

THE Messenger

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MAY, 2026

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



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

The 2026 theme, **Champion Your Health**, focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing your own health, advocating for yourself, accessing preventive care, and making informed decisions that support independence. Join in on some of the programming the Madison Senior Center has planned in support of this important topic—some programs are listed below; see pages 8-9 for other health programming:

Dementia Series

THURSDAYS, MAY 7 & MAY 14, 12 – 1 PM 

- ♥ **MAY 7: What is Dementia?**
 This presentation is centered around what dementia really is and how it differs from the normal aging process. We will focus on what part of our brain changes and how it affects our mood, memory, and senses.
- ♥ **MAY 14: Preventing Cognitive Decline**
 Now that we know a little bit more about dementia, we can focus on lifestyle changes we can make now to help us prevent this decline. We will go over diets, exercise, and brain stimulating activities, so that you can leave with a positive outlook on your brain's health.

StrongBodies

WEDNESDAYS & FRIDAYS, MAY 27 – JULY 17, 9 – 10:15 AM 

Community-based physical activity program designed to help individuals of all ages build strength, flexibility, and balance. Designed for adults as they age, StrongBodies offers twice-weekly sessions led by trained instructors. Participants follow a structured plan to strengthen all major muscle groups working to gradually increase the weights used. Participants gain strength, improve mobility, and reduce the risk of conditions like osteoporosis, heart disease, and diabetes.

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)
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Program & Outreach Coordinator, Ericka Boeoy (she, her)
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Facility Operations Assistant, Gary Flesher
(608) 267-8651, gflesher@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

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

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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 or call (608) 266-6581.**

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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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 \$31,300 (one person) or \$42,300 (two people) for programs and events. The application is simple and all information is confidential. Call 266-6581 or email seniorcenter@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

50+ Meet & Mingle – \$10

THURSDAY, MAY 14, 5 - 7 PM

GOODMAN CENTER IRONWORKS BUILDING,
149 WAUBESA ST

Make new friends and find people with common interests. Join us for a fun and casual gathering! Music by DJ André, dancing, appetizers, beer, wine, and door prizes. Learn about fun events and social networking groups around Dane County. Ticket includes all activities, food, and one drink ticket. Pre-registration and payment required. Register with Goodman: 608-241-1574 

*Co-Sponsored by the Madison Senior Center.
Possible fee assistance and transportation available by contacting Laura Hunt: 608-267-8650*

Artful Affair Gallery Night

FRIDAY, MAY 8, 5 - 8 PM

Celebrate the creative and artistic talents of older adults in the greater Madison area! Stop by the Madison Senior Center on MMOCA's Gallery Night to enjoy our Artful Affair exhibit. Light refreshments will be provided.

Christian Perspectives on Death & Dying

2ND & 4TH WEDNESDAYS, 1 - 2 PM

There are many views on the universal human experience of death. How does one sort through them, and, more importantly, approach the end of life? Hear an overview of how Christians think about death and navigate dying, with plenty of time for group discussion of this often difficult subject. Meetings will be facilitated by a local Lutheran pastor, Philip Moldenhauer, who has ministered to the dying in Madison for more than a decade. We hope you can join us and we welcome people of all faiths to these conversations.

Coffee With a Cop

FRIDAY, MAY 15, 10 - 11 AM

Enjoy a cup of coffee and a pastry while getting to know your neighborhood police officers. This is an opportunity to ask questions about things going on in the community or even where you live. Officer Sydney Davila and her colleagues want to hear what you have to say, so stop on by!

Docs to Digest: *Song Sung Blue* (2008)


THURSDAY, MAY 7, 12:30 - 2:30 PM

Join us in the Senior Center lounge once a month for a special post-lunch documentary screening. In May, we will watch *Song Sung Blue* (2008), not rated: The alternately inspiring and tragic love story of Lightning and Thunder, a Milwaukee husband and wife singing duo who pay tribute to the music of Neil Diamond. Watch the documentary of the real-life couple that inspired the hit 2025 feature film of the same name. Director Greg Kohs granted the Senior Center permission to screen this movie, so stop on by for this special treat – a local tale that is sure to delight!




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. 

Felt Flowers

FRIDAYS, MAY 8 & 22, 10 - 11:15 AM

Wet felting is an ancient craft technique that combines wool fibers, water, soap, and friction to create a dense non-woven fabric. In this beginner class, we will start with making flowers. Join us to learn this simple art and leave with a beautiful piece to take home! 

