

# THE Messenger

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**Madison Senior Center  
330 W. Mifflin Street  
Madison, Wisconsin 53703  
(608) 266-6581  
[cityofmadison.com/senior-center](http://cityofmadison.com/senior-center)**



## Thank You to Our Volunteers!

April is Global Volunteer Month, and a time to celebrate volunteers as well as inspire volunteerism around the globe. Volunteers are the heartbeat of strong communities, and every act of service builds a more connected world. This is an opportunity to recognize and thank volunteers who lend their time, talent, voice and support to causes they care about, such as successful aging and aging advocacy.



You probably interact with a volunteer every time you come to the Senior Center. Several of those folks who greet you as you walk in are volunteers. Most of the programs and presentations offered are provided by volunteers. Our special events like ice cream socials, the Health & Resource Fair and Silver Santa could never happen without the amazing volunteers' contributions.

The impact of volunteers goes well beyond our buildings and programs. Most of our programs are funded by the Madison Senior Center Foundation which is run by volunteers. The Committee on Aging is a volunteer committee that advises both our leadership in Senior Services and the Mayor's office about all things "senior."

Volunteers care about their community, and the people who live in it. They inspire others around them, to realize their power and their ability to make a difference. **We invite our Madison Senior Center volunteers to a special breakfast on Thursday, April 25, at 8:30 am. If you haven't received your invitation, contact Laura Hunt at (608) 267-8650 or [lhunt@cityofmadison.com](mailto:lhunt@cityofmadison.com).**

*"Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve. You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love."*

— Martin Luther King, Jr.

# FOR YOUR INFORMATION

## Directory

Phone ..... (608) 266-6581

Website ..... [madisonseniorcenter.org](http://madisonseniorcenter.org)

## SENIOR CENTER STAFF

*Community Resources Manager, Yolanda Shelton-Morris*  
(she, her)

(608) 266-6563, [yshelton-morris@cityofmadison.com](mailto:yshelton-morris@cityofmadison.com)

*Older Adult Program & Outreach Coordinator, Laura*  
*Hunt (she, her)*

(608) 267-8650, [lhunt@cityofmadison.com](mailto:lhunt@cityofmadison.com)

*Facility Operations Assistant, Gary Flesher (he, him)*

(608) 267-8651, [gflesher@cityofmadison.com](mailto:gflesher@cityofmadison.com)

*Custodian, Ricky Butler (he, him)*

(608) 266-6581, [rbutler@cityofmadison.com](mailto:rbutler@cityofmadison.com)

*Front Desk, Anita Eide (she, her)*

(608) 266-6581, [aeide@cityofmadison.com](mailto:aeide@cityofmadison.com)

*Social Work Intern, Elizabeth Scott (she, her)*

(608) 267-8673, [escott@cityofmadison.com](mailto:escott@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 are offered in person, virtually and hybrid. Watch for the **"VIRTUAL"** after the program time. Classes that are both in person and virtual are referred to as **"Hybrid"**. **Register for the programs**, even if they are free. Most programs require a minimum number. If a program is virtual or hybrid, you will receive the Zoom link in an email after you register. If there is a fee, payment is required at the time of registration. **To register for a program, email [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com) or call (608) 266-6581.** **R** = Registration Required. **Purple** text or a purple **S** means the program will be in Spanish.

## Member of



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

## SUBSCRIBE TODAY!

To receive a mailed copy of the monthly newsletter, please send this completed form with an enclosed check (\$10 per year), payable to the Madison Senior Center.

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# FOR YOUR INFORMATION

## Scholarship Fund

Scholarships are available to people age 55 and older with annual income less than \$30,120 (one person) or \$40,880 (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](mailto:lhunt@cityofmadison.com).

## Endorsements

The Madison Senior Center does not endorse or recommend private agencies or service providers. Presenters are selected for their subject matter expertise. Private companies also may provide donations for programs or allow employees to volunteer as part of their workday. Accepting these donations is not an endorsement of the business. Always do your own research before selecting a service provider.

## Photography

All programs, events and daily activities may be photographed, and the pictures may be used in promotional materials or posted to social media. If you object to the use of your image, please inform the photographer.



## Health & Safety Precautions

To protect the health and safety of all participants, volunteers, and staff in our building, we ask that all facility visitors agree to the following practices:

- » Follow guidance provided by the CDC and Public Health Madison and Dane County.
- » Stay home if you are sick. If you appear sick, you may be asked to leave the building.
- » Wash hands often with soap and water for at least 20 seconds.
- » Take advantage of hand sanitizer stations.
- » Use a tissue to cover a cough or sneeze.
- » Respect the personal space of others.

