

THE Messenger

VOLUME 42, NUMBER 7 JULY, 2025

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




Welcome Eimaan!

Hi everyone! My name is Eimaan (she/her), and I’m excited to introduce myself as the new AASPIRE intern at the Madison Senior Center for this summer! I’m currently a rising senior studying political science at the University of Wisconsin-Madison. I feel grateful for the opportunity to work and learn from the Madison Senior Center community. Throughout the internship, I’ll be assisting with programming and outreach, and doing my best to support the wonderful work and people here. With a special interest in community building, I look forward to connecting with members, hearing your stories, and getting involved in events and conversations that matter. Please feel free to say hello to me in the offices or if you see me around!



Zoo to You Ice Cream Social!

THURSDAY, JULY 17, 12 – 2 PM

Join Henry Villas Zoo animal ambassadors as they present their "Predator vs Prey" show in the courtyard area of the Madison Senior Center! The program features live animals and a variety of informational content, including animal classification, adaptations, predator-prey relationship, natural history, and behavior. After the show, stick around to enjoy an ice cream sundae with your friends at the Madison Senior Center! 



FOR YOUR INFORMATION

Directory

Phone (608) 266-6581

Website madisonseniorcenter.org

SENIOR CENTER STAFF

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

(608) 266-6563, yshelton-morris@cityofmadison.com

Facility Operations Supervisor, Alana LaBeaf (she, her)

(608) 267-8652, alabeaf@cityofmadison.com

Program & Outreach Coordinator, Laura Hunt (she, her)

(608) 267-8650, lhunt@cityofmadison.com

Program & Outreach Coordinator, Ericka Booe (she, her)

(608) 266-6290, ebooe@cityofmadison.com

Facility Operations Assistant, Gary Flesher

(608) 267-8651, gflasher@cityofmadison.com

Custodian, Ricky Butler (he, him)

(608) 266-6581, rbutler@cityofmadison.com

Front Desk Associate, Beatrice Gonzalez (she, her, they, them)

(608) 266-6581, bgonzalez@cityofmadison.com

Engagement & Operations Intern, Eimaan Khan (she, her)

(608) 267-2344, ekhan@cityofmadison.com

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"**.

R = Registration Required. **Purple** text or a purple **S** means the program will be in Spanish. 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 or call (608) 266-6581.**

The Madison Senior Center promotes successful aging. AA/EOC Employer and Service Provider

Member of



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facebook.com/MadisonWISeniorCenter



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.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Mail to: Madison Senior Center, 330 W. Mifflin St., Madison, WI 53703

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

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 welcome and available for free 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 Member 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 us at (608) 266-6581 or email seniorcenter@cityofmadison.com

Language Access Program

The City of Madison Language Access Program provides access to City services for people whose primary language is not English. We are committed to improving accessibility for all. If you would like more information, speak to a staff person or email us at seniorcenter@cityofmadison.com

LIFELONG LEARNING

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

Adventures in China

THURSDAY, JULY 31, 12:30 – 1:30 PM

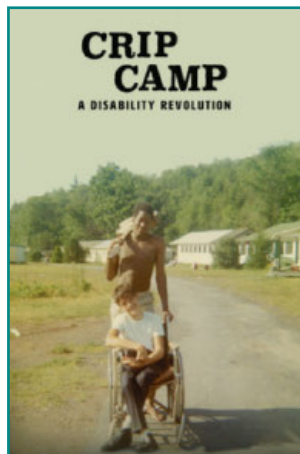
Join our Facility Operations Supervisor Alana in the lounge for a photographic review of her recent trip to China. She visited Beijing, Xi'an, Pu'er, Jingmai Mountain, and Yangshuo, and loved every minute of it! She planned a lot and learned a lot, and would love to share her adventures with our members. *R*



Crip Camp (2020): A Special Movie Screening in Honor of Disability Pride Month

THURSDAY, JULY 10, 12:30 – 2:30 PM

Down the road from Woodstock, a revolution blossomed at a ramshackle summer camp for teenagers with disabilities, transforming their lives and igniting a landmark movement. The film shares with insight, clarity, humor, and beauty the experiences of one group of disabled young people and their journey to activism and adulthood, and in so doing, provides an opportunity for all to delve into the rich and complicated history of disability activism, culture, and history. Popcorn and soda will be provided, and we welcome people to stay afterwards to discuss the film. *Stars: James Lebrecht, Lionel Je'Woodyard, and Joseph O'Connor. Documentary, History. 1 hour 46 minutes. Rated R.*



Exploring Poetry

2ND WEDNESDAYS, 11 AM - 12:30 PM

This program is for anyone who enjoys poetry. There are opportunities to read, recite and write. 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 they can say precisely what needs to be said. Led by Mark Kraushaar. *R*

Overture Community Ticket Program

The Overture Community Ticket Program makes the arts more accessible by offering a limited number of tickets costing less than \$5 to members of community organizations. Tickets are available for select shows. Go to www.overture.org/engage/community-ticket-program for more information, and call the Madison Senior Center to receive your discount code.

Watercolor Painting

WEDNESDAYS, 10 - 11 AM

Paint to relax and express yourself while you chat and enjoy a coffee (or tea!)

with other older adults. When available, one of our UW Madison student volunteers might join in. All supplies provided, and no advanced signup is needed.