LIFELONG LEARNING

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

Friday Open Stage

EVERY FRIDAY, 10 - 11 AM

First Friday Open Mic has expanded! First Fridays will now focus on a different musical theme each month – in May, perform your favorite springtime tunes. Then join us any other Friday as a performer or observer for an hour of live variety performance – music, poetry, comedy, you pick! If performing, bring whatever instrument or prop you need to perform. Open to all styles of expression.

Karaoke!


2ND THURSDAYS, 12:30 - 1:30 PM

Join us in a post-lunch round of karaoke! Belt out your favorite tunes from any decade, which you can select from our extensive song catalog. The lyrics and background music are ready to go – bring your singing voice and let the good times roll! There is a 3-song limit per person.

Line Dance Class

WEDNESDAYS THROUGH MAY 27,
10 - 10:50 AM



Get ready to step, shuffle, and groove in our fun and friendly Line Dance Class designed especially for older adults! Instructor Tara Jackson is offering six sessions, where you'll learn popular line dances including Boots on the Ground, Cowgirl Trailride, Cleveland Shuffle, and Bad Boy by Luther Vandross. Whether you prefer to dance standing or seated, everyone is welcome to join and move at their own pace. Classes are free - come enjoy great music, light exercise, and a chance to connect with others in a supportive environment. No prior experience needed—just bring your enthusiasm! 

Sing-Along

THURSDAY, MAY 28, 12:30 - 1:30 PM

Join our volunteer Joan in a post-lunch sing-along! Joan will perform some her favorites and the audience is welcome to join in singing her selection of well-loved tunes. Printed lyrics are provided to help you along.

Tarot Readings

TUESDAYS, 9 - 11 AM, 1 - 3 PM

What's in the cards for you? Our volunteer Amanda has been studying Tarot for six years. She uses multiple Tarot decks, selecting the deck based on the energy she gets from you. Get a general reading, ask the cards a question, or get a specialty reading.

Third Thursday Entertainment: Beni Daiko

THURSDAY, MAY 21, 12:30 - 1:30 PM | SEE BACK COVER FOR MORE INFORMATION


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 volunteers will join in. All supplies provided, and no advanced signup is needed.

Writing Your Life

THURSDAYS THROUGH MAY 14, 10 - 11:30 AM,
VIRTUAL OPTION (EMAIL FOR LINK)

We all have stories to tell about our life experiences. They encompass the joys of achievement, celebration, milestones, and love. Others detail the harder parts of life: jealousy, betrayal, sadness, loss. Explore different writing strategies and give and receive feedback. Led by Mark Nepper. 

TECHNOLOGY & FINANCE

Computer Lab

The Computer Lab is open during normal building hours for general use. Public printing is not available.

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.

Drop-in Computer Assistance Hours: Drop in during these hours for 1:1 technology help. To guarantee your spot, call in advance to schedule an appointment. Scheduled assistance may be available other days and times, so calling in advance is recommended: 608-267-6581, or email seniorcenter@cityofmadison.com

» Tuesday 10 - 11:30 AM, 12 - 2 PM » Thursday 9:30 - 11:30 AM

Financial Crimes: Awareness & Prevention


WEDNESDAY, MAY 13, 10 – 11 AM

Build awareness around common financial crimes and learn practical strategies to prevent them. Participants will learn how to identify and protect against identity theft, recognize common scams and fraud, and understand the warning signs that indicate potential criminal activity. We will also review steps to take if you become a victim and highlight protections and resources available to support recovery. Presented by Veronica Gutierrez, Senior Fraud Specialist at UW Credit Union.



Password Safety

MONDAY, MAY 11, 10 - 11 AM

If you are like most people, you struggle with creating secure passwords, and even more with remembering them. Find about the do's and don'ts of creating and storing passwords. Learn some tips and tricks for storing and remembering them. Zeke Segerstrom from Encryptiest will walk us through it all in easy-to-understand terms. If you have a smart phone, tablet, or laptop please bring it! 



Tuesday Tech Series

ROTATING TUESDAYS THROUGH MAY 19, 10 - 11:30 AM 

♥ MAY 5: Smartphone Photography & Editing

Learn simple techniques for taking better photos. Also learn about free apps for quick and easy editing. No experience needed. Bring a smart phone (Android or iPhone) with you.