**Masks are welcomed, available and free. Free Covid tests are available. Ask at the Front Desk.**

## Key Cards – Checking-In

When you visit the Senior Center, please make sure you check-in at the Front Desk with your key card. If you do not have a key card, stop at the Front Desk, fill out a Participant Form, and we will give you a key card. This allows us to keep track of how many people use the Senior Center. Usage is directly connected to our funding. \*Note: If you are at the Senior Center for lunch, you will also have to check-in at the NewBridge Nutrition Site.

## Building Hours

- » **Tuesday - Wednesday - Thursday** 8:30 am - 4:00 pm
- » **Monday & Friday** 8:30 am - 1:00 pm

## You Belong Here!

If you are age 55 or older you belong at the Madison Senior Center. If you don't see a program relevant to your needs or interests, let us know. Call Laura at (608) 267-8650 or email [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com).



# LIFELONG LEARNING

To register for programs, call (608) 266-6581 or email [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com)

## Exploring Poetry

2ND WEDNESDAYS,  
11 AM - 12:30 PM

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 needs to be said. Exploring Poetry is led by Mark Kraushaar. *R*



## Book Sharing Table

April is Arab American Heritage Month. Come explore the works and stories of Arab Americans this month at our Arab American Heritage Month book table. Come drop by the front desk to see the selection.

## PLATO

You may at times see “PLATO” on our program calendar and wonder what class that is. PLATO stands for *Participatory Learning and Teaching Organization*. They are a 501©3 non-profit organization in association with University of Wisconsin-Madison Continuing Studies. They describe themselves as “a community of intellectually curious adults, typically 50 and over, which explores subjects of interest through member-led discussion groups, lectures, travel and cultural activities. If you are interested in learning more about PLATO, visit their website at [www.platomadison.org](http://www.platomadison.org).



## Soundbillies

WEDNESDAY, APRIL 10, 1-2 PM

Say “Hello” to spring with some fun, upbeat music, refreshments and dancing (if choose). Mingle with old and new friends. The Soundbillies are an area band together now for four years. Their first love is bluegrass, they also enjoy blues, country, folk and gospel. Call (608) 266-6581 to register. *R*





# LIFELONG LEARNING

## Healthy Living with Mild Cognitive Impairment Education Series

### HELPING PEOPLE ACROSS WISCONSIN LIVE AND COPE WITH A MCI DIAGNOSIS

This is a quarterly support and educational series for people and families living with Mild Cognitive Impairment (MCI). The classes offer attendees support, guidance and science-backed strategies for living and coping with a diagnosis of MCI. Dr. Nathaniel Chin, a memory clinic doctor with UW Health and the medical director of the Wisconsin Alzheimer's Disease Research Center, is medical director of the series.

» **Friday, June 14, 9:30 – 11:30 am**

You Are More Than Your Diagnosis: Adapting to Life with Mild Cognitive Impairment (title and date confirmed), guest speaker is Adrienne Johnson, PhD. *R*

» **Friday, September 13, 9:30 – 11:30 am**

Vascular Risk Reduction and Impact on MCI (date confirmed, still need title), guest speaker is Cynthia Carlsson, MD, MS. *R*

» **Friday, December 13, 9:30 – 11:30 am**

Hearing Loss: Impact on Cognitive Function and Strategies to Improve Daily Living and Maintain Quality of Life (still need to confirm date and title), guest speaker is Pamela Souza, PhD. *R*

This is for the person with the diagnosis and caregivers or close family members. Before the presentation there will time for socializing and enjoying refreshments. The presentation will be virtual, and then it will be followed by an in-person facilitated discussion. Call Laura Hunt at (608) 267-8650 to register or to get more information.

## Computer Lab

The Computer Lab is open during normal building hours for general use. Volunteers are also available by appointment to provide **BOTH** basic and advanced tutoring, instruction, and tech support. We will find a volunteer to best fit your needs.



**Conversations:** Please try to minimize conversations not related to the work being done at the computer. Use low tones, and be respectful of other computer lab users.

**Audible Clips, Music, etc.:** When the office is open, headsets can be checked out if you don't have your own. Borrowers must leave a photo ID and follow sanitation procedures.

