

THE Messenger

VOLUME 43, NUMBER 11

NOVEMBER, 2026

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



Celebrate Native American Heritage at MSC!

History of the Ho-Chunk People in Wisconsin

WEDNESDAY, NOVEMBER 11, 12:30 – 1:30 PM

If you grew up in Wisconsin you probably learned that the Winnebago occupied the area where we currently live. Learn about the history of the people indigenous to this area, and why they now call themselves Ho-Chunk. Also learn about the significant role Native Americans have played in the U.S. military. Our presenter Aaron Durfee is a proud and active member of the Ho-Chunk Nation here in Dane County, and a veteran of the U.S. military. 

Crafts & Coffee: Native American Talking Sticks

MONDAY, NOVEMBER 16, 9:30 - 11 AM

See p.4 for more information.

Silver Santa Registration

DEADLINE TO REGISTER: FRIDAY, NOVEMBER 13, 4 PM

EVENT DAY: WEDNESDAY, DECEMBER 9, 10 AM – 1 PM

Our annual Silver Santa celebration is back! Be sure to register by the November 13th deadline to join in on the festivities. Registration is required in order to attend, and it secures your lunch on the event day, as well as a gift valued at \$25. You must attend the event to receive a gift. Limited to low-income and/or socially isolated adults age 55+ who live in Madison. The registration list will be capped at 150 individuals, so sign up early! *If you were registered and didn't show up in 2025 you will be put on the waiting list until November 16, 2026. You will be notified if you are moved off the waiting list.* 



FOR YOUR INFORMATION

Directory

Phone 608-266-6581

Website madisonseniorcenter.org

SENIOR CENTER STAFF

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

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

Facility Operations Supervisor, Alana LaBeaf (she, her)

608-267-8652, alabeaf@cityofmadison.com

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

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Facility Operations Assistant, Gary Flesher

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Custodian, Ricky Butler (he, him)

608-266-6581, rbutler@cityofmadison.com

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

608-266-6581, bgonzalez@cityofmadison.com

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

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.

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

FOR YOUR INFORMATION

Scholarship Fund

Scholarships are available to people age 55 and older with annual income less than \$31,300 (one person) or \$42,300 (two people) for programs and events. The application is simple and all information is confidential. Call 608-266-6581 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

Craft & Coffee: Native American Talking Sticks

3RD MONDAYS, 9:30 – 11:00 AM

Enjoy a cuppa joe and conversation while working on a different craft project each month. The November 16th program will be Native American Talking Sticks. Learn about the history of the craft, and make something meaningful to take home. 



Craft With Kids

2ND WEDNESDAYS, 9:45 – 11 AM

Join our visiting preschool class for crafts and activities. Registration is required, and we are looking for older adults who can commit to attending multiple craft days. 

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. 



Exploring Spirituality

1ST WEDNESDAYS, 10 – 11 AM

What is spirituality? What does it mean to be spiritual? Join us to explore this topic. Facilitated by Pastor Philip Moldenhauer. People of all faiths are welcome. 

History of the Ho-Chunk People in Wisconsin

WEDNESDAY, NOVEMBER 11, 12:30 – 1:30 PM

See front cover.

Line Dance Class

WEDNESDAYS THROUGH DECEMBER 30,
10:30 - 11:30 AM, **NO CLASS NOVEMBER 25**

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. 

Participatory Learning and Teaching Organization (PLATO)

PLATO is a community of intellectually curious adults, typically 50 and over, which explores subjects of interest through member-led discussion groups, lectures, travel, and cultural activities. Visit platomadison.org for a full list of programs and host locations, and to sign up for membership and events.

- » **How to Read, Interpret (and Write) Poetry**
FRIDAYS, THROUGH NOVEMBER 20,
10:30 AM – 12 PM
- » **The Language and Logic of Autism**
THURSDAYS, THROUGH NOVEMBER 19,
10 AM – 12 PM
- » **The Play's the Thing**
THURSDAYS, THROUGH NOVEMBER 12,
1:30 – 3:30 PM

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!

