

THE Messenger

VOLUME 42, NUMBER 11

NOVEMBER, 2025

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



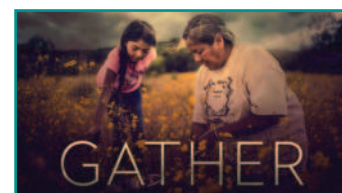
Celebrate Native American Heritage Month

Native American Heritage month honors the indigenous peoples who lived on this land pre-colonization, and who continue to live here despite earlier campaigns to remove them. Our city occupies the ancestral land of the Ho-Chunk nation, who have called it Teejop (Day-JOPE) since time immemorial. Celebrate the history, contributions, and achievements of indigenous peoples at the Madison Senior Center:

Screening of *Gather*

THURSDAY, NOVEMBER 14, 12:30 – 1:45 PM

Our Docs to Digest program this month features *Gather*, which follows the stories of natives on the frontlines of a growing movement to reconnect with spiritual and cultural identities that were devastated by genocide. An indigenous chef embarks on a ambitious project to reclaim ancient food ways on the Apache reservation; in South Dakota a gifted Lakota high school student, raised on a buffalo ranch, is proving her tribes native wisdom through her passion for science; and a group of young men of the Yurok tribe in Northern California are struggling to keep their culture alive and rehabilitate the habitat of their sacred salmon. All these stories combine to show how the reclaiming and recovery of ancient food ways is a way forward for native Americans to bring back health and vitality to their people.



Ho Ho Ho!

Silver Santa is Comin' to the Madison Senior Center

WEDNESDAY, DECEMBER 10, 10:30 AM – 1:30 PM

WISHLIST & REGISTRATION DEADLINE: NOVEMBER 5

Our annual Silver Santa celebration is returning this December! In order for Santa's elves to make the gifts in time, we need your registration and wishlist filled out by November 5th. This is a firm deadline – don't miss your chance to join in the merriment! Silver Santa is open to lower income older adults who don't have many holiday celebrating opportunities. Visit MSC to sign up or contact us for the sign up form.

FOR YOUR INFORMATION

Directory

Phone (608) 266-6581

Website madisonseniorcenter.org

SENIOR CENTER STAFF

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

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Facility Operations Supervisor, Alana LaBeaf (she, her)

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

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

MISSION STATEMENT

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

OUR VISION

Become known as an inclusive community where older adults thrive.

Program Format & Registration

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

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

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

Member of



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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.

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.



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, call (608) 266-6581 or email seniorcenter@cityofmadison.com

Coffee With a Cop

THURSDAY, NOVEMBER 6, 9:30 – 10:30 AM

Coffee With a Cop is back again this month due to popular demand after their last visit! Stop by, grab a coffee and a snack, and chat with the Madison PD officers about your questions, concerns, or just to give a friendly hello.

Craft & Coffee: Fall Foliage Collage

MONDAY, NOVEMBER 17, 9:30 – 11 AM

Paint & Sip is now Craft & Coffee – same concept, but with more creative possibilities. This month we will make a Fall Foliage Collage. It will be a relaxing and rejuvenating way to let your creative juices flow! All supplies provided.



Día de los Muertos Craft & Ofrenda

MONDAY, NOVEMBER 3, 10 – 11 AM

See back cover for more details.

Docs to Digest: *Gather*

THURSDAY, NOVEMBER 13, 12:30 – 1:45 PM

See cover page for details.

Exploring Poetry

2ND WEDNESDAYS, 11 AM - 12:30 PM

This program is for anyone who enjoys poetry. There are opportunities to read, recite and write. Writing poetry is spills and thrills for the beginner and expert, too. There are countless small pitfalls, but sometimes in the writing something happens, an “ah ha” moment where the poet feels they can say precisely what needs to be said. Led by Mark Kraushaar. 

First Friday Open Mic

FRIDAY, NOVEMBER 7, 10 – 11 AM

Join us as a performer or an audience member for an hour of open mic! This first Friday gathering is the perfect venue to show off your poetry, music, or other talent. Bring your own instruments and/or material to share. Open to all styles of expression!

Line Dance Class

WEDNESDAYS, NOVEMBER 5 – DECEMBER 17,
10 – 11 AM, NO CLASS DECEMBER 10

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. These sessions are now FREE, but please register so we can plan accordingly. 

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. 

♥ Learning the Language & Logic of Autism

THURSDAYS THROUGH NOVEMBER 20,
10 AM – 12 PM

♥ The Play’s the Thing

THURSDAYS THROUGH NOVEMBER 20,
1:30 – 3:30 PM.

