

# 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)**



## Older Americans Month: Flip the Script on Aging

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.



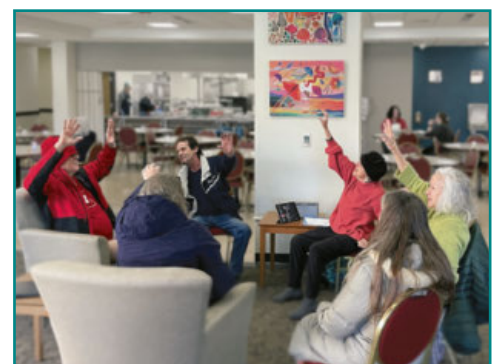
The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

Join the Madison Senior Center in flipping the script on aging, at our programs that celebrate the creative and vibrant side of aging. Here is just one example—look inside for more!

## Let's CONNECT!

**TUESDAYS THROUGH MAY 20,**  
**10 – 11 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 that the improvisational approach of "Yes, and..." to be very effective in improving memory issues. *R*



# 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)*

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## 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](mailto:seniorcenter@cityofmadison.com) or call (608) 266-6581.**

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

## Member of



Like us on Facebook:  
[facebook.com/MadisonWISeniorCenter](https://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.

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City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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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](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 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](mailto: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](mailto:seniorcenter@cityofmadison.com)

# LIFELONG LEARNING

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

## Artful Affair: Entry Submission Day

TUESDAY, MAY 6, 9 AM – 1 PM

Calling all artists to participate in the 2025 Artful Affair! This is an opportunity for adults age 55+ to have their work displayed in our gallery and to be a part of the Madison Museum of Contemporary Art's Spring Gallery Night. A new pricing structure allows you to submit a single piece for \$10 or 3 pieces for \$25. Scholarships are available.

## Artful Affair: Gallery Night

FRIDAY, MAY 16, 5 – 8 PM

Gallery Night is a long-time Madison arts tradition that showcases the city's vibrant arts community. Organized by MMoCA, Gallery Night offers art lovers and art novices alike an opportunity to enjoy a wide variety of exhibitions, opening receptions, special events, and demonstrations at venues throughout the city. The MSC will be open from 5 to 8 pm to highlight our Artful Affair exhibit.

## Black on the Western Frontier, 1725-1868

WEDNESDAY, JUNE 4, 1:30 – 3 PM

UW-Madison Professor Christy Clark-Pujara will discuss how black people have lived, labored, and raised families in the region that became the Midwest since the 16th century. *R*

## Capitol Tour

WEDNESDAY, MAY 7, 1 – 2 PM

Let's gather for a guided tour of our beautiful state Capitol building! Join MSC volunteer Noelle and other MSC friends to learn more about this historic building. We will depart from the MSC front desk at 12:45 pm to walk up to the capitol. Or, meet us in the Capitol rotunda at 12:55 pm. After the tour, we will stop at Barriques for coffee and camaraderie. Barriques is optional and not paid for by MSC.

## Clear the Clutter, Clear the Mind: Decluttering for a Healthier You!

THURSDAY, MAY 8, 1 – 2 PM

Did you know that clearing clutter can boost your health and well-being, strengthen social connections, and foster greater independence? In this uplifting seminar, we'll uncover how a clutter-free environment can improve your quality of life by promoting peace, comfort, and safety. You'll gain practical insights to identify areas and items that matter most, along with simple, actionable steps to create a healthier, more accessible living space that fits your lifestyle—one small change at a time.

## Downsizing Your Parents: A Family-Friendly Approach

THURSDAY, MAY 29, 1 – 2 PM

Downsizing is often a family effort, but coordinating can be tricky with distance, busy schedules, and the challenge of sorting through years of memories. In this seminar, you'll discover strategies to manage logistics and emotional challenges, organize tasks based on family strengths, and use digital tools to simplify decision-making. You'll leave with practical steps to ensure your loved one's comfort, and make the downsizing process smoother and less stressful for everyone.