LIFELONG LEARNING

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

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. 

Walking Stick Woodworking

WEDNESDAYS, 12:30 – 1:30 PM

NO CLASS NOVEMBER 25

Join our volunteer and hobbyist extraordinaire Dale S. 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.** 

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 sign-up is needed.



Writing Your Life

THURSDAYS, NOVEMBER 12 – DECEMBER 17,
10 – 11:30 AM

NO CLASS NOVEMBER 26

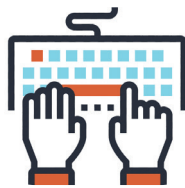
VIRTUAL OPTION (EMAIL FOR LINK)

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

TECHNOLOGY & FINANCE

Computer Lab

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



Conversations: Please try to minimize conversations not related to the work being done at the computer. Use low tones and be respectful of other computer lab users.

Audible Clips, Music, etc.: When the office is open, headsets can be checked out if you don't have your own. Borrowers must leave a photo ID and follow sanitation procedures.

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

Drop-in Computer Assistance Hours:

Drop in during these hours for 1:1 technology help. Scheduled assistance may be available other days and times, so calling in advance is recommended: 608-266-6581, or email seniorcenter@cityofmadison.com

- » Monday 8:30 – 11:30 AM
- » Tuesday 10 – 11:30 AM, 1 – 3:30 PM
- » Wednesday 8:30 AM – 12:30 PM
- » Thursday 8:30 – 11:30 AM, 12 – 4 PM
- » Friday 9 AM – 1 PM

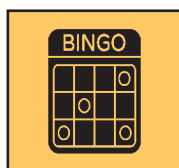
ENTERTAINMENT & GAMES



Badger Guitar Club

WEDNESDAYS, NOVEMBER 4, 11 & 18, 9 – 11 AM

Students from UW Madison want to share their love of music with MSC members by performing mini concerts featuring vintage songs that they hope will bring joy and fond memories to you!



B-I-N-G-O

THURSDAYS, 10:15 – 11:15 AM, CLOSED NOVEMBER 26

It is free to play the standard BINGO rounds for a small 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.



Friday Open Stage

EVERY FRIDAY, 10 – 11 AM, CLOSED NOVEMBER 27

The First Friday theme for November is Democracy. 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!



Karaoke!

2ND & 4TH THURSDAYS, 12:30 – 1:30 PM, CLOSED NOVEMBER 26

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. Bring your singing voice and let the good times roll! There is a 3-song limit per person.



Third Thursday Entertainment: Screening of *The Last Waltz*

THIRD THURSDAYS, 12:30 - 2:00 PM

The classic Martin Scorsese rockumentary captured The Band's historic farewell concert, held on Thanksgiving Day, 1976. Come celebrate the 50th anniversary of this film classic, shot at the Winterland Ballroom in San Francisco and featuring performances by Muddy Waters, Van Morrison, Neil Young, and of course, The Band.



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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

CALL FOR ADDITIONAL TIMES WHEN OUR PULSEWATCH OR NURSING STUDENT VOLUNTEERS ARE AVAILABLE

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

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, NOVEMBER 16, 8:30 AM – 1 PM

PICKUP FRIDAY, NOVEMBER 20, 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, NOVEMBER

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, check or Venmo accepted. 

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.

Thanksgiving Meals for Older Adults

See back cover for details.



HEALTH & WELLNESS

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

Advance Directives Workshop

TUESDAY, NOVEMBER 17, 1:30 - 3:30 PM

Join us to learn about Advance Directives. Ellen Taylor and Kayla Olson, Dementia Care Specialists at the Aging & Disability Resource Center of Dane County will discuss how to talk about what matters to you and have a say in your health care. You will learn about advance care planning options and next steps in putting it all together.

The second hour of the session will be drop-in office hours to ask some questions and complete the Wisconsin state forms yourself. We will provide the forms. There will be non-ADRC on-site witnesses and a notary present. Forms and pens will be supplied.