**Printing:** We do not have a printer available for public use. **No printing.**

# GROUPS & CLUBS

To register for programs, call (608) 266-6581 or email [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com)

## Groups & Clubs

### Bridge Belles

MONDAYS, 9 - 11 AM

1-3 tables of women improving their duplicate bridge skills in a relaxed atmosphere; working knowledge of Bridge needed. If interested, email Laura at [lhunt@cityofmadison.com](mailto:lhunt@cityofmadison.com) or call (608) 267-8650. *R*

### Downtown Veteran Social

TUESDAYS, 10 - 11:15 AM

Madison Veteran's Peer Support Program brings Veterans together to help build comradery and reduce isolation. Come **socialize** with other Veterans, **learn** about what your community has to offer, and **meet** new people. Veterans age 55 and up. Male, female, gender fluid. Socials are open to all Veterans and to their family members and supporters in the community. Registration is not required, and you can come as often or as little as you like. *To learn more contact Rhea Vacha, Local Recovery Coordinator with Madison VAMC Peer Support Program at (608) 256-1901 xx18622.*

### Spanish Conversation

WEDNESDAYS, 1:30 - 2:30 PM **VIRTUAL**

Do you want to practice your Spanish? Our group meets every week to chat in Spanish. Pop in when you can. There are no attendance requirements. To register, email [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com). Once you are registered, you will be sent the Zoom link. All levels welcome. *R*

### Red Hat Mamas

TUESDAY, APRIL 30, 11 AM - 2 PM

This vivacious group of women meets monthly at the Madison Senior Center on the last Tuesday of the month. *R*



## Games

### Table Tennis \* Billiards \* Table Games \* Chess- Checkers \* Rummikub

Looking for a place to relax with friends? The Madison Senior Center has a pool table, several ping-pong tables, and an array of table games, including chess and checkers. Our spacious lounge area has plenty of tables and chairs for you and your friends. Want to start a group or a league? Talk to a staff person about different options.



### B-I-N-G-O

THURSDAYS, 10:15 - 11:15 AM

Each BINGO card costs 50 cents (max of four cards).

You can play for the entire hour with that card. If you get a BINGO, then you win \$1.00 or a prize. Any remaining money in the kitty at the end goes to the first person(s) to get a "black out." Each week there will also be a raffle. Participation in the raffle is free.





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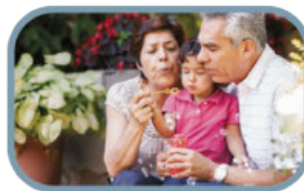


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# HEALTH & WELLNESS

To register for programs, call (608) 266-6581 or email [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com)

## Laughing Bodies, Dancing Minds

TUESDAYS, 2:30 - 3:30 PM, APRIL 2 – MAY 21

8 WEEK SESSION IS \$54

Come on down to the Madison Senior Center for a movement class with the remarkable Li Chiao-Ping. Her classes focus on warm-up techniques, strength and stretching exercises, core work, breathing and energy flow. No prior dance experience needed. *R*

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.

## Blood Pressure Screening

EVERY OTHER TUESDAY, 11 AM - 12 PM  
APRIL 2 & 16

Keep tabs on your blood pressure. Our volunteer is a trained paramedic, and he would love to have you stop by for a visit.

## HASFIT Gentle Exercise

The HasFit program is available on YouTube. When our TV is not in use, tune in at your convenience to complete an exercise session. Instructors for the senior sessions focus on strength, flexibility and balance.

## Foot Care Clinic

THURSDAY, APRIL 18, 9 AM - 3:30 PM |  
APPOINTMENT REQUIRED

Cost is \$30 (\$35 for diabetics). *Cash or check.* Kelly has been a CNA for 30 years, and is looking forward to meeting folks at Madison Senior Center. You must make an appointment. **Bring two towels** to your appointment. *R*

## Gentle Yoga

TUESDAYS, 10 - 11 AM

Yoga improves balance, range of motion and flexibility, which are all important, especially as we age. Yoga Accessible for All (YAFA) teachers dedicate themselves to making yoga safe and inviting for anyone who is interested in gaining the benefits ([yafayoga.org](http://yafayoga.org)). We do a combination of seated and standing positions, and will always suggest modifications if a pose is not working for you. Please register in advance. *R*

