

# THE Messenger

VOLUME 43, NUMBER 3

MARCH, 2026

## Inside this Issue

- For Your Information .....2
- Lifelong Learning .....4
- Technology & Finance .....6
- Health & Wellness .....8
- Groups & Clubs .....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
- ePantry .....21
- News .....21
- Puzzle.....22
- Foundation.....23

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



## Mural Painting!

**WEDNESDAY, MARCH 25, 8:30 – 11:30 AM**

**THURSDAY, MARCH 26, 12:30 – 3:30 PM**

With a sketch from artist Emily Rodriguez ready, we are set to begin work painting the West Mifflin Mural that will go in the dining room of the Madison Senior Center! We are so excited to add vibrant colors and



a peaceful nature scene to the room, and we hope you are, too. We are hosting two Community Engagement Mural Painting Sessions along with artists and staff from our partner organization Developing Artists, Murals & Alliances (DAMA). You are encouraged to come add your mark. The artwork will be a welcome piece for years to come at the Madison Senior Center, and there’s nothing we want more than to welcome our members and their friends to contribute to it. Even if you feel you are not artistically-inclined, please stop by anyhow – our friends from DAMA will make it easy and will demonstrate techniques that will end in a beautiful mural for all to enjoy. *R*

This project is supported in part by a grant from the Wisconsin Arts Board with funds from the State of Wisconsin and the National Endowment for the Arts. Remaining funding is provided by the Madison Senior Center Foundation, a 501 c 3 organization that supports programming at the MSC.



# FOR YOUR INFORMATION

## Directory

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

Website ..... madisonseniorcenter.org

### SENIOR CENTER STAFF

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

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

*Facility Operations Supervisor*, Alana LaBeaf (she, her)

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

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

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

*Program & Outreach Coordinator*, Ericka Boeoy (she, her)

(608) 266-6290, eboeoy@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

*Social Work Intern*, Maggie Bartelt (she, her)

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

## MISSION STATEMENT

*The Madison Senior Center provides opportunities for older adults to engage in healthy living education and activities in a relevant and inclusive community.*

## OUR VISION

*Become known as an inclusive community where older adults thrive.*

## Program Format & Registration

Programs are offered in person, virtually and hybrid. Watch for the “**VIRTUAL**” after the program time. Classes that are both in person and virtual are referred to as “**Hybrid**”.

**R** = Registration Required. **Purple** text or a purple **S** means the program will be in Spanish. If a program is virtual or hybrid, you will receive the Zoom link in an email after you register. If there is a fee, payment is required at the time of registration. **To register for a program, email [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com) or call (608) 266-6581.**

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

### Member of



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



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

## SUBSCRIBE TODAY!

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

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

## Language Access Program

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

# LIFELONG LEARNING

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

## Artful Affair – Call for artists!

REGISTRATION & DROP-OFF TUESDAY,  
APRIL 21, 9 AM – 1 PM

GALLERY NIGHT FRIDAY, MAY 8, 5 – 8 PM

Get ready for this year's Artful Affair! Artists using all mediums – including photography – are encouraged to participate. Going forward we will participate in the Spring Gallery Night alone rather than having a second event for photography in the Fall, so submit your art now! Volunteers are needed for planning and event days – call Laura to learn more.

## Christian Perspectives on Death and 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

TUESDAY, MARCH 10, 9 – 10 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!

## Coil Basket-Making

WEDNESDAY, MARCH 4, 10 – 11:15 AM

Coil baskets are fun and easy to make. They make great decorations, gifts, or to store small things on a dresser or tabletop. Learn how to make the baskets and take home the knowledge and skills to make more on your own. All supplies provided. This is the last in a three-week series—if you missed registering in February you can still check out the last class to get started on a basket, but please still register so the instructor can prep enough supplies. 

## Craft & Coffee: Rock Painting

2ND MONDAYS, 9:30 - 11 AM

Coffee, crafting, and camaraderie! Join us in March for rock painting, a memorable craft for all ages. We will provide smooth flat rocks and paint pens. Spread joy by sharing them with friends and neighbors. It's relaxing and rejuvenating to let your creative juices flow. 