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, 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 DECEMBER 4,

10 - 11:30 AM, **NO CLASS NOVEMBER 27**

MADISON PUBLIC LIBRARY, 201 W MIFFLIN ST,
NOVEMBER 6 & 13 SESSIONS @ MSC

THE REGISTRATION PERIOD HAS PASSED, BUT 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: NEW! BALLET BASICS FOR BALANCE VIRTUAL

MONDAYS THROUGH NOVEMBER 23, 9:30 – 10:45 AM

THE REGISTRATION PERIOD HAS PASSED, BUT CALL FOR WAITLIST
AVAILABILITY

\$60 for 8 weeks (financial assistance available)

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: FALL VIRTUAL & INCLUSIVE

FRIDAYS THROUGH DECEMBER 11, 9:30 – 10:45 AM,

NO CLASS NOVEMBER 27

\$90 for 12 weeks (financial assistance
available)

Latin Dances - Rumba, Cha Cha Cha,
Mambo & Bachata



Eating Smart, Being Active

TUESDAYS THROUGH NOVEMBER 24,

1 – 2:30 PM, **NO CLASS NOVEMBER 3**



UW-MADISON EXTENSION

FoodWise Eating Smart, Being Active (ESBA) is a free, interactive nutrition and wellness program designed for parents, grandparents, and other caregivers who are raising or caring for children. Participants learn practical ways to prepare healthy meals on a budget, plan and shop for nutritious foods, increase physical activity, and build healthy habits for the whole family. Classes are fun, hands-on, and focused on making small changes that can support lifelong health.

HEALTH & WELLNESS

Empowering People with Parkinson's: Finding Your Voice in Treatment Decision-Making

**THURSDAYS, NOVEMBER 5 – DECEMBER 10 +
MONDAY, NOVEMBER 23, 9:30 – 11 AM,
CLOSED NOVEMBER 26**

This six-week hands-on program helps people and their families prepare for the many challenges of having a progressive disorder. You will learn how to better communicate with your medical care-team concerning treatment options, discern your personal values, and prioritize what matters most. We will use exercises proven to encourage personal empowerment and wellbeing when dealing with serious illness. This includes life review, meditation, values discernment, and advance care planning. We will also help you build a support network and plan for the future. 

Movement for Every Body

MONDAYS, NOVEMBER 2, 16, & 30, 9:30 – 10:30 AM

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



StrongBodies

**WEDNESDAYS & FRIDAYS, THROUGH DECEMBER 18,
9 – 10:15 AM, NO CLASS NOVEMBER 25 & 27**

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

Take Charge of Your Health

MONDAY, NOVEMBER 16, 9 – 11 AM

UW Pharmacy students will be here with five interactive stations to provide you the tools you need to be your own health advocate. Learn games and activities that promote brain health and improve balance.

Understanding Grief

TUESDAY, NOVEMBER 10, 10 – 11 AM

Grief is a deep emotional and physical response to loss, but what does that mean on a personal level? Everyone experiences grief differently, and how we process it impacts our well-being and those around us. Gain a greater understanding of grief and its impact through this presentation and discussion lead by staff from St. Croix Hospice. 

Welcome to Medicare - Free and In Person!

SATURDAY, NOVEMBER 14, 1 – 3:30 PM

**WAUNAKEE SENIOR CENTER,
333 S MADISON ST, WAUNAKEE**

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 November 6.