## Brain & Body Fitness

THURSDAYS, APRIL 4, 11, 18, 25, 1 - 2:15 PM

Changes in brain health, such as Alzheimer's disease and dementia, are one of the greatest health and societal challenges facing Wisconsin communities. Despite the benefits of engaging in brain health promoting activities, readily accessible, evidence guided programming can be hard to come by! Since 2019, the Gilmore-Bykovskyi Brain Health Team has partnered with MSCR to deliver the Brain and Body Fitness Program. They provide this program through volunteer efforts of faculty, staff, and students at no cost to participants. The aim of *Brain and Body Fitness* is to provide research informed education on ways to maintain brain health and engage in brain and physical exercises. We hope you will join us for this four-part series. *R*

## Ballroom Basics for Balance™

### 10-year anniversary!

SATURDAY, APRIL 6, 11 AM – 3 PM @ MSC

**CELEBRATE** with us! Pop in or stay entire time – It's FREE. **Guests of all ages are welcome!** We will have mini dance lessons, quick balance screens, snacks, information, and more! **RSVP Required for you and your guests.** Send an email to [dance@ballroombasicsforbalance.org](mailto:dance@ballroombasicsforbalance.org) with "10 Year" in the subject line. Read more [HERE](#). *R*



# HEALTH & WELLNESS

To register for programs, call (608) 266-6581 or email [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com)

## Ballroom Basics for Balance™

Ballroom Basics for Balance™ (BB4B) is a fun way to improve balance through the basics of dance! This class is for you if you want to get better at moving about your world with more confidence and you want to have fun in the process! No partner or dance experience required. More information, class dates and times, and registration forms can be found at [www.ballroombasicsforbalance.org](http://www.ballroombasicsforbalance.org). Financial assistance applications are available at the Madison Senior Center Front Desk. *R*

### BB4B – ADAPTIVE – VIRTUAL FRIDAYS, JANUARY 26 – MAY 17, 9:30 - 10:45 AM

Our class is a welcoming Friday morning community that you can join from anywhere via Zoom. We have seated and standing variations, so you can dance as you recover from an injury or manage a chronic illness. Each week we explore a balance tip like mindful movement, safe ways to get up and down from the floor, or winter safety along with dancing! Please check with your doctor or physical therapist to see if a balance class would be right for you. Beginners and continuing students welcome. **Location:** Zoom. \$115 for this 16 -week class. Questions? Contact your instructors: Atala – [atalanicole@gmail.com](mailto:atalanicole@gmail.com) or (608) 770-8763 Krista – [kabultmannspiro@gmail.com](mailto:kabultmannspiro@gmail.com) or (608) 335-9252. *R*

### BB4B – LATIN, SMOOTH & LINE DANCES – IN PERSON FRIDAYS, MARCH 1 – MAY 3, 10 - 11:30 AM

This class meets at the Central Library at 201 W. Mifflin St. It is an 8-week course and the cost is \$65. Register online and send payment to the Madison Senior Center. *R*

## Who's Taking Care of You?

A three-part series on caring for your own health needs after the age of 60. As we age, what our bodies need also changes, and it's up to you to address your own needs. Discover new ways to optimize your health in later life and engage in some fun wellness activities. Our presenter, Britney Patterson, is a UW-Madison student who graduates in May with a degree in Neurobiology and a minor in Global Health.

\*If you aren't able to attend the sessions at the Madison Senior Center, these three workshops will also be presented at Fisher-Taft Apartments and Southridge Apartments in March. Call Laura for dates and times, (608) 267-8650.

### WOMEN'S HEALTH IN THE 21ST CENTURY FRIDAY, APRIL 12, 10 - 11 AM

March is National Women's History Month so what better way to uplift women and acknowledge their unique health issues. Aging is a beautiful thing, and having resources that address your needs makes it that much more enjoyable. *R*

### HOW TO KEEP A SHARP MIND FRIDAY, APRIL 19, 10 - 11 AM

Unlock the secrets to brain health! Learn memory tips, Alzheimer's research and mental fitness strategies for a sharper you. Join us to discover tips and strategies for maintaining your mental health as you age. *R*

### HEALTH ADVOCACY FOR YOURSELF FRIDAY, APRIL 26, 10 - 11 AM








Almost everyone has probably experienced dismissive doctors or other health professionals, especially older adults. You aren't dead yet, and you deserve the full attention and respect of the medical professionals you see. There are things that you can do to make sure you are heard. *R*

# MADISON SENIOR CENTER PROGRAM & ACTIVITY LIST

Programs, activities and times are subject to change. Call (608) 266-6581 to confirm a program or activity.

