

THE Messenger

VOLUME 43, NUMBER 8

AUGUST, 2026

Inside this Issue

For Your Information	2
Lifelong Learning	4
Entertainment & Games.....	5
Technology & Finance	6
Services	8
Health & Wellness	9 & 10
Program & Activity List.....	12
Calendar	13
Movies	14
LGBTQ 50+ Alliance	15
Empowering Black Older Adults...	16
Programas en Español	17
Volunteer Opportunities	18
Community Resources	19
News.....	21
Puzzle	22
Foundation.....	23

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



My Melody Song Celebration

FRIDAY, AUGUST 14, 10 – 10:45 AM

This year a few of our members participated in the My Melody Songwriting Project, sponsored by Overture Center for the Arts. The program paired individuals in the early stages of dementia with Teaching Artists to produce a meaningful song. Join us at the project celebration, where you can gather in support of your friends, hear a performance of the songs they wrote, and learn about their experience!



Sign up for the Health Resource Fair

WEDNESDAY, SEPTEMBER 16, 9:30 AM – 1 PM

Join us in September for our annual Health Resource Fair! The fair will include over thirty vendors such as Unity Point Health, MG&E, and multiple UW Research Labs, health screenings, and a catered lunch. The day will conclude with a talk at noon by Dr. Alexis Eastman, UW-Madison Associate Professor, Division of Geriatrics & Gerontology: Dementia – Dealing With Now, Looking Forward. Call now to reserve your spot! Registration closes Friday, September 4th. 



FOR YOUR INFORMATION

Directory

Phone (608) 266-6581

Websitemadisonseniorcenter.org

SENIOR CENTER STAFF

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

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

Facility Operations Supervisor, Alana LaBeaf (she, her)

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

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

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

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

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

Facility Operations Assistant, Gary Flesher

(608) 267-8651, 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

AASPIRE Marketing Intern, Juan Carlos Garcia Martinez (he, him)

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

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

Member of



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.**

If you need interpretation, translation, or a reasonable accommodation, contact seniorcenter@cityofmadison.com or 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.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

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

FOR YOUR INFORMATION

Scholarship Fund

Scholarships are available to people age 55 and older with annual income less than \$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. Public spaces (interior and exterior) at the Madison Senior Center are recorded and monitored by staff on video security cameras.



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, or for interpretation, translation, or a reasonable accommodation call 608-266-6581 or email seniorcenter@cityofmadison.com

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*

Podcast Discussion Group

2ND & 4TH TUESDAYS, 9 - 10 AM

We will watch a video podcast or listen to an audio podcast about a local issue and discuss it afterwards while enjoying coffee and refreshments!

Premier World Discovery Group Travel Opportunities

- » Cape Cod and the Islands;
Departs 9/12/2026
\$3,775 pp/double
- » Smoky Mountains & Pigeon Forge Holiday;
Departs 12/6/2026
\$3,149 pp/double



Rent Smart

**TUESDAYS, SEPTEMBER 8 – OCTOBER 13,
10 – 11 AM**

Are you new to renting an apartment, looking to learn new skills around renting, or just looking for resources? UW-Extension welcomes all to participate in the RENT Smart program where individuals will gain new skills to build positive relationships with landlords and neighbors, gain confidence in their ability to find and maintain affordable housing, understand the application and screening process, and learn about the responsibilities between tenants and landlords. This program covers 6 different topics and is FREE! Plan to attend all six sessions in order to receive a Rent Smart Certificate, which helps strengthen your rental applications. *R*

Spanish Conversation

WEDNESDAYS, 1:30 – 2:30 PM VIRTUAL

Do you want to practice your Spanish? Our group meets every week to chat in Spanish. Pop in when you can. There are no attendance requirements. Spanish Conversation meets via Zoom. Once you are registered you will be sent the Zoom link. All levels welcome. *R*

