

THE Messenger

VOLUME 41, NUMBER 11

PROGRAMAS EN ESPAÑOL EN LA PAGINÁ 17.

NOVEMBER, 2024

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Enlightened**

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



Native American Heritage Month

November is Native American Heritage Month, which provides an opportunity to recognize and honor the lives and the important contribution to our society by people of indigenous descent. The indigenous peoples of the Americas were the inhabitants of the Americas before European colonization in the 15th century.



Madison sits on land inhabited by the Ho-Chunk some 12,000 years before white settlers forced them out. You may not remember learning about the Ho-Chunk in school. That is because they were formerly called the Winnebago, but the term Winnebago is a misnomer derived from the Algonquian language family and refers to the marsh lands of the region. The Ho-Chunk are a Siouan-speaking Native American people more closely related to the Lakota.

American Indians represent diverse nations of people who flourished in North America for thousands of years before the arrival of Europeans. The Menominee, Ojibwe (Chippewa), Potawatomi, and Ho-Chunk (Winnebago) peoples are among the original inhabitants of Wisconsin. These groups have tribal councils, or governments, which provide leadership to the tribe.

For more than a century, Wisconsin tribes have fought to maintain their sovereignty and self-determination in the face of federal policies of assimilation, allotment, and termination. In the last generation, the tribes' legal status has been clearly defined, their traditional treaty rights guaranteed, and their economic base boosted by gaming and tourism.

Native American are responsible for the invention of snowshoes, syringes, baby bottles, lacrosse, parkas, kayaks, analgesic pain relievers, and corn. Most people don't realize that corn is a created plant, not one that occurs naturally.

There are twelve First Nations in Wisconsin. All but the Brothertown Indian Nation are federally recognized.

FOR YOUR INFORMATION

Directory

Phone (608) 266-6581

Website madisonseniorcenter.org

SENIOR CENTER STAFF

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

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

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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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FOR YOUR INFORMATION

Scholarship Fund

Scholarships are available to people age 55 and older with annual income less than \$30,120 (one person) or \$40,880 (two people) for programs and events. The application is simple and all information is confidential. Call 267-8650 or email Laura at lhunt@cityofmadison.com.

Endorsements

The Madison Senior Center does not endorse or recommend private agencies or service providers. Presenters are selected for their subject matter expertise. Private companies also may provide donations for programs or allow employees to volunteer as part of their workday. Accepting these donations is not an endorsement of the business. Always do your own research before selecting a service provider.

Photography

All programs, events and daily activities may be photographed, and the pictures may be used in promotional materials or posted to social media. If you object to the use of your image, please inform the photographer.



Health & Safety Precautions

To protect the health and safety of all participants, volunteers, and staff in our building, we ask that all facility visitors agree to the following practices:

- » Follow guidance provided by the CDC and Public Health Madison and Dane County.
- » Stay home if you are sick. If you appear sick, you may be asked to leave the building.
- » Wash hands often with soap and water for at least 20 seconds.
- » Take advantage of hand sanitizer stations.
- » Use a tissue to cover a cough or sneeze.
- » Respect the personal space of others.

Masks are welcomed and free. Ask at the Front Desk.

Key Cards – Checking-In

When you visit the Senior Center, please make sure you check-in at the Front Desk with your key card. If you do not have a key card, stop at the Front Desk, fill out a Member Form, and we will give you a key card. This allows us to keep track of how many people use the Senior Center. Usage is directly connected to our funding. *Note: If you are at the Senior Center for lunch, you will also have to check-in at the NewBridge Nutrition Site.

Building Hours

- » **Tuesday - Wednesday - Thursday** 8:30 am - 4:00 pm
- » **Monday & Friday** 8:30 am - 1:00 pm

You Belong Here!

If you are age 55 or older you belong at the Madison Senior Center. If you don't see a program relevant to your needs or interests, let us know. Call us at (608) 266-6581 or email seniorcenter@cityofmadison.com.

Language Access Program

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

LIFELONG LEARNING

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

Music & the Brain

FRIDAY, NOVEMBER 15, 10 - 11 AM

Reminiscing through music engages the brain and activates cognition and speech, even for individuals in later stages of neurocognitive disease. Music boosts mood and reduces stress and anxiety, in turn reducing blood pressure, heart and respiratory rate. Learn about these benefits and more from Kayla Olson, Dementia Care Specialist with the Aging and Disability Resource Center. She will also have kits available which include an MP3 player, headphones, a gift card for Amazon Music, charging cords, and “how to” operation guides and recommendations on developing the “just” right playlist. Call the Madison Senior Center to register, (608) 266-6581.