## Crocheting 101

WEDNESDAYS, MARCH 11 & 18, 10 – 11:15 AM

Crocheting is a pastime that is regaining popularity and it's good for you, too. It's a form of mindfulness that can calm, lower anxiety, and improve your mood. Plus, it's great for brain health because it helps build new neural pathways, aiding in cognitive function and memory. In this two-week series, we will learn a several stitches, how to go back and forth, and how to cast off. Bring your favorite yarn or use ours. Please register by March 9. 

## Docs to Digest: *The Mystery of Picasso*

THURSDAY, MARCH 5, 12:30 - 2:30 PM

Join us in the Senior Center lounge once a month for a special post-lunch documentary screening. In March, we will watch *The Mystery of Picasso* (1956), rated PG: Using a specially designed transparent 'canvas' to provide an unobstructed view, Picasso creates as the camera rolls. He begins with simple works that take shape after only a single brush stroke. He then progresses to more complex paintings, in which he repeatedly adds and removes elements, transforming the entire scene at will, until at last the work is complete.

# LIFELONG LEARNING

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

## East High Strings Ensemble

**MONDAY, MARCH 23, 10 – 11 AM**

Listen to and interact with students from Madison East High School, who will play a variety of musical selections while also informing us about the music and their instruments.

## 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.



## First Friday Open Mic

**FIRST FRIDAYS, 10 - 11 AM**

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

## Karaoke!

**THURSDAY, MARCH 12, 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, MARCH 4 - 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!



## Mural Painting with DAMA

**WEDNESDAY, MARCH 25, 8:30 – 11:30 AM**

**THURSDAY, MARCH 26, 12:30 – 3:30 PM**

See front cover for more information.

## Pi(e) Day!

**FRIDAY, MARCH 13, 9 – 10 AM**

Pi Day, which is technically March 14th, celebrates the infinite mathematical constant Pi, which starts with the number 3.14 and continues on. The number represents the ratio of a circle’s circumference to its diameter. What else is circular and delicious to eat any day of the year? Pie, of course! Celebrate both Pi and pie and grab a free slice to enjoy with your morning coffee at the Senior Center.

## Podcast Discussion Group

**ALTERNATING TUESDAYS, 9 - 10 AM,**

**NO GROUP MARCH 31**

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!

- ♥ **MARCH 3:** CNN’s “Good Things” podcast
- ♥ **MARCH 17:** We will watch a selected episode from the PBS Wisconsin Podcast “Why Race Matters”

## LIFELONG LEARNING

### Tarot Readings

TUESDAYS, 9 – 11 AM

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

THURSDAY, MARCH 19 | SEE BACK COVER FOR MORE INFORMATION

### Writing Your Life

THURSDAYS THROUGH MARCH 26 - MAY 14, 10 – 11:30 AM, **VIRTUAL OPTION (EMAIL FOR LINK)**

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

## TECHNOLOGY & FINANCE

### Computer Lab

The Computer Lab is open during normal building hours for general use. 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](mailto:seniorcenter@cityofmadison.com)

- » Monday 9 - 11 AM
- » Tuesday 9 - 11:30 AM
- » Thursday 9:30 - 11:30 AM
- » Friday 9 AM - 1 PM

### Introduction to Artificial Intelligence (AI)

TUESDAY, MARCH 10, 12 – 1 PM

What is generative AI? How do you access free versions of ChatGPT, Gemini, and Claude? When should you and when should you not use AI? Understand why AI can and does sometimes make mistakes. AI is everywhere and it can be a great tool, but it should also be used with caution.

Our presenter Lingbo Tong has a PhD in Quantitative Psychology and Computer Science from the University of Notre Dame and will be an Assistant Professor at UW-Madison in the Fall. 



# A PARTNER FOR LOCAL CARE

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



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

# DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



Engaging, ad-supported print and digital newsletters to reach your community.



Scan to contact us!

Visit [lpicommunities.com](http://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](http://www.capecentremarket.com)

# Planning isn't just for You



Pre-Arranging Service  
Funeral Burial Plans  
Funeral Cremation Plans



608-221-5420  
[gundersonfh.com](http://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*



# HASKINS MAIN & DEVINE LLC

LAW OFFICE

5113 Monona Drive, Monona, WI 53716  
608-237-6673 | [www.HSBElderLaw.com](http://www.HSBElderLaw.com)

Areas of Practice  
Estate Planning  
Elder Law  
Medicaid/Medicare  
Guardianship  
Special Needs Trusts  
WisPACT Trust  
Real Estate  
Family Law

Attorneys  
Brenda R. Haskins  
Anna M. Main

50+ years combined experience!