## 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*

# LIFELONG LEARNING

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

## First Friday Music Hour

FRIDAY, MAY 2, 10 - 11 AM

Join us as a performer or as a listener for an hour of live music performance (and a cup of coffee!) at our monthly, first Friday gatherings. If performing, bring an instrument and/or your voice, with song or spoken word to share. Open to all styles of musical expression!

## Habitat for Humanity Info Session

WEDNESDAY, MAY 21, 1 – 1:30 PM

Learn about Habitat for Humanity of Dane County programs! Through its volunteer network, generous donors, and sales from two ReStores, Habitat helps families achieve strength, stability, and self-reliance to build a better life through shelter. Programs to support the community including ReStores where you can shop or donate (donation pickup available), the Furniture Bank, new home construction, a home repair program allowing older adults to age in their home through repairs or modifications, and many more. Join us to learn more about programs and how you can volunteer to help others.

## Hmong Diaspora in Tapestry Opening Reception

FRIDAY, MAY 9, 5 - 7 PM

OVERTURE PLAYHOUSE GALLERY, 201 STATE ST

Join The Hmong Institute for food and discussion about the history and significance of the refugee-made story clothes.

2025 marks 50 years since the Hmong diaspora from Laos, and this historic collection preserves their lived experiences and stories through textile art. Woven and embroidered story cloths offer insight into Hmong history and the Ban Vinai refugee experience, educating and inspiring the Hmong community and beyond. This exhibition is part of The Hmong Institute's 50th-anniversary activities commemorating the Hmong diaspora.

## Imperative Stitches

FRIDAYS, APRIL 4 – MAY 2, 10 – 11 AM

Imperative Stitches is a project where we gather to process change using fabrics that hold important memories to us. We cut up and reuse those fabrics to create quilted objects, such as mini-quilts, to help us hold those memories close. Funded by UW-Madison's Arts for Healthy Minds grant. We will have fabric scraps, threads and needles, scissors and pins for you to hand sew a mini-quilt, or any other object you want to create! Bring some of your own memory-filled fabrics, if possible, or use fabrics provided to practice your skills. Attendance at all classes is not required. *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](http://www.overture.org/engage/community-ticket-program) for more information, and call the Madison Senior Center to receive your discount code.




## LIFELONG LEARNING

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

### Third Thursday Entertainment:

#### Beni Daiko

THURSDAY, MAY 15, 12:30 – 1:30 PM

See the back page for a full description. 

### 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.



### Writing Your Life

THURSDAYS, MAY 8, 22 & 29, 10 – 11:30 AM

We all have stories to tell about our life experiences, friends, and families. Some of those stories encompass the joys of achievement, celebration, milestone moments, and love. Others detail the harder parts of life: jealousy, betrayal, sadness, loss. Our stories define us. The Greater Madison Writing Project's "Writing Your Life" workshops help you find the stories you want to tell and give you writing strategies to craft them into the stories that you want to share. Each 90-minute session includes exploration of different writing strategies and opportunities to write and seek feedback, in a welcoming and enthusiastic community. Led by Mark Nepper. 

## TECHNOLOGY & FINANCE

### 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](mailto: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.

### Bridging the Digital Divide

Digital literacy is an important skill for people of all ages. Confidence in navigating the digital world positively impacts your ability to access services like healthcare, banking and grocery shopping.



## A PARTNER FOR LOCAL CARE

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

[www.lakelandcareinc.com](http://www.lakelandcareinc.com)



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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](mailto: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](http://www.ballroombasicsforbalance.org) 




### 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)

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. 

## Blood Pressure Screening

1ST & 3RD TUESDAYS, 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

**NEW SCHEDULE: FRIDAY, MAY 16, 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. 



## 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. No fee, but donations are welcome. 

## HASFIT Gentle Exercise


MONDAY – FRIDAY, 9 – 9:30 AM

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.