Wild Medicine – Empowering Winter Wellness

MONDAY, NOVEMBER 18, 10 - 11 AM

Want to learn more about how to support your health this winter with herbs and other natural remedies found at your local grocery store? Come join us for an herbal winter wellness event including a simple medicine making session that will give you some tools to help you support your body and spirit this winter season! This session is led by Kristin Kingman (Anishinaabe, Lac Vieux Desert) and will cover herbs/natural remedies that support our health and boost immunity during winter and cold/flu season, how to make your own personal herbal tea blend, and where to source the herbs. Kristen recently graduated from the University of Wisconsin-Madison with a MS in Human Ecology, is a member of the Lac Vieux Desert Band (LVD) in what is currently known as Watersmeet, MI, and is an apprenticing Anishinaabe weaver in traditional fiber arts. She is also a gardener, a forager and a medicine maker, and the mother of three amazing children.

First Friday Music Hour

NOVEMBER 1, 10 - 11 AM

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

Exploring Poetry

2ND WEDNESDAYS, 11 AM - 12:30 PM

This program is for anyone who enjoys poetry. There will be 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 or almost say precisely what needs to be said. Led by Mark Kraushaar. 

Travels, Traditions & Tales with Joe Fahey

THE LOST CITY OF MACHU PICCHU

WEDNESDAY, NOVEMBER 20, 1 - 2 PM

For centuries, Machu Picchu was considered merely a myth of the long-gone Incan Empire. Now, it is one of the world's greatest archeological finds. Joe Fahey will take you on a tour to the unimaginable and mysterious mountaintop retreat for the great Incan Emperors. 



LIFELONG LEARNING

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

Knitting & Crocheting Lessons

MONDAYS, NOVEMBER 4, 11, 18, 25
9:30 - 11 AM

Open to beginner and advanced knitters of all ages. Instruction is informal and we will help you with accommodations if your hands don't move the way you would like them to. Our goals are socializing, having fun, and knitting or crocheting. We will do a combination of personal, group, and service projects. Yarn and needles/hooks provided. Co-Sponsored by Madison Senior Center and RSVP of Dane County.

Wills & Living Trusts

FRIDAY, NOVEMBER 8, 10 – 11 AM

We all know that end of life planning is important for a number of reasons, but there is a lot to know and understand.

This presentation is about estate planning, which sounds like it should be for wealthy individuals, but that isn't the case. Everyone should have a will, and in some cases a Living Trust. Learn the difference between the two, and what to consider when deciding which is best for you. Attorney Chris Schmidt from the BoardmanClark Law Office, will lead the presentation and answer questions.



Overture Community Ticket Program

The Overture Community Ticket Program makes the arts more accessible by offering a limited number of tickets costing less than \$5 to members of community organizations. Tickets are available for select shows. Go to www.overture.org/engage/community-ticket-program/ for more information, and call the Madison Senior Center to receive your discount code. Keep an eye out for future group field trips to some of these performances!

Writing Your Life

THURSDAYS, NOVEMBER 7 – DECEMBER 12,
10 - 11:30 AM (5 WEEKS)

NO CLASS NOVEMBER 28

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

Holiday Wreath Making

WEDNESDAY, DECEMBER 4, 1:00 - 2:00 PM

A fun social hour making holiday wreaths that you can take home for yourself or use as gifts. Wreaths and decorating supplies and ribbon will be provided, but feel free to bring anything special that you want to use. Use our hot glue guns or bring your own.

Register by Monday December 2. *R*

CLUBS, GAMES & GROUPS

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

Bridge Belles

MONDAYS, 9 - 11 AM

1-3 tables of women improving their duplicate bridge skills in a relaxed atmosphere; working knowledge of Bridge needed.

VA



U.S. Department
of Veterans Affairs

Downtown Veteran Social

TUESDAYS, 10 - 11:15 AM,

NO MEETING NOVEMBER 5

Madison Veteran's Peer Support Program brings Veterans together to help build comradery and reduce isolation. Come *socialize* with other Veterans, *learn* about what your community has to offer, and *meet* new people. Veterans age 55 and up. Male, female, gender fluid. Socials are open to all Veterans and to their family members and supporters in the community. You can come as often or as little as you like. *To learn more contact Rhea Vacha, Local Recovery Coordinator with Madison VAMC Peer Support Program at (608) 256-1901 xx18622.*

Spanish Conversation

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

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

B-I-N-G-O

THURSDAYS, 10:15 - 11:15 AM,

CLOSED NOVEMBER 28

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. We play to have fun and camaraderie. Join us!



Spirit Days!

FRIDAYS, ALL DAY

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

November 1 Día de Los Muertos

- decorate a sugar skull for our MSC ofrenda

November 8 Dunce Day - make (and wear!) a dunce cap

November 15 PJ Day - wear your favorite set of PJs!