Walking Stick Woodworking

WEDNESDAYS IN AUGUST, 12:30 – 1:30 PM

Join our volunteer and hobbyist extraordinaire Dale for a woodworking workshop! He will go over basic safety and woodworking techniques, and each person will prepare their own walking stick. Tools and materials will be provided, but if you have your own supplies, you are welcome to bring them. Some woodworking experience is recommended. Registration is required, **but attendance at every session is not.** *R*

LIFELONG LEARNING

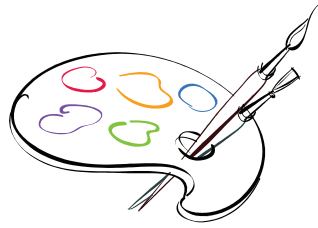
To register for programs, or for interpretation, translation, or a reasonable accommodation call 608-266-6581 or email seniorcenter@cityofmadison.com

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, SEPTEMBER 17 – OCTOBER 22, 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. 

ENTERTAINMENT & GAMES

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 for 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 - new players are welcome!

Friday Open Stage

EVERY FRIDAY, 10 – 11 AM

The First Friday theme for August is Summer Beach Vibes! On other Fridays, join in 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! Please note that the bulk of the August 14th Open Stage will be dedicated to hearing the My Melody project songs created by Senior Center members.

Karaoke!

2ND & 4TH THURSDAYS, 12:30 – 1:30 PM

Join our volunteer Joan 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.

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
- » Wednesday 11 AM – 2 PM
- » Thursday 9:30 – 11:30 AM, 12 – 4 PM

Hands-on Laptop Safety Workshop

WEDNESDAY, AUGUST 19, 12:30 – 1:30 PM

Bring your laptop — this isn't a lecture, it's a working session. We'll roll up our sleeves and check your device together: spotting phishing emails, locking down your passwords, recognizing scam pop-ups, and making sure your browser isn't working against you. You'll leave with a safer laptop and the confidence to keep it that way. No tech experience needed — just bring your device and your questions. Led by Zeke Segerstrom, Co-Founder of Encryptiest, Inc. 



Cyber Security Tips for You

- » Don't click on links in emails from unfamiliar senders.
- » Don't open any attachments unless you know the sender and were expecting them to send it.
- » Ignore unsolicited phone calls and "robocalls."
- » Don't respond to or click on pop-up windows on your phone or computer.
- » Don't conduct any transaction involving personal information while using a public (or unsecured) network. This includes City WiFi.

Information taken from the National Council on Aging, www.ncoa.org, Scan the QR code for more informatoin.





A PARTNER FOR LOCAL CARE

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

www.lakelandcareinc.com



Does your organization need a newsletter?
We'll cover the printing costs!

Learn more at lpicommunities.com



FREE DELIVERY
with \$40 Purchase

Open 7 a.m - Midnight 7 Days a week
111 N Broom St 608-255-2616
www.capecentremarket.com



HASKINS MAIN & DEVINE LLC

LAW OFFICE

Areas of Law Practice

Estate Planning • Elder Law • Family Law
Probate Guardianship • Special Needs Trusts
WisPACT Trusts • Real Estate
Medicaid/Medicare • VA Accredited

5113 Monona Drive, Monona, WI 53716

608-237-6673 | www.hmdelderlaw.com

Honest, reasonably priced attorney

I Make House Calls!

Wills • Trusts

Individual/Trust/Estate Income Tax
Powers of Attorney • Real Estate

Paul O'Flanagan
Attorney at Law

313 Price Place, Suite 110
Madison, WI 53705
608-630-5068

Paul@oflanaganlaw.com

Support Our Advertisers!

