

THE Messenger

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



MADISON SENIOR CENTER PRESENTS

HEALTH RESOURCE FAIR 2026

40+ Vendors | Wednesday 9/16 | 9:30 AM



SCHEDULE

9:30 - 11:30.....Info booths
 9:30 - 11:30.....Chair Massage
 10:00- 10:15.....Tai Chi Demo
 11:00 - 11:15.....Line Dancing
 11:30 - 12:00.....Lunch
 12:00 - 1:00...Keynote speaker

HEALTH SCREENS & SERVICES

- Blood Pressure, Memory, and Mental Health Screenings
- Omron Body Fat Analyzer
- A1C Test (\$45)
- Flu & Covid Vaccines (please bring insurance card)

Dementia – Dealing With Now, Looking Forward

Keynote
 Presentation by

Dr. Alexis Eastman

UW-Madison
 Associate
 Professor

Division of
 Geriatrics &
 Gerontology



**FREE LUNCH IF YOU
 REGISTER BY SEPT. 4TH
 Call (608) 266-6581**

Transportation available from certain income restricted senior housing locations.
 Call 608-266-6581 for more information.



UnityPoint Health
 Meriter



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 Booe (she, her)

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

Facility Operations Assistant, Gary Flesher

(608) 267-8651, gflesher@cityofmadison.com

Custodian, Ricky Butler (he, him)

(608) 266-6581, rbutler@cityofmadison.com

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

(608) 266-6581, bgonzalez@cityofmadison.com

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 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

3RD MONDAYS, 9:30 – 11:00 AM

Enjoy a cup of joe and conversation while working on a different craft project each month. The September 21st program will be a Fall Paint & Sip - paint Fall or Halloween scenes on pre-drawn canvases. 

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. 

Line Dance Class

WEDNESDAYS, SEPTEMBER 9 - OCTOBER 28, 10:30 - 11:30 AM, NO CLASS SEPTEMBER 16

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 www.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, SEPTEMBER 25 – NOVEMBER 20, 10:30 AM – 12 PM

♥ **The Play's the Thing**
THURSDAYS, SEPTEMBER 24 – NOVEMBER 12, 1:30 – 3:30 PM

Podcast Discussion Group

2ND & 4TH TUESDAYS, 9 - 9:50 AM

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

Premier World Discovery Group Travel Opportunities

» Smoky Mountains & Pigeon Forge Holiday; Departs 12/6/2026
\$3,149 pp/double

Rent Smart

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

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

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. 

LIFELONG LEARNING

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

Watercolor Painting

WEDNESDAYS, 10 – 11 AM

Paint to relax and express yourself while you chat and enjoy a coffee (or tea!) with other older adults. When available, one of our volunteers will join in. All supplies provided, and no advanced sign-up is needed.



Writing Your Life

THURSDAYS, SEPTEMBER 17 – OCTOBER 22, 10 – 11:30 AM

VIRTUAL OPTION (EMAIL FOR LINK)

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

ENTERTAINMENT & GAMES

B-I-N-G-O

THURSDAYS, 10:15 – 11:15 AM

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

Bridge Belles

MONDAYS, 9 – 11 AM, CLOSED SEPTEMBER 7

A group of women improving their duplicate bridge skills in a relaxed atmosphere; working knowledge of Bridge needed - new players are welcome!

Friday Open Stage

EVERY FRIDAY, 10 – 11 AM

The First Friday theme for September is Favorite Colors. 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

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

Third Thursday Entertainment: Top Shelf

3RD THURSDAYS, 12:30 – 1:30 PM

Top Shelf is a dynamic two-person band often hailed as Madison’s most versatile duo. Award-winning musicians Tracy Jane Comer (keys, guitar, vocals) and Alan Maslowski (drums, vocals) enjoy sharing tunes that represent the soundtrack of our lives...from the Great American Songbook to rock/pop/country from the '50s, '60s, and '70s and beyond. You'll know every song!