November 22 World Hello Day - say "Hello" to ten people



HELLO!



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For more information on your long-term care options, contact your local ADRC.

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HEALTH & WELLNESS

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

Healthy Living with Mild Cognitive Impairment Education Series

HELPING PEOPLE ACROSS WISCONSIN LIVE AND COPE WITH A MCI DIAGNOSIS

This is a quarterly support and educational series for people and families living with Mild Cognitive Impairment (MCI). The classes offer attendees support, guidance and science-backed strategies for living and coping with a diagnosis of MCI. Dr. Nathaniel Chin, a memory clinic doctor with UW Health and the medical director of the Wisconsin Alzheimer's Disease Research Center, is medical director of the series. Before the presentation there will time for socializing and enjoying refreshments. The presentation will be virtual, and then it will be followed by an in-person facilitated discussion. Please register for this program. *R*

» **Amplify Your Life, Sharpen Your Mind: How Managing Hearing Loss Can Help Your Memory**
Friday, December 13, 9:30 - 11:30 am

Guest: Pamela Souza, PhD, CCC-A, FAAA

Over the past few years, there has been growing attention to the link between untreated hearing loss and cognitive impairment, but there are also many questions. How do your hearing and memory work together for communication? New management options such as over-the-counter hearing aids are available, but how well do they work? Will getting a hearing aid really help maintain your memory? Join this interactive event to learn more about hearing loss, and ways to improve your communication and hearing health.

Foot Care Clinic

THURSDAY, NOVEMBER 14, 9 AM - 12 PM

COST IS \$25

Clinics are a great opportunity to get basic toenail care in addition to regular podiatry care. Savannah Stone is a licensed Manicurist, certified Medical Nail Technician, and Advanced Nail Technologist. **Please bring 2 towels** and arrive 5 minutes early. Cash or check only.

Movement for Every Body

2ND AND 4TH FRIDAYS, 9:30 - 10:30 AM

Movement is for all bodies and abilities! Join UW-Madison students in a movement class tailored to the needs and interests of each group. This class will include music and dance, stretching, breathing techniques, mobility exercises and fun for everyone.

Learn to Fall Safely

MONDAYS, 9:30 - 10:30 AM, NOVEMBER 4, 11, 18, 25

Meets at Madison Circus Space, 2082 Winnebago St
Learn to fall safely and to get back up without injury. Falls are a leading cause of death for older adults in Wisconsin. We will use thick "crash mats" for practicing. Classes are progressive. \$60 fee – scholarships available. *R*



HEALTH & WELLNESS

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

Blood Pressure Screening

1ST & 3RD TUESDAYS, 11:15 AM - 12:15 PM
CLOSED NOVEMBER 5

Keep tabs on your blood pressure. Our volunteer, Alex, is a local paramedic.

HASFIT Gentle Exercise

MONDAY-FRIDAY, 9 - 9:30 AM,
CLOSED NOVEMBER 5, 28, & 29

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.

Gentle Yoga

TUESDAYS, 10 - 11 AM, NO CLASS ON NOVEMBER 5

Yoga improves balance, range of motion and flexibility, which are all important, especially as we age. Yoga Accessible for All (YAFA) teachers dedicate themselves to making yoga safe and inviting for anyone who is interested in gaining the benefits (yafayoga.org). We do a combination of seated and standing positions and will always suggest modifications if a pose is not working for you. Please register in advance. No fee, but donations are welcome. 



Ballroom Basics for Balance™

Ballroom Basics for Balance™ (BB4B) is a fun way to improve balance through the basics of dance! This class is for you if you want to get better at moving about your world with more confidence and you want to have fun in the process! No partner or dance experience required. Registration forms can be found at www.ballroombasicsforbalance.org. 

IN PERSON

Fridays through December 6,
10 - 11:30 am (no class November 29)

Location: Madison Senior Center, 330 W Mifflin St

\$90 for 12 weeks (financial assistance available)

To register, complete **the online form** or contact Susan Frikken at (608) 692-8794
Limited space but we will keep waitlist.

VIRTUAL AND INCLUSIVE

Fridays through December 13,
9:30 - 10:45 am (no class November 29)

Location: Virtual via Zoom

\$87 for 12 weeks (financial assistance available)

To register, complete **the online form** or contact one of the instructors: Atala: atalanicole@gmail.com or (608) 770-8763 or Krista: kabultmannspiro@gmail.com or (608) 335-9252

MOVIES

Movie Matinees

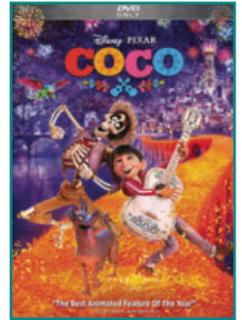
Movies are on Tuesday afternoons at 12:30 pm. The fourth Tuesday of the month is reserved for a classic (a movie released before 1975).