♥ MAY 19: Staying Safe Online

This session focuses on everyday digital safety such as how to spot scam texts and emails, what AI-generated misinformation looks like, and how to adjust phone and app privacy settings. Practice identifying what's real and what's not with some real-life examples! Bring your smart phone or tablet with you.



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Madison Senior Center, Madison, WI


01-1141

HEALTH & WELLNESS

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

Ballroom Basics for Balance™



Ballroom Basics for Balance™ (BB4B) is a fun way to improve balance through the basics of dance! Registration forms can be found at www.ballroombasicsforbalance.org, or you can use the QR code below, or contact instructor Susan Frikken at 608-692-8794. Registration is required; a wait list is kept for future vacancies. 

BALLROOM BASICS FOR BALANCE
FRIDAYS, SEPTEMBER 11 – DECEMBER 4 (NO CLASS
NOVEMBER 27), 10 - 11:30 AM
MADISON PUBLIC LIBRARY, 201 W MIFFLIN ST
REGISTER BY FRIDAY, SEPTEMBER 4

\$90 for 12 weeks (financial assistance available)

This is our original, core curriculum! A mix of levels from beginner to experienced. You move independently, with or without the help of a device like a cane or walker. You may want a spotter every once in a while, or you may not need one at all.



BALLROOM BASICS FOR BALANCE: NEW! BALLET
BASICS FOR BALANCE VIRTUAL
MONDAY, MAY 4, 9:30 - 10:45 AM
FREE INTRODUCTORY CLASS!
REGISTER BY MAY 3 TO ATTEND



Ballet Basics for Balance is the newest class in the BB4B family. You can dance in sneakers, supportive dance shoes, or ballet slippers. You will need a sturdy chair or table to use as a ballet barre. Ballet Basics for Balance is designed for people who are independent in mobility. If you have trouble with your mobility and often need a cane, walker, or other assistance to stand or walk, please contact instructor, Atala, to see if this would be the right class for you. We also offer a Virtual and Inclusive BB4B class. Atala Mitchell atalanicole@gmail.com (608) 770-8763

BALLROOM BASICS FOR BALANCE: NEXT STEPS OUTDOORS!

THURSDAYS, JUNE 11 – AUGUST 20, 9:30 - 10:45 AM (NO CLASS AUGUST 6)
YAHARA PLACE PARK, 2025 YAHARA PLACE
REGISTER BY FRIDAY, JUNE 5

\$65 for 8-10 weeks (pay for 8 and get 2 free, weather permitting – financial assistance available)

This class is for people who are independent in mobility and want to improve balance or who are looking for a little challenge! This class is limited to people who are independent in mobility, as we cannot guarantee extra assistance. We WILL have seating, and if you use a walker, cane or other device for mobility, please let us know and we can talk to be sure this is a good fit!



The Biology of Aging: Vitamins & Liver Disease

WEDNESDAY, MAY 6, 10 – 11 AM 

Interested in learning about the science of aging and age-related disease? Come meet the UW-Madison graduate students doing cutting-edge research in this field! This month's topic is about vitamins and liver disease and what that means for healthy aging. A presentation and informal discussion will be led by Jack Williams, a biochemistry graduate student in the lab of Dr. Snehal Chaudhari.



HEALTH & WELLNESS

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


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. You can use our new BP monitor to complete your own reading during regular business hours, or visit during the above hours when our volunteer can lend you a hand and talk through the reading with you.

Ear Wax Removal – \$30

THURSDAY, MAY 14, 8:30 - 11:30 AM

If your ears feel plugged or your hearing seems dull, ear wax might be the culprit. Amy Williams, a Certified Medical Assistant with 12 years of experience, is here to help! She provides professional earwax removal and ear hair trimming. Call the Senior Center to schedule your appointment today! Amy accepts cash, check, or Venmo. 

Focused Interruption Men's Group




WEDNESDAY, MAY 27, 9 - 10 AM

Men's support group that will address common issues like homelessness, basic needs, mental health, substance abuse, and recidivism. This group will be a safe space where men can express their feelings, share their concerns, gain resources, and receive support.

Foot Care Clinic – \$25


FRIDAY, MAY 15, 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). We do a combination of seated and standing positions. Please register in advance. No fee. Donations are welcome. 