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: 608-266-6581, or email seniorcenter@cityofmadison.com

- » Tuesday 10 – 11:30 AM, 1 – 3:30 PM (afternoon hours starting Sept. 8th)
- » Thursday 9:30 – 11:30 AM, 12 – 2 PM
- » Friday 11 AM – 1 PM

Hands-on Laptop Safety Workshop

WEDESDAY, SEPTEMBER 23, 10 – 11 AM

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



Hispanic Heritage Month

SEPTEMBER 15 - OCTOBER 15

Kick off Hispanic Heritage Month (HHM) at the Health & Resource Fair with a tasty lunch from El Pastor. Register by September 4th. Three of our movies this month were chosen to celebrate Hispanic Heritage. Watch for more ways to celebrate and honor HHM in October.



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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

Keep tabs on your blood pressure! Our volunteer is a medical professional and would love to have you stop by. You can use our new BP monitor to complete your own reading during regular business hours, or visit during the above hours when our volunteer can lend you a hand and talk through the reading with you.

Case Management through NewBridge

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

Services Offered Through Case Management:

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



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

ORDERING ASSISTANCE MONDAY, SEPTEMBER 14,
8:30 AM – 1 PM

PICKUP FRIDAY, SEPTEMBER 18, 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, SEPTEMBER 18, 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.

HEALTH & WELLNESS

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

Ballroom Basics for Balance™

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

Registration is required; a wait list is kept for future vacancies. 



BALLROOM BASICS FOR BALANCE

FRIDAYS, SEPTEMBER 11 – DECEMBER 4,
10 - 11:30 AM, NO CLASS NOVEMBER 27

MADISON PUBLIC LIBRARY, 201 W MIFFLIN ST

REGISTER BY FRIDAY, SEPTEMBER 4

\$90 for 12 weeks (financial assistance available)

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



BALLROOM BASICS FOR BALANCE: FALL **VIRTUAL** & INCLUSIVE

FRIDAYS, SEPTEMBER 18 – 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



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

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

\$60 for 8 weeks (financial assistance available)

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



Gentle Yoga

TUESDAYS, 10 - 11 AM,
NO CLASS SEPTEMBER 8

Yoga improves balance, range of motion and flexibility, which are all important, especially as we age. Yoga Accessible for All (Yafa) teachers dedicate themselves to making yoga safe and inviting for anyone who is interested in gaining the benefits (yafayoga.org). We do a combination of seated and standing positions. Please register in advance. No fee, but donations are welcome. 



HASFIT Gentle Exercise

MONDAY - FRIDAY, 9 - 9:30 AM, CLOSED SEPTEMBER 7

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.

HEALTH & WELLNESS

Hospice 101

WEDNESDAY, SEPTEMBER 9, 12:30 – 1:30 PM

Hospice provides a breadth of services to both patients and families. Learn about these services and about when it's time to contact hospice. It's better to ask the questions before you need the service than when you are in crisis mode. Presented by St. Croix Hospice. 

More Energy. Better Brain. Stronger Body.

FRIDAY, SEPTEMBER 11, 10 – 11 AM

What if many of the things we've come to accept as "just getting older"—such as low energy, brain fog, poor sleep, aching joints, and having a harder time getting around—are actually connected? In this engaging and practical presentation, you'll discover how daily habits influence healthy aging. You'll learn simple strategies that can support memory, energy, physical function, and overall vitality; helping you stay active, independent, and fully engaged in life. Presenter Michelle Pitot, LCSW, EdD, is a therapist and health coach with more than 35 years of experience helping people improve their emotional and physical well-being. She combines current research with practical, easy-to-understand strategies that empower people to better understand their bodies and make meaningful changes that support healthy aging. 

Rosen Method Movement

MONDAYS, 11 AM – 12 PM, CLOSED SEPTEMBER 7

Rosen Method Movement was created by Marion Rosen, a Physical Therapist. It is a class that helps us age gracefully. We move all the joints and stretch to music, and it is low-impact, lighthearted, attentive, and restorative. Instructor Rebecca Wigg-Ninham is a Rosen Practitioner and a Social Worker for over 30 years. She is passionate about building a community of wellness. 