*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](mailto:Paul@oflanaganlaw.com)

# Live Confidently. At Home.

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

[tmgwisconsin.com](http://tmgwisconsin.com)  
(844) 864-8987



# 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](http://KellerApartments.com)



# HEALTH & WELLNESS

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

## Ballroom Basics for Balance™

Ballroom Basics for Balance™ (BB4B) is a fun way to improve balance through the basics of dance! Registration forms can be found at [www.ballroombasicsforbalance.org](http://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, THROUGH MAY 8, 10 - 11:30 AM  
MADISON PUBLIC LIBRARY, 201 W MIFFLIN ST  
THE REGISTRATION PERIOD HAS PASSED; CALL FOR  
WAITLIST AVAILABILITY**

\$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: INCLUSIVE VIRTUAL  
FRIDAYS, THROUGH MAY 15 (NO CLASS  
MARCH 27), 9:30 - 10:45 AM  
THE REGISTRATION PERIOD HAS PASSED; CALL FOR  
WAITLIST AVAILABILITY**

\$115 for 16 weeks (financial assistance available)

Our class is a welcoming Friday morning community that you can join from anywhere via Zoom. We have seated and standing variations, so you can dance as you recover from an injury or manage a chronic illness. Each week we explore a balance tip like mindful movement, safe ways to get up and down from the floor, or winter safety along with dancing! Please check with your doctor or physical therapist to see if a balance class would be right for you. Beginners and continuing students welcome.



## Blood Pressure Screening

**1ST & 3RD TUESDAYS, 11:15 AM - 12 PM**

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

## Foot Care Clinic – \$25

**FRIDAY, MARCH 20, 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 and will always suggest modifications if a pose is not working for you. Please register in advance. No fee, but donations are welcome. 



## Gut Health & Diabetes

**THURSDAY, MARCH 5, 10 – 11 AM**

Learn about the biological and physiological basics of obesity and diabetes. Understand why maintaining adequate body weight is important and why having a diet promoting insulin sensitivity is important. 

# HEALTH & WELLNESS

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

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

FRIDAY, MARCH 6, 8:30 AM – 1 PM

Chanell Ardor Schools of Beauty and Culture is Madison's first black-owned cosmetology school dedicated to helping aspiring beauty technicians unlock professional success. We are pleased to announce that students will be providing free haircuts, manicures, and beard trims at the Madison Senior Center starting in March! 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. 



## Lunch & Learn: Fall Prevention

WEDNESDAY, MARCH 11, 12 – 1:30 PM

Safe Communities will provide helpful information that could help prevent a fall. Presented by Dr. Joann Pritchett, a retired doctor, and an EMT. Lunch will be provided to those who register in advance. 

## Memory Lane

3RD MONDAYS, 9:30 - 10:30 AM

Take a trip down memory lane! Our usual host Susan will resume in April, but classes will continue once a month with Alana in the meantime. 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. 

## Movement for Every Body

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

This class, led by UW-Madison's Movement for Every Body club, includes music and dance, stretching, breathing exercises, and fun for everyone! 

## Rosen Method Movement

MONDAYS THROUGH APRIL 27, 11 - 11:50 AM

Rosen Method Movement was created by Marion Rosen, a Physical Therapist. 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. 

## 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 MARCH 17 (NO CLASS MARCH 10), 1 - 2 PM

TUESDAYS, MARCH 24 - MAY 12, 1 - 2 PM

\$80 for 8-week session (financial assistance available)

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

# GROUPS, GAMES & CLUBS

## B-I-N-G-O

THURSDAYS, 10:15 - 11:15 AM

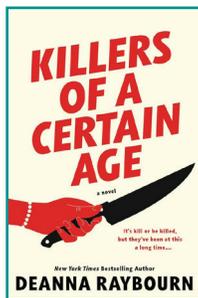
It is free to play the standard BINGO rounds for a small prize. If you want to compete for the cash prize in the final “Blackout” round, each card costs 50 cents (max of four cards). If you don’t pay for a card in the final round, you can still play, but it will be for a standard prize instead of the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



## Book Club

1ST & 3RD WEDNESDAYS, 12:30 - 1:30 PM

We read one book a month and take turns selecting the upcoming books. In March we are reading *Killers of a Certain Age* by Deanna Raybourn: Older women often feel invisible, but sometimes that’s their secret weapon. They’ve spent their lives as the deadliest assassins in a clandestine international organization, but now that they’re sixty years old, four women friends can’t just retire—it’s kill or be killed in this action-packed thriller by *New York Times* bestselling and Edgar Award–nominated author Deanna Raybourn. We will use library book club kits; call Laura at 608-267-8650 to reserve a copy—you are financially responsible for any unreturned books. 