PROGRAM OR ACTIVITY	DAY & DATE	TIME	COST	LOCATION
Ballroom Basics for Balance -Adaptive	January 26 - May 17	9:30 – 10:45 am	\$115	Virtual
Ballroom Basics for Balance	March 1 - May 3	10:00 - 11:30 am	\$65	MPL
BB4B 10 Year Anniversary	Saturday, April 6	11:00 am - 3:00 pm	Free	MSC
Blood Pressure Screening	1st & 3rd Tuesday	11:00 am - 12:00 pm	Free	MSC
Brain & Body Fitness	Thursdays in April	1:00 - 2:15 pm	Free	MSC
Bridge Belles	Mondays	9:00 - 11:00 am	Free	MSC
Case Manager Drop-In Hours	1st & 3rd Tuesdays	10:30 am - 12:30 pm	Free	MSC
Computer Lab	Monday - Friday	8:30 am – 3:45 pm	Free	MSC
CQ, CQ, CQ	1st & 3rd Thursdays	1:00 - 3:00 pm	Free	OutReach
eFood Pantry	Place orders Monday, 4/15 Pick-up orders Thursday 4/18	10:00 am - 12:00 pm	Free	MSC
Election Day - VOTE	Tuesday, April 2	7:00 am - 8:00 pm	Free	Madison
Exploring Poetry	Wednesday, March 13	11:00 am - 12:30 pm	Free	MSC
Foot Care Clinic	Thursday, April 18	10:00 am - 3:30 pm	\$30/35	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays	2:00 - 4:00 pm	Free	MSC
HASfit – Gentle Exercise	Monday - Friday	9:00 - 9:30 am	Free	MSC
Health Advocacy	Friday, April 26	10:00 - 11:00 am	Free	MSC
How to Keep a Sharp Mind	Friday, April 19	10:00 - 11:00 am	Free	MSC
Laughing Bodies, Dancing Minds	Tuesdays, April 2 - May 21	2:30 - 3:30 pm	\$54	MSC
Learn to Fall Safely	Wednesdays in April	1:30 - 2:30 pm	\$60	Madison Circus Space
Movies (titles on page 13)	Tuesdays	12:30 - 3:00 pm	Free	MSC
Soundbillies	Wednesday, April 10	1:00 - 2:00 pm	Free	MSC
Spanish Conversation	Wednesdays	1:30 - 2:30 pm	Free	Virtual
Spring Clean-Up	Monday, April 22	10:00 - 11:00 am	Free	MSC
Veterans Social	Tuesdays	10:00 - 11:15 am	Free	MSC
Volunteer Appreciation	Thursday, April 25	8:30 - 10:00 am	Free	MSC
Women's Health	Friday, April 12	10:00 - 11:00 am	Free	MSC
Writing Your Life	Thursday, April 4	10:00 - 11:30 am	Free	Hybrid
Writing Your Life	Thursday, April 25 - May 23	10:00 - 11:30 am	Free	Hybrid