StrongBodies

WEDNESDAYS & FRIDAYS, SEPTEMBER 23 – NOVEMBER 20, 9 – 10:15 AM

Community-based physical activity program designed to help individuals of all ages build strength, flexibility, and balance. Designed for adults as they age, StrongBodies offers twice-weekly sessions led by trained 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. 



Welcome to Medicare - Free and Virtual!

SATURDAY, SEPTEMBER 12, 9 – 11:30 AM

What you need to know about enrolling in Medicare! If you are turning age 64 this year, the Dane County Area Agency on Agency wants to help you make informed choices about your Medicare options! Do you understand what Medicare is and isn't, how to avoid penalties for late enrollment in Medicare, and how to get the most out of your health and prescription benefit plans? Some decisions and actions about Medicare can take place 3-6 months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit. Want easy-to-understand answers to all of these complex questions? Sign up to attend Free Welcome to Medicare Seminar. By attending a seminar, you'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs. Email AAA@danecounty.gov to register by September 4. 



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Madison Senior Center, Madison, WI

01-1141

PROGRAM & ACTIVITY LIST

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

PROGRAM/ACTIVITY	DAY & DATE	TIME	COST	LOCATION
Ballroom Basics for Balance	Fridays, Sep 11th – Dec 4th	10:00 – 11:30 am	\$90	MPL
Ballroom Basics for Balance: Virtual & Inclusive	Fridays, Sep 18th – Dec 11th	9:30 – 10:45 am	\$90	Virtual
Case Manager Drop-in	1st & 3rd Tuesdays	10:30 am – 12:30 pm	Free	MSC
Craft & Coffee: Fall Paint 'n Sip	3rd Mondays	9:30 – 11:00 am	Free	MSC
Docs to Digest: Buena Vista Social Club	1st Thursdays	12:30 – 1:30 pm	Free	MSC
ePantry	Order Sep 14th pickup Sep 18th	9:00 – 11:30 am	Free	MSC
Exploring Poetry	2nd Wednesdays	11:00 am – 12:30 pm	Free	MSC
Foot Care Clinic	3rd Fridays	9:00 am – 12:00 pm	\$25	MSC
Friday Open Stage	Fridays	10:00 – 11:00 am	Free	MSC
Gay, Gray, & Beyond	2nd & 4th Thursdays	2:00 – 4:00 pm	Free	MSC
Gentle Yoga	Tuesdays, NO CLASS September 8	10:00 – 11:00 am	Free	MSC
Hands-on Laptop Safety Workshop	Wednesday, Sep 23rd	10:00 – 11:00 am	Free	MSC
Health Resource Fair	Wednesday, Sep 16th	9:30 am – 1:00 pm	Free	MSC
Hospice 101	Wednesday, Sep 9th	12:30 – 1:30 pm	Free	MSC
Karaoke!	2nd & 4th Thursdays	12:30 – 1:30 pm	Free	MSC
Line Dance Class	Wednesdays, Sep 9th – Oct 28th, NO CLASS September 16	10:30 – 11:30 am	Free	MSC
More Energy. Better Brain. Stronger Body.	Friday, Sep 11th	10:00 – 11:00 am	Free	MSC
PLATO: How to Read, Interpret (and Write) Poetry	Fridays, Sep 25th – Nov 20th	10:30 am – 12:00 pm	PLATO membership	MSC
PLATO: The Play's the Thing	Thursdays, Sep 24th – Nov 12th	1:30 – 3:30 pm	PLATO membership	MSC
Podcast Discussion Group	2nd & 4th Tuesdays	9:00 – 9:50 am	Free	MSC
Rent Smart	Tuesdays, Sep 8th – Oct 13th	10:00 – 11:00 am	Free	MSC
Rosen Method Movement	Mondays, CLOSED Sep 7th	11:00 am – 12:00 pm	Free	MSC
Spanish Conversation	Wednesdays	1:30 – 2:30 pm	Free	Virtual
StrongBodies	Wednesdays & Fridays, Sep 23rd – Nov 20th	9:00 – 10:15 am	Free	MSC
Third Thursday Entertainment: Top Shelf	3rd Thursdays	12:30 – 1:30 pm	Free	MSC
Welcome to Medicare	Saturday, Sep 12th	9:00 – 11:30 am	Free	Virtual
Writing Your Life	Thursdays, Sep 17th – Oct 22nd	10:00 – 11:30 am	Free	MSC/Virtual