Hair Salon Appointments with Chanell Ardor Schools of Beauty and Culture, LLC

CALL THE SENIOR CENTER FOR THE DATE & TIME

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pleased to announce that students

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Appointments are 1 hour, with

multiple time slots available with

multiple technicians. Gratuities are

welcome. Call us to reserve your

spot! You must arrive with clean

hair. 



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

TUESDAYS, THROUGH MAY 12, 1 - 2 PM 

Continued on page 21



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Madison Senior Center, Madison, WI

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
50+ Meet & Mingle	Thursday, May 14th	5:00 – 7:00 pm	\$10	Goodman
Artful Affair Gallery Night	Friday, May 8th	5:00 – 8:00 pm	Free	MSC
Ballet Basics for Balance	Monday, May 4th	9:30 – 10:45 am	Free intro class	MSC/V
Biology of Aging: Vitamins & Liver Disease	Wednesday, May 6th	10:00 – 11:00 am	Free	MSC
Book Club	1st & 3rd Wednesdays	12:30 – 1:30 pm	Free	MSC
Christian Perspectives on Death & Dying	2nd & 4th Wednesdays	1:00 – 2:00 pm	Free	MSC
Coffee with a Cop	Friday, May 15th	10:00 – 11:00 am	Free	MSC
Dementia Series: » What is Dementia » Preventing Cognitive Decline	» Thursday, May 7th » Thursday, May 14th	12:00 – 1:00 pm	Free	MSC
Docs to Digest: <i>Song Sung Blue</i> (2008)	1st Thursdays	12:30 – 2:30 pm	Free	MSC
Ear Wax Removal	Thursday, May 14th	8:30 – 11:30 am	\$30	MSC
Exploring Poetry	2nd Wednesdays	11:00 am – 12:30 pm	Free	MSC
Felt Flowers	Fridays, May 8th & 22nd	10:00 – 11:15 am	Free	MSC
Financial Crimes: Awareness & Prevention	Wednesday, May 13th	10:00 – 11:00 am	Free	MSC
Focused Interruption Men's Group	Wednesday, May 27th	9:00 – 10:00 am	Free	MSC
Foot Care Clinic	3rd Fridays	9:00 am – 12:00 pm	\$25	MSC
Friday Open Stage	Fridays	10:00 – 11:00 am	Free	MSC
Hair Salon	Call Senior Center for date & time	Call for times	Free	MSC
Hist of LGBTQIA Activism WI	Tuesday, May 19th	5:30 – 8:00 pm	Sug Don \$0-35	MSC
Karaoke!	2nd Thursdays	12:30 – 1:30 pm	Free	MSC
Laughing Bodies, Dancing Minds	Tuesdays through May 12th	1:00 – 2:00 pm	\$80	MSC
Line Dance Class	Wednesdays through May 27th	10:00 – 10:50 am	Free	MSC
Massages from Better Body	Thursday, May 28th	8:30 – 10:30 am	\$26.50/15 min.	MSC
Memory Lane	1st & 3rd Mondays	9:30 – 10:30 am	Free	MSC
Mid-Morning Meditation	Every weekday (weather permitting)	10:00 – 10:15 am	Free	MSC
Password Safety	Monday, May 11th	10:00 – 11:00 am	Free	MSC
Sing-Along	Thursday, May 28th	12:30 – 1:30 pm	Free	MSC
Spanish Conversation	Wednesdays	1:30 – 3:00 pm	Free	Virtual
StrongBodies	Wednesdays & Fridays, May 27th - July 17th	9:00 – 10:15 am	Free	MSC
Tarot Readings	Tuesdays	9:00 – 11:00 am, 1:00 – 3:00 pm	Free	MSC
Third Thursday Entertainment: Beni Daiko	3rd Thursdays	12:30 – 1:30 pm	Free	MSC
Tuesday Tech » Smartphone Photography & Editing » Staying Safe Online	» Tuesday, May 5th » Tuesday, May 19th	10:00 – 11:30 am	Free	MSC
Writing Your Life	Thursdays through May 14th	10:00 – 11:30 am	Free	MSC/V