No movie November 5. The MSC is closed due to being an election polling place.

NOVEMBER 12

COCO (2017)

Despite his family's baffling generations-old ban on music, Miguel dreams of becoming an accomplished musician like his idol, Ernesto de la Cruz. Desperate to prove his talent, Miguel finds himself in the stunning and colorful Land of the Dead following a mysterious chain of events. Along the way, he meets charming trickster Hector, and together, they set off on an extraordinary journey to unlock the real story behind Miguel's family history. *Stars: Gael García Bernal, Benjamin Bratt, and Anthony Gonzalez. Animation, Family, Fantasy. 1 hour 25 minutes. Rated PG.*



NOVEMBER 19

TOUCH (2024)

A romantic and thrilling story that spans several decades and continents; Touch follows one man's emotional journey to find his first love who disappeared 50 years ago, before his time runs out. *Stars: Egill Ólafsson, Koki and Palmi Kormákur. Drama, Romance. 2 hours 1 minutes. Rated R.*



NOVEMBER 26

MY FAIR LADY (1964)

In 1910's London, pompous phonetics professor Henry Higgins agrees to a wager that he can transform a Cockney working-class girl, Eliza Doolittle, into someone who can pass for a cultured member of high society. *Stars: Audrey Hepburn, Rex Harrison and Stanley Holloway. Drama, Musical, Romance. 2 hours 50 minutes. Rated G.*



As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.

- Audrey Hepburn



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MADISON SENIOR CENTER 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, No class November 29	10:00 – 11:30 am	\$90	MPL/MSC
Ballroom Basics for Balance – Inclusive	Fridays, No class November 29	9:30 – 10:45 am	\$87	Virtual
BINGO	Thursdays, closed November 28	10:15– 11:15 am	Free	MSC
Blood Pressure Screening	1st & 3rd Tuesdays, closed November 5	11:15 am – 12:15 pm	Free	MSC
Bridge Belles	Mondays	9:00 - 11:00 am	Free	MSC
Coffee & Collage	Fridays, closed November 29	9:30 – 11:00 am	Free	MSC
eFood Pantry	Place orders Monday 11/18 Pick-up orders Thursday 11/21	10:00 am – 12:00 pm	Free	MSC
Exploring Poetry	2nd Wednesdays	11:00 am – 12:30 pm	Free	MSC
First Friday Music Hour	First Fridays	10:00 - 11:00 am	Free	MSC
Foot Care Clinic	Thursday, November 14	9:00 am – 12:00 pm	\$25	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays, closed November 29	2:00 – 4:00 pm	Free	MSC
Gentle Yoga	Tuesdays, closed November 5	10:00 – 11:00 am	Free	MSC
HASfit	Monday – Friday, closed November 5, 28, and 29	9:00 – 9:45 am	Free	MSC
Knit & Crochet	Mondays in November	9:30 – 11:00 am	Free	MSC
Learn to Fall Safely	Mondays	9:30 - 10:30 am	\$60	Madison Circus Space
LGBTQ Fall Social	Thursday, November 14	5:30 - 8:00 pm	\$20	MSC
Machu Picchu	Wednesday, November 20	1:00 – 2:00 pm	Free	MSC
Movies (titles on page 10)	Tuesdays, closed November 5	12:30 – 3:00 pm	Free	MSC
Music and the Brain	Friday, November 15	10:00 – 10:30 am	Free	MSC
NewBridge Case Manager – Drop-In	1st & 3rd Tuesdays, closed November 5	10:30 am – 12:30 pm	Free	MSC
Spanish Conversation	Wednesdays	1:30 – 2:30 pm	Free	Virtual
Technology Assistance	Tuesdays, closed November 5 Thursdays, closed November 28	10:00 – 11:30 am 10:00 am - 12:00 pm	Free	MSC
Veterans’ Social	Tuesdays, closed November 5	10:00 – 11:15 am	Free	MSC
Watercolor Painting	Wednesdays	10:00 – 11:00 am	Free	MSC
Wild Medicine	Monday, November 18	10:00 – 11:00 am	Free	MSC
Wills & Living Trusts	Friday, November 8	10:00 – 11:00 am	Free	MSC
Writing Your Life	Thursdays through December 12 Closed November 28	10:00 - 11:30 am	Free	MSC