Arts for All Wisconsin Summer Class Guide

For people with and without disabilities



Adult Classes

Ages 16 and up

Madison

Dance Fever! with Luv

Tuesdays, 6:00 pm - 7:00 pm

Livestream available

Drum Circle with Jim

Wednesdays, 6:00 pm - 7:00 pm

Livestream available

Early Bird Music Exploration with Junko

Mondays, 4:30 pm - 5:30 pm

Music Exploration with Junko

Mondays, 6:00 pm - 7:00 pm

Livestream available

Creative Arts with Laura

Wednesdays, 6:00 pm - 7:00 pm

Livestream available

Arts and Crafts with Dom

Thursdays, 6:00 pm - 7:00 pm

Livestream available

Good Company Arts Studio

For older adults

Tuesdays, 10:00 am - 11:00 am

SPARK!

For people with memory loss and
their care partners

First Friday each month

10:00 am - 11:30 am

Fully Virtual

Jam! Virtual Arts Club

Ages 16 and up

Mondays, 10:15 am - 11 am

Youth Classes

Ages vary by class

Madison

Adaptive Dance for Youth

Ages 7 - 18

Mondays, 4:30 pm - 5:10 pm

Adaptive Ballet for Youth

Ages 7 - 18

Mondays, 5:20 pm - 5:50 pm

Try It Summer Dance Class

Ages 4 and up

July 24, August 7, and August 28

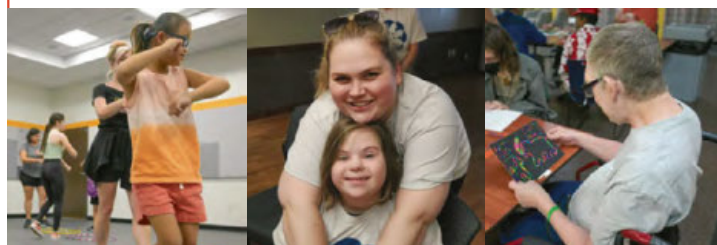
11:30 am - 12:00 pm

Janesville

Sing a Story

Ages 4 and up

Mondays, 10:15 am - 11:00 am



To learn more about our classes
and register online, visit
www.artsforallwi.org/register



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. Public printing is not available. If you need 1:1 assistance, scheduling an appointment is recommended. Call 608-267-6581 or email seniorcenter@cityofmadison.com



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.

Food & Beverages: Food is not allowed on top of the computer desks, and eating is not permitted in the Computer Lab. Beverages with unsecured lids are not allowed in the Computer Lab.

Never Too Old to Learn a New Trick

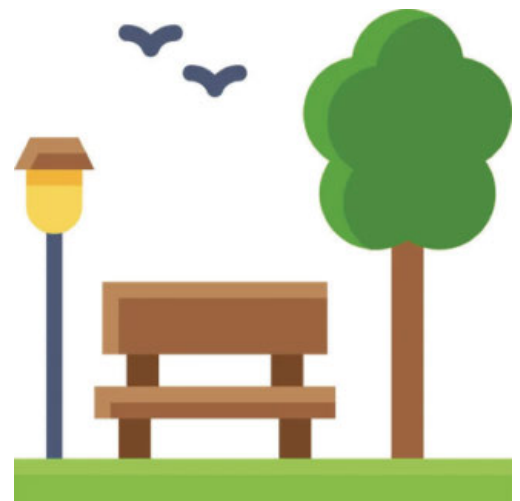
We're getting older and wiser and continue to learn every day. That means that every one of us can learn how to use a computer. If you do not own a computer and would like to learn if you are eligible to receive a free one (you must make below 200% the Federal Poverty Level), read on. If you can commit to taking two to three technology classes, completing an application, and completing follow-up surveys, read on. Contact Laura or Ericka (see Directory, p. 2) to find out if you are eligible to take part in this great opportunity.

Parks Alive – Building Strong Neighborhoods!

Held in parks across Madison, Parks Alive events are a chance to visit your local park, listen to music, participate in fun, family-friendly activities, enjoy free food and get to know your neighbors. Build connections with your community and connect with green spaces across the city at events throughout the summer.

Parks Alive is held at eleven different parks across the city. Look for the Madison Senior Center at these parks and stop by and say "hello". We will have information on programs and resources for older adults:

- ♥ July 7th Allied Dr, 5 - 7 PM
- ♥ July 10th Penn Park, 5 - 7 PM
- ♥ July 16th Warner Park (Trailway), 5 - 7 PM





A PARTNER FOR LOCAL CARE

Contact your county's Aging and Disability Resource Center to find out if you qualify.

www.lakelandcareinc.com



My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

For more information on your long-term care options, contact your local ADRC.

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• Black Earth 608-767-3684	• Mount Horeb 608-437-5077	• Lodi 608-592-3201

Our Family Will Take Good Care of Your Family

**Live
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Contact your local Aging and Disability Resource Center to learn about your long-term care options.

