCA at 11 am or at MSC at 10:45 am. 

Activity & Meal Calendar - September, 2019

MONDAY	TUESDAY	WEDNESDAY
<p>2</p> <p>SENIOR CENTER CLOSED</p> 	<p>3</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 2 - MC 10:00 Coloring w/Heather 11:00 Table Tennis 1:00 Movie: Rebel Without a Cause</p> <p>MEAT SAUCE W/SPAGHETTI MARINARA SAUCE W/ SPAGHETTI (MO)</p>	<p>4</p> <p>9:00 Food Care Clinic 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation</p> <p>PORK LOIN IN GRAVY* VEGGIE MEATBALLS (MO)</p>
<p>9</p> <p>9:00 Gentle Exercise 10:00 iPhone Technology 10:30 Knit 1, Purl 2 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>BBQ CHICKEN VEGGIE BBQ CHICKEN STRIPS (MO)</p>	<p>10</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 2 - MC 10:00 Coloring w/Heather 10:00 Ukulele - MC 11:00 Table Tennis 12:00 MTA: R Chris Reeder 1:00 Movie: The Hate U Give</p> <p>ITALIAN SAUSAGE ON BUN* HUMMUS WRAP (MO)</p>	<p>11</p> <p>10:00 Financial Perspective 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 6:00 Latinx Discussion Group</p> <p>CHILI VEGGIE CHILI (MO)</p>
<p>16</p> <p>9:00 Gentle Exercise 10:00 Peace of Mind 10:00 Sip & Swipe Café 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>BEEF POT PIE W/BISCUIT TOP VEGGIE POT PIE (MO)</p>	<p>17</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 2 - MC 10:00 Coloring w/Heather 10:00 Ukulele - MC 11:00 Table Tennis 1:00 Movie: Rocketman 6:00 Pasta & Sauces - MC</p> <p>CHICKEN AND GRAVY VEGGIE CHICKEN & GRAVY (MO)</p>	<p>18</p> <p>10:00 Great Trials 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO Open House 1:30 Spanish Conversation 1:45 Massage</p> <p>TOMATO SOUP/MAC & CHEESE W/ CHICKEN TOMATO SOUP/MAC & CHEESE (MO)</p>
<p>23</p> <p>9:00 Gentle Exercise 10:00 PLATO 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO (2)</p> <p>CHICKEN BREAST EGG SALAD (MO)</p>	<p>24</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Photo Affair Drop-Off 9:00 Spanish 2 - MC 9:30 PLATO 10:00 Ukulele - MC 11:00 Table Tennis 11:30 Only Leaves Should Fall at Door Creek Church 12:15 Red Hats 6:00 Pasta & Sauces - MC</p> <p>CHEESEBURGER GARDEN BURGER (MO)</p>	<p>25</p> <p>10:00 Great Trials 10:00 PLATO 10:45 Medicare Made Clear 11:30 Computer Lab 11:30 Table Tennis 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO (2)</p> <p>EGG SALAD SANDWICH</p>
<p>30</p> <p>9:00 Gentle Exercise 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO</p> <p>CHEESE TORTELLINI BAKE CHEESE TORTELLINI BAKE/MARINARA (MO)</p>		