## Bridge Belles

MONDAYS, 9 - 11 AM

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

## Spanish Conversation

WEDNESDAYS, 1:30 - 3 PM **VIRTUAL**

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



## Spirit Days

FRIDAYS, 8:30 - 11 AM

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

**MARCH 6 OREO COOKIE DAY**

Share your favorite way to eat an Oreo cookie, and of course, enjoy an Oreo or two!



**MARCH 13 PI(E) DAY!**

Enjoy a slice of pie with your morning coffee! Pie will be served 9 – 10 AM or until we run out.



**MARCH 20 SPRING EQUINOX**

Spring is finally here! Celebrate by making a floral crown to herald in the new blooms (whether they are here by then or not...)



**MARCH 27 WOMEN’S HISTORY TRIVIA**

Round out Women’s History Month with some women’s history trivia – there might be some prizes involved!





**608-442-1898**

579 D' Onofrio Drive, Suite 10  
Madison WI 53718



**Comfort  
Keepers®**

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

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**

**GOODMAN'S Jewelers**

*The Diamond Store of Madison for Generations*

220 State St. • Madison, WI

**608.257.3644**

Store Hours

Mon. - Fri. 10 AM - 5 PM

Saturday 10 AM - 4 PM

Sunday Closed

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

**SUPPORT OUR  
ADVERTISERS!**

**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](http://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](http://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](mailto:skyridge@accmanagementgroup.com)



\*Income Restrictions Apply, contact office for special details\*



**WE APPRECIATE OUR  
ADVERTISERS!**



**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](http://edenvistamadison.com)



For ad info. call 1-800-950-9952 • [www.lpcommunities.com](http://www.lpcommunities.com)

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

# PROGRAM & ACTIVITY LIST

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

PROGRAM/ACTIVITY	DAY & DATE	TIME	COST	LOCATION
<b>Book Club</b>	1st & 3rd Wednesdays	12:30 – 1:30 pm	Free	MSC
<b>Christian Perspectives on Death &amp; Dying</b>	2nd & 4th Wednesdays	1:00 – 2:00 pm	Free	MSC
<b>Coffee With a Cop</b>	Tuesday, Mar 10th	9:00 – 10:00 am	Free	MSC
<b>Coil Basket Making</b>	Wednesday, Mar 4th	10:00 – 11:15 am	Free	MSC
<b>Craft &amp; Coffee: Rock Painting</b>	2nd Mondays	9:30 – 11:00 am	Free	MSC
<b>Crocheting 101</b>	Wednesdays, Mar 11th & 18th	10:00 – 11:15 am	Free	MSC
<b>Docs to Digest: <i>The Mystery of Picasso</i></b>	1st Thursdays	12:30 – 2:30 pm	Free	MSC
<b>East High Strings Ensemble</b>	Monday, Mar 23rd	10:00 – 11:00 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
<b>Gut Health &amp; Diabetes</b>	Thursday, Mar 5th	10:00 – 11:00 am	Free	MSC
<b>Hair Salon &amp; Manicures</b>	Friday, Mar 6th	8:30 am – 1:00 pm	Free	MSC
<b>Introduction to Artificial Intelligence</b>	Tuesday, Mar 10th	12:00 – 1:00 pm	Free	MSC
<b>Karaoke!</b>	Thursday, Mar 12th	12:30 – 1:30 pm	Free	MSC
Laughing Bodies, Dancing Minds	Tuesdays, Mar 3rd & 17; new session starting Mar 24th	1:00 – 2:00 pm	\$80 for 8 weeks	MSC
Line Dance Class	Wednesdays through May 27th	10:00 – 10:50 am	Free	MSC
Lunch & Learn: Fall Prevention	Wednesday, Mar 11th	12:00 – 1:30 pm	Free	MSC
Movement for Every Body	1st & 3rd Fridays	9:30 – 10:00 am	Free	MSC
<b>Mural Painting Session</b>	Wednesday, March 25th Thursday, March 26	8:30 – 11:30 am 12:30 – 3:30 pm	Free	MSC
<b>Pi(e) Day</b>	Friday, Mar 13th	9:00 – 10:00 am	Free	MSC
Podcast Discussion Group	Tuesdays, Mar 3rd & 17th	9:00 – 10:00 am	Free	MSC
Rosen Method Movement	Mondays through April 27th	11:00 am – 12:00 pm	Free	MSC
<b>Spanish Conversation</b>	<b>Wednesdays</b>	<b>1:30 – 3:00 pm</b>	<b>Free</b>	<b>Virtual</b>
<b>Tarot Readings</b>	Tuesdays	9:00 – 11:00 am	Free	MSC
<b>Third Thursday Entertainment: Zoo to You</b>	3rd Thursdays	1:00 – 2:00 pm	Free	MSC
<b>Writing Your Life</b>	Thursdays, Mar 26th – May 14th	10:00 – 11:30 am	Free	MSC/ <b>Virtual</b>