SEPTEMBER 2026

SENIOR CENTER MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Bridge Belles 11:00 Rosen Method Movement	1 10:00 Gentle Yoga 10:30 Case Mgmt. Drop-In 11:15 BP Screening 12:30 Movie: <i>The Death of Robin Hood</i>	2 10:00 Watercolor Painting 1:30 Spanish Conv V	3 10:15 BINGO 12:30 Docs to Digest: Buena Vista Social Club	4 10:00 First Friday Open Mic: Favorite Colors
7 MSC CLOSED HAPPY LABOR DAY! 	8 9:00 Podcast Discussion 10:00 Rent Smart 12:30 Movie: <i>Wuthering Heights</i>	9 10:00 Watercolor Painting 10:30 Line Dance 11:00 Exploring Poetry 12:30 Hospice 101 1:30 Spanish Conv V	10 10:15 BINGO 12:30 Karaoke! 2:00 Gay, Gray & Beyond	11 10:00 BB4B - MPL 10:00 Friday Open Stage 10:00 More Energy. Better Brain. Stronger Body
14 9:00 Bridge Belles 11:00 Rosen Method Movement *ePantry Ordering Day	15 10:00 Gentle Yoga 10:00 Rent Smart 10:30 Case Mgmt. Drop-In 11:15 BP Screening 12:30 Movie: <i>A Million Miles Away</i>	16 9:30 Health Resource Fair 1:30 Spanish Conv V	17 10:00 Writing Your Life 10:15 BINGO 12:30 3rd Thursday Entertainment: Top Shelf	18 9:00 ePantry Pick-Up 9:00 Footcare Clinic 9:30 BB4B V 10:00 BB4B – MPL 10:00 Friday Open Stage
21 9:00 Bridge Belles 9:30 Craft & Coffee 11:00 Rosen Method Movement	22 9:00 Podcast Discussion 10:00 Gentle Yoga 10:00 Rent Smart 12:30 Movie: <i>El Mariachi</i>	23 9:00 StrongBodies 10:00 Laptop Safety 10:00 Watercolor Painting 10:30 Line Dance 1:30 Spanish Conv V	24 10:00 Writing Your Life 10:15 BINGO 12:30 Karaoke! 1:30 PLATO: The Play's the Thing 2:00 Gay, Gray & Beyond	25 9:00 StrongBodies 9:30 BB4B V 10:00 BB4B - MPL 10:00 Friday Open Stage 10:30 PLATO: Poetry
28 9:00 Bridge Belles 11:00 Rosen Method Movement	29 10:00 Gentle Yoga 10:00 Rent Smart 12:30 Movie: <i>Bob Trevino Likes It</i>	30 9:00 StrongBodies 10:00 Watercolor Painting 10:30 Line Dance 1:30 Spanish Conv V	Hispanic Heritage Month Sep 15-Oct 15 	 HASFIT Gentle Exercise, Every day, 9:00

MOVIES

Movie Matinees

TUESDAYS, 12:30

SEPTEMBER 1

The Death of Robin Hood (2026)

Grappling with his past after a life of crime and murder, Robin Hood finds himself gravely injured after a battle he thought would be his last. In the hands of a mysterious woman, he is offered a chance at salvation. *Stars: Hugh Jackman, Jodie Comer, and Bill Skarsgård. Psychological Drama, Action, Adventure. 2 hours 2 minutes. Rated R.*



SEPTEMBER 8

Wuthering Heights (2026)

A passionate and tumultuous love story set against the backdrop of the Yorkshire moors. *Stars: Margot Robbie, Jacob Elordi, and Hong Chau. Drama, Romance and Tragedy. 2 hours 16 minutes. Rated R.*



SEPTEMBER 15

A Million Miles Away (2023)