THURSDAY	FRIDAY
<p>5</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 Gentle Yoga 11:30 Table Tennis 12:30 Healthy Living w/Chronic Pain 1:00 Senior Showcase Band</p> <p>LEMON BAKED FISH EGG SALAD (MO)</p>	<p>6</p> <p>9:00 Gentle Exercise 10:00 Painting - MC 10:00 Tai Chi Introduction 11:00 MMOCA Tour 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making</p> <p>BAKED CHICKEN ON THE BONE OR CHICKEN CONFETTI SALAD BLACK BEAN BURGER (MO)</p>
<p>12</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:45 Preschool 10:00 Gentle Yoga 10:00 Cyber Security 10:00 Inexplicable Universe 11:30 Table Tennis 1:00 Senior Showcase Band 1:00 Gay, Gray & Beyond</p> <p>PULLED PORK ON WW BUN* HUMMUS & PITA (MO)</p>	<p>13</p> <p>9:00 Gentle Exercise 10:00 BB4B - Library 10:00 Coffee with a Cop 10:00 Painting - MC 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 SOS Senior Council 1:00 Non-Traditional Doll Making</p> <p>CHICKEN STEW OR HARVEST SALAD VEGGIE BEAN STEW (MO)</p>
<p>19</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:30 Spanish 1 - MC 10:00 Gentle Yoga 10:00 Inexplicable Universe 11:30 Table Tennis 12:00 Paul Braun @ Monona Terr. 1:00 Senior Showcase Band 5:00 Perfect Harmony</p> <p>FISH SANDWICH ON WW BUN TOMATO CHEESE SANDWICH (MO)</p>	<p>20</p> <p>9:00 Gentle Exercise 9:00 Coffee with Sally Jo 10:00 Tai Chi 10:00 BB4B - Library 10:00 Painting - MC 10:00 PLATO 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO 1:00 Non-Traditional Doll Making</p> <p>MEATBALLS W/MARINARA/PENNE OR CHICKEN TACO SALAD* VEGGIE MEATBALLS W/MARINARA/ PENNE (MO)</p>
<p>26</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 1:00 Gay, Gray & Beyond 1:30 PLATO</p> <p>BEEF STEW VEGGIE STEW (MO)</p>	<p>27</p> <p>9:00 Gentle Exercise 10:00 Tai Chi 10:00 PLATO 10:00 BB4B - Library 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making 1:00 PLATO</p> <p>CHICKEN MAC CASSEROLE OR PULLED PORK SANTA FE SALAD VEGGIE MAC CASSEROLE (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>	

September . . .

A BIG

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CLUBS & GROUPS / GAMES

AA (Alcoholics Anonymous)

WEEKDAYS, 12-1 PM

Knit 1, Purl 2

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

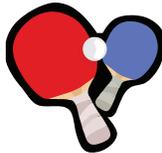


If you like to knit or crochet, we meet once a month at the Madison Senior Center and work on service projects for RSVP. Yarn and needles provided, or you may use your own.

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.

Do you have a group of primarily 55+ folks that
would like to meet at the Senior Center?
Call Laura at 267-8650 for more information.
It is a great way to attract new members.

Grupos de apoyo

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

2ND WEDNESDAY, 5:45-8 PM

LATINX DISCUSSION GROUP

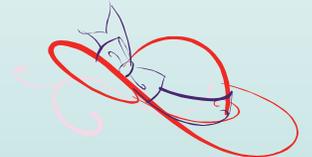
4TH WEDNESDAY, 5:45-8 PM

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.

Spanish Conversation

WEDNESDAYS, 1:30-3 PM

Want to practice your Spanish? Join this group
every week to chat in Spanish. All levels welcome.

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. 

Foot Care Clinic

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

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

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. Recommended donation of \$2 per class.

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!

Coloring with Heather

TUESDAY, SEPTEMBER 3, 10, 17 FROM 10-10:45AM

See page 8 for more details.

CarFit

FRIDAY, OCTOBER 11, 9-11 AM

Learn how to adjust your fit within your personal vehicle for maximum safety and comfort. Call 266-6581 to schedule your appointment. 

September is National Suicide Prevention Awareness Month

It's a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention.

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues. Each year, more than 41,000 individuals die by suicide, leaving behind their friends and family members to navigate the tragedy of loss.

More information available at www.nami.org/get-involved/awareness-events/suicide-prevention-awareness-month.

**SUICIDE HOTLINE - 24 HOURS/7 DAYS
(608) 280-2600**

Ballroom Basics for Balance (BB4B) Beginner & Intermediate

**FRIDAYS, SEPTEMBER 13 THROUGH
DECEMBER 13, 10-11:30 AM (11 WEEKS)**

Practice balance and learn to prevent falls while dancing. Get better at walking or moving around on various surfaces and improve your confidence! This class is for you if: You move around on your own with or without a device, and/or have fallen or have fear of falling. No experience or partner needed! Have fun while improving your balance, and challenge yourself in a safe environment. Taught by physical therapists and other health professionals. Meet on the lovely 3rd floor (elevator available) of the **Central Library**. The cost is \$65. Call the Madison Senior Center at 266-6581 to register. For more information: www.ballroombasicsforbalance.org. 