# MARCH 2026

# WOMEN'S HISTORY MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>9:00 Bridge Belles 11:00 Rosen Method Movement</p>	<p><b>3</b></p> <p>9:00 Podcast Disc. 9:00 Tarot 10:00 Gentle Yoga 10:30 Case Manager 11:15 BP Screening 12:30 Movie: <i>Bugonia</i> 1:00 LBDM</p>	<p><b>4</b></p> <p>10:00 Coil Baskets <b>10:00 Line Dance</b> 10:00 Watercolor Painting <b>12:30 Book Club</b> 1:30 Spanish Conv <b>V</b></p>	<p><b>5</b></p> <p><b>10:00 Gut Health &amp; Diabetes</b> 10:15 BINGO <b>12:30 Docs to Digest: The Mystery of Picasso</b></p>	<p><b>6</b></p> <p><b>8:30 Hair Salon</b> 9:30 BB4B Incl. <b>V</b> 9:30 Movement for Every Body 10:00 BB4B - MPL 10:00 First Friday Open Mic</p> <p><b>Spirit Day: Oreo Cookie Day</b></p>
<p><b>9</b></p> <p>9:00 Bridge Belles <b>9:30 Craft &amp; Coffee: Rock Painting</b> 11:00 Rosen Method Movement</p>	<p><b>10</b></p> <p><b>9:00 Coffee w/ a Cop</b> 9:00 Tarot 10:00 Gentle Yoga <b>12:00 Intro to AI</b> 12:30 Movie: <i>Train Dreams</i> 1:00 LBDM</p>	<p><b>11</b></p> <p><b>10:00 Crocheting 101</b> 10:00 Line Dance 10:00 Watercolor Painting 11:00 Exploring Poetry <b>12:00 Lunch &amp; Learn</b> <b>1:00 Death &amp; Dying</b> 1:30 Spanish Conv <b>V</b></p>	<p><b>12</b></p> <p>10:15 BINGO <b>12:30 Karaoke!</b> 2:00 Gay, Gray, &amp; Beyond</p>	<p><b>13</b></p> <p>9:30 BB4B Incl. <b>V</b> 10:00 BB4B - MPL</p> <p><b>Spirit Day: Pi(e) Day</b></p>
<p><b>16</b></p> <p>9:00 Bridge Belles 9:30 Memory Lane 11:00 Rosen Method Movement</p> <p><b>*ePantry Ordering Day</b></p>	<p><b>17</b></p> <p>9:00 Podcast Disc. 9:00 Tarot 10:00 Gentle Yoga 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>One Battle After Another</i> 1:00 LBDM</p> 	<p><b>18</b></p> <p>10:00 Crocheting 101 10:00 Line Dance 10:00 Watercolor Painting 12:30 Book Club 1:30 Spanish Conv <b>V</b></p>	<p><b>19</b></p> <p>10:15 BINGO <b>12:30 Third Thursday Entertainment: Zoo to You!</b></p>	<p><b>20</b></p> <p><b>9:00 ePantry Pick-Up</b> <b>9:00 Footcare Clinic</b> 9:30 BB4B Incl. <b>V</b> 9:30 Movement for Every Body 10:00 BB4B - MPL</p> <p><b>Spirit Day: Spring Equinox</b></p>
<p><b>23</b></p> <p>9:00 Bridge Belles <b>10:00 East High Strings Ensemble</b> 11:00 Rosen Method Movement</p>	<p><b>24</b></p> <p>9:00 Tarot 10:00 Gentle Yoga 12:30 Movie: <i>On Golden Pond</i> <b>1:00 LBDM</b></p>	<p><b>25</b></p> <p><b>8:30 Mural Painting</b> 9:30 Craft with Kids 10:00 Line Dance 1:00 Death &amp; Dying 1:30 Spanish Conv <b>V</b></p>	<p><b>26</b></p> <p><b>10:00 Writing Your Life</b> 10:15 BINGO <b>12:30 Mural Painting</b> 2:00 Gay, Gray &amp; Beyond</p>	<p><b>27</b></p> <p>9:30 BB4B Incl. <b>V</b> 10:00 BB4B - MPL</p> <p><b>Spirit Day: Women's History Trivia</b></p>
<p><b>30</b></p> <p>9:00 Bridge Belles 11:00 Rosen Method Movement</p>	<p><b>31</b></p> <p>9:00 Tarot 10:00 Gentle Yoga 12:30 Movie: <i>Sinners</i> 1:00 LBDM</p>			 <p><b>HASFit Gentle Exercise, Every day, 9:00</b></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.