November 2024

Native American Heritage Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:00 HASfit 9:30 Coffee & Collage 9:30 BB4B V 10:00 BB4B 10:00 PLATO - Shakespeare 10:00 1st Friday Music Hour 10:30 Sugar Skull Decorating
4 9:00 HASfit 9:00 Bridge Belles 9:30 Learn to Fall Safely (Madison Circus Space) 9:30 Knit & Crochet	5 Madison Senior Center closed for Election Building open for voting only	6 9:00 HASfit 10:00 Watercolor Painting 11:00 Exploring Poetry 1:30 Spanish Conv V	7 Nutrition Site Closed 9:00 HASfit 9:00 HASfit 10:00 Writing Your Life 10:00 Tech Assist 10:15 BINGO 1:30 PLATO - Play's The Thing	8 9:00 HASfit 9:30 Coffee & Collage 9:30 BB4B V 10:00 BB4B 10:00 Wills/Living Trusts 10:00 PLATO - Shakespeare
11 9:00 HASfit 9:00 Bridge Belles 9:30 Learn to Fall Safely (Madison Circus Space) 9:30 Knit & Crochet	12 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Peer Support 10:00 Tech Assist 12:30 Movie: Coco	13 9:00 HASfit 10:00 Watercolor Painting 1:30 Spanish Conv V	14 9:00 HASfit 9:00 Footcare Clinic 10:00 Writing Your Life 10:00 Tech Assist 10:15 BINGO 1:30 PLATO - Play's The Thing 2:00 Gay, Gray & Beyond 5:30 LGBTQ Fall Social	15 9:00 HASfit 9:30 Coffee & Collage 9:30 BB4B V 10:00 BB4B 10:00 PLATO-Shakespeare 10:00 Music & the Brain
18 9:00 HASfit 9:00 Bridge Belles 9:30 Learn to Fall Safely (Madison Circus Space) 9:30 Knit & Crochet 10:00 Wild Medicine *ePantry Ordering Day	19 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Peer Support 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: Touch	20 9:00 HASfit 10:00 Watercolor Painting 1:00 Macchu Picchu 1:30 Spanish Conv V	21 9:00 HASfit 9:00 ePantry Pick-up 10:00 Writing Your Life 10:00 Tech Assist 10:15 BINGO 1:30 PLATO - Play's The Thing	22 9:00 HASfit 9:30 Coffee & Collage 9:30 BB4B V 10:00 BB4B 10:00 PLATO-Shakespeare
25 9:00 HASfit 9:00 Bridge Belles 9:30 Learn to Fall Safely (Madison Circus Space) 9:30 Knit & Crochet	26 9:00 HASfit 10:00 Gentle Yoga 10:05 Vet Peer Support 12:30 Movie: My Fair Lady	27 9:00 HASfit 10:00 Watercolor Painting 1:30 Spanish Conv V	28 Madison Senior Center Closed Happy Thanksgiving! 	29 Madison Senior Center Closed

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 providing social opportunities. Call (608) 255-8582 for more information or email info@lgbt Outreach.org. You can also check out our website, lgbtq50plusalliance.org.

Gay, Gray & Beyond (GGB)

2ND & 4TH THURSDAYS, 2 - 4 PM
CLOSED NOVEMBER 28

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.

CQ, CQ, CQ

Morse Code: "for all to join in the conversation"

1ST & 3RD THURSDAYS, 1 - 3 PM

Meets at *OutReach*, 2701 International Ln.

"Exploring Spirituality" is now "CQ" (curious queers), same people, time, place, but expanded topics. Members decide topics and provide presentations. Visits to other LGBTQ Groups, free community concerts, museums, nature walks, etc. are encouraged. **Intergenerational Appeal: We'll learn where we are from you, and you can learn how we got there from us.**

LGBTQ 50+ Alliance is A 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.

Outreach Senior Advocate

The *OutReach Senior Advocate* coordinates educational trainings and workshop with the community, in addition to advocating for LGBTQ+ older adults and their wellness.

LGBTQ Fall Holiday Social

THURSDAY, NOVEMBER 14, 5:30 - 8 PM

A fun fall gathering of like-minded adults to mingle, enjoy a meal, listen to music, and maybe even do some dancing. Blush is a local all-girl band out of Madison. Their music is grungy alternative-rock, and they will play some originals and some covers everyone is sure to know. A \$20 donation for the meal is appreciated but not required. Registration required, call *OutReach* at (608) 255-6581. Open to all ages of queer folks and their allies.



VOLUNTEER OPPORTUNITIES

Volunteers Needed!