A biopic about José Hernández and his path from a farm worker to becoming an engineer and an astronaut. *Stars: Diego Luna, Tonatiuh, and Jennifer Lopez. Biography, Drama. 2 hours 1 minute. Rated PG.*



SEPTEMBER 22

El Mariachi (1992)

A traveling mariachi is mistaken for a murderous criminal and must hide from a gang bent on killing him. *Stars: Carlos Gallardo, Consuelo Gómez, and Jaime de Hoyos. 1 hour 21 minutes. Rated R.*



SEPTEMBER 29

Bob Trevino Likes It (2024)

When lonely 20-something Lily Trevino accidentally befriends a stranger online who shares the same name as her own self-centered father, encouragement and support from this Bob Trevino could change her life. *Stars: Barbie Ferreira, John Leguizamo, and French Stewart. Coming-of-Age, Comedy, Drama. 1 hour 41 minutes. Rated PG-13*



Docs to Digest

FIRST THURSDAYS, 12:30, SEPTEMBER 3

Buena Vista Social Club (1999)

Join us in the Senior Center lounge once a month for a special post-lunch documentary screening. This documentary by lauded German filmmaker Wim Wenders follows renowned guitarist Ry Cooder and his son, Joachim, as they travel to Cuba and assemble a group of the country's finest musicians to record an album. Among the artists included in the project are singer Ibrahim Ferrer and pianist Rubén González, who are both interviewed and featured in studio footage. Eventually the ensemble travels to the United States to perform in front of rapt audiences. Music, Culture. 1 hour 45 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

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

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

Join Madison's LGBTQ 50+ Alliance at our Coffee Meet-Ups. We will sit outside as the weather allows. Buy your own drinks, treats, and meal. No need to RSVP.

Cafecito y Caminata

1ST & 3RD FRIDAYS, 1 - 2 PM

WARNER PARK COMMUNITY CTR, 1625 NORTHPORT DR

Join us for coffee and tea at 1, followed by a walk along the paths starting at 1:30. Enjoy nature and friendly conversation. Cafecito y Caminata invites us to celebrate LGBTQ+ diversity and build community connections. All ages are welcome and encouraged to attend! Check Facebook to confirm schedule and location.

CQ (Curious Queers)

1ST & 3RD THURSDAYS, 1 - 3 PM

OUTREACH, 2701 INTERNATIONAL LN

"Exploring Spirituality" is now "CQ" (curious queers) – same people, time, and place, but expanded topics. Members decide topics and provide presentations. Visits to other LGBTQ Groups, free community concerts, museums, nature walks, and more are encouraged. **Intergenerational Appeal: Older generations can share the accomplishments they have made, and younger generations can help them learn what still needs to be done.**

Game Night

**SATURDAY, SEPTEMBER 12,
3 – 8 PM**



DELTA BEER LAB, 167 E BADGER RD

Join the Madison LGBTQ 50+ Alliance for a Game Night and Potluck Social at Delta Beer Lab! Spend a relaxed late afternoon and evening with us and stop by whenever it works for you—stay for a few minutes or the whole evening! Register with the QR code (optional).



Gay, Gray & Beyond

2ND & 4TH THURSDAYS, 2 - 4 PM

MADISON SENIOR CENTER, 330 W

MIFFLIN ST

GG&B is a discussion group for those fortunate enough to have arrived; that is, for those who know the obstacles, but also recognize that there have been joys. Those who look beyond the closet. Let's get together consider our individual selves, our unique strengths, and the nature of our ever-changing world.



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

AGING WITH PURPOSE: EMPOWERING BLACK OLDER ADULTS

African Center for Community Development INC. Programs

2ND & LAST FRIDAYS, 3 – 5 PM

UW SOUTH MADISON PARTNERSHIP, 2238 S PARK ST

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

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

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

Scan QR Code to register



Calming Computer Jitters Age-Friendly Computer Training

EVERY WEDNESDAY, 12 – 2 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

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

This group will provide education, support, understanding, and encouragement in a safe space, allowing you to talk and listen to other patients who are having similar life experiences. Reservations: email Lucretia Sullivan Wade at Lucretia.sullivan@fammed.wisc.edu or Cibeles Barbosa Carroll at barbosacarro@wisc.edu.