## Laughing Bodies, Dancing Minds

WEDNESDAYS, APRIL 2 – MAY 21, 11 AM – 12 PM

\$54 for 8-week session (financial assistance available)


Classes focus on warm-up techniques, strength and stretching exercises, core work, breathing, and energy flow. No prior dance experience needed. Instructor Li-Chiao Ping is the Sally Banes Professor of Dance & Vilas Research Professor with the UW-Madison Dance Department. She has a special interest in working with older adults and demonstrating that dance is beautiful and rewarding at any age. 

# HEALTH & WELLNESS

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

## Let's CONNECT!

TUESDAYS THROUGH MAY 20, 10 – 11 AM

See the front page for a full description. 


### Spring Haiku – Madison Senior Center

Spring has sprung. Sort of.  
Open the sky, see the sun.  
It's bright and cheery.  
Things start from brand new.  
Birds give birth to baby birds.  
Robins have blue eggs.  
Some day I'll jump in the pool!

Written by Let's CONNECT! participants,  
with Danielle Dresden, March 18, 2025


## Movement for Every Body

1ST FRIDAY, 9:30 – 10:30 AM

Movement is for all bodies and abilities!  
Join UW-Madison students in a movement class tailored to the needs and interests of each group. This class will include music and dance, stretching, breathing techniques, mobility exercises, and fun for everyone. 


## Rosen Method Movement

MONDAYS, APRIL 28 – JUNE 9, 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. 

## Welcome to Medicare Seminar – Free!

SATURDAY, MAY 17, 9 – 11:30 AM, **VIRTUAL**

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](mailto:AAA@danecounty.gov) by May 9 to register. 

## What's New in Hip and Knee Replacements?

WEDNESDAY, MAY 28, 1 – 2 PM

Dr. Wolff is a board-certified and fellowship-trained orthopedic surgeon specializing in total joint replacements. He will provide a general overview of osteoarthritis, the causes of hip and knee arthritis, ways to manage your symptoms, and current treatment options for hip and knee osteoarthritis.



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## GROUPS & CLUBS

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

**THURSDAYS, 10:15 - 11:15 AM**

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!



### 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*

### Book Club

**1ST & 3RD FRIDAYS, 10:30 – 11:30 AM**

Join our new Friday Book Club! In May, we will continue with our discussion of The Thursday Murder Club, by Richard Osman. For more information contact Yashu, yashuusa@gmail.com *R*

### Spirit Days

**FRIDAYS, ALL DAY**

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

#### MAY 2ND National Space Day

Share a fun fact about outer space



#### MAY 9TH Mother's Day

Make a card for a mother who deserves it!



#### MAY 16TH Dance Like a Chicken Day

Do the chicken dance!

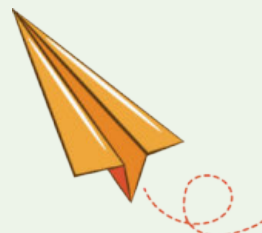


#### MAY 23RD National Taffy Day

Share an interesting fact about taffy, and enjoy one if you dare!

#### MAY 30TH Paper Plane Day

Make a paper airplane





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Activities

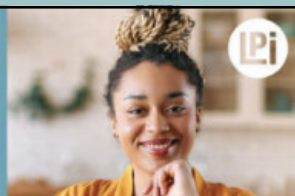
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## PROGRAM & ACTIVITY LIST