### MARCH 3

#### Bugonia (2025)

Two conspiracy-obsessed young men kidnap the high-powered CEO of a major company, convinced that she is an alien intent on destroying planet Earth. *Stars: Emma Stone, Jesse Plemons, and Aidan Delbis. Dark Comedy, Crime, Sci-Fi. 1 hour 58 minutes. Rated R.*



### MARCH 10

#### Train Dreams (2025)

Based on Denis Johnson's beloved novella, Train Dreams is the moving portrait of Robert Grainier, a logger and railroad worker who leads a life of unexpected depth and beauty in the rapidly-changing America of the early 20th Century. *Stars: Joel Edgerton, Clifton Collins Jr., and Felicity Jones. Period Drama, Psychological Drama. 1 hour 42 minutes. Rated PG-13.*



### MARCH 17

#### One Battle After Another (2025)

When their enemy resurfaces after 16 years, a group of ex-revolutionaries reunites to rescue the daughter of one of their own. *Stars: Leonardo DiCaprio, Sean Penn, and Benicio Del Toro. Action, Drama, Dark Comedy. 2 hours 41 minutes. Rated R.*



### MARCH 24

#### On Golden Pond (1981)

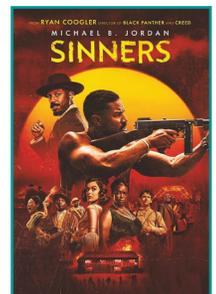
Curmudgeon Norman is estranged from his daughter Chelsea. Nevertheless, at Golden Pond he and his wife agree to look after Billy, the son of Chelsea's new boyfriend, and a most unexpected relationship blooms. *Stars: Katherine Hepburn, Henry Fonda, and Jane Fonda. Coming of Age, Drama. 1 hour 49 minutes. Rated PG.*



### MARCH 31

#### Sinners (2025)

Trying to leave their troubled lives behind, twin brothers return to their hometown to start again, only to discover that an even greater evil is waiting to welcome them back. *Stars: Michael B. Jordan, Jack O'Connell, and Hailee Steinfeld. Action, Drama, Horror. 2 hours 17 minutes. Rated R.*



## Be a Movie Sponsor

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



# LGBTQ 50+ ALLIANCE

The **LGBTQ 50+ Alliance** is sponsored by *OutReach Community Center* and the *Madison Senior Center*. Its purpose is to create a better quality of life for LGBTQ older adults by building partnerships with senior service providers and offering social opportunities. Call (608) 255-8582 for more information or email [info@lgbtoutreach.org](mailto:info@lgbtoutreach.org); you can also check out our website, [lgbtq50plusalliance.org](http://lgbtq50plusalliance.org)