Nov 20 session will be held at the Christ Presbyterian Church

♥ Shakespeare: Method and Meaning

FRIDAYS THROUGH NOVEMBER 14,
10 AM – 12 PM

LIFELONG LEARNING

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

Photo Affair Gallery Night

FRIDAY, NOVEMBER 7,
5 – 8 PM



Gallery Night is a long-time Madison arts tradition that showcases the city's vibrant arts community. Organized by MMoCA, Gallery Night offers art lovers and art novices alike an opportunity to enjoy a wide variety of exhibitions, opening receptions, special events, and demonstrations at venues throughout the city. During Gallery Night, dozens of venues open their doors to invite the public in to see and shop for original artwork. The Madison Senior Center will display submissions to our Photo Affair contest. Refreshments will be provided.

Podcast Discussion Group

ALTERNATING 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! 

NOVEMBER 4

Washington "Post Reports" Podcast: Tylenol, Pregnancy, and Autism

NOVEMBER 18

AI Language Models and Their Environmental Impact



Travel Show: Great Trains & Grand Canyons & More!

THURSDAY, NOVEMBER 13, 3 – 4 PM

Join Lawanna Lambert of Premier World Discovery for an overview of travel tours available to MSC members in 2026. If you're looking to scratch some spots off your bucket list, then this is the place to be! 

Options for 2026 include:

Tour	Departure Date
Great Trains & Grand Canyons	3/15/2026
Canadian Rockies via Rail	6/6/2026
Alaska - Call of the Wild	6/18/2026
Cape Code & the Islands	9/12/2026
Albuquerque Balloon Fiesta & Santa Fe	10/2/2026
Smoky Mountains & Pigeon Forge Holiday	12/6/2026

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 UW Madison student volunteers might join in. All supplies provided, and no advanced signup is needed.

Writing Your Life

THURSDAY, NOVEMBER 6 – DECEMBER 18, 10 – 11:30 AM,
CLOSED NOVEMBER 27 **VIRTUAL OPTION (EMAIL FOR LINK)**

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

TECHNOLOGY & FINANCE

Computer Lab

The Computer Lab is open during normal building hours for general use. Volunteers are also available by appointment to provide both basic and advanced tutoring, instruction, and tech support. Public printing is not available. If you need 1:1 assistance, scheduling an appointment is recommended. Call 608-267-6581 or email seniorcenter@cityofmadison.com



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

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.

Identity Theft: Protect & Prevent

WEDNESDAY, NOVEMBER 19, 10 – 11 AM

Identity theft continues to be the fastest growing crime in the United States. The more you learn about it, the less vulnerable you are. The Wisconsin Bureau of Consumer Protection will explain the different types of identity theft, how to recognize it, and how to prevent it – including information about Fraud Alerts and Security Freezes. Receive tips for safeguarding personal information and how to recover from Identity Theft. Helpful brochures will be available. 



THUNDERHeads Robotics Demo

MONDAY, NOVEMBER 10, 10:30 - 11:30 AM

The THUNDERHeads robotics team operates out of BadgerBots, a local non-profit organization that provides hands-on experiences in robotics and STEM exploration. The team has competed in the First Tech Robotics Challenge (FTC), qualifying twice for the State competition. They consistently rank among the Top 10 robotics teams in Wisconsin. Join them for an exciting demonstration of their robot, a brief presentation about STEM, and engaging hands-on activities.

We have extended our Computer Lab volunteer hours!

MAKE AN APPOINTMENT OR DROP IN DURING THESE HOURS:

Monday: 8:30 – 10:30 AM
Tuesday: 8:30 – 11:30 AM, 1:30 - 3:30 PM
Wednesday: 11:15 AM – 2:30 PM
Thursday: 2:00 – 4:00 PM
Friday: 8:30 – 10:00 AM, 11:30 - 1:00 PM



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HEALTH & WELLNESS

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

Ballroom Basics for Balance™

Ballroom Basics for Balance™ (BB4B) is a fun way to improve balance through the basics of dance! Registration forms can be found at www.ballroombasicsforbalance.org, or you can use the QR code below, or contact instructor Susan Frikken at 608-692-8794. The registration period has passed for the two classes below, but a wait list is kept for future vacancies.