Tai Chi Fundamentals

FREE DEMO AND INTRODUCTION TO TAI CHI

FRIDAY, SEPTEMBER 6, 10-11 AM

Meet the instructor Rachel Sandretto, and learn some basic information about Tai Chi. Rachel will take you through some basic moves and answer questions. **The Tai Chi class will be on Fridays at 10 and will start September 20.** Recommended donation of \$2 per class. 

INTRODUCTION TO TAI CHI

Tai chi is a martial art and moving meditation from China. It is performed standing or seated and requires no special clothing or equipment. Beginners focus on slow, mindful movement while learning a series of connected postures. This careful focus builds awareness of your physical and mental state, and continued practice brings the benefits of both exercise and meditation. The difficulty level of tai chi can be increased or decreased on an individual basis, and most of the movements can be modified to accommodate different levels of experience.



Sudoku Answers

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

Peace of Mind

MONDAY, SEPTEMBER 16,

10-11:30 AM

Losing a loved one is a difficult experience for anyone to go through, but the weight of the loss can be lightened knowing you followed their final wishes exactly as they desired. Attend this special presentation on the importance of arranging your final wishes so your loved ones feel confident that you were given what you wanted. We will outline the steps in the planning process and answer questions. This presentation is brought to you by Cress Funeral & Cremation Service. Please register. 

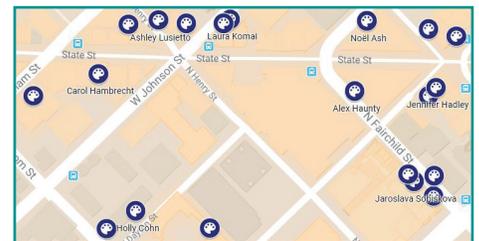


Downtown Doors

Downtown Doors is a partnership between the Madison Arts Commission (MAC) and Madison's Central Business Improvement District to bring an outdoor gallery to State Street and Downtown Madison. Its purpose to re-imagine hidden and secondary doors along State Street and in the Downtown Core area. Local artists have transformed over 25 doors throughout Downtown Madison for this inaugural project.

Downtown Doors is a collaboration supported by MAC's Blink temporary public art program with major funding from the Room Tax Commission. In addition, participating property owners sponsored their doors to help pay for a portion of the installation costs to help stretch the BLINK Program funds, and increase the amount of doors that were able to be included in this inaugural outdoor gallery.

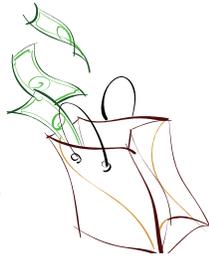
Pick up a collectors Guide at the Downtown Madison Visitor Center by Lisa Link Peace Park, or at the Visitor Booth at the top of State Street. See if you can find them all, especially the one at MSC.



SERVICES & SUPPORT

Scholarship Fund

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



Free DVD Check Out



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

Great Courses to Check Out

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

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 to help; they want to assist 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 in the Madison area.



Open Computer Lab

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

The computer lab is available for about four hours every day. On Tuesdays from 10-11:30 am, a volunteer is available to offer assistance. Please respect the posted behavior policies in the computer lab.



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 on the next page.