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Madison Senior Center, Madison, WI

A 4C 01-1141

HEALTH & WELLNESS

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

Ballroom Basics for Balance™ Next Steps


Ballroom Basics for Balance™ (BB4B) is a fun way to improve balance through the basics of dance! If you feel you are an experienced mover or have taken a few of our classes before, this one is for you! Registration forms can be found at www.ballroombasicsforbalance.org 

NEXT STEPS: ESPAÑOL & ENGLISH

THURSDAYS, JUNE 19 - AUGUST 21, 9:30 - 10:45 AM

YAHARA PLACE PARK, 2025 YAHARA PLACE (AT THE INTERSECTION OF RUSSELL ST)

\$65 for 8 weeks (financial assistance available) – pay for 8 weeks and get up to 10 (2 inclement weather days worked in)


This class is for people who are independent in mobility and want to improve balance or who are looking for a little challenge! To register, complete **registration form** or contact Susan Frikken at 608-692-8794. Registration deadline is June 6, 2025. Limited space but we will keep a waitlist. 

VIRTUAL AND INCLUSIVE: VIRTUAL VIA ZOOM

FRIDAYS, JUNE 20 - AUGUST 15, 9:30 - 10:45 AM (NO CLASS JULY 4)

\$58 for 8 weeks (financial assistance available)



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. Greek Folk Dance, Ballet, and Foxtrot. Register using the QR code. 

Questions? Contact your instructors:

Atala – atalanicole@gmail.com or 608-770-8763;

Krista – kabultmannspiro@gmail.com or 608-335-9252

BB4B: ESPAÑOL & ENGLISH


FRIDAYS, SEPTEMBER 12 – DECEMBER 5, 10 – 11:30 AM

**MADISON PUBLIC LIBRARY,
201 W MIFFLIN ST**

\$90 for 12 weeks (financial assistance available).


To register, complete a **registration form** or contact Susan Frikken, instructor, at 608-692-8794,

Registration Deadline: Friday, September 5.

This class has a cap. We will keep a waitlist. 

Blood Pressure Screening


JULY 1, 8, 15 & 29, 11:15 AM – 12 PM

Keep tabs on your blood pressure. Our volunteer is a medical professional and would love to have you stop by. 

Foot Care Clinic – \$25

FRIDAY, JULY 18, 9 AM – 12 PM | APPOINTMENT REQUIRED



Clinics are a great opportunity to get basic toenail care in addition to regular podiatry care. Savannah Stone is a licensed Manicurist, certified Medical Nail Technician, and Advanced Nail Technologist. **Please bring 2 towels** and arrive 5 minutes early. Cash or check only. 

HEALTH & WELLNESS

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

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). 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. No fee, but donations are welcome. *R*

HASFIT Gentle Exercise

MONDAY – FRIDAY, 9 – 9:30 AM, CLOSED JULY 4

The HasFit program is presented on YouTube by instructors who focus on strength, flexibility, and balance. Join us at our scheduled screening times, or tune in at your convenience in our fitness room any time our television is not already in use.

Let's CONNECT

TUESDAYS THROUGH AUGUST 5, 10 – 10:50 AM

Let's CONNECT! is a multi-week series of hands-on activities designed to stimulate the imaginations of older adults and promote human connection. The sessions include a wide range of activities, including physical exercise, music, seated dance, singing, storytelling, and sharing ideas. The activities are facilitated by the TNW Ensemble's co-founding artistic directors, Donna Peckett and Danielle Dresden, who have worked extensively with older adults since 2012. These activities are drawn from the workshop leaders' more than 39 years in theater and creative drama, and movement. National research has shown the improvisational approach of "Yes, and..." to be very effective in improving memory. *R*

Rosen Method Movement

**MONDAYS THROUGH JULY 7, 11 AM – 12 PM; AND
MONDAYS, JULY 21 - SEPTEMBER 1, 11 AM – 12 PM**

Rosen Method Movement was created by Marion Rosen, a Physical Therapist. It is a class that helps us age gracefully. We move all the joints and stretch to music, and it is low-impact, lighthearted, attentive, and restorative. Instructor Rebecca Wigg-Ninham is a Rosen Practitioner and a

Social Worker for over 30 years. She is passionate about building a community of wellness. *R*



Welcome to Medicare Seminar – Free!

SATURDAY, JULY 26, 9 – 11:30 AM

**MIDDLETON SENIOR CENTER, 7448 HUBBARD AVE,
MIDDLETON**

What you need to know about enrolling in Medicare! If you are turning 64 this year, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options. Do you understand what Medicare is and isn't, how to avoid penalties for late enrollment in Medicare, and how to get the most out of your health and prescription benefit plans? Some decisions and actions about Medicare can take place 3-6 months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit. Want easy to understand answers to all these complex questions? Sign up to attend. You'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs. Email AAA@danecounty.gov by July 18 to register. *R*

GROUPS & CLUBS

B-I-N-G-O

**THURSDAYS, 10:15 - 11:15 AM,
CLOSED JULY 4**

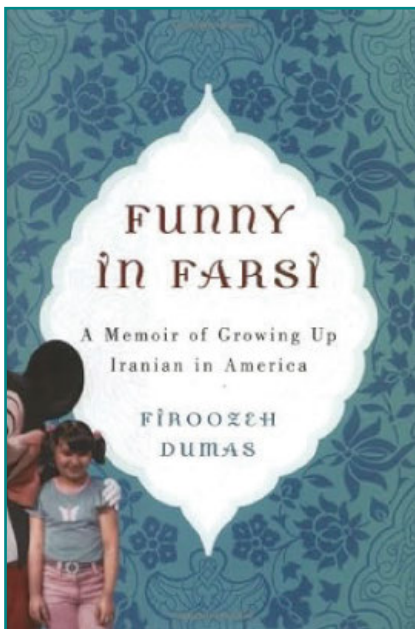


It is free to play the standard BINGO rounds for a small prize. If you want to compete for the cash prize in the final "Blackout" round, each card costs 50 cents (max of four cards). If you don't pay for a card in the final round, you can still play, but it will be for a standard prize instead of the cash prize. We play to have fun and camaraderie. Join us!