# April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
<b>1</b> 9:00 HASfit 9:00 Bridge Belles  <b>April Fools' Day</b> 	<b>2</b> 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Social   <b>No Meal Served Election Day</b>	<b>3</b> 9:00 HASfit <b>12:30 Movie: American Fiction</b> 1:30 Spanish Conversation V <b>1:30 Fall Safely</b> (Madison Circus Space (MCS))	<b>4</b> 9:00 HASfit 10:00 Writing Your Life 10:15 BINGO <b>10:30 Case Manager Drop-In Hours</b> <b>1:00 Brain &amp; Body Fitness</b>	<b>5</b> 9:00 HASfit 9:30 BB4B Adaptive V 10:00 BB4B (MPL) 10:00 PLATO	<b>6/7</b> <b>11:00 BB4B</b> <b>10 Year Anniversary Celebration</b> 
<b>8</b> 9:00 HASfit 9:00 Bridge Belles	<b>9</b> 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Social <b>12:30 Movie: Dead Reckoning</b> 2:30 LBDM	<b>10</b> 9:00 HASfit 11:00 Exploring Poetry <b>1:00 Soundbillies</b> 1:30 Spanish Conversation V 1:00 Fall Safely (MCS)	<b>11</b> 9:00 HASfit 10:15 BINGO 1:00 Brain & Body Fitness 1:00 GGB	<b>12</b> 9:00 HASfit 9:30 BB4B Adaptive V 10:00 BB4B (MPL) 10:00 PLATO <b>10:00 Women's Health</b>	<b>13/14</b> <b>National Scrabble Day</b> 
<b>15</b> 9:00 HASfit 9:00 Bridge Belles  <b>*ePantry Ordering Day</b>	<b>16</b> 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Social <b>10:30 Case Manager Drop-In Hours</b> 11:00 Blood Pressure <b>12:30 Movie: Past Lives</b> 2:30 LBDM	<b>17</b> 9:00 HASfit 1:30 Spanish Conversation V 1:00 Fall Safely (MCS)	<b>18</b> 9:00 HASfit 10:15 BINGO <b>10:00 ePantry Pick-up</b> <b>10:00 Footcare Clinic</b> 1:00 Brain & Body Fitness	<b>19</b> 9:00 HASfit 9:30 BB4B Adaptive V 10:00 BB4B (MPL) 10:00 PLATO <b>10:00 How to Keep a Sharp Mind</b>	<b>20/21</b> <b>National Record Store Day</b> 
<b>22</b> 9:00 HASfit 9:00 Bridge Belles <b>10:00 Spring Clean-Up</b> <b>Earth Day</b> 	<b>23</b> 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Social <b>12:30 Movie: That Touch of Mink</b> 2:30 LBDM	<b>24</b> 9:00 HASfit 1:30 Spanish Conversation V 1:00 Fall Safely (MCS)	<b>25</b> <b>8:30 Volunteer Appreciation</b> 9:00 HASfit <b>10:00 Writing Your Life</b> 10:15 BINGO 1:00 Brain & Body Fitness 2:00 GGB	<b>26</b> 9:00 HASfit 9:30 BB4B Adaptive V 10:00 BB4B (MPL) 10:00 PLATO <b>10:00 Health Advocacy</b>	<b>27/28</b> <b>National Superhero Day</b> 
Volunteer Appreciation Week					
<b>29</b> 9:00 HASfit 9:00 Bridge Belles	<b>30</b> 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Social <b>11:00 Red Hats</b> <b>12:30 Movie: Anatomy of a Fall</b> 2:30 LBDM	<b>31</b> 9:00 HASfit 1:30 Spanish Conversation V			





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# ENTERTAINMENT

## Special Movie Showing to Kick-off Wisconsin Film Festival

**AMERICAN FICTION (2023) | WEDNESDAY, APRIL 3, 12:30 – 2:30 PM**

A novelist's who's fed up with the establishment profiting from Black entertainment uses a pen name to write a book that propels him into the heart of the hypocrisy and madness he claims to disdain. *Stars: Jeffrey Wright, Tracee Ellis Ross and John Ortiz. Comedy, Drama. 1 hour 57 minutes. Rated R.*

*Representatives from the Wisconsin Film Festival will speak briefly at before the film starts about their event and distribute vouchers to those in attendance.*

## Movie Matinees

*Movies are on Tuesday afternoons at 12:30 pm. Free popcorn!*

### April 9

#### MISSION: IMPOSSIBLE – DEAD RECKONING (2023)

In Dead Reckoning Part One, Ethan Hunt and his IMF team embark on their most dangerous mission yet: to track down a terrifying new weapon that threatens all of humanity before it falls into the wrong hands. With his past coming back to haunt him, the lives of those he cares about most hang in the balance. *Stars: Tom Cruise, Hayley Atwell and Wing Rhames. Adventure, Action, Thriller. 2 hour 43 minutes. Rated PG-13.*

### April 16

#### PAST LIVES (2023)

Nora and Hae Sung, two deeply connected childhood friends, are wrested apart after Nora's family emigrates from South Korea. Twenty years later, they are united in New York for one fateful week as they confront notions of love and destiny. *Stars: Greta Lee, Teo Yoo and John Magaro. Drama, Romance. 1 hour 45 minutes. Rated PG-13.*

### April 23

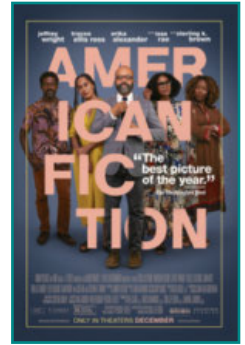
#### THAT TOUCH OF MINK (1962)

A rich businessman and a young woman are attracted to each other, but he only wants an affair while she wants to save herself for marriage. *Stars: Cary Grant, Doris Day and Gig Young. Comedy, Romance. 1 hours 39 minutes. Not Rated.*

### April 30

#### ANATOMY OF A FALL (2023)

For the past year, Sandra, her husband Samuel, and their eleven-year-old son Daniel have lived a secluded life in a remote town in the French Alps. When Samuel is found dead in the snow below their chalet, the police question whether it was murder or suicide. It is presumed to be murder and Sandra becomes the main suspect. The investigation becomes an unsettling psychological journey into the depths of their conflicted relationship. *Stars: Santra Hüller, Swann Arlaud and Milo Machado-Graner. Crime, Drama, Thriller. 2 hours 31 minutes. Rated R.*



# 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 provide social opportunities. Call (608) 255-8582 for more information or email [info@lgbtoutreach.org](mailto:info@lgbtoutreach.org). You can also check out our website, [lgbtq50plusalliance.org](http://lgbtq50plusalliance.org).