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
<b>Artful Affair – Entry Submission Day</b>	Tuesday, May 6th	9:00 am – 1:00 pm	\$10/one \$25/three	MSC
<b>Artful Affair – Gallery Night</b>	Friday, May 16th	5:00 – 8:00 pm	Free	MSC
Ballroom Basics for Balance	Friday, Feb 28th – May 2nd	10:00 – 11:30 am	\$75	MPL
<b>Ballroom Basics for Balance – Inclusive</b>	Fridays, Jan 24th – May 16th	9:30 – 10:45 am	\$115	Virtual
<b>B-I-N-G-O</b>	Thursdays	10:15 – 11:15 am	Free, 50¢/ final card	MSC
Blood Pressure Screening	1st & 3rd Tuesdays	11:15 am – 12:00 pm	Free	MSC
<b>Book Club</b>	1st & 3rd Fridays	10:30 – 11:30 am	Free	MSC
Bridge Belles	Mondays, CLOSED May 26th	9:00 – 11:00 am	Free	MSC
<b>Capitol Tour</b>	Wednesday, May 7th	1:00 – 2:00 pm	Free	Meet at MSC
<b>Clear the Clutter, Clear the Mind</b>	Thursday, May 8th	1:00 – 2:00 pm	Free	MSC
<b>Downsizing Your Parents</b>	Thursday, May 29th	1:00 – 2:00 pm	Free	MSC
Exploring Poetry	2nd Wednesdays	11:00 am – 12:30 pm	Free	MSC
First Friday Music Hour	1st Fridays	10:00 – 11:00 am	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
<b>Habitat for Humanity Info Session</b>	Wednesday, May 21st	1:00 – 1:30 pm	Free	MSC
HASFit Gentle Exercise	Every weekday, CLOSED May 26th	9:00 – 9:30 am	Free	MSC
Imperative Stitches	Fridays, Apr 4th – May 2nd	10:00 – 11:00 am	Free	MSC
Laughing Bodies, Dancing Minds	Wednesdays, Apr 2nd – May 21st	11:00 am – 12:00 pm	\$54	MSC
<b>Let's CONNECT</b>	Tuesdays, Mar 18th – May 20th	10:00 – 11:00 am	Free	MSC
Movement for Every Body	1st Friday	9:30 – 10:30 am	Free	MSC
Rosen Method Movement	Mondays, Apr 28th – June 9th, CLOSED May 26th	11:00 am – 12:00 pm	Free	MSC
Spanish Conversation	Wednesdays	1:30 – 3:00 pm	Free	Virtual
<b>Third Thursday Entertainment: Beni Daiko</b>	3rd Thursdays	12:30 – 1:30 pm	Free	MSC
<b>What's New in Hip and Knee Replacements?</b>	Wednesday, May 28th	1:00 – 2:00 pm	Free	MSC
<b>Writing Your Life</b>	Thursdays, May 8th, 22nd & 29th	10:00 – 11:30 am	Free	MSC