Book Club

2ND & 4TH FRIDAYS, 10:15 – 11:15 AM

Join our Friday Book Club! Anyone who enjoys reading is welcome to join us. Club members will choose books and activities. We will use library book club kits; call Laura at 608-267-8650 to reserve yours. Our next book selection is *Funny in Farsi: A Memoir of Growing Up Iranian in America* by Firoozeh Dumas. The book describes Dumas's move with her family in 1972, at age seven, from Iran to Whittier, California, and her life in the United States for the next several decades. *R*



Bridge Belles

MONDAYS, 9 - 11 AM

A group of women improving their duplicate bridge skills in a relaxed atmosphere; working knowledge of Bridge needed.

Spanish Conversation

WEDNESDAYS, 1:30 - 3 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. Spanish Conversation meets via Zoom. Once you are registered, you will be sent the Zoom link. All levels welcome. *R*

Spirit Days

FRIDAYS, ALL MORNING, CLOSED JULY 4

Participate in a Spirit Day activity and win a prize! Each Spirit Day is a new chance to win.

JULY 11TH CHEER UP THE LONELY DAY

Social Isolation is a growing problem. Help be the cure by getting to know your fellow MSC members or staff better through fun prompts we will provide.

JULY 18TH TATTOO DAY

Get inspired by adding some body art using provided temporary tattoos!



JULY 25TH DAY OF THE COW PERSON

Yee haw! Don your favorite Western wear.





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

PROGRAM & ACTIVITY LIST

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

PROGRAM/ACTIVITY	DAY & DATE	TIME	COST	LOCATION
Adventures in China	Thursday, July 31st	12:30 – 1:30 pm	Free	MSC
Ballroom Basics for Balance Next Steps	Thursdays through August 21st	9:30 – 10:45 am	\$65	Yahara Park
Ballroom Basics for Balance – Inclusive	Fridays through Aug 15th (NO CLASS July 4th)	9:30 – 10:45 am	\$58	Virtual
B-I-N-G-O	Thursdays	10:15 – 11:15 am	Free, 50¢/ final card	MSC
Blood Pressure Screening	July 1st, 8th, 15th & 29th	11:15 am – 12:00 pm	Free	MSC
Book Club	2nd & 4th Fridays	10:15 – 11:15 am	Free	MSC
Bridge Belles	Mondays	9:00 – 11:00 am	Free	MSC
Case Manager Drop-in	1st & 3rd Tuesdays	10:30 am – 12:30 pm	Free	MSC
Crip Camp	Thursday, July 10th	12:30 – 2:30 pm	Free	MSC
ePantry	Order July 14th; pickup July 17th	9:00 – 11:30 am	Free	MSC
Exploring Poetry	2nd Wednesdays	11:00 am – 12:30 pm	Free	MSC
Foot Care Clinic	3rd Fridays	9:00 am – 12:00 pm	\$25	MSC
Gay, Gray, & Beyond	2nd & 4th Thursdays	2:00 – 4:00 pm	Free	MSC
Gentle Yoga	Tuesdays	10:00 – 11:00 am	Free	MSC
HASFit Gentle Exercise	Every weekday, CLOSED July 4th	9:00 – 9:30 am	Free	MSC
Let's CONNECT	Tuesdays through August 5th	10:00 - 10:50 am	Free	MSC
Movie Matinee	Tuesdays	12:30 – 2:30 pm	Free	MSC
Rosen Method Movement	Mondays through July 7th and Mondays, July 21st - September 1st	11:00 am – 12:00 pm	Free	MSC
Spanish Conversation	Wednesdays	1:30 – 3:00 pm	Free	Virtual
Spirit Days	Fridays, CLOSED July 4th	8:30 am – 1:00 pm	Free	MSC
Watercolor Painting	Wednesdays	10:00 – 11:00 am	Free	MSC
Welcome to Medicare Seminar	Saturday, July 26th	9:00 – 11:30 am	Free	Middleton Senior Center
Zoo to You Ice Cream Social	Thursday, July 17th	12:00 – 2:00 pm	Free	MSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>HASFIT Gentle Exercise, Every day, 9:00</p>	<p>1</p> <p>10:00 Gentle Yoga 10:00 Let's CONNECT 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>Neighborhood Watch</i></p>	<p>2</p> <p>10:00 Watercolor Painting 1:30 Spanish Conv V</p>	<p>3</p> <p>9:30 BB4B Next Steps (Yahara Park) S 10:15 BINGO</p>	<p>4</p> <p>CLOSED: 4th of July</p> 
<p>7</p> <p>9:00 Bridge Belles 11:00 Rosen Method Movement</p>	<p>8</p> <p>10:00 Gentle Yoga 10:00 Let's CONNECT 11:15 BP Screening 12:30 Movie: <i>The Accountant 2</i></p>	<p>9</p> <p>10:00 Watercolor Painting 11:00 Exploring Poetry 1:30 Spanish Conv V</p>	<p>10</p> <p>9:30 BB4B Next Steps (Yahara Park) S 10:15 BINGO 12:30 Movie: Crip Camp 2:00 Gay, Gray & Beyond</p>	<p>11</p> <p>9:30 BB4B Inclusive V 10:15 Book Club</p> <p>Spirit Day: Cheer Up the Lonely Day</p>
<p>14</p> <p>9:00 Bridge Belles</p> <p>*ePantry Ordering Day</p>	<p>15</p> <p>10:00 Gentle Yoga 10:00 Let's CONNECT 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>Thelma</i></p>	<p>16</p> <p>10:00 Watercolor Painting 1:30 Spanish Conv V</p>	<p>17</p> <p>9:00 ePantry Pick-Up 9:30 BB4B Next Steps (Yahara Park) S 10:15 BINGO 12:00 Zoo to You Ice Cream Social</p>	<p>18</p> <p>9:00 Footcare Clinic 9:30 BB4B Inclusive V</p> <p>Spirit Day: Tattoo Day</p>
<p>21</p> <p>9:00 Bridge Belles 11:00 Rosen Method Movement</p>	<p>22</p> <p>10:00 Gentle Yoga 10:00 Let's CONNECT 12:30 Movie: <i>All About Eve</i></p>	<p>23</p> <p>10:00 Watercolor Painting 1:30 Spanish Conv V</p>	<p>24</p> <p>9:30 BB4B Next Steps (Yahara Park) S 10:15 BINGO 2:00 pm Gay, Gray & Beyond</p>	<p>25</p> <p>9:30 BB4B Inclusive V 10:15 Book Club</p> <p>Spirit Day: Day of the Cow Person</p>
<p>28</p> <p>9:00 Bridge Belles 11:00 Rosen Method Movement</p>	<p>29</p> <p>10:00 Gentle Yoga 10:00 Let's CONNECT 11:15 BP Screening 12:30 Movie: <i>The Life of Chuck</i></p>	<p>30</p> <p>10:00 Watercolor Painting 1:30 Spanish Conv V</p>	<p>31</p> <p>9:30 BB4B Next Steps (Yahara Park) S 10:15 BINGO 12:30 Adventures in China</p>	<p>DISABILITY PRIDE MONTH</p> 