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

<https://www.cityofmadison.com/senior-center/volunteer/apply-to-volunteer>

1. **Activity Leader:** Interact with our members in our community spaces by engaging in conversation, playing games or puzzles, leading an art activity, etc.
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!
3. **Technology Assistance:** Assist members with basic technology questions in using their smart phone or laptop, and also 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

Many of our members have already met our three UW Social Work students who are taking a course called Social Issues in Aging. Eunsang, Evie, and Gisella each visit once a week to interact with our members. They get hands on experience working with older adults, and our members in turn get to meet and interact with new people. It's a win-win for everyone!



AGING WITH PURPOSE: EMPOWERING BLACK OLDER ADULTS

*Wisconsin Alzheimer's Disease Research Center
University of Wisconsin School of Medicine and
Public Health*

Calming Computer Jitters Age-Friendly Computer Training

WEDNESDAY, NOVEMBER 20, 2024, 12 - 2 PM

Mt. Zion Baptist Church 2019 Fisher St., Madison
Questions? Call (608) 264-3468

Get Movin' in Motion

TUESDAYS & THURSDAYS, 1 - 2 PM

In person at the UW South Madison Partnership (2238 S. Park St. in Madison) or via Zoom. If you have questions about classes contact Annik Dupaty, ADRC Outreach Program Coordinator, at (608) 265-4790. Get Movin' classes are organized and presented by the Wisconsin Alzheimer's Disease Research Center. Registered participants who complete two weeks of Get Movin' classes will receive a free Get Movin' Welcome Kit in the mail, complete with exercise equipment and a t-shirt. Registration: www.adrc.wisc.edu/get-movin

Safe Communities' 25th Anniversary Celebration

NOVEMBER 19 @ 5 - 8 PM

Black Business Hub, 2352 South Park St.,
Madison

RSVP Here: [https://forms.gle/
NKneFLi6ofFaqpNX7](https://forms.gle/NKneFLi6ofFaqpNX7)

Safe Communities of Madison and Dane County is an award-winning nonprofit coalition of over 350 organizations working together to save lives, prevent injury and make our community safer. Our programs are coordinated by a small staff. Projects are conducted thanks to efforts of partners who serve on task forces and program teams.

Foundation for Black Women Wellness

Capitol Walkers

WEDNESDAYS, NOVEMBER 6, 13, 20, 27 – 12:15 PM

Capitol Building 2 East Main St, Madison
Registration: www.ffbww.link/activitytracker

Lupus Warriors Support Group

**MONDAY, NOVEMBER 18, 2024, 6 - 7:30 PM
VIRTUAL**

Registration: www.ffbww.org/LupusWarrior

Cancer Thriver Support Group

WEDNESDAY NOVEMBER 20, 2024, 6:30 PM

The Foundation for Black Women Wellness
Center & Online
6601 Grand Teton Plaza, Suite A2, Madison
Registration: www.ffww.org/CancerThrivers

Progress Center for Black Women

Just Flow Yoga w/ the Progress Center for Black Women + Dragonfly Yoga

SATURDAY, NOVEMBER 30, 2024, 1 PM

Dragonfly Hot Yoga 6227 McKee Road, Fitchburg
The Progress Center for Black Women and
Dragonfly Hot Yoga are partnering to provide this
gender-inclusive space to folks who identify as
Black, Indigenous, or other people of color.
Questions? Email hello@centerforblackwomen.org
or call 608-467-6744

Eventbrite registration: [www.eventbrite.com/e/
just-flow-yoga-w-the-progress-center-for-black-
women-dragonfly-yoga-tickets-944214640407?
af=ebdssbdestsearch](http://www.eventbrite.com/e/just-flow-yoga-w-the-progress-center-for-black-women-dragonfly-yoga-tickets-944214640407?af=ebdssbdestsearch)

PROGRAMAS EN ESPAÑOL PARA ADULTOS MAYORES

La Cafeteria De La Memoria

TODOS LOS JUEVES, ZOOM/VIRTUAL, 2 - 3 PM

Centro de Recursos Para el Envejecimiento y la Discapacidad del Condado de Dane (Aging and Disability Resource Center of Dane County)

Para registrarse, llame al (608) 512-0000 y marque '2' si habla español. Deje un mensaje y alguien se pondrá en contacto con usted con detalles adicionales.

Abuelos Latinos y Otros Parientes como Padres (Programa de Cuidador)

**EL CUARTO MIÉRCOLES DE CADA MES,
FITCHBURG SENIOR CENTER (5510 E. LACY RD),
5:30 - 8 PM**

El grupo de apoyo y educación se lleva a cabo en español; transporte limitado disponible y refrigerios ligeros ofrecidos. Para confirmar que el programa está programada, llame al (608) 512-0000 para hablar con alguien.

Charlas Semanales

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

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.