Planning isn't just for You



Pre-Arranging Service

Funeral Burial Plans

Funeral Cremation Plans

Gunderson
LIFE CELEBRATION CENTERS
Celebrating 100 Years of Caring for Your Family

608-221-5420
gundersonfh.com

• East / Madison 608-221-5420	• Middleton 608-831-6761	• Oregon 608-835-3515
• Cross Plains 608-798-3141	• Fitchburg 608-442-5002	• Stoughton 608-873-4590
• Black Earth 608-767-3684	• Mount Horeb 608-437-5077	• Lodi 608-592-3201

Our Family Will Take Good Care of Your Family

**Live
Confidently.
At Home.**

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

tmgwisconsin.com
(844) 864-8987



tmg
Let's clear the path ahead.

SENIOR 55+ APARTMENTS



**In Orchard Ridge
Neighborhood**

2 Bedroom Apartments Available, Rent Range \$1295 - \$2295 / month
Incl. HEAT, storage locker, & garage stall.
NO Pets, NO Smoking

Call: (608) 227-6543 | KellerApartments.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Madison Senior Center, Madison, WI

01-1141

SERVICES

To register for programs, or for interpretation, translation, or a reasonable accommodation 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.



Case Management through NewBridge

1ST & 3RD TUESDAYS, 10:30 AM – 12:30 PM

Services Offered Through Case Management:

- Resource Coordination: Assistance with finding resources like food, transportation, and affordable housing.
- Benefits Assistance: Help with accessing benefits.
- Home Assessments: In-home visits to assess individual needs.
- Advocacy: Support to help older adults remain independent.

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

ORDERING ASSISTANCE MONDAY, AUGUST 17, 8:30 AM – 1 PM

PICKUP FRIDAY, AUGUST 21, 9 – 11:30 AM

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 and are an MSC member, you can pick your order up at the Senior Center. 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.

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.

Foot Care Clinic – \$25

FRIDAY, AUGUST 21, 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, check or Venmo accepted. 

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

2352 S PARK ST, SUITE 205

Chanell Ardor Schools of Beauty and Culture is Madison's first black-owned cosmetology school dedicated to helping aspiring beauty technicians unlock professional success. While the school is on break, Chanell Ardor is offering free cuts to Madison Senior Center members who make an appointment at their storefront location. Contact the Madison Senior Center for your free coupon – limit one per member, valid through the end of August 2026 – and then schedule your appointment directly with Chanell Ardor. 

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.

HEALTH & WELLNESS

To register for programs, or for interpretation, translation, or a reasonable accommodation 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: VIRTUAL
& INCLUSIVE**

FRIDAYS THROUGH AUGUST

**THE REGISTRATION DEADLINE HAS PASSED, BUT
YOU CAN CHECK FOR WAITLIST AVAILABILITY**

\$60 for 8 weeks (financial assistance available)

Line Dances-Cupid Shuffle,
Boots on the Ground,
Jerusalem, and more!



**BALLROOM BASICS FOR BALANCE: NEW! BALLET
BASICS FOR BALANCE VIRTUAL**

**MONDAYS, OCTOBER 5 – NOVEMBER 23, 9:30 – 10:45
AM**

\$60 for 8 weeks (financial assistance available)

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 THROUGH AUGUST 20, 9:30 – 10:45 AM
(NO CLASS AUGUST 6)**

YAHARA PLACE PARK, 2025 YAHARA PLACE

**THE REGISTRATION DEADLINE HAS PASSED, BUT YOU CAN
CHECK FOR WAITLIST AVAILABILITY**

\$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!



HEALTH & WELLNESS

Dementia Tour

TUESDAY, AUGUST 11, 12 – 4 PM

Experience what it's like to live with dementia. This life-changing simulation will provide you with a better understanding of the challenges those with dementia face, equipping you with empathy, and the tools you need to provide better care. The Virtual Dementia Tour, created by P.K. Beville, is a scientifically proven method of building a greater understanding of dementia through the use of patented sensory tools and instruction. Two people at a time will be taken into a room for the tour, which lasts 5 minutes.

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, 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.

Rosen Method Movement

MONDAYS, 11 AM – 12 PM, NO CLASS AUGUST 10

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 – Free and Virtual!