MOVIES

Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm. The 4th Tuesday of the month is reserved for a classic movie.

JULY 1

Neighborhood Watch (2025)

When a mentally ill young man thinks he witnesses an abduction and the police refuse to believe him, he reluctantly turns to his next-door neighbor, a bitter and retired security guard, to help him find the missing person. *Stars: Jeffrey Dean Morgan, Jack Quaid, and Malin Akerman. Crime, Thriller. 1 hour 32 minutes. Rated R.*



JULY 8

The Accountant 2 (2025)

When her former boss is killed by unknown assassins, Treasury Agent Medina is forced to contact Christian Wolff to solve the murder. He applies his brilliant mind and illegal methods to reconstruct the unsolved murder. *Stars: Ben Affleck, Jon Bernthal, and Cynthia Addai-Robinson. Action, Drama, Thriller. 2 hours 12 minutes. Rated R.*



JULY 15

Thelma (2024)

When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her. *Stars: June Squibb, Fred Hechinger, and Richard Roundtree. Action, Comedy. 1 hour 38 minutes. Rated PG-13.*



JULY 22

All About Eve (1950)

A seemingly timid but secretly ruthless ingénue, Eve, insinuates herself into the lives of an aging Broadway star and her circle of theater friends. At first it seems innocent, but a theater critic sees through Eve's plan. *Stars: Bette Davis, Anne Baxter, and George Sanders. Drama, Showbiz Drama. 2 hours 18 minutes. Not Rated.*



JULY 29

The Life of Chuck (2024)

A life-affirming, genre-bending story based on Stephen King's novella about three chapters in the life of an ordinary man named Charles Krantz. *Stars: Tom Hiddleston, Jacob Tremblay, and Benjamin Pajak. Drama, Fantasy, Sci-Fi. 1 hour 50 minutes. Rated R.*



Be a Movie Sponsor

There are many ways to help. Donate popcorn, drinks, or other snacks. Financial sponsorships go towards snacks and movie rental fees. Call Laura to learn more: (608) 267-8650.



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 offering social opportunities. Call (608) 255-8582 for more information or email info@lgbtoutreach.org; you can also check out our website, lgbtq50plusalliance.org

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 or lynnc@outreach.org

LGBTQ 50+ Alliance Steering Committee

Lynn Currie (608-255-8582)	OutReach Staff
Laura Hunt (608-267-8650)	MSC Staff
Karen Kane	Co-Chair, Volunteer
Shelley Hansen-Blake	Co-Chair, Volunteer
Graham Smith	Volunteer
Mimi Millen	Volunteer
Mary Beth Wilk	Volunteer

We are continually planning programs and outings. Reach out to one of our committee members to share your ideas. Is there a program or group you would like to participate in?