# May 2025

## Asian American & Pacific Islander Heritage Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>HASFIT Gentle Exercise,</b> Every day, 9:00</p>			<p><b>1</b></p> <p>10:15 BINGO</p> 	<p><b>2</b></p> <p>9:30 Movement for Every Body 9:30 BB4B <b>V</b> 10:00 BB4B - MPL <b>10:00 1st Friday Music Hour</b> 10:00 Imperative Stitches 10:30 Book Club</p> <p><b>Spirit Day: National Space Day</b></p>
<p><b>5</b></p> <p>9:00 Bridge Belles 11:00 Rosen Method Movement</p>	<p><b>6</b></p> <p><b>9:00 Artful Affair Drop-Off</b> 10:00 Gentle Yoga 10:00 Let's CONNECT 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>A Complete Unknown</i></p>	<p><b>7</b></p> <p>10:00 Watercolor Painting 11:00 LBDM <b>1:00 Capitol Tour</b> 1:30 Spanish Conv <b>V</b></p>	<p><b>8</b></p> <p>10:00 Writing Your Life 10:15 BINGO <b>1:00 Clear the Clutter</b> 2:00 Gay, Gray &amp; Beyond</p>	<p><b>9</b></p> <p>9:30 BB4B <b>V</b></p> <p><b>Spirit Day: Mother's Day</b></p>
<p><b>12</b></p> <p>9:00 Bridge Belles 11:00 Rosen Method Movement</p> <p><b>*ePantry Ordering Day</b></p>	<p><b>13</b></p> <p>10:00 Aging Advocacy Day - Best Western Premier Park Hotel 10:00 Gentle Yoga 10:00 Let's CONNECT 12:30 Movie: <i>Sing Sing</i></p>	<p><b>14</b></p> <p>10:00 Watercolor Painting 11:00 LBDM 11:00 Exploring Poetry 1:30 Spanish Conv <b>V</b></p>	<p><b>15</b></p> <p><b>9:00 ePantry Pick-Up</b> 10:15 BINGO <b>12:30 3rd Thursday Entertainment: Beni Daiko</b></p>	<p><b>16</b></p> <p><b>9:00 Footcare Clinic</b> 9:30 BB4B <b>V</b> 10:30 Book Club <b>5:00 Artful Affair: Gallery Night</b></p> <p><b>Spirit Day: Dance Like a Chicken Day</b></p>
<p><b>19</b></p> <p>9:00 Bridge Belles 11:00 Rosen Method Movement</p>	<p><b>20</b></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>Old Dads</i></p>	<p><b>21</b></p> <p>10:00 Watercolor Painting 11:00 LBDM <b>1:00 Habitat for Humanity</b> 1:30 Spanish Conv <b>V</b></p>	<p><b>22</b></p> <p>10:00 Writing Your Life 10:15 BINGO 2:00 pm Gay, Gray &amp; Beyond</p>	<p><b>23</b></p> <p><b>Spirit Day: National Taffy Day</b></p>
<p><b>26</b></p> <p><b>Memorial Day</b> <b>MSC is Closed</b></p> 	<p><b>27</b></p> <p>10:00 Gentle Yoga 12:30 Movie: <i>The French Connection</i></p>	<p><b>28</b></p> <p>10:00 Watercolor Painting <b>1:00 What's New in Hip and Knee Replacement</b> 1:30 Spanish Conv <b>V</b></p>	<p><b>29</b></p> <p>10:00 Writing Your Life 10:15 BINGO <b>1:00 Downsizing Your Parents</b></p>	<p><b>30</b></p> <p><b>Spirit Day: Paper Plane Day</b></p>

# MOVIES

## Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm.

**MAY 6**

### **A COMPLETE UNKNOWN (2024)**

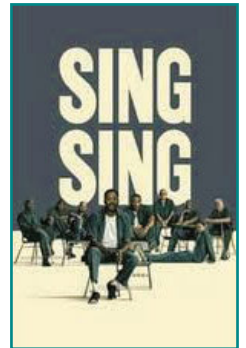
In 1961, 19 year-old novice musician Bob Dylan arrives in New York City with his guitar and forges relationships with musical icons on his meteoric rise, culminating in a groundbreaking performance that reverberates around the world. *Stars: Timothée Chalamet, Edward Norton, Monica Barbaro, and Elle Fanning. Biography, Drama, Music. 2 hours 21 minutes. Rated R.*



**MAY 13**

### **SING SING (2023)**

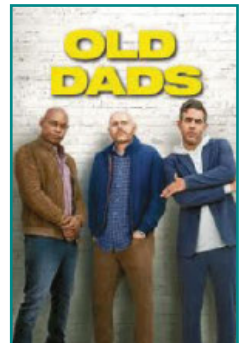
Divine G, imprisoned at Sing Sing for a crime he didn't commit, finds purpose by acting in a theatre group alongside other incarcerated men in this story about resilience, humanity, and the transformative power of art. *Stars: Colman Domingo, Clarence Maclin, and Sean San Jose. Drama. 1 hour 47 minutes. Rated R.*



**MAY 20**

### **OLD DADS (2023)**

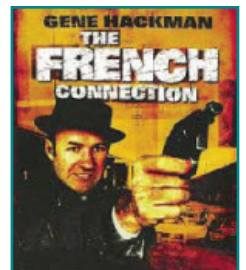
Three men who are best friends and business partners become fathers later in life and find themselves battling preschool principals, millennial CEO's, and anything created after 1987. *Stars: Bill Burr, Bobby Cannavale, and Bokeem Woodbine. Comedy. 1 hour 44 minutes. Rated R.*