MAY 2026

Asian American & Pacific Islander Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>HASFit Gentle Exercise, Every day, 9:00</p>	<p>Every Day: 10:00 Mid-morning Meditation</p> 			<p>1</p> <p>9:30 BB4B V 10:00 BB4B - MPL 10:00 First Friday Open Mic</p> <p>Spirit Day: Beltane Day</p>
<p>4</p> <p>9:00 Bridge Belles 9:30 Memory Lane 9:30 Ballet Basics for Balance - MSC/V</p>	<p>5</p> <p>9:00 Tarot 10:00 Gentle Yoga 10:00 Tuesday Tech 10:30 Case Mgmt. 11:15 BP Screening 12:30 Movie: <i>How to Make Millions Before Grandma Dies</i> 1:00 LBDM 1:00 Tarot</p>	<p>6</p> <p>10:00 Biology of Aging: Vitamins & Liver Disease 10:00 Line Dance 10:00 Watercolor 12:30 Book Club 1:30 Spanish Conv V</p>	<p>7</p> <p>10:00 Writing Your Life - MSC/V 10:15 BINGO 12:00 Dementia I 12:30 Docs to Digest: Song Sung Blue (2008)</p>	<p>8</p> <p>9:30 BB4B V 10:00 BB4B - MPL 10:00 Felt Flowers 10:00 Friday Open Stage 5:00 Gallery Night</p> <p>Spirit Day: Fin-tastic Friday!</p>
<p>11</p> <p>9:00 Bridge Belles 10:00 Password Safety</p> <p>*ePantry Ordering Day</p>	<p>12</p> <p>9:00 Tarot 10:00 Gentle Yoga 12:30 Movie: <i>Minari</i> 1:00 LBDM 1:00 Tarot</p>	<p>13</p> <p>10:00 Financial Crimes 10:00 Line Dance 10:00 Watercolor 11:00 Exploring Poetry 1:00 Death & Dying 1:30 Spanish Conv V</p>	<p>14</p> <p>8:30 Ear Wax Removal 10:00 Writing Your Life - MSC/V 10:15 BINGO 12:00 Dementia II 12:30 Karaoke! 2:00 Gay, Gray & Beyond 5:00 50+ Meet & Mingle - GCC</p>	<p>15</p> <p>9:00 ePantry Pick-Up 9:00 Footcare Clinic 9:30 BB4B V 10:00 Coffee with a Cop 10:00 Friday Open Stage</p> <p>Spirit Day: Witchcraft 101</p>
<p>18</p> <p>9:00 Bridge Belles 9:30 Memory Lane</p>	<p>19</p> <p>9:00 Tarot 10:00 Gentle Yoga 10:00 Tuesday Tech 10:30 Case Mgmt. 11:15 BP Screening 12:30 Movie: <i>Moana</i> 1:00 Tarot 5:30 Hist. of LGBTQIA Activism in WI</p>	<p>20</p> <p>10:00 Line Dance 10:00 Watercolor 12:30 Book Club 1:30 Spanish Conv V</p>	<p>21</p> <p>10:15 BINGO 12:30 3rd Thursday Entertainment: Beni Daiko</p>	<p>22</p> <p>10:00 Felt Flowers 10:00 Friday Open Stage</p> <p>Spirit Day: Musical Instrument Day</p>
<p>25</p> <p>CLOSED Memorial Day</p> 	<p>26</p> <p>9:00 Tarot 10:00 Gentle Yoga 12:30 Movie: <i>Enter the Dragon</i> 1:00 Tarot</p>	<p>27</p> <p>9:00 Focused Interruption Men's Group 9:00 StrongBodies 9:30 Craft with Kids 10:00 Line Dance 10:00 Watercolor 1:00 Death & Dying 1:30 Spanish Conv V</p>	<p>28</p> <p>8:30 Massages 10:15 BINGO 12:30 Sing-Along 2:00 Gay, Gray & Beyond</p>	<p>29</p> <p>9:00 StrongBodies 10:00 Friday Open Stage</p> <p>Spirit Day: National Paperclip Day</p>

MOVIES

Movie Matinees

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

MAY 5

How to Make Millions Before Grandma Dies (2024)

A man driven by his desire for a multi-million-dollar inheritance begins to care for his terminally ill grandmother. However, winning her favor will not be an easy task and he isn't the only one with an eye on the money. *Stars: TPutthipong Assaratanakul, Usha Seamkhum, and Sanya Kunakorn. Comedy, Drama, Family. 2 hours 5 minutes. Rated TV-PG. Thai with English sub-titles.*



MAY 12

Minari (2020)