BB4B: ESPAÑOL & ENGLISH

**FRIDAYS, SEPTEMBER 12 – DECEMBER 5,
10 – 11:30 AM, NO CLASS NOVEMBER 28**

MADISON PUBLIC LIBRARY, 201 W MIFFLIN ST

\$90 for 12 weeks (financial assistance available) 

BB4B: VIRTUAL AND INCLUSIVE! (ZOOM)

**FRIDAYS, SEPTEMBER 19 – DECEMBER 12, 9:30 –
10:45 AM, NO CLASS NOVEMBER 28**

\$90 for 12 weeks (financial assistance available)

**West Coast Swing, Kansas City Two-Step, Country
Line Dancing, and Disco**

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

REGISTER USING THE QR CODE.



The Biology of Aging: Gut Health

MONDAY, NOVEMBER 24, 10 – 11 AM

Interested in learning about the science of aging? Come meet the UW-Madison graduate students doing cutting-edge aging research! This month's topic is about how the bacteria that inhabit your gut play important roles in healthy aging. A presentation and discussion will be led by Nicole Wicker, a biochemistry graduate student in the lab of Dr. Snehal Chaudhari. 

Blood Pressure Screening - Expanded Fall Hours!

**MONDAYS, THURSDAYS, & FRIDAYS 11 AM – 12 PM,
1ST & 3RD TUESDAYS, 11:15 AM – 12 PM**

CLOSED NOVEMBER 27 & 28

Keep tabs on your blood pressure. Our Monday volunteers are UW students involved in Pulse Watch, a club dedicated to providing free blood pressure screening in the community, and our Tuesday volunteer is a medical professional who would love to have you stop by. 

Gentle Yoga

TUESDAYS, 10 – 11 AM

Yoga improves balance, range of motion and flexibility, which are all important, especially as we age. Yoga Accessible for All (YAFA) teachers dedicate themselves to making yoga safe and inviting for anyone who is interested in gaining the benefits (yafayoga.org). We do a combination of seated and standing positions and will always suggest modifications if a pose is not working for you. Please register in advance. No fee, but donations are welcome. Please be seated by 10:00. Latecomers cannot be accommodated if class is full. First-timers please arrive by 9:50. 

HEALTH & WELLNESS

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

Foot Care Clinic – \$25

**FRIDAY, NOVEMBER 21, 9 AM – 12 PM |
APPOINTMENT REQUIRED**

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

Let's CONNECT

**TUESDAYS THROUGH NOVEMBER 11,
10 – 10:50 AM**

Let's CONNECT! is a multi-week series of hands-on activities designed to stimulate the imaginations of older adults and promote human connection. The sessions include a wide range of activities, including physical exercise, music, seated dance, singing, storytelling, and sharing ideas. The activities are facilitated by the TNW Ensemble's co-founding artistic directors, Donna Peckett and Danielle Dresden, who have worked extensively with older adults since 2012. These activities are drawn from the workshop leaders' more than 39 years in theater and creative drama, and movement. National research has shown the improvisational approach of "Yes, and..." to be very effective in improving memory. 

Memory Lane

1ST & 3RD MONDAYS, 9 – 10 AM

Take a trip down memory lane with Susan U. During each session we will discuss and learn trivia from different categories covering past decades. Boost your brain power! Have fun recalling events, songs, movies, and other memories that are tucked away! Come to one or both sessions - the content will be different each week. 

Movement for Every Body

1ST & 3RD FRIDAYS, 9 – 9:30 AM

This class will include music and dance, stretching, breathing techniques, mobility exercises, and fun for everyone. 

Rosen Method Movement

**MONDAYS THROUGH DECEMBER 29,
11 AM – 12 PM**

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

Welcome to Medicare Seminar – Free!

**SATURDAY, NOVEMBER 15, 9 – 11:30 AM
UW EXTENSION, 5201 FEN OAK DR**

What you need to know about enrolling in Medicare! If you are turning 64 this year, the Dane County Area Agency on Aging 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 these complex questions? Sign up to attend. You'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs. Email AAA@danecounty.gov by November 7th to register. 

GROUPS, GAMES & CLUBS

Calling all Billiard's Fans!

Interested in starting a pool club at the Madison Senior Center? We have a beautiful pool table that we recently refurbished, and we have a casual and fun space to gather with friends and strangers alike. Bring your group or organize one; we'll take care of the rest!