**MAY 27**

### **THE FRENCH CONNECTION (1971)**

A pair of NYPD detectives in the Narcotics Bureau stumble into a heroin smuggling ring based in Marseilles, but stopping them and capturing their leaders proves an elusive goal. *Stars: Gene Hackman, Roy Scheider, and Fernando Rey. Action, Drama, Thriller. 1 hour 44 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](mailto:info@lgbtoutreach.org); you can also check out our website, [lgbtq50plusalliance.org](http://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](mailto:karenlkane13@gmail.com) or [lynnc@outreach.org](mailto:lynnc@outreach.org)

## LGBTQ 50+ Alliance Steering Committee

Lynn Currie	OutReach Staff
Laura Hunt	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?

## CQ, CQ, CQ

Morse Code: **“for all to join in the conversation”**

**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, MSC**

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.

## A Night Out With Forward

**SATURDAY, MAY 24, 5 - 8:30 PM**

**BREESE STEVENS FIELD, 917 E MIFFLIN ST**

Enjoy a meal and camaraderie at a Forward game with the 50+ Alliance. Two different price options are available: \$35 for a ticket, meal, and soda; or \$41 for a ticket, meal, and two drink tickets for beer, wine or seltzers. Registration: call 608-255-8582

## 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: call 608-255-8582.

## Radical Love: LGBTQ+ Inclusion Theology Series

**SUNDAY, MAY 18, 11:30 AM – 1:30 PM, GRACE CHURCH VILAS HALL, 116 W WASHINGTON**

Reverend Liz Edman, Episcopal priest, political strategist, and author. For information and registration, email [inclusiontheology@gmail.com](mailto:inclusiontheology@gmail.com) 

# AGING WITH PURPOSE: EMPOWERING BLACK OLDER ADULTS

## **Baobab Senior Circle (BSC)**

2ND & LAST FRIDAYS, 3 – 5 PM

UW SOUTH MADISON PARTNERSHIP, 2238 S PARK

## **Calming Computer Jitters**

3RD WEDNESDAYS, 12 – 2 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Registration: call (608) 264-3468

## **Cancer Education Group**

2ND SUNDAYS, VIRTUAL

Information: call (608) 915-0100

## **Chair Yoga & Gentle Movement for Older Adults**

MONDAYS, APRIL 7, 14, & 28, 10:30 – 11:15 AM

LAKEVIEW LIBRARY, 2845 SHERMAN AVE

Registration: call 608-246-4547

## **Community Elder Connect (CEC)**

2ND & LAST FRIDAYS, 3 – 5 PM

UW SOUTH MADISON PARTNERSHIP, 2238 S PARK

## **A Day at the Zoo**

FRIDAY, MAY 23, 11:30 AM – 1:30 PM

HENRY VILAS ZOO, 702 S RANDALL AVE

Registration: call 608-512-0000 Ext 2007

## **Emma's Sewing Project**

TUESDAYS, APRIL 1 – MAY 20, 1 – 3 PM

ART LIT LAB, 111 S LIVINGSTON ST

Registration: call 608-512-0000 Ext 2007 or 608-512-0000 Ext 3002

## **Fitness with Johnny Winston & NewBridge**

1ST & 3RD MONDAYS, 1:30 – 2:30 PM

WARNER PARK COMMUNITY CENTER, 1625

NORTHPORT DR

Registration: call (608) 512-0000 Ext 2007

## **Forever Fit ZUMBA**

2ND & 4TH MONDAYS, 1 – 2 PM

WARNER PARK COMMUNITY CENTER, 1625

NORTHPORT DR

Registration: call 608-512-0000 Ext 2007

## **Get Movin' in Motion – FREE!**

TUESDAYS & THURSDAYS, 1 – 2 PM

UW SOUTH MADISON PARTNERSHIP, 2238 S PARK

Zoom available, Registration: call (608) 265-4790

## **IT Academy: Build Your Tech Confidence!**

WEDNESDAYS, MAY 7 & 14, 11 AM – 1 PM

THE HUB (4TH FLOOR), 2352 S PARK ST

Registration: [tinyurl.com/ITforOlderAdults](https://tinyurl.com/ITforOlderAdults)