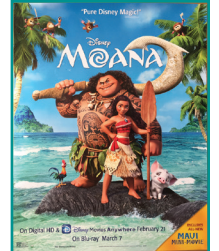
A Korean American family moves to an Arkansas farm in search of its own American dream. Amidst the challenges of new life in the strange and rugged Ozarks, they discover the undeniable resilience of family and what really makes a home. *Stars: Steven Yeun, Han Ye-ri, and Alan Kim. Korean, Docudrama, Drama. 1 hour 55 minutes. Rated PG-13.*



MAY 19

Moana (2016)

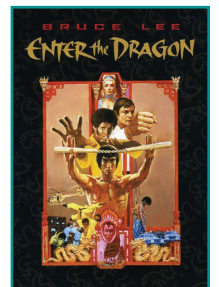
In ancient Polynesia, when a terrible curse incurred by the demigod Maui reaches Moana's island, she answers the Ocean's call to seek out Maui to set things right. *Stars: Auli'i Cravalho, Dwayne Johnson, and Rachel House. Animation, Adventure, Comedy. 1 hour 47 minutes. Rated PG.*



MAY 26

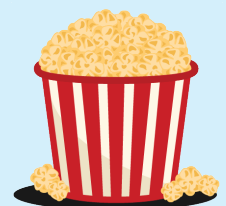
Enter the Dragon (1973)

A Shaolin monk travels to an island fortress to spy on an opium lord – who is also a former monk from his temple – under the guise of attending a martial arts tournament. *Stars: Bruce Lee, John Saxon, and Jim Kelly. Action, Crime, Thriller. 1 hour 39 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	Volunteer
Shelley Hansen-Blake	Co-Chair, Volunteer
Graham Smith	Volunteer
Mimi Millen	Volunteer
Mary Beth Wilk	Co-Chair, Volunteer
Larry Wilson	Volunteer

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? Email the OutReach Elder Advocate, Lynn, at lynnc@lgbtoutreach.org

Qamaria Yemeni Coffee – Starting soon!

Cafecito y Caminata

1ST & 3RD FRIDAYS, 1 - 2 PM

WARNER PARK COMMUNITY CENTER, 1625 NORTHPORT DR

Join us for coffee and tea at 1, followed by a walk along the paths starting at 1:30. Enjoy nature and friendly conversation. Cafecito y Caminata invites us to celebrate LGBTQ+ diversity and build community connections. All ages are welcome and encouraged to attend! There is no fee or registration to participate.

CQ (Curious Queers)

1ST & 3RD THURSDAYS, 1 - 3 PM

OUTREACH, 2701 INTERNATIONAL LN

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

The History of LGBTQIA Activism in WI

TUESDAY, MAY 19, 5:30 - 8 PM

Suggested donation \$0-\$35

Our spring social will include dinner and a presentation by David Clarenbach, who is largely known for his role in making Wisconsin the first gay rights state in the country. Activism has always been a key part of his life. Registration: tinyurl.com/LGBTQplusHistoryinWI



AGING WITH PURPOSE: EMPOWERING BLACK OLDER ADULTS

African Center for Community Development INC. Programs

2ND & LAST FRIDAYS, 3 – 5 PM

UW SOUTH MADISON PARTNERSHIP, 2238 S PARK ST

Community Elder Connect provides information and referrals for a range of services for older adults, including disability services, accessible transportation, healthcare, mental health, exercise, housing support, affordable food, ethnic grocery shopping, and language assistance.

Baobab Senior Circle provides a safe space for sharing cultural knowledge and experiences, and for engaging in intergenerational dialogue, networking, peer emotional support, and field trips.

For more information, call or email Inyillah: 608-509-6804, inyillah@africancentermadison.org

Scan QR Code to register



Calming Computer Jitters Age-Friendly Computer Training

EVERY WEDNESDAY, 12 – 2 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Questions: call 310-497-4349

Cancer Education Group

2ND TUESDAYS, 5:30 – 6:45 PM VIRTUAL

Reservations: email Lucretia Sullivan Wade at Lucretia.sullivan@fammed.wisc.edu or Cibeles Barbosa Carroll at barbosacarro@wisc.edu

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

THURSDAYS, 10 AM – 3 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Emergency Food & Housing Assistance

If you need emergency food or housing assistance, contact MTZ Charitable Organization at 1mtzlife@mtzlife.com (Subject line: I have a need – MTZCO Emergency Assistance)

Fit & Fun

THURSDAYS, 11 AM – 12 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Lunch will be served after class. Transportation is available.