## SAGECollab Partner

**What is SAGE?** It is a nationwide non-profit agency that advocates for LGBTQ+ elders through activism, resource centers, cultural competency training, and much more. **SAGECollab** partners serve or advocate with older LGBTQ+ elders at the local level. If you are interested in having a voice, please email [karenkane13@gmail.com](mailto:karenkane13@gmail.com) or [lynnc@outreach.org](mailto: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
Eric Van Clevon	Volunteer
Mary Beth Wilk	Co-Chair, Volunteer
Larry Wilson	Volunteer

## 2026 Tea Dance

**SUNDAY, MARCH 22, 1 – 3 PM**

**GOODMAN COMMUNITY CENTER, 149 WAUBESA ST**

Join us for Sunday afternoon tea, live music, hors d'oeuvres, and speed friending. Help us kick off 2026 on the right foot at OutReach's Second Annual Tea Dance! Connect with your community and show your support for OutReach's vital work. For those who have no idea what we're talking about--Tea Dances are LGBTQ+ events traditionally held on Sunday afternoons. They originated in New York in the 1950s and 60s when it was illegal for bars to entertain LGBTQ+ patrons. Come see our version of a Tea Dance for yourself!



## Coffee Meet-Up

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

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

## CQ (Curious Queers)

**1ST & 3RD THURSDAYS, 1 - 3 PM**  
**OUTREACH, 2701 INTERNATIONAL LN**

"Exploring Spirituality" is now "CQ" (curious queers) – same people, time, 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.

# 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](mailto: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](mailto:Lucretia.sullivan@fammed.wisc.edu) or Cibele Barbosa Carroll at [barbosacarro@wisc.edu](mailto: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](mailto:1mtzlife@mtzlife.com) (Subject line: I have a need – MTZCO Emergency Assistance)

**Fit & Fun with Johnny Winston**

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

**The HUB Marketplace Event**

EVERY SATURDAY, 10 AM- 5PM

THE HUB, 2352 S PARK ST

**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

WEST TOWNE MALL

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](mailto: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

**Wellness Wednesday**

3RD WEDNESDAYS, 12 – 1:30 PM

LAKEVIEW LIBRARY, 2845 N SHERMAN AVE

**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, 6 DE MARZO, 10:15 AM**  
**WARNER PARK, 1625 NORTHPORT DR**

**TERCER JUEVES, 19 DE MARZO, 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](mailto: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](mailto:soporte@rootsforchange.coop)

## Corte y Confección

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

Aprenda cómo manejar las máquinas de coser, las puntadas básicas o si prefiere algo más avanzado, Alicia tiene la experiencia y el conocimiento como empresaria y profesora universitaria de diseño y alta costura. Limitado número de participantes y transportación. Favor registrarse: [LeoM@newbridgemadison.org](mailto:LeoM@newbridgemadison.org) o (608) 512-0000 ext. 3003

## 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

**VOCES DE LA FRONTERA**

Voces de la Frontera es la principal organización de defensa de los derechos de los inmigrantes en Wisconsin y lleva más de 20 años organizando y empoderando a los trabajadores y las familias inmigrantes.

Teléfono: 470-454-4508 o contacto [nindik@vdlf.org](mailto:nindik@vdlf.org)

# 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](http://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, Death Café, Staying Sane in an Insane World, and Finding Spirituality.

3. **Technology Assistance:** Assist members with basic technology questions in using their smart phone or laptop, and 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.

## March Volunteer Spotlight: Rebecca

Madison business owner of Holistic Healing & Resilience, LLC, Rebecca Wigg-Ninham offers Rosen Method Movement on Monday mornings at the Senior Center. She has developed a community at MSC and has a steady core of 8 participants and up to 18 in class. It is a joyful class that brings older adults together to move all the joints and muscles in their bodies.

Rebecca has been studying Somatic Healing for over 20 years. She would like to expand locations and offer Rosen Method Movement to include classes on both the east and west sides of town.

Besides teaching Rosen Method Movement, she also offers somatic healing through Rosen Method Bodywork. Rebecca has also been a positive force on the Madison Senior Center Advisory Committee, where she provides feedback to MSC staff to improve our services and offerings for all Senior Center members. Thank you, Rebecca! We appreciate all that you do.