Coffee Meet-Up

1ST & 3RD TUESDAYS, 2 - 3:30 PM
JAVA CAT, 4221 LIEN ROAD,

Join Madison's LGBTQ 50+ Alliance at our Coffee Meet-Ups. We will sit outside as the weather allows. Buy your own drinks, treats, and meal. No need to RSVP. Questions? Are you interested in starting a social or support group for the LGBTQ 50+ community? Email the OutReach Elder Advocate, Lynn, at lynnc@lgbtoutreach.org

CQ (Curious Queers)

1ST & 3RD THURSDAYS, 1 - 3 PM
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: Older generations can share the accomplishments they have made, and younger generations can help them learn what still needs to be done.


Gay, Gray & Beyond

2ND & 4TH THURSDAYS, 2 - 4 PM
MADISON SENIOR CTR, 330 W MIFFLIN ST

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.

Pontoon Night

FRIDAY, JULY 11, 5 - 8 PM
TENNEY PARK, 1615 SHERMAN AVE

Tour Madison's lakes, share a meal and stop for ice cream along the way. \$20-25 donation requested but not required. Registration required: call (608) 255-8582. 



AGING WITH PURPOSE: EMPOWERING BLACK OLDER ADULTS

Baobab Senior Circle (BSC)

2ND & LAST FRIDAYS, 3 – 5 PM

UW SOUTH MADISON PARTNERSHIP, 2238 S PARK ST

Calming Computer Jitters Age-Friendly Computer Training

3RD WEDNESDAYS, 12 – 2 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Cancer Education Group

2ND SUNDAYS, 5:30 – 6:30 PM

VIRTUAL



Chat, Chew, & Cha Cha

3RD FRIDAYS, 4 – 7 PM

UW SOUTH MADISON PARTNERSHIP,
2238 S PARK ST

Clever Cooks

WEDNESDAY, JULY 30, 11 AM – 12 PM

AUBERGINE COMMUNITY SPACE, 1226

WILLIAMSON ST

Community Elder Connect (CEC)

2ND & LAST FRIDAYS, 3 – 5 PM

UW SOUTH MADISON PARTNERSHIP, 2238 S PARK

Drop-In Mental Health Services (Sponsored by Anesis Therapy)

THURSDAYS, 10 AM – 3 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Drumlin Ridge Winery

FRIDAY, JULY 25, 1 – 3 PM

DRUMLIN RIDGE WINERY, 6000 RIVER RD,
WAUNAKEE

Faith Based Depression Treatment Class | Seeking African American Adults

To learn more, please call our study team at 608-
262-7917 or email OHD@fammed.wisc.edu

Fitness & Wellness with Johnny Winston and NewBridge

1ST & 3RD MONDAYS, 1:30 – 2:30 PM

WARNER PARK COMMUNITY CENTER, 1625
NORTHPORT DR

Get Movin' in Motion – FREE!

TUESDAYS & THURSDAYS, 1 – 2 PM

UW SOUTH MADISON PARTNERSHIP, 2238 S
PARK ST

Lets Bowl at Schwoegler's!

3RD FRIDAYS, 11:30 AM – 1:30 PM

SCHWOEGLER'S BOWLING ALLEY, 444 GRAND
CANYON DR

Madison Gospel 7th Annual 5K, 10K Run/Walk & Health Fair

SATURDAY, JULY 12, 8 AM – 12 PM

PENN PARK, 2101 FISHER ST



Mad-Town Walkers

MONDAYS, 12 – 2 PM

LOCATION VARIES

Movie's at Marcus!

2ND FRIDAYS, TIME TBD

MARCUS POINT CINEMA, 7825 BIG SKY DR

Rebalanced-Life Wellness Association

MEN'S HEALTH & EDUCATION
CENTER, 584 GRAND CANYON DR



Tech Masters: Getting Comfortable with Computers

FIRST WEDNESDAYS, 2 – 4 PM

MADISON LABOR TEMPLE, 1602 S PARK ST

Registration: call (608) 512-0000 Ext 2007

Unity Picnic 2025

SATURDAY, JULY 26, 12 – 4 PM

URBAN LEAGUE'S BLACK BUSINESS HUB, 2352 S
PARK ST

Wellness Wednesday

WEDNESDAY, JULY 23 1 – 2 PM

LOCATION TBD

Registration: call (608) 512-0000 Ext 2007

PROGRAMAS EN ESPAÑOL PARA ADULTOS MAYORES

¡Bienvenidos a Literacy Network!

Las inscripciones para las clases de inglés y ciudadanía empiezan el 14 de Enero. Las registraciones serán en nuestro edificio localizado en el 701 Dane St, Madison, WI. Inscribase para una de nuestras secciones de registró! Usa este enlace o el código QR para empezar: <https://tinyurl.com/RegSpring2025>. Durante la sesión de registración: • Usted tendrá la oportunidad de hablar con nosotros acerca de sus metas. • Se le hará un examen de inglés corto para ayudarlo a escoger el programa mas adecuado para usted. • Todos nuestros programas son gratuitos. • Durante la registración se paga una cuota para materiales de \$10, \$20, o \$40 dependiendo del programa. Se aceptan efectivo, tarjetas de crédito o cheques. Becas disponibles. • Para más información, llame al 608-244-3911.