Registration: call (310) 497-4349

Get Movin' in Motion Free Exercise Class

TUESDAYS & THURSDAYS, 1 – 2 PM

UW SOUTH MADISON PARTNERSHIP, 2238 S PARK ST

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

Lupus Support Group for Women of Color

3RD MONDAYS, 6 - 7:30 PM VIRTUAL

FOUNDATION FOR BLACK WOMEN'S WELLNESS, 6601 GRAND TETON PLAZA, SUITE A2

Scan QR Code to register



Mad-Town Walkers

MONDAYS, 12 – 1:30 PM

ALTERNATES BETWEEN EAST AND WEST TOWNE MALLS

Registration: call 608-512-0000 Ext 2007

Oh Happy Day Class – Digital Connections

The **Oh Happy Day Class-Digital Connections (OHDC-DC)** app is designed for African American adults experiencing clinical depression. Oh Happy Day Class-Digital Connections is an app developed by Dr. Earlise Ward (licensed Psychologist) in collaboration with Justin Janisch of the UW-Madison Digital Technology team. For more information, please email us at ohd@fammed.wisc.edu or call us at 608-262-7917.

Paint and Hydrate

TUESDAYS, 5:30 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Register with Ms. Deana Wright: (310) 497-4349

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

FIRST WEDNESDAYS, 2 – 4 PM

MADISON LABOR TEMPLE, 1602 S PARK ST

If you are interested in learning more about computers and getting more comfortable with them, this is the place for you! Registration: call (608) 512-0000 Ext 2007

Yoga for Older Adults

WEDNESDAYS, 11 AM – 12 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Registration: (608) 264-3468

PROGRAMAS EN ESPAÑOL PARA ADULTOS MAYORES

Bingo Bilingüe

PRIMER VIERNES, 1 DE MAYO, 10:15 AM
WARNER PARK, 1625 NORTHPORT DR

TERCER JUEVES, 21 DE MAYO, 11 AM
MEADOWOOD NEIGHBORHOOD CENTER,
5740 RAYMOND RD

Habrà Transportación limitada. Favor registrarse.

La Cafeteria De La Memoria

TODOS LOS JUEVES, 2 – 3 PM VIRTUAL

Un café de la memoria es un lugar de encuentro para quienes experimentan cambios iniciales en la memoria. Puede ser una forma divertida de conectar con otras personas que enfrentan los mismos problemas. El objetivo es que tanto la persona como su familia o amigos se reúnan en un ambiente relajado y social para conectar entre si. Cada café de la memoria es único, ya que se anima a los participantes a personalizarlo. Favor registrarse: LeoM@newbridgemadison.org o 608- 512-0000 ext. 3003

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 registrarse: LeoM@newbridgemadison.org o (608) 512-0000 ext. 3003

Mercadito

TODOS LOS JUEVES, 4 - 8 PM
2403 CYPRESS WAY

Un espacio abierto y saludable donde la comunidad puede compartir su patrimonio cultural y sus tradiciones culinarias, derribando las barreras y desafíos que enfrentan sus miembros al acceder a alimentos saludables, en un lugar donde los aromas se mezclan con una sensación de hogar y seguridad.

Servicios Asistenciales

CENTRO GUADALUPANO (CMC)

Clases de Inglés, y ciudadanía, clases de computación, Teléfono: 608-661-3512

CENTRO HISPANO

Certificado de asistente de enfermería y capacitación de cajero bancario.

Teléfono: 608-255-3018

**EL CENTRO INMIGRATORIO DE LA
COMUNIDAD**

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.

Teléfono: 608-640-4444

ACADEMIA LATINA

Clases de Inglés y computación, capacitación de trabajo, certificado de preparatoria (GED),

Teléfono: 608-310-4573

MADISON COLLEGE (MATC)

Clases de Inglés y computación, entrenamiento de trabajo, Certificado de preparatoria (GED) español / inglés. Teléfono: 608-243-4200

URBAN LEAGUE

Entrenamiento de trabajo y preparación para las carreras de tecnología informática, construcción, servicio al cliente, administración de salud entre otros. Teléfono: 608-243-4200

VOLUNTEER OPPORTUNITIES

Volunteers Needed!

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

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: Drawing, Healthy Cooking or International Cooking, Living With Diabetes, and discussion groups such as Coping With Uncertainty, Current Events, 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 help in completing tasks in our computer lab.
- 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.

May Volunteer Spotlight: All of the MSC Volunteers!