SATURDAY, SEPTEMBER 12, 9 – 11:30 AM

What you need to know about enrolling in Medicare! If you are turning age 64 this year, the Dane County Area Agency on Agency 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 of these complex questions? Sign up to attend Free Welcome to Medicare Seminar. By attending a seminar, you'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs. Email AAA@danecounty.gov to register by September 4. 



608-442-1898

579 D' Onofrio Drive, Suite 10
Madison WI 53718



An international network of independently owned and operated offices. ©2009 CK Franchising, Inc.

- IN-HOME CARE**
- Companionship • Meal Preparation
 - Light Housekeeping • Laundry
 - Incidental Transportation
 - Medication Reminders
 - Grooming & Dressing Guidance

PERSONAL CARE SERVICES

- Bathing • Oral Hygiene
- Transferring & Positioning
- Incontinence Care & Toileting

**SPECIALIZING IN
ALZHEIMER'S, PARKINSON
AND DEMENTIA CARE**

**Comfort
Keepers®**

www.ckmadison.com

GOODMAN'S
Jewelers
JEWELRY RE-DESIGNED

220 STATE ST
608-257-3644

NO NEW MEDICARE CARD

Don't fall for the Scam!



**Have you been told
you need a new
Medicare card?**

STOP! It's a scam



Here's the truth?

- Medicare is NOT issuing plastic cards
- You do NOT need to "update" your Medicare Card
- Medicare will NEVER call or text you asking for your Medicare number

Protect Yourself:

- Never give out your Medicare number to unexpected callers
- Hang up on anyone asking for personal information
- Report suspicious calls to Senior Medicare Patrol

Wisconsin Senior Medicare Patrol

1-888-818-2611
www.smpwi.org



*Your curiosity didn't
retire when you did! Join
today for year-round
learning.*



Members enjoy:

- Classes
- Lectures
- Discussions
- Theater Trips
- Nature Walks
- Book Clubs
- Socials & Tour

**Become a member at
platomadison.org
or 608-572-6869**

SKY RIDGE APARTMENTS
BRAND NEW - OPEN NOW

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

**INQUIRE ABOUT FREE RENT SPECIALS
CALL 608-333-1167 TO SCHEDULE AN APPOINTMENT**

1050 E Main St, Sun Prairie, WI 53590

skyridge@accmanagementgroup.com



Income Restrictions Apply, contact office for special details



**Little
space.
Big
impact.**

Advertise here

Call 800-950-9952



EDEN VISTA
MADISON

— A SENIOR LIVING COMMUNITY —

**Personalized Care
Tailored To Your Needs**

- ☎ (608) 249-5558 *Call to schedule a tour*
- 📍 1601 Wheeler Rd. • Madison, WI 53704
- 🌐 edenvistamadison.com