B-I-N-G-O

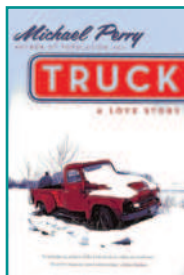
THURSDAYS, 10:15 - 11:15 AM
CLOSED NOVEMBER 27

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

Book Club

2ND & 4TH FRIDAYS, 10:15 – 11:15 AM
CLOSED NOVEMBER 28

Join our Friday Book Club! Anyone who enjoys reading is welcome to join us. Club members will choose books and activities. We will use library book club kits; call Laura at 608-267-8650 to reserve yours. Our next book selection is *Truck: A Love Story* by Michael Perry, the tale of a man struggling to grow his own garden, fix his old pickup, and resurrect a love life permanently impaired by Neil Diamond. In the process, he sets his hair on fire, is attacked by wild turkeys, and proposes marriage to a woman in New Orleans. The result is a surprisingly tender testament to love. *R*



Bridge Belles

MONDAYS, 9 - 11 AM

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

Spanish Conversation

WEDNESDAYS, 1:30 - 3 PM VIRTUAL

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

Spirit Days

FRIDAYS, 8:30 AM - 12 PM: Participate in a Spirit Day activity and win a prize! Each Spirit Day is a new chance to win.

NOVEMBER 7TH DONUT DAY
Donuts are the prize!



NOVEMBER 14TH WORLD KINDNESS DAY

Share a random act of kindness that you will try out

NOVEMBER 21ST GIVE THANKS!

Write a thank-you note to someone who you appreciate.





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

PROGRAM & ACTIVITY LIST

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

PROGRAM/ACTIVITY	DAY & DATE	TIME	COST	LOCATION
Ballroom Basics for Balance	Fridays, through Dec 5th NO CLASS Nov 28th	10:00 – 11:30 am	\$90/ 12 weeks	MPL
Ballroom Basics for Balance: Virtual and Inclusive	Fridays through Dec 12th NO CLASS Nov 28th	9:30 – 10:45 am	\$90/ 12 weeks	Virtual
B-I-N-G-O	Thursdays CLOSED Nov 27th	10:15 – 11:15 am	Free, 50¢/ Final card	MSC
The Biology of Aging: Gut Health	Monday, Nov 24th	10:00 – 11:00 am	Free	MSC
Blood Pressure Screening	Mondays, Thursdays, & Fridays, CLOSED Nov 27th & 28th 1st & 3rd Tuesdays	11:00 am – 12:00 pm 11:15 am – 12:00 pm	Free	MSC
Book Club	2nd & 4th Fridays, CLOSED Nov 28th	10:15 – 11:15 am	Free	MSC
Case Manager Drop-in	1st & 3rd Tuesdays	10:30 am – 12:30 pm	Free	MSC
Coffee With a Cop	Thursday, Nov 6th	9:30 – 10:30 am	Free	MSC
Craft & Coffee: Fall Foliage Collage	Monday, Nov 17th	9:30 – 11:00 am	Free	MSC
Día de los Muertos Craft & Ofrenda	Monday, Nov 3rd	10:00 – 11:00 am	Free	MSC
Docs to Digest: <i>Gather</i>	Thursday, Nov 13th	12:30 – 1:45 pm	Free	MSC
ePantry	Order Nov 17th; pickup Nov 20th	9:00 – 11:30 am	Free	MSC
Exploring Poetry	2nd Wednesdays	11:00 am – 12:30 pm	Free	MSC
First Friday Open Mic	1st Fridays	10:00 – 11:00 am	Free	MSC
Foot Care Clinic	3rd Fridays	9:00 am – 12:00 pm	\$25	MSC
Gentle Yoga	Tuesdays	10:00 – 11:00 am	Free	MSC
Identity Theft: Protect & Prevent	Wednesday, Nov 19th	10:00 – 11:00 am	Free	MSC
Let's CONNECT	Tuesdays through Nov 11th	10:00 – 10:50 am	Free	MSC
LGBTQ+ Fall Social	Wednesday, Nov 5th	5:30 – 8:00 pm	Donation	MSC
Line Dance Class	Wednesdays, Nov 5th – Dec 17th NO CLASS Dec 10th	10:00 – 11:00 am	Free	MSC
Memory Lane	1st & 3rd Mondays	9:00 – 10:00 am	Free	MSC
Movement for Every Body	1st & 3rd Fridays	9:00 – 9:30 am	Free	MSC
Photo Affair Gallery Night	Friday, Nov 7th	5:00 – 8:00 pm	Free	MSC
PLATO	Autism: Thu through Nov 20th Play's: Thu through Nov 20th Shakespeare: Fri through Nov 14th	10:00 am – 12:00 pm 1:30 – 3:30 pm 10:00 am – 12:00 pm	\$60/yr PLATO membership	MSC; Nov 20th Play's at CPC
Rosen Method Movement	Mondays through Dec 29th	11:00 am – 12:00 pm	Free	MSC
Spanish Conversation	Wednesdays	1:30 – 3:00 pm	Free	Virtual
THUNDERHeads Robotics Demo	Monday, Nov 10th	10:30 – 11:30	Free	MSC
Travel Show	Thursday, Nov 13th	3:00 – 4:00 pm	Free	MSC