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Madison Senior Center, Madison, WI

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PROGRAM & ACTIVITY LIST

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

PROGRAM/ACTIVITY	DAY & DATE	TIME	COST	LOCATION
Advance Directives Workshop	Tuesday, Nov 17th	1:30 – 3:30 pm	Free	MSC
Badger Guitar Club	Wednesdays, Nov 4th, 11th, & 18th	9:00 – 11:00 am	Free	MSC
Ballroom Basics for Balance	Fridays through Dec 4th, CLOSED Nov 27th	10:00 – 11:30 am	\$90	MPL/MSC
Ballroom Basics for Balance: Virtual & Inclusive	Fridays through Dec 11th, CLOSED Nov 27th	9:30 – 10:45 am	\$90	Virtual
Ballroom Basics for Balance: Ballet Basics for Balance	Mondays through Nov 23rd	9:30 – 10:45 am	\$60	Virtual
Craft & Coffee: Native American Talking Sticks	3rd Mondays	9:30 – 11:00 am	Free	MSC
Docs to Digest: March of the Penguins	1st Thursdays	12:30 – 2:30 pm	Free	MSC
Eating Smart, Being Active	Tuesdays through Nov 24th, NO CLASS NOV 3rd	1:00 – 2:30 pm	Free	MSC
Empowering People with Parkinson's	Thursdays, Nov 5th – Dec 12th + Monday, Nov 23rd, CLOSED Nov 26th	9:30 – 11:00 am	Free	MSC
Exploring Poetry	2nd Wednesdays	11:00 am – 12:30 pm	Free	MSC
Exploring Spirituality	1st Wednesdays	10:00 – 11:00 am	Free	MSC
Foot Care Clinic	3rd Fridays	9:00 am – 12:00 pm	\$25	MSC
Gay, Gray, & Beyond	2nd & 4th Thursdays, CLOSED Nov 26th	2:00 – 4:00 pm	Free	MSC
HASFit Gentle Exercise	Every weekday, CLOSED Nov 3rd, 26th & 27th	9:00 – 9:30 am	Free	MSC
History of the Ho-Chunk People in Wisconsin	Wednesday, Nov 11th	12:30 – 1:30 pm	Free	MSC
Karaoke!	2nd & 4th Thursdays, CLOSED NOV 26th	12:30 – 1:30 pm	Free	MSC
Line Dance Class	Wednesdays through Dec 30th, NO CLASS NOV 25th	10:30 – 11:30 am	Free	MSC
Movement for Every Body	Mondays, Nov 2nd, 16th & 30th	9:30 – 10:30 am	Free	MSC
Podcast Discussion Group	2nd & 4th Tuesdays	9:00 – 10:00 am	Free	MSC
Rosen Method Movement	Mondays	11:00 am – 12:00 pm	Free	MSC
StrongBodies	Wednesdays & Fridays through Dec 18th, NO CLASS NOV 25 & 27	9:00 – 10:15 am	Free	MSC
Take Charge of Your Health	Monday, Nov 16th	9:00 – 11:00 am	Free	MSC
Third Thursday Entertainment: The Last Waltz	3rd Thursdays	1:00 – 2:00 pm	Free	MSC
Understanding Grief	Tuesday, Nov 10th	10:00 – 11:00 am	Free	MSC
Walking Stick Woodworking	Wednesdays, NO CLASS NOV 25th	12:30 – 1:30 pm	Free	MSC
Writing Your Life	Thursdays, Nov 12th – Dec 17th, CLOSED NOV 26th	10:00 – 11:30 am	Free	MSC