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	Start Date	End Date
33870	Painting	F	10:00 AM	1:00 PM	14	9/6/2019	12/13/2019
34217	Ukulele 1	T	10:00 AM	12:00 PM	6	9/10/2019	10/15/2019
33855	Japanese 1	W	6:00 PM	8:30 PM	8	10/16/2019	12/11/2019
33856	Spanish 1	R	9:30 AM	11:30 AM	10	9/19/2019	11/21/2019
33858	Spanish 2	T	9:00 AM	11:30 AM	8	9/3/2019	10/22/2019
33857	Spanish 3	T	9:00 AM	11:30 AM	8	10/29/2019	12/17/2019
34467	Discovering Ancestry Online	M	9:00 AM	12:00 PM	3	10/7/2019	10/21/2019
34249	Fresh Pasta and Sauces	T	6:00 PM	9:00 PM	2	9/17/2019	9/24/2019
34279	Chicken Pot Pie & Shepherd Pie	M	6:00 PM	9:00 PM	1	11/4/2019	11/4/2019

NewBridge Programs

The Madison Senior Center is collaborating with NewBridge to make even more programs available to you throughout the community. You can call them at (608) 512-0000.

Cooking for One or Two

**TUESDAYS, SEPTEMBER 10 – OCTOBER 1 OR
OCTOBER 8-29, 11 AM-1 PM**

Learn from the chefs of UW Health in the state-of-the-art Learning Kitchen at The American Center at 4602 Eastpark Blvd. To register or get more information contact: Howard Thomas at the Dane County Area Agency on Aging, (608) 261-9930, Thomas.howard@countyofdane.com.



Artful Aging Fall 2019

**WEDNESDAYS, SEPT. 11-NOV. 20, 1-3 PM
WARNER PARK, 1625 NORTHPORT DR.**

Limited transportation available. Sign up with Ruth Ext. 3012.

Family Caregiver Education Programs

Alzheimer's & Dementia Alliance of Wisconsin (ADAW) offers monthly programs. Information presented is for family, friends and others caring for someone with Alzheimer's or other dementia. Free. No registration needed. Just drop in!

COMMUNICATION & EMOTIONS IN LATE STAGE DEMENTIA

WEDNESDAY, SEPTEMBER 18, 5:30-7 PM

Middleton Public Library, 7425 Hubbard Ave.

END OF LIFE AND DEMENTIA

MONDAY, OCTOBER 7, 5:30-7 PM

Hawthorne Public Library, 2707 E. Washington Ave.

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Webpage: www.cofchrist.org

Sunday Mornings

9:30am Christian Education • 10:30am Social
10:45am Worship

Memorial Day Weekend - Labor Day • 9:30am Worship



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

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

MADISON SENIOR CENTER FOUNDATION BOARD

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- ♥ In Memory of Viletta Arneson by *Kathleen Heiman*

"When we give cheerfully and accept gratefully, everyone is blessed."

- Maya Angelou



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Right now, there is a special opportunity for you to DOUBLE the impact of your donation. An anonymous donor is offering to match your gift, dollar for dollar, until September 30. Your special contribution of any amount, between now and September 30, will double its value. Your financial support will help us share with the community how MSC promotes healthy aging. Donations will be used to bring more Great Courses and evidence-based healthy aging programs to the Center! Show your appreciation for MSC and DONATE NOW.

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MADISON, WI

Monona Terrace Health Series

Who Cares for the Caregiver?
Paul Braun, the voice of Badger Men’s Hockey play-by-play reporting for 40 years

THURSDAY, SEPTEMBER 19, 12-1 PM

Paul Braun talks and people listen. A familiar voice in the Madison area, this well-known radio and TV sportscaster now makes presentations about Alzheimer’s disease and living the life of a caregiver.



Paul shares his personal journey of caring for his wife, who suffered with Alzheimer’s disease for eight years. Having made the decision to move his wife to a Memory Care unit, he can offer some insight and information about issues people face in caring for a loved one.

Denny “Diamond” Svehla
TUESDAY, SEPTEMBER 24,
1-2:15 PM

Artists can be dime-a-dozen, but there is only one Denny Svehla. He emerged from the elite Chicago music scene, as an



Award-Winning Neil Diamond tribute artist in 1999. Projecting his own signature stylization to a very familiar sound, his baritone vocals and reminiscence of Neil himself has been a grandstanding presence. He performed an 89-city US Tour, “Neil Diamond Story,” in 2015 and 2016, and garnered critical acclaim.