November 2025

NATIVE AMERICAN HERITAGE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Bridge Belles 9:00 Memory Lane 10:00 Día de los Muertos Craft & Ofrenda 11:00 BP Screening 11:00 Rosen Method Movement	4 9:00 Podcast Disc Grp 10:00 Gentle Yoga 10:00 Let's CONNECT 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>Heads of State</i>	5 10:00 Line Dance 10:00 Watercolor Painting 1:30 Spanish Conv V 5:30 LGBTQ+ Fall Social	6 9:30 Coffe w/ a Cop 10:00 Writing Your Life 10:00 PLATO - Autism 10:15 BINGO 11:00 BP Screening 1:30 PLATO - Play's	7 9:00 Movement for Every Body 9:30 BB4B V 10:00 BB4B - MSC 10:00 FF Open Mic 10:00 PLATO - Shakespeare 11:00 BP Screening 5:00 Gallery Night Spirit Day: Donut Day
10 9:00 Bridge Belles 10:30 THUNDERHead Robotics Demo 11:00 BP Screening 11:00 Rosen Method Movement	11 10:00 Gentle Yoga 10:00 Let's CONNECT 12:30 Movie: <i>The Amateur</i> Veterans Day 	12 10:00 Line Dance 10:00 Watercolor Painting 11:00 Exploring Poetry 1:30 Spanish Conv V	13 10:00 PLATO – Autism 10:00 Writing Your Life 10:15 BINGO 11:00 BP Screening 12:30 Docs to Digest: Gather 1:30 PLATO – Play's 2:00 GG&B 3:00 Travel Show	14 9:30 BB4B V 10:00 BB4B – MPL 10:00 PLATO - Shakespeare 10:15 Book Club 11:00 BP Screening Spirit Day: World Kindness Day
17 9:00 Bridge Belles 9:00 Memory Lane 9:30 Craft & Coffee 11:00 BP Screening 11:00 Rosen Method Movement *ePantry Ordering Day	18 9:00 Podcast Disc Grp 10:00 Gentle Yoga 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>Finding Joy</i>	19 10:00 Line Dance 10:00 Watercolor Painting 10:00 Identity Theft 1:30 Spanish Conv V	20 9:00 ePantry Pick-Up 10:00 PLATO – Autism 10:00 Writing Your Life 10:15 BINGO 11:00 BP Screening 1:30 PLATO – Play's	21 9:00 Footcare Clinic 9:00 Movement for Every Body 9:30 BB4B V 10:00 BB4B - MPL 11:00 BP Screening Spirit Day: Give Thanks!
24 9:00 Bridge Belles 10:00 Biology of Aging: Gut Health 11:00 BP Screening 11:00 Rosen Method Movement	25 10:00 Gentle Yoga 12:30 Movie: <i>Cheyenne Autumn</i>	26 10:00 Line Dance 10:00 Watercolor Painting 1:30 Spanish Conv V	27 MSC CLOSED: Happy Thanksgiving! 	28 MSC CLOSED: Happy Ho-Chunk Day!

December Dates to Remember:

SILVER SANTA DEC 10TH

MSC CLOSED DEC 24TH-26TH & DEC 31ST



HASFit Gentle Exercise,
Every day, 9:00

MOVIES

Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm. The 4th Tuesday of the month is reserved for a classic movie.

NOVEMBER 4

Heads of State (2025)

When the United Kingdom Prime Minister and the United States President become the targets of a foreign adversary, they're forced to rely on one another to thwart a global conspiracy. *Stars: Idris Elba, John Cena, and Priyanka Chopra Jonas. Action, Comedy, Thriller. 1 hour 56 minutes. Rated PG-13*



NOVEMBER 11

The Amateur (2025)

When his supervisors at the CIA refuse to take action after his wife is killed in a London terrorist attack, a decoder takes matters into his own hands. *Stars: Rami Malek, Rachel Brosnahan, and Jon Bernthal. Action, Spy, Thriller. 2 hours 4 minutes. Rated PG-13*



NOVEMBER 18

Finding Joy (2025)