For ad info. call 1-800-950-9952 • www.lpcommunities.com

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
Ballroom Basics for Balance: Virtual & Inclusive	Fridays through Aug 14th	9:30 – 10:45 am	\$60	Virtual
Ballroom Basics for Balance: Next Steps Outdoors!	Thursdays through Aug 20th	9:30 – 10:45 am	\$65	Yahara Pl Park
B-I-N-G-O	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
Bridge Belles	Mondays	9:00 – 11:00 am	Free	MSC
Case Manager Drop-in	1st & 3rd Tuesdays	10:30 am – 12:30 pm	Free	MSC
Dementia Tour	Tuesday, Aug 11th	12:00 – 4:00 pm (drop-in)	Free	MSC
Docs to Digest: <i>Won't You Be My Neighbor</i>	1st Thursdays	12:30 – 2:30 pm	Free	MSC
ePantry	Order Aug 17th; pickup Aug 21st	9:00 – 11:30 am	Free	MSC
Exploring Poetry	2nd Wednesdays	11:00 am – 12:30 pm	Free	MSC
Foot Care Clinic	3rd Fridays	9:00 am – 12:00 pm	\$25	MSC
Friday Open Stage	Fridays	10:00 – 11:00 am	Free	MSC
Gay, Gray, & Beyond	2nd & 4th Thursdays	2:00 – 4:00 pm	Free	MSC
Gentle Yoga	Tuesdays	10:00 – 11:00 am	Free	MSC
HASFit Gentle Exercise	Every weekday	9:00 – 9:30 am	Free	MSC
Karaoke!	2nd & 4th Thursdays	12:30 – 1:30 pm	Free	MSC
Kids in the Rotunda: Jeanie B!	Thursday, Aug 6th	10:00 – 11:00 am	Free	MSC
Laptop Safety Workshop	Wednesday, Aug 19th	12:30 – 1:30 pm	Free	MSC
Movie Matinee	Tuesdays	12:30 – 2:30 pm	Free	MSC
My Melody Song Celebration	Friday, Aug 14th	10:00 – 10:45 am	Free	MSC
Podcast Discussion Group	2nd & 4th Tuesdays	9:00 - 11:00 am	Free	MSC
Rent Smart	Tuesdays, Sep 8th – Oct 13th	10:00 – 11:00 am	Free	MSC
Rosen Method Movement	Mondays, No class Aug. 10th	11:00 am – 12:00 pm	Free	MSC
Spanish Conversation	Wednesdays	1:30 – 2:30 pm	Free	Virtual
Walking Stick Woodworking	Wednesdays in August	12:30 – 1:30 pm	Free	MSC
Watercolor Painting	Wednesdays	10:00 – 11:00 am	Free	MSC
Welcome to Medicare	Saturday, Sep 12th	9:00 – 11:30 am	Free	Virtual
Writing Your Life	Thursdays, Sep 17th – Oct 22nd	10:00 – 11:30 am	Free	MSC/Virtual

AUGUST 2026

National Wellness Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Bridge Belles 11:00 Rosen Method Movement	4 10:00 Gentle Yoga 10:30 Case Mgmt. Drop-In 11:15 BP Screening 12:30 Movie: <i>Wake-Up Dead Man</i>	5 10:00 Watercolor Painting 12:30 Walking Stick Woodworking 1:30 Spanish Conv V	6 9:30 BB4B Next Steps Outdoors - YPP 10:00 Kids in the Rotundra @ MSC 10:15 BINGO 12:30 Docs to Digest: Won't You Be My Neighbor?	7 9:30 BB4B V 10:00 First Friday Open Mic: Summer Beach Vibes
10 9:00 Bridge Belles NUTRITION SITE CLOSED – Lunch Provided by Focused Interruption	11 10:00 Gentle Yoga 10:00 Podcast Discussion 12:00 Dementia Tour 12:30 Movie: <i>Thunderbolts</i> Primary Election - MSC Polling Site 	12 10:00 Watercolor Painting 11:00 Exploring Poetry 12:30 Walking Stick Woodworking 1:30 Spanish Conv V	13 9:30 BB4B Next Steps Outdoors - YPP 10:15 BINGO 12:30 Karaoke! 2:00 Gay, Gray & Beyond	14 9:30 BB4B V 10:00 My Melody Celebration (Friday Open Stage)
17 9:00 Bridge Belles 11:00 Rosen Method Movement *ePantry Ordering Day	18 10:00 Gentle Yoga 10:30 Case Mgmt. Drop-In 11:15 BP Screening 12:30 Movie: <i>Jurassic World: Rebirth</i>	19 10:00 Watercolor Painting 12:30 Laptop Safety Workshop 12:30 Walking Stick Woodworking 1:30 Spanish Conv V	20 9:30 BB4B Next Steps Outdoors - YPP 10:15 BINGO	21 9:00 ePantry Pick-Up 9:00 Footcare Clinic 10:00 Friday Open Stage
24 9:00 Bridge Belles 11:00 Rosen Method Movement	25 10:00 Gentle Yoga 10:00 Podcast Discussion 12:00 Dementia Tour 12:30 Movie: <i>Rocky</i>	26 10:00 Watercolor Painting 12:30 Walking Stick Woodworking 1:30 Spanish Conv V	27 10:15 BINGO 12:30 Karaoke! 2:00 Gay, Gray & Beyond	28 10:00 Friday Open Stage
31 9:00 Bridge Belles 11:00 Rosen Method Movement				 HASFIT HOME WORKOUTS & EXERCISES HASFIT Gentle Exercise, Every day, 9:00