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

THURSDAYS, 10 AM – 3 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Emergency Food & Housing Assistance

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

Fit & Fun

THURSDAYS, 11 AM – 12 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

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

Black Women Wellness Day

SATURDAY, OCTOBER 3

MONONA TERRACE, 1 JOHN NOLEN DR

Register at BWWD.org, or by calling
Ericka, 608-266-6290

Mad-Town Walkers

MONDAYS, 12 – 1:30 PM

**ALTERNATES BETWEEN EAST AND WEST TOWNE
MALLS**

Registration: call 608-512-0000 Ext 2007

Paint and Hydrate

TUESDAYS, 5:30 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

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

Rebalanced-Life Wellness Association

**MEN'S HEALTH & EDUCATION CENTER, 584 GRAND
CANYON DR**

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

Tech Masters: Getting Comfortable with Computers

FIRST WEDNESDAYS, 2 – 4 PM

MADISON LABOR TEMPLE, 1602 S PARK ST

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

Yoga for Older Adults

WEDNESDAYS, 11 AM – 12 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Registration: 608-264-3468

PROGRAMAS EN ESPAÑOL PARA ADULTOS MAYORES

Bingo Bilingüe

Las fechas, horarios y ubicaciones no se promocionarán públicamente hasta nuevo aviso debido a las practicas de deportación actuales. Por favor, llame a Maria 608-512-0000 x 405 para obtener los detalles. Habrá Transportación limitada. Favor registrarse.



La Cafeteria De La Memoria

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: 608- 512-0000 ext. 405

Charlas Semanales

**TODOS LOS MIÉRCOLES, FACEBOOK LIVE
ROOTS4CHANGE, 10 – 11:30 AM
RAÍCES PARA EL CAMBIO**

Únase a nosotros y a nuestros invitados especiales para nuestras charlas semanales. Para encontrar los temas más actualizados, consulte nuestra página de Facebook Live Roots4Change o póngase en contacto con nosotros 904-385-8151 o soporte@rootsforchange.coop

Corte y Confección

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: 608-512-0000 ext. 405

Mercadito

**TODOS LOS JUEVES, 4 - 8 PM
2403 CYPRESS WAY**

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

Servicios Asistenciales

CENTRO GUADALUPANO (CMC)

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

CENTRO HISPANO

Certificado de asistente de enfermería y capacitación de cajero bancario. Teléfono: 608-255-3018

EL CENTRO INMIGRATORIO DE LA COMUNIDAD

El Centro Inmigratorio de La Comunidad se esfuerza por garantizar la dignidad y el acceso a la justicia para las personas, especialmente aquellas que enfrentan la deportación, al brindar representación legal y consultas, así como apoyo y educación sobre temas de inmigración para la comunidad en general. Teléfono: 608-640-4444

ACADEMIA LATINA

Clases de Inglés y computación, capacitación de trabajo, certificado de preparatoria (GED), Teléfono: 608-310-4573

MADISON COLLEGE (MATC)

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

URBAN LEAGUE

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

VOLUNTEER OPPORTUNITIES

Volunteers Needed!

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

www.cityofmadison.com/senior-center/volunteer/apply-to-volunteer



1. **Craft With Kids Participant:** Join our intergenerational craft meetup on the 4th Wednesday of each month. Kids from St. Joseph's Preschool will come to the Senior Center to work on a craft with older adults.
2. **Group or Class Leader:** Tell us what kind of group or class you would like to lead- Tai Chi, a book club, discussion group, arts & crafts, music—you name it!

We are currently seeking facilitators for the following programs: Artful Affair, Drawing, Healthy Cooking or International Cooking, Living With Diabetes, and discussion groups such as Coping With Uncertainty, Current Events, Staying Sane in an Insane World, and Finding Spirituality.
3. **Technology Assistance:** Assist members with basic technology questions in using their smart phone or laptop, and help in completing tasks in our computer lab.
4. **Service Provider:** Many of our older adults need hygiene and care services. If you have a licensed service you'd like to provide, we'd love to hear from you.
5. **Front Desk/Reception:** Greet people at the front entrance, answer and route telephone calls, provide general information (and conversation!)
6. **Volunteer Group Opportunities –**
 - » **Client Focused:** This is a great opportunity for your group to interact and socialize with our members, or help with decorating, wrapping presents, etc.
 - » **Facility focused:** Please reach out to us directly to hear what we have on deck.