Stranded in Colorado after a devastating holiday revelation, a talented but overlooked NYC designer finds unexpected love, transforming her life and career path. *Stars: Shannon Thornton, Tosin Morohunfola, and Brittany S. Hall. Drama. 1 hour 41 minutes. Rated R.*



NOVEMBER 25

Cheyenne Autumn (1964)

The Cheyenne - tired of broken U.S. government promises - head for their ancestral lands, but a sympathetic cavalry officer is tasked to bring them back to their reservation. *Stars: Richard Widmark, Carroll Baker, and Karl Malden. Drama, History, Western. 2 hours 34 minutes. Rated: Approved.*



Be a Movie Sponsor

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



LGBTQ 50+ ALLIANCE

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

SAGECollab Partner

What is SAGE? It is a nationwide non-profit agency that advocates for LGBTQ+ elders through activism, resource centers, cultural competency training, and much more. **SAGECollab** partners serve or advocate with older LGBTQ+ elders at the local level. If you are interested in having a voice, please email karenlkane13@gmail.com or lynnc@outreach.org

LGBTQ 50+ Alliance Steering Committee

Lynn Currie (608-255-8582)	OutReach Staff
Laura Hunt (608-267-8650)	MSC Staff
Karen Kane	Co-Chair, Volunteer
Shelley Hansen-Blake	Co-Chair, Volunteer
Graham Smith	Volunteer
Mimi Millen	Volunteer
Mary Beth Wilk	Volunteer
Larry Wilson	Volunteer

Coffee Meet-Up

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

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

Fall Social

WEDNESDAY, NOVEMBER 5, 5:30 – 8 PM
MADISON SENIOR CENTER, 330 W MIFFLIN ST

Join the LGBTQ 50+ Alliance, MATA (Madison Area Transgender Association), and OutReach for an evening of social connections, storytelling, and humor. Alice Pauser is a comedy writer who has appeared onstage throughout the nation for shows, open mics, and storytelling events. She is a StorySLAM Champion for *The Moth* in Madison and Milwaukee. Registration: (608) 255-8582. Recommended donation is \$20.

CQ (Curious Queers)

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

"Exploring Spirituality" is now "CQ" (curious queers) – same people, time, and place, but expanded topics. Members decide topics and provide presentations. Visits to other LGBTQ Groups, free community concerts, museums, nature walks, and more are encouraged.

Intergenerational Appeal: Older generations can share the accomplishments they have made, and younger generations can help them learn what still needs to be done.



Gay, Gray & Beyond

2ND & 4TH THURSDAYS, 2 - 4 PM
CLOSED NOVEMBER 27
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

3RD WEDNESDAYS, 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 608-264-3468

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.

Cancer Thriver Circle

THURSDAY, NOVEMBER 20, 6 PM

FOUNDATION FOR BLACK WOMEN'S WELLNESS, 6601 GRAND TETON PLAZA, SUITE A2

Registration: www.ffbww.org/CancerThrivers

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

THURSDAYS, 10 AM – 2 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Anesis works to provide weekly walk-in services. The primary goal is to provide free mental health care services for the Madison community. Each location has a mental health counselor, substance abuse counselor, and a crisis stabilization manager. Our drop-in clinics are open to anyone in Dane County. Clients should enter through the sanctuary. Signs will be posted, and Anesis staff will be available to guide clients to the new space.

Empty Chair

SATURDAY, NOVEMBER 15, 11 AM – 1 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Join Living With a Broken Heart Ministry for our Empty Chair Event, held for grieving families to acknowledge the loss of their loved ones.

Scan QR code to register



Faith Based Depression Treatment Class | Seeking African American Adults

Dr. Earlise Ward, Psychologist, invites you to participate in free classes to help you learn about depression and healthy coping behaviors. Participation includes 13 classes over 3 months. To learn more, please call 608-262-7917 or email OHD@fammed.wisc.edu

The HUB Marketplace Event

SATURDAYS, 10 AM – 5 PM

BLACK BUSINESS HUB, 2352 S PARK ST

The Hub Marketplace: your new favorite Saturday tradition and Madison's favorite Saturday pop-up experience!

Lupus Support Group for Women of Color

MONDAY, NOVEMBER 17, 6 – 7:30 PM

FOUNDATION FOR BLACK WOMEN'S WELLNESS, 6601 GRAND TETON PLAZA, SUITE A2

Registration: www.ffbww.org/LupusWarrior

Pharmacists as Allies – Invitation to Participate!