MOVIES

Movie Matinees

TUESDAYS, 12:30

AUGUST 4

Wake Up Dead Man: A Knives Out Mystery (2025)

Detective Benoit Blanc teams up with an earnest young priest to investigate a perfectly impossible crime at a small-town church with a dark history. *Stars: Daniel Craig, Josh O'Connor, and Glen Close. Comedy, Crime, Drama. 2 hours 24 minutes. Rated PG-13.*



AUGUST 11

Thunderbolts (2025)

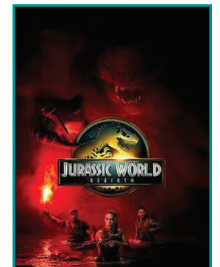
Ensnared in a death trap, an unconventional team of Marvel anti-heroes embarks on a dangerous mission that forces them to confront the darkest corners of their pasts. *Stars: Florence Pugh, Sebastian Stan, and Julia Louis-Dreyfus. Action, Adventure, Fantasy. 2 hours 7 minutes. Rated PG-13.*



AUGUST 18

Jurassic World Rebirth (2025)

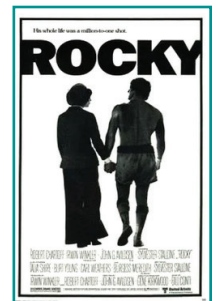
An expedition braves isolated equatorial regions to extract DNA from three massive prehistoric creatures for a groundbreaking medical breakthrough. *Stars: Scarlett Johansson, Mahershala Ali, and Jonathan Bailey. Adventure, Action, Comedy, Sci-Fi, Thriller. 2 hours 13 minutes. Rated PG-13.*



AUGUST 25

Rocky (1976)

A small-time Philadelphia boxer gets a supremely rare chance to fight the world heavyweight champion in a bout in which he strives to go the distance for his self-respect. *Stars: Sylvester Stallone, Talia Shire, and Burt Young. Boxing, Drama, Sport. 2 hours. Rated PG.*



Docs to Digest

FIRST THURSDAY, 12:30

AUGUST 6

Won't You Be My Neighbor? (2018)

Join our volunteer Joan in the Senior Center lounge once a month for a special post-lunch documentary screening. In August, we will watch Won't You Be My Neighbor (2018), rated PG-13: The inspirational life story of Fred Rogers, beloved host of the popular children's TV show Mister Rogers' Neighborhood.



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-Ups

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

2ND & 4TH WEDNESDAYS, 1 – 2 PM, QAMARIA COFFEE, 6730 ODANA RD

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.

Cafecito y Caminata

1ST & 3RD FRIDAYS, 1 - 2 PM

WARNER PARK COMMUNITY CTR, 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! Check Facebook to confirm schedule and location.

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.



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

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 Cibebe Barbosa Carroll at
barbosacarro@wisc.edu.

Dane Dances

FRIDAYS IN AUGUST, MONONA TERRACE ROOFTOP

1 JOHN NOLEN DR

FREE DANCE LESSONS 5:30-6 PM & 7:30-8 PM

August 7: La Obra (Latin) 6 pm | The Voices (R&B) 8 pm

August 14: Junior Rivera (Latin) 6 pm | VO5 (Disco/Funk) 8 pm

August 21: Slave (R&B/Funk) 6 pm | Klymaxx W/ Joyce Irby (R&B/Funk/Pop) 8 pm

August 28: Cold Sweat & The Brew City Horns (Dance/Pop/Rock) 6 pm | Orqueta Salsoul Del Mad (Latin/Fusion) 8 pm

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)

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

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, 10:15 AM
WARNER PARK, 1625 NORTHPORT DR

TERCER JUEVES, 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: Artful Affair, 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.