Bingo Bilingüe

TERCER JUEVES, 17 DE JULIO, 10:15 AM
MEADOWWOOD NEIGHBORHOOD CENTER,
5740 RAYMOND RD

Habrà Transportación limitada. Favor registrarse.

La Cafeteria De La Memoria

TODOS LOS JUEVES, ZOOM/VIRTUAL, 2 – 3 PM

Para registrarse, llame al 608-512-0000 y marque '2' si habla español. Deje un mensaje y alguien se pondrá en contacto con usted con detalles adicionales.

El Centro Inmigratorio de La Comunidad se esfuerza por garantizar la dignidad y el acceso a la justicia para las personas, especialmente aquellas que enfrentan la deportación, al brindar representación legal y consultas, así como apoyo y educación sobre temas de inmigración para la comunidad en general. Para más información, llame al 608-640-4444.

Charlas Semanales

TODOS LOS MIÉRCOLES, FACEBOOK LIVE
ROOTS4CHANGE, 10 – 11:30 AM

RAÍCES PARA EL CAMBIO

Únase a nosotros y a nuestros invitados especiales para nuestras charlas semanales. Para encontrar los temas más actualizados, consulte nuestra página de Facebook Live Roots4Change o póngase en contacto con nosotros 904-385-8151 o soporte@rootsforchange.coop

Corte y Confección

TODOS LOS MIÉRCOLES, 10 AM – 12 PM
ARTS + LIT LAB, 111 S LIVINGSTON ST

Aprenda cómo manejar las máquinas de coser, las puntadas básicas o si prefiere algo más avanzado, Alicia tiene la experiencia y el conocimiento como empresaria y profesora universitaria de diseño y alta costura. Limitado número de participantes y transportación. *Favor llamar para registrarse 608-800-1316.*

ESL – Inglés Básico y Avanzado

TODOS LOS MARTES, 10 AM – 12 PM
MEADOWWOOD NEIGHBORHOOD CENTER, 5740
RAYMOND RD

Esta clase provee la oportunidad de avanzar en el idioma desde el nivel donde se encuentre. El programa está diseñado para adultos mayores de habla hispana, gracias a la experiencia y trayectoria de docente. Se proveerá el material de estudio y almuerzo. Hay transporte limitado.

Yoga Suave en Colaboración con MSCR

TODOS LOS LUNES, 10:15 – 11:15 AM (ZOOM)

Practique yoga de pie, sentado(a), y/o acostado(a) sobre un tapete o colchoneta, para aliviar el estrés, fortalecer el sistema inmunológico y mejorar su bienestar. ¡Favor llamar si usted ya está registrado(a) y necesita el enlace!

VOLUNTEER OPPORTUNITIES

Volunteers Needed!

Volunteers are the heart of the Madison Senior Center. APPLY TO VOLUNTEER:

<https://www.cityofmadison.com/senior-center/volunteer/apply-to-volunteer>



1. **Craft With Kids Participant:** Join our intergenerational craft meetup on the 4th Wednesday of each month. Kids from St. Joseph's Preschool will come to the Senior Center to work on a craft with older adults.
2. **Group or Class Leader:** Tell us what kind of group or class you would like to lead- Tai Chi, a book club, discussion group, arts & crafts, music- you name it!

We are currently seeking facilitators for the following programs: B-I-N-G-O, Drawing, Watercolor or Acrylic Painting, Healthy Cooking or International Cooking, Living with Diabetes, and discussion groups such as Coping with Uncertainty, Current Events, Death Café, Staying Sane in an Insane World, and Finding Spirituality.

3. **Technology Assistance:** Assist members with basic technology questions in using their smart phone or laptop, and also help in completing tasks in our computer lab.
We are currently seeking a volunteer who can lead a class about Cell Phone Photography
4. **Service Provider:** Many of our older adults need hygiene and care services. If you have a licensed service you'd like to provide, we'd love to hear from you.
5. **Front Desk/Reception:** Greet people at the front entrance, answer and route telephone calls, provide general information (and conversation!)
6. **Volunteer Group Opportunities –**
 - **Client Focused:** This is a great opportunity for your group to interact and socialize with our members, or help with decorating, wrapping presents, etc.
 - **Facility Focused:** Please reach out to us directly to hear what we have on deck.

Volunteer Spotlight: Shawn

Shawn started volunteering at the Madison Senior Center in January, and he wrapped up his official time here in June. He was part of the Madison Metropolitan School District's Career and Community Program, which provides students with disabilities the opportunity to learn work skills, preparing them for independent work and living opportunities. A School District staff member, in our case Karyn, accompanied and mentored Shawn at the Senior Center. In his time here, Shawn, along with Asher (featured in our February Volunteer Spotlight), stocked our soda machine each week and watered our many houseplants. Shawn could be spotted from afar, entering the building rocking out to his music, and he always had warm and friendly hugs for our members! In his free time, he likes to workout, play basketball, and watch professional wrestling. We want to thank Shawn for the great job he did, and for always brightening our day with his humor.



COMMUNITY RESOURCES

The following is a list of organizations that serve older adults in Madison. These are the agencies receiving funding from the City of Madison Community Development Division. The Madison Senior Center looks forward to deepening our partnership with these agencies.