April was Volunteer Appreciation Month and in celebration of the 100+ volunteers who helped out at the Madison Senior Center in 2025, we hosted an Appreciation Breakfast for volunteers on April 10th. Over 30 of our helpers showed up, and it was a lovely morning for them to mingle with one another, especially given that they don't always cross paths while helping out here. Our volunteers include high school students, UW and other college students, older adults, and everything in between! We at MSC are humbled by all the background experience and talent our volunteers are willing to share. Though we only spotlight one volunteer a month in our newsletter, we have a much larger team than that, and we truly could not accomplish all that we do here without them. Our volunteers run programs, pick up pantry food for our members, help with technology questions, decorate and prep for our events, serve food and help in other ways at our events, socialize with our members, assist at the front desk, and so much more. Thank you from the bottom of our hearts!



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 \$15.19. 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

NewBridge case managers are 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



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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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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 FRIDAY 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 11	Friday, May 15
Monday, June 15	Thursday, June 18 (MSC closed June 19)
Monday, July 13	Friday, July 17

HEALTH & WELLNESS, CONTINUED

Massages from Better Body Massage – \$26.50/15 min slot


THURSDAY, MAY 28, 8:30 - 10:30 AM

Feel your best to be your best! Discover the life-changing effects of therapeutic bodywork with Madison’s premiere massage therapists from the comfort and convenience of the Madison Senior Center! Each 15-minute time slot consists of approximately 12-13 minutes of hands-on massage time. This rate does not include gratuity for the Massage Therapists. Reservations are required by Thursday, May 21. **Clients are responsible for payment for cancellations made less than 24 hours in advance.** 



Memory Lane

1ST & 3RD MONDAYS, 9:30 - 10:30 AM

Take a trip down memory lane with Susan U. During each session we will discuss and learn trivia from different categories covering past decades. Boost your brain power! Have fun recalling events, songs, movies, and other memories that are tucked away! The content is different each time. 

Rosen Method Movement

CLASSES RESUME IN JUNE AFTER A ONE-MONTH BREAK

Phone Pals

Volunteers from Goodman Community Center are available to chat over the phone with anyone who may be experiencing isolation, living alone, or simply looking for conversation. Calls with your Phone Pal can be short or long and can occur on a weekly or monthly basis. Social isolation emerges from a lack of relationships or contact with or support from others. We can feel lonely or isolated even with friends and family. Call 608-204-8037 to learn more.





Word Search

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

- May
- May Day
- Mother's Day
- Flowers
- Spring
- Cinco de Mayo
- Garden
- Memorial Day
- Butterfly
- Ladybug
- Plants
- Grass



MSC FOUNDATION

Better Virtual Access Coming Your Way

The Foundation has received a \$15,000 grant from the Madison Community Foundation to upgrade Meeting Room One for virtual programming. Improvements include a larger fixed screen with a soundbar, a dedicated tablet PC, and a panoramic camera. Once installed, the Senior Center can run virtual and hybrid programs for a much broader audience. Watch for updates!

And We Stayed Inside the Lines!

Several Foundation board members joined the mural painting sessions on March 25 and 26. Having provided \$3,790 in matching funds for the project, our board took pride in helping move it toward completion—paint on our hands and all. Most of us kept our brush strokes inside the lines! Best of all was seeing *Craft with Kids* preschoolers dive in with gusto. We look forward to the mural installation and naming event this summer (date TBD)—add your suggestions to the naming contest!



Become a Legacy Donor

Planned giving is one of the most effective ways to support the MSC Foundation (a tax-exempt 501(c)(3)). You can name the Foundation as a beneficiary of your retirement assets or life insurance, or include language in your will or trust, such as:

I/we bequeath to the Madison Senior Center Foundation (tax ID# 20-3075846), located in Madison, WI, _____percent of my/our residual estate – OR- the sum of \$_____ to be used for the charitable purposes set forth in Article 3 of the Foundation's Restated Articles of Incorporation of 2025.

Arranged a planned gift? Let us know! We'll help direct your gift and determine how you'd like to be recognized. Contact us at mscfoundation@gmail.com.

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

**Third Thursday
Entertainment: Beni Daiko**
THURSDAY, MAY 21, 12:30 – 1:30 PM

Celebrate Asian American & Pacific Islander Month by enjoying a performance by Beni Daiko, Madison's Japanese Taiko Group. 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.



Find us on Facebook: [MadisonWISeniorCenter](#)



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