## Gay, Gray & Beyond

**2ND & 4TH THURSDAYS, 2 - 4 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 consider our individual selves, our unique strengths and the nature of our ever-changing world.



## CQ, CQ, CQ

**1ST & 3RD THURSDAYS, 1 - 3 PM**

*Meets at OutReach, 2701 International Ln.*

"Exploring Spirituality" is now "CQ" (curious queers), same people, time, place, but expanded topics. Members decide topics and provide presentations. Visits to other LGBTQ Groups, free community concerts, museums, nature walks, etc. are encouraged.

**Intergenerational Appeal: We'll learn where we are from you, and you can learn how we got there from us.**



**OutReach**  
SOUTH CENTRAL WISCONSIN'S LGBT COMMUNITY CENTER  
To promote equality and quality of life for LGBT people.

## LGBTQ 50+ Alliance is A SAGECollab Partner!

What is SAGE? It is a nationwide non-profit agency that advocates for LGBTQ+ elders through activism, resource centers, cultural competency training, and much more. **SAGECollab** partners serve or advocate with older LGBTQ+ elders at the local level. If you are interested in having a voice, please email [karenlkane13@gmail.com](mailto:karenlkane13@gmail.com) or [kristim@outreach.org](mailto:kristim@outreach.org).



## Outreach Elder Advocate

The OutReach Senior Advocate, Kristi Mason, coordinates educational trainings and workshop with the community in addition to advocating for LGBTQ+ older adults and their wellness. You can reach Kristi at (608) 255-8582 or [kristim@outreach.org](mailto:kristim@outreach.org).

## Volunteers Needed

The LGBTQ 50+ Alliance needs volunteers to help with planning and executing programs and events. There are many different levels of involvement possible. Here are some potential examples:

- » Help on the day of an event with set-up and clean-up
- » Be on a planning committee for an event
- » Lead a workshop or a class on something you know well
- » Facilitate a discussion group
- » Join the LGBTQ 50+ Steering Committee
- » Assist with social media and promoting events/programs

If you think that you may be interested, call Kristi Mason from OutReach at (608) 255-8582 or Laura Hunt from the Senior Center at (608) 267-8650.

# VOLUNTEERS

Thank you for sharing your time and a part of yourself with the Madison Senior Center!

## GROUPS

Humana  
Renaissance Senior Living  
Sonic Foundry  
TASC  
UW Golden Years Volunteers  
Vista West  
Wellcare

## INDIVIDUALS

Marjorie Aiello  
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Ya Chen  
Jan Cliff  
Ms. Charlie Daniels  
Tom DeChant  
Gery Edelstein  
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Ike Lewis  
Jessica Liu  
Bev Meyer  
Mark Nepper  
Marlene Nord  
Ben Obregon  
Britney Paterson  
Heather Proa  
Robin Proud  
Jane Qualle  
Elizabeth Scott  
Jenna Sharkus  
Daryl Sherman  
Margo Skolaski  
Charlie Smith

Suzanne Smith  
Rosemary Sprenger  
Dale Sproule  
Jegan Sriskandarajah  
Sally Stein  
Edith Thayer  
Susan Ullsperger  
Sandra Ward  
Janet Weitz  
Brent West  
Kathleen Whitt  
Arthur Wiczorek  
David Xu



## Volunteers Needed!

Do you want to get involved, but not sure how? Here are a few volunteer roles that we would like to fill: Hair Stylist, Art Teacher, Technology Tutor, Technology Teacher, Blood Pressure Screener, Welcome Ambassador, Book Club Leader, Great Course Facilitator, Event Planner, Blog Writer—the sky is the limit!