Participate in a study that explores the role of pharmacists in referring high-fall-risk patients to a culturally tailored falls prevention program, Tai Chi Prime. You must be 65 years or older. Compensation up to \$70. Contact Ejura Salihu at salihu@wisc.edu, or call (309) 569-2413

Rebalanced Life Wellness Association

MEN'S HEALTH & EDUCATION CENTER, 584 GRAND CANYON

To request an appointment, call 608-841-1110 or fill out the online form at: <https://rebalanced-life.org/appointment-request>

Think Tank

FRIDAY, NOVEMBER 14, 11:30 AM – 12:30 PM

WARNER PARK, 1625 NORTHPORT DR

Register by November 12th to ensure transportation and a meal: call (608) 512-0000 Ext 2007

Veterans Day Program

SATURDAY, NOVEMBER 8, 10 – 11:30 AM

MT ZION BAPTIST CHURCH, 2019 FISHER ST

Prayer and breakfast.

Scan the QR code to register



PROGRAMAS EN ESPAÑOL PARA ADULTOS MAYORES

Bingo Bilingüe

PRIMER VIERNES, 7 DE NOVIEMBRE, 10:15 AM
WARNER PARK, 1625 NORTHPORT DR
TERCER MARTES, 18 DE NOVIEMBRE
MEADOWOOD NEIGHBORHOOD CENTER, 5740
RAYMOND RD

Habrà Transportación limitada. Favor registrarse:
LeoM@newbridgemadison.org o (608) 512-0000
ext. 3003

La Cafeteria De La Memoria

TODOS LOS JUEVES, 2 – 3 PM VIRTUAL (ZOOM)

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 sí. Cada café de la memoria es único, ya que se anima a los participantes a personalizarlo. Favor registrarse: LeoM@newbridgemadison.org o (608) 512-0000 ext. 3003

Charlas Semanales

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

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

Corte y Confección

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

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

El Mercadito de Centro

TODOS LOS JUEVES, 4 – 8 PM
CENTRO HISPANO, 2403 CYPRESS WAY

Mercadito ofrece un lugar abierto y saludable donde la comunidad puede compartir su herencia cultural y tradiciones culinarias, rompiendo barreras y desafíos que enfrentan los miembros de la comunidad al acceder a alimentos saludables en un lugar donde los olores 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 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!
Art Lovers: Share your love of art by leading a short series of art classes.
3. **Computer Helper:** More and more older adults are trying to improve their digital literacy skills. Take a regular shift to assist walk-ins and help with basic office tasks, or be available to take scheduled 1:1 appointments at the Madison Senior Center during regular operating hours.
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. **Newsletter Prep and Delivery Person:** Help spread the word! Spend a day towards the end of each month driving our newsletter to community partners and senior housing facilities. You bring your vehicle, and we will provide you with a gas gift card. Don't drive? We could use your help addressing the newsletters we mail out to residents.

November Volunteer Spotlight: Mark

Our longtime volunteer Mark has made a big impact on our front entrance and side exits, adding plants and flowers there regularly and returning to care for them. He describes his inspiration better than we can: "One reason there is a heart on the MSC sign is a reminder that without love humans have nothing; love of nature, beauty, plants, or our relationships are the only lasting values. Further, plants alone have no value without care, nutrients, sun and water as do people they rely on a community. For the fun of it, for over 12 years and with whimsy, I have gathered some flowers to hint at nature and know in spring some will fail and some do well. I know they work better, even in pots, as groups together. Passerby efforts to notice or say hello are their own volunteer efforts."

Old habits die hard. My granny had a huge floral garden I watered and mowed for her. For 34 years I lived in a Madison burb with broad space to plant. Growing up I was a west-sider, after a UW-Mad education, as I worked for decades as a designer/draftsman, I developed a mindset of making things different and adding value. I have no siblings, but intense memories of clients and friendships caused me to have a friendship rock garden where I encouraged others to bring/take a rock or plant in order to belong. My hobby of Ikebana is practicing weekly year-round. I volunteer because in school I liked to raise my hand and say yes."



COMMUNITY RESOURCES

The following is a list of organizations that serve older adults in Madison. These are the agencies receiving funding from the City of Madison Community Development Division. The Madison Senior Center looks forward to deepening our partnership with these agencies.

African Center for Community Development

2238 S PARK ST

(608) 294-0066

Bayview Foundation

103 LA MARIPOSA LN

(608) 256-7808

Bridge Lake Point Waunona Neighborhood Center

1917 LAKE POINT DR

(608) 441-6991

FOSTER of Dane County

700 RAYOVAC DR

(608) 628-7708

Freedom, Inc.