July Volunteer Spotlight: Art Paul Schlosser

Art Paul is an unofficial volunteer at the Madison Senior Center, being more of a member who contributes. He is a musician and artist who is a fixture at many of our Friday Open Stage events, and throughout the years his paintings have found a home on many of the Center's walls. He currently has several dozen paintings on display in our second-floor Gallery space – part of a show called Reflections of Summer – so stop on by to check them out! He says of his work, "Some of my work is more like cartoons, other paintings are more abstract, but I hope they aren't boring. When I paint, I try to make you see something new, something old, something odd, or something cool." Thank you, Art Paul, for adding color, creativity, and a sense of cool to the Senior Center!



COMMUNITY RESOURCES

These are the agencies receiving funding from the City of Madison Community Development Division and the Madison Senior Center Foundation.

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



ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

THE STARLING AT RISE BRAND NEW - NOW OPEN

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

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

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



Inclusive Income Restrictions Apply

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



Advertise in Our Newsletter!

Contact Nick Palasini

npalasini@4LPi.com
(800) 950-9952 x2162



Never miss our publication!

Get each new issue delivered straight to your inbox.

Scan to subscribe on
MyCommunityOnline.com



Wanda Fullmore Youth Intern: Ladan Ibrahim

This summer, we were fortunate to be a site for the Wanda Fullmore Youth Internship Program, which is a unique opportunity organized by Common Wealth Development for Madison youth to get involved with local government and gain training and employment. This program provides high school students with high-quality youth employment opportunities by working with the City to place youth in summer internships. If you haven't done so yet, stop on by to say hello to Ladan Ibrahim, our Programs and Services Intern. Her 8-week internship will end on August 5th. Ladan is a soon-to-be Senior at Vel Phillips Memorial High School, and we have been so lucky to have her join us two days a week this summer. She has popped popcorn for our Tuesday Movie Matinees, assisted members in our Computer Lab, and helped out at the Front Desk. Senior Center staff have all been impressed by Ladan's maturity, kindness, and thoughtful demeanor. We will miss her, but are excited to see the amazing things she accomplishes next



Facility Update:

New Roof Coming to the Capitol Centre Apartments – Pardon our Dust!

Meridian Group, Inc. started replacing the roofs at 333 W Dayton St in July, with work projected to wrap up by the end of the summer. There will be times that part of the sidewalk on Dayton St and Mifflin St will be closed due to the construction work, but access to the Madison Senior Center main entrance and driveway will never be blocked. The work may be loud at times, but the noisiest work was completed already. If the sidewalk is blocked on Mifflin between the Capitol Centre Market and the Senior Center and you are coming from the direction of the market, an alternative entrance is available at the rear of the Senior Center, located off of Capitol Centre Park.

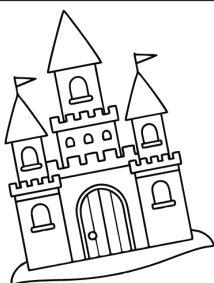
RSVP of Dane County Bus Buddy Group Outing

WEDNESDAY, OCTOBER 7, 11 AM

UW GEOLOGY MUSEUM & LUNCH AT THE DISCOVERY CENTER

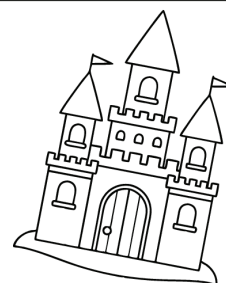
Are you an older adult 1ge 60+ interested in learning how to navigate the Madison Metro Bus System while enjoying a fun social outing? Trips are free of charge, and participants receive a bus pass to use for the outing they register for. An RSVP Volunteer Bus Buddy Coordinator will work with you to plan your route!