September Volunteer Spotlight: Fiona

Fiona started volunteering at the Senior Center at the beginning of June 2026. Sadly, she will be leaving us in September to continue her studies in Dublin (as in, Ireland), but we hope to see her here again next Summer, because boy, was she a big help! Fiona volunteered in both our Computer Lab and at our Front Desk. With both of these volunteer positions, she was patient and displayed amazing customer service skills. The Front Desk in the afternoon can be a bit quiet, but Fiona made the most of it, decorating for holidays, restocking our soda machine while our regular soda slinger Shawn was out for the summer, and with...well, whatever we threw her way. Thank you for all your help, Fiona, and enjoy the yearlong lush greenery of Ireland – we'll think of you as we shovel the snow off the front entry!



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



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risemadison@accmanagementgroup.com



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



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Senior Center Month & Falls Prevention Awareness Week

Each year, the National Council on Aging (NCOA) spearheads Senior Center Month and Falls Prevention Awareness Week. The 2026 Senior Center Month theme, **Happier Birthdays Happen Here**, celebrates the dynamic role that centers play in fostering creativity, connection, purpose, and resilience in later life. Every day at senior centers across the nation, people walk through the doors and find the relationships, resources, and opportunities that make each year richer than the last. At the Madison Senior Center, we celebrate by holding our Health Resource Fair which is a perfect representation of the partnerships and community we foster in order to make those later-in-life birthdays something to celebrate!

The week-long Falls Prevention Awareness is dedicated to raising awareness about common risk factors for falls and taking action to create a world where aging without fear of falling is possible for everyone. Scan the QR code to start your Falls Prevention journey by using the NCOA Falls Free CheckUp – answer 13 simple questions to get your falls risk score and resources to prevent falls.



Call for Hobby Collections!

Do you have a fun collection of trinkets, toys, or art that you have built up over the years? If so, and if you are willing to loan your collection to the Madison Senior Center to display for one month in our locked display case, contact Laura to coordinate: 608-267-8650 – share your wares with others so they can appreciate the thing that has brought you joy!



PUZZLE

SCHOOL DAYS WORD SEARCH

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

BOOK BAG

MATH

ART

RECESS

LUNCH

TEACHER

PRINCIPAL

STUDENT

RULER

ENGLISH

LIBRARY

BUS

CROSSWALK



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Sally Miley – Vice President
Jan Cliff – Treasurer
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Eve Galanter – Member-at-Large

Donations

- ♥ Tom DeChant
- ♥ Daniel & Shirley Dettman
- ♥ Susan Frikken
- ♥ Glass Nickel Pizza
- ♥ Leanne Li
- ♥ PLATO

Senior Center Wishlist

- Coffee grounds, sugar/sweetener, and creamer
- \$10 gift cards to use as prizes
- Cleaning supplies/household goods for members in need



PLEASE DONATE TODAY! MADISON SENIOR CENTER FOUNDATION, INC.

Send to: **330 W. Mifflin Street, Madison, Wisconsin 53703**

Your personal donation provides programs, activities and services for adults over 55. Please make checks payable to: *Madison Senior Center Foundation, Inc.*

Donor Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Email _____ Amount Enclosed \$ _____

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☐ In Appreciation of: _____ ☐ Other: _____

Send Acknowledgement to (Name and Address): _____

Your donation is tax deductible as allowed by law. Donations are publicly acknowledged. Please indicate if you wish to remain anonymous.

Madison Senior Center
Foundation, Inc.

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MADISON, WI

Third Thursday Entertainment: Top Shelf

THURSDAY, SEPTEMBER 17, 12:30 – 1:30 PM

See pg. 5 for more information.



Find us on Facebook: [MadisonWISeniorCenter](#)



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