NOVEMBER 2026

NATIVE AMERICAN HERITAGE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Bridge Belles 9:30 Ballet Basics for Balance V 9:30 Movement for Every Body 11:00 Rosen Method Movement	3 10:00 Gentle Yoga 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>Ghostbusters: Frozen Empire</i> GENERAL ELECTION – MSC POLLING SITE NUTRITION SITE CLOSED	4 9:00 Badger Guitar Club 9:00 StrongBodies 10:00 Exploring Spirituality 10:00 Watercolor Painting 10:30 Line Dance 12:30 Walking Stick Woodworking 1:30 Spanish Conv V	5 9:30 Parkinson's 10:00 PLATO Autism 10:15 BINGO 1:30 PLATO The Play's the Thing 12:30 Docs to Digest: March of the Penguins	6 9:00 StrongBodies 9:30 BB4B V 10:00 BB4B – MSC 10:00 First Friday Open Mic: Democracy 10:30 PLATO: Poetry
9 9:00 Bridge Belles 9:30 Ballet Basics for Balance V 11:00 Rosen Method Movement	10 9:00 Podcast Discussion 10:00 Gentle Yoga 10:00 Understanding Grief 12:30 Movie: <i>Pressure</i> 1:00 Eating Smart, Being Active	11 9:00 Badger Guitar Club 9:00 StrongBodies 9:45 Craft With Kids 10:00 Watercolor Painting 10:30 Line Dance 11:00 Expoloring Poetry 12:30 Ho-Chunk in WI 12:30 Walking Stick Woodworking 1:30 Spanish Conv V	12 9:30 Parkinson's 10:00 Plato Autism 10:00 Writing Your Life 10:15 BINGO 12:30 Karaoke! 1:30 PLATO The Play's the Thing 2:00 Gay, Gray & Beyond	13 9:00 StrongBodies 9:30 BB4B V 10:00 BB4B - MSC 10:00 Friday Open Stage 10:30 PLATO: Poetry
16 9:00 Bridge Belles 9:00 Take Charge of Your Health 9:30 Craft & Coffee: Native American Talking Sticks 9:30 Ballet Basics for Balance V 9:30 Movement for Every Body 11:00 Rosen Method Movement *ePantry Ordering Day	17 10:00 Gentle Yoga 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>The Invite</i> 1:00 Eating Smart, Being Active 1:30 Advance Directives	18 9:00 Badger Guitar Club 9:00 StrongBodies 10:00 Watercolor Painting 10:30 Line Dance 12:30 Walking Stick Woodworking 1:30 Spanish Conv V	19 9:30 Parkinson's 10:00 PLATO Autism 10:00 Wtiring Your Life 10:15 BINGO 12:30 Third Thursday Entertainment: The Last Waltz	20 9:00 ePantry Pick-Up 9:00 Footcare Clinic 9:00 StrongBodies 9:30 BB4B V 10:00 BB4B – MPL 10:00 Friday Open Stage 10:30 PLATO: Poetry
23 9:00 Bridge Belles 9:30 Ballet Basics for Balance V 9:30 Parkinson's 11:00 Rosen Method Movement	24 9:00 Podcast Discussion 12:30 Movie: <i>Planes, Trains, and Automobiles</i> 1:00 Eating Smart, Being Active	25 10:00 Watercolor Painting 1:30 Spanish Conv V	26 MSC CLOSED FOR THANKSGIVING	27 MSC CLOSED IN HONOR OF HO-CHUNK DAY
30 9:00 Bridge Belles 9:30 Movement for Every Body 11:00 Rosen Method Movement				 HASFit Gentle Exercise, Every day, 9:00

MOVIES

Movie Matinees

TUESDAYS, 12:30

NOVEMBER 3

Ghostbusters: Frozen Empire (2024)

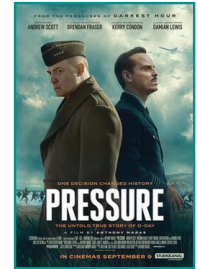
When the discovery of an ancient artifact unleashes an evil force, Ghostbusters new and old must join forces to protect their home and the world from a second ice age. *Stars: Paul Rudd, Carrie Coon, and Finn Wolfhard. Action, Supernatural Fantasy, Comedy. 1 hour 55 minutes. Rated PG-13.*



NOVEMBER 10

Pressure (2026)

In the tense 72 hours before D-Day, General Dwight D. Eisenhower and Captain James Stagg face an impossible choice—launch the most dangerous seaborne invasion in history or risk losing the war altogether. *Stars: Andrew Scott, Brendan Fraser, and Kerry Condon. Drama, History, War. 1 hour 40 minutes. Rated PG-13.*



NOVEMBER 17

The Invite (2026)

Joe and Angela's marriage is on the rocks. When they invite their enigmatic upstairs neighbors over for dinner, the evening takes an unexpected turn. *Stars: Seth Rogan, Olivia Wilde, and Penélope Cruz. Dark Comedy, Drama. 1 hour 47 minutes. Rated R.*