## **Let's Bowl at Schwoegler's!**

FRIDAY, MAY 16, 11:30 AM – 1:30 PM

SCHWOEGLER'S BOWLING ALLEY, 444 GRAND CANYON DR

Registration: call 608-512-0000 Ext 2007

## **Mad-Town Walkers**

MONDAY, MAY 19, 1 – 2 PM

EAST TOWNE MALL, 89 EAST TOWNE WAY

Registration: call 608-512-0000 Ext 2007

## **Mental Health Clinic**

THURSDAYS, 10 AM – 2 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Walk-ins are welcome.

## **Movie's at Marcus!**

FRIDAY, MAY 9, TIME TBD

MARCUS POINT CINEMA, 7825 BIG SKY DR

Registration: call 608-512-0000 Ext 2007

## **Project Live Well: Let's Get Snatched**

SATURDAY, MAY 10, 12 – 2 PM

THE FOUNDATION FOR BLACK WOMEN'S

WELLNESS CENTER, 6601 GRAND TETON PLAZA, SUITE A2

Registration: <https://www.ffbww.org/project-live-well>

## **Rebalanced-Life Wellness Association**

MEN'S HEALTH & EDUCATION CENTER, 584

GRAND CANYON DR

To request an appointment: <https://rebalanced-life.org/appointment-request>

## **Tech Masters: Getting Comfortable with Computers**

WEDNESDAY, MAY 7, 2 – 4 PM

MADISON LABOR TEMPLE, 1602 S PARK ST

Registration: call 608-512-0000 Ext 2007

## **Wellness Wednesday**

WEDNESDAYS, MAY 14 & 21, 1 – 2 PM

MEADOWRIDGE LIBRARY, 5726 RAYMOND RD

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

**PRIMER VIERNES, 2 DE MAYO, 10:15 AM**  
**WARNER PARK, 1625 NORTHPORT DR**

Habrà Transportación limitada. Favor registrarse

**TERCER JUEVES, 15 DE MAYO, 11:00 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**  
**CENTRO DE RECURSOS PARA EL**  
**ENVEJECIMIENTO Y LA DISCAPACIDAD DEL**  
**CONDADO DE DANE (AGING AND DISABILITY**  
**RESOURCE CENTER OF DANE COUNTY)**

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.

## 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](mailto: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!)

## May Volunteer Spotlight: Marlene

Marlene entertains our members with her piano playing and singing on Mondays. She has been a volunteer at the Madison Senior Center since September of 2021, after the experience of the Pandemic made her want to re-enter the music scene and entertain again. Her catalog includes a lot of country and folk classics. Marlene shared with us, "I have been given the gift of music which has opened many doors to me throughout my life. I am grateful to the Madison Senior Center for giving me this precious opportunity to continue using my gift to bless others, and by doing so have those blessings returned ten fold." She speaks fondly, too, about the unique and special people she has met here: Gloria with her amazing sense of humor, Peter who loved hearing her sing "Autumn Leaves" all year round, Judy who made the food service run smoothly with her sweet demeanor while Marlene entertained, and Carol, who unpacked her violin and played with Marlene as if the two had rehearsed for hours. Marlene says, "I could go on speaking kindly of folks I've encountered since that first September day. Suffice it to say that the numerous pleasant experiences I've collected over the years have created a rich treasure trove of beautiful memories." Thank you, Marlene, for the memories you have in turn given to us!