African Center for Community Development

2238 S PARK ST

(608) 294-0066

Bayview Foundation

103 LA MARIPOSA LN

(608)256-7808

Bridge Lake Point Waunona Neighborhood Center

1917 LAKE POINT DR

(608) 441-6991

FOSTER of Dane County

700 RAYOVAC DR

(608) 628-7708

Freedom, Inc.

2110 LUANN LN

(608) 716-7324

Goodman Community Center

214 WAUBESA ST

(608) 241-1574

IP Ministries

1102 ENGELHART DR

(608) 347-7999

Lussier Community Education Center

55 S GAMMON RD

(608) 833-4979

Neighborhood House Community Center

29 S MILLS ST

(608) 255-5337

OutReach, Inc.

2701 INTERNATIONAL LN

(608) 255-8582

RSVP of Dane County

6501 WATTS RD

(608) 238-7787

Southeast Asian Healing Center, Inc.

2814 SYENE RD

(608) 405-5889

The Hmong Institute

4402 FEMRITE DR

(608) 692-8918

Urban Triage

2312 S PARK ST

(608) 299-4128

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 \$5.00. If you are under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost \$13.56. Meal and transportation reservations are required. Reservations & cancelations are due by Noon, two business days in advance. Contact **(608) 512-0000, Ext. 4006**. Menus and additional information are available.

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.

When life offers the gift of time...

how will you spend it?

We'll help you every step of the way.



Offering a continuum of care for seniors:

- > Independent Living
- > Assisted Living
- > Memory Care
- > Rehabilitation

Call 608-663-8600 or email
madisonsales@oakparkplace.com
718 Jupiter Dr., Madison, WI 53718
oakparkplace.com/madison



ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

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833-287-3502

THE STARLING AT RISE BRAND NEW - NOW OPEN

1- & 2-BEDROOM APARTMENTS 55+
Includes water, sewer, and trash

SPACIOUS, MODERN HOMES WITH HIGH-END FINISHES
CALL 608-516-5405 TO SCHEDULE AN APPOINTMENT

958 Rise Lane, Madison, WI 53704
risemadison@accmanagementgroup.com



Inclusive Income Restrictions Apply

1 Person: \$63,630 | 2 Person: \$72,730 | 3 Person: \$81,830



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Nick Palasini

npalasini@lpicommunities.com

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

EPANTRY

ePantry: Food Pantry Online Ordering System with Pick-up at MSC

The Madison Senior Center is 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. Orders may be placed as early as the Friday before pick-up day. If you need assistance placing your order, staff will be available on the Monday morning of our pick-up week. Our pick-up day is the 3RD THURSDAY of each month. **Orders can be picked up 9 - 11:30 am.**

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.

Thank you to our volunteers for getting the groceries from the River Food Pantry to the Senior Center.

FOOD ORDER DATE WITH ASSISTANCE	FOOD PICK UP DATE
Monday, July 14	Thursday, July 17
Monday, August 18	Thursday, August 21
Monday, September 15	Thursday, September 18

NEWS

Kudos & Congratulations, Ricky!

Please join me in congratulating our very own **Ricky Butler**, who recently completed United Way's Boardwalk Academy!

Boardwalk Academy is a personal and professional development program designed for lived-experience experts. Over the course of nine weeks, Ricky, alongside seven other dedicated community members, invested time in building professional skills and creating a space to grow together in community.

We're so proud of you, Ricky!



Fourth of July

WORD SEARCH

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

United States
 Liberty
 States
 Parade

Independence
 America
 Stars
 Flag

Revolution
 Freedom
 Flag
 Summer

Fireworks
 Picnic
 Patriotic
 July

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 Thomas DeChant at mscfoundation@gmail.com

FOUNDATION BOARD OF DIRECTORS

Tom DeChant – President
Sally Miley – Vice President
Jan Cliff – Treasurer
Mary Berryman-Agard – Member-at-Large
Eve Galanter – Member-at-Large

Senior Center Wish List

- » Coffee grounds, sugar packets, and coffee creamer
- » Cases of bottled water
- » Individually wrapped snacks
- » Gift cards to use as game prizes (\$10; market cards are most appreciated)
- » BINGO Game
- » Musical instruments in good condition

DONATIONS

No donations to report this month! Scan the QR code to donate online:



PLEASE DONATE TODAY! MADISON SENIOR CENTER FOUNDATION, INC.

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

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

Donor Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Email _____ Amount Enclosed \$ _____

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

☐ In Appreciation of: _____ ☐ Other: _____

Send Acknowledgement to (Name and Address): _____

Your donation is tax deductible as allowed by law. Donations are publicly acknowledged. Please indicate if you wish to remain anonymous.

Madison Senior Center
Foundation, Inc.

330 WEST MIFFLIN STREET
MADISON WI 53703

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MADISON, WI



HENRY VILAS ZOO PRESENTS

ZOO-TO-YOU

& ICE CREAM SOCIAL

JULY 17, 2025

12:00-2:00PM

SEE FRONT PAGE FOR MORE DETAILS

HENRY VILAS ZOO



Find us on Facebook: [MadisonWISeniorCenter](#)



Follow us on X: [@MadisonSrCenter](#)