NOVEMBER 24

Planes, Trains and Automobiles (1987)

A Chicago advertising man struggles to travel home to from New York to Chicago for Thanksgiving. A freak snowstorm causes his flight to be rerouted and he is forced to bunk up with a lovable oaf of a salesman. *Stars: John Candy, Steve Martin, and Laila Robins. Holiday, Comedy, Adventure. 1 hour 33 minutes. Rated R.*



Docs to Digest

FIRST THURSDAYS, 12:30 PM, NOVEMBER 5

March of the Penguins (2005)

Directed by Luc Jacquet, the film follows emperor penguins as they march across the frozen Antarctic landscape to their traditional breeding grounds, endure brutal sub-zero temperatures, take turns protecting their single egg, and complete dangerous treks to and from the ocean for food. *Nature, Drama. 1 hour 25 minutes. Rated G.*



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

Coffee Meet-Ups

2ND & 4TH WEDNESDAYS, 1 – 2 PM AT 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.

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 Arts Group (GAG!)

2ND SATURDAYS, 11 AM – 2 PM

OUTREACH, 2701 INTERNATIONAL LN

Join us and a local guest artist every month for a day of queer art-making! We are a chill daytime art space where you can meet other queer people who are into art. Features a different type of art every month.

Gay, Gray & Beyond

2ND & 4TH THURSDAYS, 2 - 4 PM

CLOSED NOVEMBER 26

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.

LGBTQ+ Memory Cafe & Info Session

WEDNESDAY, NOVEMBER 18, 10 – 11:30 AM

OUTREACH, 2701 INTERNATIONAL LN

Join us as we learn together and plan a welcoming space for LGBTQ+ folks with dementia or MCI, caregivers, and families. The Memory Cafe will begin FEBRUARY 9, 2027.

OutReach is Moving!

Their new address in 2027 will be 1342 Dewey Court. They will be closed for the first two weeks of January, be open for limited services the rest of January, and re-open in February.



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
Sekati: 217-8801-5828, [sekati@
africancentermadison.org](mailto:sekati@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

Are you an older adult who would like to learn more about using computers? Grab your laptop and join us! 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.

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

THURSDAYS, 10 AM – 3 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Anesis works to provide weekly walk-in services. Our drop-in clinics are open to anyone in Dane County. Clients should enter through the sanctuary.

Emergency Food & Housing Assistance

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

Fit & Fun

THURSDAYS, 11 AM – 12 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

A free, feel-good, low-impact fitness class with Johnny Winston! 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

Gentle exercise with Johnny Winston. Zoom option available, Registration: call 608-265-4790

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:
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

Marie's Soul Food 4th Annual Thanksgiveaway!

THURSDAY, NOVEMBER 26, 12 – 4 PM

MARIE'S SOUL FOOD, 1637 MONROE ST

See back cover for details.

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

Las fechas, horarios y ubicaciones para Bingo Bilingüe y Cafetería de la Memoria no se promocionarán públicamente hasta nuevo aviso debido a las prácticas de deportación actuales. Por favor, llame a Maria 608-512-0000 x415 para obtener los detalles. Habrá transportación limitada. Favor registrarse.

Bingo Bilingüe

¡BINGO EN INGLÉS Y ESPAÑOL!



Cafeteria De La Memoria

VIRTUAL

Entrene su memoria, percepción, atención, concentración y más a través de retos y actividades divertidas. Las hojas de práctica se enviarán todos los viernes.

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

Medicare Part D

El Período de Inscripción Abierta es del 15 de octubre al 7 de diciembre. Si tiene un plan de medicamentos (Parte D) sus costos o cobertura pueden cambiar en 2027. Revise su plan y compárelo con otros. Puede contactar a NewBridge al 608-512-0000 para recibir asistencia gratuita e imparcial.

Yoga Suave **VIRTUAL**

Los participantes se unen virtualmente para realizar ejercicios de yoga aptos para principiantes desde la comodidad de su hogar. Regístrese a través de MSCR para obtener el enlace: mscr.org/registration-information/



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.