## 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](http://oakparkplace.com/madison)



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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, May 12	Thursday, May 15
Monday, June 16	Friday, June 20 (MSC closed June 19)
Monday, July 14	Thursday, July 17

# PUZZLE

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



TRADITION  
 CELEBRATE  
 RAINDROPS  
 GARDENING  
 FESTIVAL  
 MAYPOLE  
 RIBBONS  
 OUTSIDE  
 MAY DAY  
 FLOWERS  
 BASKET  
 SPRING  
 BLOOM  
 SUNNY  
 BUDS  
 FUN  
 MAY

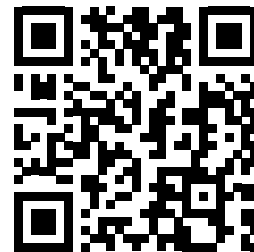
# NEWS

## UW Caregiver Postcard Project

Do you help care for a family member or friend who has health challenges or a disability? Tell us about your experiences and help us make this important work more visible.

The Caregiver Postcard Project is collecting moments of **joy, struggle, or gratitude** that happen during everyday care tasks, from helping with groceries to helping make medical decisions. Our goal is to build awareness and inspire conversation about caregiving.

To participate all you need to do is share your thoughts! This could mean writing a few words, sharing a poem or drawing, recording a video, or many other forms of expression. We will use these words and images to create an art project that will give a voice to the everyday joy and pain of caregiving. Visit [go.wisc.edu/caregiver-postcard](https://go.wisc.edu/caregiver-postcard) to learn more and share your insights.



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## Senior Farmers' Market Nutrition Program

**JUNE 1 – OCTOBER 31, 2025**

Starting in June, the Area Agency on Aging (AAA) of Dane County will distribute farmers' market vouchers to older adults for use in purchasing \$25\* of Wisconsin grown fruit, vegetables, or herbs at farmers' markets and roadside farm stands.

The vouchers are distributed on a first come/first serve basis to those **age 60+ or Native Americans age 55+**, who live in Dane County, and have gross incomes under \$28,953 per year (or \$2,413/month) for a one-person household and \$39,128 per year (or \$3,261/month) for a two-person household. One set of vouchers is available per person.

Individuals that received vouchers last year will automatically receive an application by mail this year. If you wish to apply to the program, or need to update your mailing address, contact AAA Dietitian Shannon Gabriel at 608-261-5678 or [Gabriel.Shannon@danecounty.gov](mailto:Gabriel.Shannon@danecounty.gov). Applications will be mailed out in early May. Once we receive and approve your application, vouchers will be mailed starting on Monday, June 2nd.

**Please note:** funding is subject to change without prior communication.

*"This program is funded by the United States Department of Agriculture.  
USDA is an equal opportunity provider and employer."*



# 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](mailto: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

### DONATIONS

♥ Andrew Halada  
♥ Jane Peckham  
♥ Jeganathan Sriskandarajah  
♥ Sandy Wachholz

### 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



Special thanks to the African American Opioid Coalition,  
who contributed to our Black History Month Festival.  
We missed recognizing them in our April issue, and we appreciate their support.

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**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 \$ \_\_\_\_\_

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☐ 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. For credit card gifts visit:

[www.cityofmadison.com/senior-center/donate/donate-today](http://www.cityofmadison.com/senior-center/donate/donate-today).

Madison Senior Center  
Foundation, Inc.

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**Celebrate Asian American and  
Pacific Islander Heritage Month!**

**THIRD THURSDAY ENTERTAINMENT:  
BENI DAIKO**

**THURSDAY, MAY 15, 12:30 – 1:30 PM**

Join us for Third Thursday Entertainment, which this month features Beni Daiko! Beni Daiko is the Madison Japanese Taiko Group. They were founded in November 2012. Their goal is to teach, preserve, and perform the ancient art of Taiko drumming, a form of traditional Japanese musical expression that combines mental discipline and physical demand. 



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