# 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](mailto:madisonsales@oakparkplace.com)  
718 Jupiter Dr., Madison, WI 53718  
[oakparkplace.com/madison](http://oakparkplace.com/madison)



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](mailto:risemadison@accmanagementgroup.com)



\*Inclusive Income Restrictions Apply\*  
1 Person: \$63,630 | 2 Person: \$72,730 | 3 Person: \$81,830



LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Nick Palasini**

[npalasini@lpicommunities.com](mailto:npalasini@lpicommunities.com)

(800) 950-9952 x2162

**ADT-Monitored Home Security**

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

NEVER MISS  
OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter  
emailed to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

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

# E PANTRY

## 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, March 16	Friday, March 20
Monday, April 13	Friday, April 17
Monday, May 11	Friday, May 15

# NEWS

## Vision Zero Safety Initiative for Older Adults

One of MSC’s Program & Outreach Coordinators – Laura Hunt – is working with Traffic Engineering on a Safety Initiative for older adults. Traffic Engineering received a federal grant called Safe Streets for All, which aims to reduce serious injuries and fatalities on roadways. One of the planning projects is to develop a safety initiative for older adult drivers, pedestrians, and bicyclists. Adults age 60+ make up about 15% of the population in Madison. Older adults are involved in >20% of all crashes involving bicyclists and pedestrians.

As part of the project, the City will hold several focus groups to find out what initiatives are most important to older adults. One focus group will be held at the MSC on Friday, March 20, 12:30-2:30 pm. If you are interested in participating, please contact Laura at [lhunt@cityofmadison.org](mailto:lhunt@cityofmadison.org). Focus group members must be at least 65 years old.

## Tax Time Resources for Older Adults

Need help with your taxes? Here are some area agencies where you can get free assistance:

- » **Richard Dilley Tax Center – Volunteer Income Tax Assistance (VITA)**  
2238 S PARK ST  
Register for an appointment at <https://dane.extension.wisc.edu/finances/rdtc> or call 608-283-1261
- » **Madison Public Library – AARP Foundation Tax Aide Volunteers**  
Check [events.madisonpubliclibrary.org/series/154339](https://events.madisonpubliclibrary.org/series/154339) for available times and locations. Interpretation and accommodations available at no cost. Appointments are required: call 608-266-6350

# PUZZLE

- APRIL
- BLOSSOM
- BREEZE
- BUD
- BULBS
- BUNNY
- BUTTERFLY
- CHICK
- DAFFODIL
- EASTER
- EGGS
- GRASS
- GREEN
- HATCH
- JUNE
- MARCH
- MAY
- NEST
- PUDDLE
- RAINBOW
- ROBIN
- SEASON
- SHOWERS
- SUNSHINE
- THAW
- TULIP
- UMBRELLA



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

# FOUNDATION

## What Does the MSC Foundation Do?

The Madison Senior Center Foundation, a 501 c 3 organization, pays for programs and activities, including a multitude of educational classes, wellness activities, and performances. Associated expenses include instructors, refreshments, volunteer recognition, and advertising. The Foundation covers scholarships for any fee-based programs. If you are interested in learning more about the foundation, contact Tom DeChant at [mscfoundation@gmail.com](mailto:mscfoundation@gmail.com)

### FOUNDATION BOARD OF DIRECTORS

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

## What’s New in 2026 and Beyond?

The Madison Senior Center Foundation is entering an exciting new chapter. As we grow into a more independent, self-supporting organization, we’re expanding our ability to fund not only Senior Center programs but also other local nonprofits serving older adults through the City’s Community Resources network. We’ve welcomed new board members, begun pursuing grant funding, and are strengthening our outreach and media presence. In future issues of *The Messenger*, we’ll use this space to keep you updated on these developments and the impact they make possible. Stay tuned!

## 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](mailto: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  
PRSR STD  
US POSTAGE PAID  
PERMIT 1132  
MADISON, WI

### Third Thursday Entertainment: Henry Vilas Zoo-to-You Amazing Adaptations

**THURSDAY, MARCH 19, 12 – 1 PM**

Meet some of Henry Vilas Zoo's amazing animals up close and learn what makes them unique. Have you ever wondered how some animals survive in their habitats? Explore some ways that animals are able to camouflage, find food, and thrive! Zoo staff plan to bring a mix of invertebrates, small reptiles, and small animals for us to meet and interact with.



Find us on Facebook: [MadisonWISeniorCenter](#)



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