## COMMUNITY

### RSVP of Dane County

For 50 years, the Retired and Senior Volunteer Program (RSVP) has been matching volunteers age 55+ with community service opportunities across Dane County. In addition, RSVP has several volunteer service programs of their own such as Driver Services, Vets Helping Vets and Foster Grandparents. There is even a group that does sewing, knitting and crocheting for various not-for-profit agencies. For more information, call them at (608) 238-7787 or visit their website at [www.rsvpdane.org](http://www.rsvpdane.org).



### Aging & Disability Resource Center (ADRC)



ADRC works with older adults, adults with disabilities and caregivers to connect them to community services that help keep them healthy and safe in the community. It is a friendly, welcoming place for unbiased information about aging or living with a disability. Contact them at (608) 240-7400 or [ADRC@countyofdane.com](mailto:ADRC@countyofdane.com).

"No age of life is inglorious. Youth has its merits, but living to a ripe old age is the true statement of value. Aging is the road that we take to discern our character. Fame and fortune can elude us, but character is immortal. We must encounter a sufficient variety of experiences including both failures and accomplishments in order to gain nobility of character."

— Kilroy J. Oldster, *Dead Toad Scrolls*

### Area Agency on Aging

The Area Agency on Aging of Dane County serves individuals age 60+ and their families in accessing services that help older adults continue living in their own homes and communities. Examples of community-based services include congregate and home-delivered meals, caregiver support, case management, and help with benefit questions. Contact them at (608) 261-2995 or [AAA@countyofdane.com](mailto:AAA@countyofdane.com).

### NewBridge

#### NUTRITION SITE

NewBridge Madison operates the Senior Nutrition Site at our Center. Monday-Friday, at 11:30 am, adults age 60+ can enjoy a hot, nutritious meal. If you are age 60 and older, the suggested minimum donation is \$4.50. If you are under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost \$17.20. Meal and transportation reservations are required. Reservations & cancelations are due by Noon, two business days in advance. Contact **Candice (608) 512-0000, Ext. 4006**. Menus and additional information are available at [www.newbridgemadison.org/nutrition](http://www.newbridgemadison.org/nutrition).



### Case Management – Expanded Hours!

NewBridge case managers will now have expanded drop-in hours at the Madison Senior Center on the first and third Tuesday of the month from 10:30 AM – 12:30 PM.



# PUZZLE

O	K	J	G	H	P	Z	F	V	X	Y	Z
G	I	S	R	U	W	B	B	O	O	T	S
A	T	Y	A	B	L	U	E	B	I	R	D
E	E	U	S	G	A	R	D	E	N	T	H
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P	X	U	K	Q	B	L	O	S	S	O	M
M	G	L	M	S	J	B	A	R	T	R	C
J	U	R	R	B	A	N	E	R	A	G	R
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GRASS  
GREEN  
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MUD  
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RAIN  
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UMBRELLA  
WARM



# EPANTRY

## ePantry: Food Pantry Online Ordering System

PLACE ORDERS ON APRIL 15

The Madison Senior Center is now a pick-up location for orders placed through the River Food Pantry ePantry. That means that if you order food through the ePantry, you can pick it up at the MSC. *Our pick-up day is the 3rd Thursday of each month (April 18).* Orders can be picked 10 am – 12 pm.

*The ePantry may only be used once a month.* Based on household size, families select from a variety of healthy and nutritious food, including fresh produce, meat, dairy, culturally relevant offerings, and special dietary options, such as vegetarian and gluten-free items.

To learn about ordering and eligibility, call Elizabeth (Mon/Tue) at (608) 267-8673.



FOOD ORDER DATE	FOOD PICK UP DATE
Monday, April 15	Thursday, April 18
Monday, May 13	Thursday, May 16
Monday, June 17	Thursday, June 20

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# FOUNDATION

## What Does The MSC Foundation Do?

The Madison Senior Center Foundation, a 501 c 3 organization, pays for programs and activities, including a multitude of educational classes, wellness activities, and performances. Associated expenses include instructors, refreshments, volunteer recognition and advertising. The Foundation covers scholarships for any fee-based programs. If you are interested in learning more about the foundation contact Yolanda Shelton-Morris, (608) 266-6563 or yshelton-morris@cityofmadison.com.

### FOUNDATION BOARD OF DIRECTORS

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### DONATIONS

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## Spring Cleaning

**MONDAY, APRIL 22, 10-11 AM**

Celebrate Earth Day by helping with cleaning up the Senior Center patio, and preparing it for spring planting. Let's see what magic we can work in an hour. Bring work gloves if you have them. We will have all other supplies. Please register to help us plan. Call (608) 266-6581. If the weather is questionable, call us the morning of to confirm.



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