PUZZLE



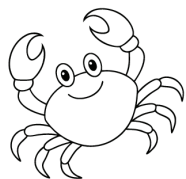
SUMMER

— WORD SEARCH —

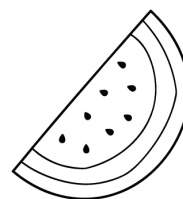


N	H	D	P	S	U	M	M	E	R	V	S	S	F	S
B	E	A	C	H	O	E	Q	M	X	A	U	A	L	D
W	A	T	E	R	M	E	L	O	N	C	N	N	I	J
G	D	I	C	J	M	C	R	A	B	A	S	D	P	U
T	E	X	I	H	H	B	F	H	W	T	C	C	F	L
K	O	I	C	E	C	R	E	A	M	I	R	A	L	Y
G	L	W	E	S	B	N	V	A	P	O	E	S	O	F
B	L	D	E	W	H	E	B	V	C	N	E	T	P	O
A	U	I	Q	L	W	A	R	X	E	H	N	L	C	U
Q	W	C	U	T	J	C	D	R	S	H	B	E	Q	R
U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

WORD LIST



BEACH	CARNIVAL	JULYFOURTH	SUMMER
BEACHBALL	COCONUT	OCEAN	SUNSCREEN
BERRIES	CRAB	PALMTREE	TOWEL
BUCKET	FLIPFLOP	SANDCASTLE	VACATION
CAMP	ICECREAM	SHADOW	WATERMELON



Board Member Spotlight: Ken Bellafore Knows Why Public Places Matter

"I like to give back, and I like to be involved," says Ken Bellafore, a new member of the Foundation board. For Ken, that instinct has been shaped by decades of public service. A library professional since 1989, he holds a degree in Library Science and an Administrative Certificate for library directors and later served as director of Freeport Memorial Library in New York, one of the largest libraries in Nassau County.



After moving to Madison four years ago, he first discovered the Senior Center through this newsletter and was struck by "the breadth of programming" offered here. That said, Ken's path from reader to advisory board member to Foundation board member feels natural. He sees the Center as part of the same civic fabric as libraries: welcoming, useful, and essential. He hopes to strengthen fundraising, outreach, and services across the community, while reminding residents that the Center is also a place to contribute. He hopes more people recognize that volunteering is a gift of unimaginable value, with rewards that benefit everyone touched by the generous giving of time and expertise.

Become a Legacy Donor

Planned giving is one of the most effective ways to give to the Madison Senior Center Foundation. The simplest way to make a planned gift is to list the Foundation as a beneficiary of your retirement assets or life insurance policy. You may also leave a planned gift by including language in your trust or will, 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 charitable purposes set forth in Article 3 of the Foundation's Restated Articles of Incorporation of 2025. Once you've arranged a planned gift to the MSC Foundation, let us know! We will work with you to direct your gift to your specific goals and determine how you'd like to be recognized. This information may be updated at any time without needing to revise your will. Please contact us at mscfoundation@gmail.com with any questions.

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

ADDRESS SERVICE REQUESTED

NON PROFIT ORG
PRSRT STD
US POSTAGE PAID
PERMIT 1132
MADISON, WI

Kids in the Rotunda

THURSDAY, AUGUST 6, 10 – 11 AM

Get ready for a high-energy, interactive show with Jeanie B! Known as “Velcro for kids,” Jeanie’s playful performances blend music, movement and plenty of silliness to keep everyone singing, dancing and laughing. With seven albums of original music and decades of experience captivating young audiences, Jeanie delivers a rockin’ mix of fun and learning that delights kids and entertains parents alike! This is a special offsite Overture Center performance that will be hosted at the Madison Senior Center.



Find us on Facebook: [MadisonWISeniorCenter](#)



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