2110 LUANN LN

(608) 716-7324

Goodman Community Center

214 WAUBESA ST

(608) 241-1574

IP Ministries

1102 ENGELHART DR

(608) 347-7999

Lussier Community Education Center

55 S GAMMON RD

(608) 833-4979

Neighborhood House Community Center

29 S MILLS ST

(608) 255-5337

OutReach, Inc.

2701 INTERNATIONAL LN

(608) 255-8582

RSVP of Dane County

6501 WATTS RD

(608) 238-7787

Southeast Asian Healing Center, Inc.

2814 SYENE RD

(608) 405-5889

The Hmong Institute

4402 FEMRITE DR

(608) 692-8918

Urban Triage

2312 S PARK ST

(608) 299-4128

NewBridge

NUTRITION SITE

NewBridge Madison operates the Senior Nutrition Site at our Center. Monday-Friday, at 11:30 am, adults age 60+ can enjoy a hot, nutritious meal. If you are age 60 and older, the suggested minimum donation is \$5.00. If you are under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost \$13.56. 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



SafeStreets

833-287-3502

THE STARLING AT RISE BRAND NEW - NOW OPEN

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

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

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



Inclusive Income Restrictions Apply

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



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Nick Palasini

npalasini@lpicommunities.com

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

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 up 9 - 11:30 am.**

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

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

FOOD ORDER DATE WITH ASSISTANCE	FOOD PICK UP DATE
Monday, November 17	Thursday, November 20
Monday, December 15	Thursday, December 18
Monday, January 12	Thursday, January 15

NEWS

Announcing the West Mifflin Mural Project!

We are pleased to announce that the Madison Senior Center (MSC) dining site will be getting a mural in 2026! We have received feedback from the community asking for something brighter and more exciting to look at when they dine or attend programs here. This project is supported in part by a grant from the Wisconsin Arts Board with funds from the State of Wisconsin and the National Endowment for the Arts. The Madison Senior Center Foundation (MSCF) applied for the grant and will fund the additional amount needed for the project.

The mural will be created by an artist from Developing Artists, Murals & Alliances (DAMA). DAMA has taken the lead on many community art projects throughout Madison and we are thrilled to be partnering with them to beautify MSC! The artist will be selected based on the results of a community survey about the subject of the mural. In addition to providing input on the theme of the mural, MSC members and their friends, families, caregivers, and supporters can take part in painting the mural over several programs in early 2026. Keep an eye out for information on the painting programs, and in the meantime, go to www.surveymonkey.com/r/N9W8R7G or scan the QR code to fill out the survey to let us know what you want to see! You also have the option of filling out a paper survey in person at MSC. We want the mural to provide a welcoming feeling to all older adults and to center your voice, so fill out the survey by December 1, 2025!



PUZZLE



NOVEMBER

Word Search



Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

AUTUMN
BLACK FRIDAY
CHRYSANTHEMUMS
CINNAMON
CORNUCOPIA
CRANBERRY
CYBER MONDAY
DAYLIGHT SAVING
ELECTION
FAMILY
FIREPLACE
FOOTBALL
FRIENDSGIVING
GRATITUDE
HARVEST
HOT CIDER
NATIVE AMERICANS

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

PECAN PIE
PILGRIMS
POTATOES
PUMPKIN PIE
SCARVES
SCORPIO



STUFFING
SWEATERS
SWEET POTATOES
THANKSGIVING
TOPAZ
TURKEY
VETERANS DAY

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 at mscfoundation@gmail.com

FOUNDATION BOARD OF DIRECTORS

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

DONATIONS

Toni Ameslav, in memory of Gail Alexander

Senior Center Wish List

- » Coffee grounds, sugar packets, and coffee creamer
- » Cases of bottled water
- » Individually wrapped snacks
- » Gift cards to use as game prizes (\$10)
- » Used or new sweat pants in adult sizes
- » Musical instruments in good condition
- » Gently used or new socks, gloves, & scarves



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

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MADISON, WI



Día de los Muertos Craft & Ofrenda MONDAY, NOVEMBER 3, 10 – 11 AM

Join us for a celebration of Día de los Muertos! We will paint sugar skulls to decorate our ofrenda. An ofrenda is an altar that is decorated to celebrate those who have passed. Bring a photo of any loved ones you would like to memorialize and paint a festive and colorful skull to go with it. If you would like your photo returned, please be sure to leave your name and phone number on the back.



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