BINGO Bilingüe Primer

**VIERNES, 1 DE NOVIEMBRE 10:15 - 11:15 AM
WARNER PARK, 1625 NORTHPORT DR.**

Tercer Viernes, 15 de noviembre 11:00 am-Noon
Good Shepherd Church, 5701 Raymond Rd. Favor llamar para registrarse (608) 512-0000 Ext. 1007.

Bordado a Mano o Croche en Línea: Zoom TODOS LOS MIÉRCOLES, 10 - 11 AM

Aprenda las puntadas básicas para hacer un bordado. Si prefiere algo más avanzado, Alicia tiene la experiencia para enseñar a ponerle un toque personalizado a sus prendas. Lo único que necesita es una aguja, hilo y un tambor o bastidor.

CORTE Y CONFECCIÓN

**TODOS LOS JUEVES, 10 AM - 12 PM
ARTS + LIT LAB, 111 S. LIVINGSTON ST.**

Nuevo proyecto para todos. Aprenda cómo manejar las máquinas de coser, las puntadas básicas o si prefiere algo más avanzado, Alicia tiene la el conocimiento como empresaria y profesora universitaria de diseño y alta costura. Limitado número de participantes y transportación. Favor llamar al (608) 512-0000 Ext. 1007 para registrarse.

ESL – Inglés Básico y Avanzado

**TODOS LOS MARTES, 10 AM - 12 PM
GOOD SHEPHERD CHURCH, 5701 RAYMOND RD**

Esta clase provee la oportunidad de avanzar en el idioma desde el nivel donde se encuentre. Se proveerá el material de estudio y almuerzo. Transporte limitado para las personas que viven en el West y sur de Madison.



EPANTRY

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

The Madison Senior Center is a pick-up location for orders placed through the River Food Pantry ePantry. That means that if you order food through the ePantry, you can pick it up at the MSC. Orders may be placed as early as the Friday before pick-up day. If you need assistance placing your order, staff will be available on the Monday morning of our pick-up week. Our pick-up day is the 3rd Thursday of each month. **Orders can be picked 9 - 11:30 am.**

The ePantry may only be used once a month. Based on household size, families select from a variety of healthy and nutritious food, including fresh produce, meat, dairy, culturally relevant offerings, and special dietary options, such as vegetarian and gluten-free items.

Thank you to our volunteers for getting the groceries from the River Food Pantry to the Senior Center.

FOOD ORDER DATE*	FOOD PICK UP DATE
Monday, November 18	Thursday November 21
Monday, December 16	Thursday, December 19
Monday, January 13	Thursday, January 16

FACILITY UPDATES

Courtyard Door Wraps

The MSC/Cap Centre courtyard just got a little brighter thanks to the addition of some door wraps. The wraps depict collage art by Rita Yanny, a visual arts educator and a graduate of UW Madison. We want to thank Rita, as well as the Madison Arts Commission, for supporting this endeavor. Keep an eye out for more artistic additions that will brighten up the Madison Senior Center. A forthcoming project will involve MSC member creators!



COMMUNITY RESOURCES

RSVP of Dane County

For 50 years, the Retired and Senior Volunteer Program (RSVP) has been matching volunteers age 55+ with community service opportunities across Dane County. In addition, RSVP has several volunteer service programs of their own such as Driver Services, Vets Helping Vets and Foster Grandparents. There is even a group that does sewing, knitting and crocheting for various not-for-profit agencies. For more information, call them at (608) 238-7787 or email them.

Area Agency on Aging

The Area Agency on Aging of Dane County serves individuals age 60+ and their families in accessing services that help older adults continue living in their own homes and communities. Examples of community-based services include congregate and home-delivered meals, caregiver support, case management, and help with benefit questions. Contact them at (608) 261-2995 or AAA@countyofdane.com.

Freedom, Inc.

Freedom, Inc. (FI) is a Black and Southeast Asian non-profit organization that works with low to no income communities of color. They create programs focused on the needs of elders, refugees, immigrants, differently abled, and homeless people. Their mission is to achieve social justice through coupling direct services with leadership development and community organizing that will bring about change resulting in the end of violence against women, gender-non-conforming and transgender people within communities of color.

Aging & Disability Resource Center (ADRC)

The ADRC works with older adults, adults with disabilities and caregivers to connect them to community services that help keep them healthy and safe in the community. It is a friendly, welcoming place for unbiased information about aging or living with a disability. Contact them at (608) 240-7400 or ADRC@countyofdane.com.

Hmong Institute

The Hmong Institute is a community builder and educator for those serving the Hmong and other underserved communities in Wisconsin and a voice and hope for them. They offer resources for advancing Hmong and other underserved community heritages. Our services include culturally competent direct service, advocacy, cultural training, technical assistance and 1-on-1 consultation.