November Volunteer Spotlight: Mary Beth

Mary Beth is a volunteer at the Nutrition Site at the Madison Senior Center, which is overseen by NewBridge. She loves volunteering here – and has done so for the last 3 years – because she loves to learn new skills and also loves learning from the Senior Center members she is helping. She is a cheerful presence at lunch time, and when we are short-handed, she is usually there to help. When not helping serve lunch, Mary Beth can be found joining in or leading a round of pool, crafting, or learning to crochet. Thank you, Mary Beth, for being the unstoppable force that you are!



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

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

Advertise in Our Newsletter!

Contact Rob Witte

rwitte@4LPi.com

(800) 950-9952 x2501



Community Care

Set your independence in motion. It starts with a community that cares.

Contact your local Aging and Disability Resource Center (ADRC) at 844-WIS-ADRC (844-947-2372) to learn more about long-term care options in your area.



Call 866-992-6600 for additional information



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

Madison Senior Center, Madison, WI

01-1141



NewBridge Footcare Clinic Update

Beginning November 1, the Madison Senior Center will oversee the reservation process for Footcare Clinics located in Madison that were previously coordinated by NewBridge. The Madison Senior Center will continue to offer its own Footcare Clinic on the 3rd Friday of each month. Those looking to book a Footcare Clinic session at either MSC, Goodman Community Center, Lake Edge Lutheran Church, or Warner Park Community Recreation Center should call the Madison Senior Center front desk: 608-266-6581



Medicare Part D Open Enrollment Goes Through December 7th

If you have a Medicare Prescription Drug (Part D) plan, your costs or coverage may change in 2027, even if your medications haven't. Now's the time to review your plan and compare it with others. You can contact NewBridge at 608-512-0000 for free, unbiased assistance.



NOVEMBER

WORD SEARCH

WORD PUZZLE FROM TWOKIDSANDACOUPON.COM

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

- November
- Autumn
- Fall
- Leaves
- Acorn
- Harvest
- Rake
- Sweater
- Chilly
- Windy
- Huddle
- Cider
- Cozy
- Football
- Thanksgiving



MSC FOUNDATION

Foundation Board of Directors

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

Donations

- Marilyn Haynes
- Kathleen Whitt
- Petal It Forward

Senior Center Wishlist

We are currently seeking donations for our annual Silver Santa celebration! The following items are needed by November 25. Contact Laura for more information: 608-267-8650

- Candy Canes
- Hot Cocoa Packets
- Mini-Marshmallows
- Wrapping Paper
- Gift Card Holders
- \$10 Gift Cards for Game Prizes



**THANK
YOU!**

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

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

ADDRESS SERVICE REQUESTED

Thanksgiving Meals for Older Adults

Bridge Lakepoint Waunona Neighborhood Center Thanksgiving Meal Supplies

PICK UP TIME FROM MSC TO BE DETERMINED

A limited number of boxes will be available to low-income MSC members residing in Dane County. The box includes a frozen turkey and supplies you can use to prepare your Thanksgiving side dishes. Sign up with Ericka: 608-266-6290 

NewBridge Hot Meal Delivery

THURSDAY, NOVEMBER 26, DELIVERY TIME TO BE DETERMINED

Through a partnership between Door Creek Church, NewBridge, MSC, and Cross Point Church we will be providing a free Thanksgiving Day hot meal to interested seniors. Meals will be delivered on Thanksgiving Day. Must be a member of NewBridge. Sign up with Ericka: 608-266-6290 

Marie's Soul Food 4th Annual Thanksgiveaway!

THURSDAY, NOVEMBER 26, 12 – 4 PM

Sign up for a FREE Thanksgiving meal. A day of food, fellowship, and giving back. PICKUP ONLY. Scan the QR Code to sign up:



Find us on Facebook: MadisonWISeniorCenter



Follow us on X: @MadisonSrCenter