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 \$4.50. If you are under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost \$17.20. Meal and transportation reservations are required. Reservations & cancelations are due by Noon, two business days in advance. Contact **Candice (608) 512-0000, Ext. 4006**. Menus and additional information are available.

CASE MANAGEMENT – EXPANDED HOURS!

NewBridge case managers will now have expanded drop-in hours 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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Computer Lab

The Computer Lab is open during normal building hours for general use. Volunteers are also available at select times to provide **BOTH** basic and advanced tutoring, instruction, and tech support. Scheduling an appointment is recommended. Call (608) 266-6581 or email seniorcenter@cityofmadison.com.

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.

Printing: We do not have a printer available for public use.

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.

Bridging the Digital Divide

Digital literacy is an important skill for people of all ages. The National Council on Aging (NCOA) and AT&T have provided us funding to offer workshops and office hours in the community that allow older adults to learn important technology skills at their own pace. Improving digital literacy skills will increase your confidence to participate effectively and safely in today's digital world. Confidence in navigating the digital world positively impacts your ability to access services like healthcare, banking and grocery shopping.

Contact MSC for more details and to sign up for a free Digital Literacy Module. Each month between now and April 2025 additional modules will be added. Participants who complete all three modules, and are at or below 200% of the federal poverty income level, will be able to apply to another program to receive a free laptop.

INTERNET BASICS

This is an in-person workshop for those who are new to using the internet or want to build more confidence in finding information online and navigating websites. You will learn about web browsers and search engines, build skills to navigate the internet, and discover tips and tricks for basic and advanced searching online.

EMAIL BASICS

This in-person workshop is for those who are new to using email or want to build more confidence using email. The training will be using Gmail, one of the most common email platforms. You will create a Gmail account if you don't have one already. You will also learn how to perform basic email functions, such as sending, receiving, and replying to email. You will also learn how to recognize and deal with spam, organize and delete emails, and search for messages.

CYBERSECURITY BASICS

This in-person is for those who are interested in safety online and who want to protect themselves from fraudsters and scams. It will build your confidence when about visiting websites, creating passwords, and responding to email.

PUZZLE

Brain Teaser

- What four-digit number when multiplied by 4, is the reverse of the original number?
 - What four-digit number when multiplied by 9 is the reverse of the original number?
- Determine the positive single digits 1-9, without repetition, for the nine variables, A, B, C,...G, H, I such that $A/(DE) + B/(FG) + C/(HI) = 1$

Math Brain Teasers provided by Sri

Solutions

- $2178 \times 4 = 8712$
 - $1089 \times 9 = 9801$
- $9/12 + 5/34 + 7/68 = 1$

THANKSGIVING

Word Scramble

DIRECTIONS/ Unscramble the Thanksgiving words and then use the highlighted letters to form the secret message. You will have to unscramble the message as well.

ICUONROPCA	<input type="checkbox"/>
ETRSHVA	<input type="checkbox"/>
MEVRNOEB	<input type="checkbox"/>
ILIGPMR	<input type="checkbox"/>
KUTEYR	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
BCNERRRAY	<input type="checkbox"/>
YRAOMEFWL	<input type="checkbox"/>
TMOLPYUH	<input type="checkbox"/>
AYHLIOD	<input type="checkbox"/>
GWNMPAAAO	<input type="checkbox"/>
INKPMUP	<input type="checkbox"/>

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!

FOUNDATION

What Does The MSC Foundation Do?

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

FOUNDATION BOARD OF DIRECTORS

Tom DeChant – President
Mary Berryman-Agard
Jan Cliff
Sally Miley
Kathy Whitt

DONATIONS

- ◆ Tom DeChant
- ◆ Kathy Whitt

IN-KIND DONATION

- ◆ *Mark St. Francis*

Senior Center Wish List

- » Unused cleaning and hygiene products
- » Recumbent exercise bike
- » Adult Coloring Books
- » Items for pool table area (pub table and stools, decorative signs, money towards table refinishing)
- » Items for music corner (decorations, instruments and supplies in good condition)
- » BINGO game

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. For credit card gifts visit:

www.cityofmadison.com/senior-center/donate/donate-today.

Madison Senior Center
Foundation, Inc.

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MADISON WI 53703

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2024 National Family Caregiver Month



**THERE ARE ONLY FOUR KINDS OF
PEOPLE IN THE WORLD:**

**THOSE WHO HAVE BEEN CAREGIVERS,
THOSE WHO ARE CURRENTLY CAREGIVERS,
THOSE WHO WILL BE CAREGIVERS,
AND THOSE WHO WILL NEED CAREGIVERS.**



[@wisconsincaregiver.org](https://www.wisconsincaregiver.org)



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