

# THE Messenger

VOLUME 41, NUMBER 9

PROGRAMAS EN ESPAÑOL EN LA PAGINÁ 17.

SEPTEMBER, 2024

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**Relevant, Inclusive,  
Enlightened**

**Madison Senior Center**

**330 W. Mifflin Street**

**Madison, Wisconsin 53703**

**(608) 266-6581**

**cityofmadison.com/senior-center**






## HEALTH RESOURCE FAIR


**Tuesday, September 24 9:30 am - 1:00 pm**  
At the Madison Senior Center, 330 W Mifflin St

**At our health fair, you'll have the opportunity to:**

- Visit over 25 information tables
- Have a memory screening
- Have your blood pressure checked
- Engage in physical activity
- Enjoy nutritious snacks
- Learn about genetic counseling for older adults and why it matters.
- Enjoy a free lunch if registered by September 13.



**REGISTER NOW!**  
CALL 608-266-6581







## National Senior Center Month – Powering Connections

The 10,000+ senior centers in communities and neighborhoods across the country provide access to information, opportunities, and support to improve the lives of people in their communities as they age. Senior centers have evolved since their beginning in the 1940s, through their inclusion in the Older Americans Act in 1973, and up to today. Senior centers work with community partners to provide access to health, economic security, social engagement, purpose, creativity, mobility, nutrition—all in a social and fun environment! See page 14 for more about National Senior Center Month.

# FOR YOUR INFORMATION

## Directory

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

Website ..... madisonseniorcenter.org

### SENIOR CENTER STAFF

*Community Resources Manager, Yolanda Shelton-Morris (she, her)*  
(608) 266-6563, yshelton-morris@cityofmadison.com

*Facility Operations Supervisor, Alana LaBeaf (she, her)*  
(608) 267-8652, alabeaf@cityofmadison.com

*Program & Outreach Coordinator, Laura Hunt (she, her)*  
(608) 267-8650, lhunt@cityofmadison.com

*Program & Outreach Coordinator, Ericka Booe (she, her)*  
(608) 266-8652, ebooe@cityofmadison.com

*Facility Operations Assistant, Gary Flesher (he, him)*  
(608) 267-8651, gflesher@cityofmadison.com

*Custodian, Ricky Butler (he, him)*  
(608) 266-6581, rbutler@cityofmadison.com

*Professional Aide, Daryl Schenkat (she, her)*  
(608) 266-6581, dschenkat@cityofmadison.com

*Social Work Intern, Mike Sungurtekin*  
608-267-8683, msungurtekin@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"**. **Register for the programs**, even if they are free. Most programs require a minimum number. 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.** **R** = Registration Required. **Purple** text or a purple **S** means the program will be in Spanish.

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

### Member of



Like us on Facebook:  
facebook.com/MadisonWISeniorCenter

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

## SUBSCRIBE TODAY!

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

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

# FOR YOUR INFORMATION

## Scholarship Fund

Scholarships are available to people age 55 and older with annual income less than \$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](mailto: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 Participant 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 Laura at (608) 267-8650 or email [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com).

## Language Access Program

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

# LIFELONG LEARNING

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

## Common Scams & Frauds Targeting Seniors

MONDAY, SEPTEMBER 9, 10 - 11 AM

The Wisconsin Bureau of Consumer Protection will discuss the details of common scams that target seniors, the warning signs of a scam, and what to do if you or someone you know falls victim to a scam or fraud. Helpful factsheets from The Bureau of Consumer Protection will be available. As Wisconsin's lead agency for consumer protection, the Bureau of Consumer Protection at the Wisconsin Department of Agriculture Trade and Consumer Protection, provides information and education, mediates complaints, investigates cases, and takes enforcement actions to fight fraudulent and deceptive practices that harm consumers and honest businesses.

### BIOGRAPHY

Jeff Kersten is an Outreach Specialist for the Bureau of Consumer Protection within the Wisconsin Department of Agriculture, Trade and Consumer Protection. As an Outreach Specialist, Jeff travels around the state to educate the public, businesses, and law enforcement on common scams & fraud, privacy protection, data security, identity theft, and other areas of consumer protection. Jeff has over 12 years of experience as a police officer and is a prior Consumer Protection Investigator for the Bureau of Consumer Protection.

## 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. To schedule an appointment, call (608) 266-6581 or email [lhunt@cityofmadison.com](mailto:lhunt@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.

**No printing.**

## Writing Your Life

THURSDAYS, SEPTEMBER 19 –  
OCTOBER 24, 10-11:30 AM

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 will help you find the stories you want to tell and give you writing strategies to craft them into the stories you want to share. Each 90-minute session includes exploration of different strategies and opportunities to write and seek feedback, and time to share writing in a welcoming and enthusiastic community. Led by Mark Nepper. *R*

## PLATO Programs

For more information, [info@platomadison.org](mailto:info@platomadison.org) or (608) 572-6869

### THE PLAY'S THE THING

- » Thursdays starting on 10/3/24 and ending on 12/5/24
- » 1:30 – 3:30 pm, 9 sessions - No class 11/28/24

### SHAKESPEARE'S COMEDIES: METHOD AND MEANING

- » Fridays starting on 9/20/24 and ending on 11/22/24
- » 10:00 am – 12:00 pm, 10 sessions

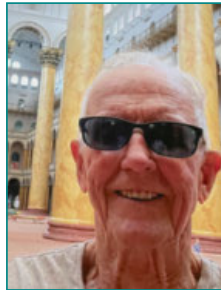
# LIFELONG LEARNING

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

## Meet Don Ardell: Wellness Pioneer, Freethinker, Athlete and Possessor of Strong Opinions on Politics, Sex, Religion and Other Fun Topics

WEDNESDAY, SEPTEMBER 11, 1 - 2 PM

Don will provide personal perspectives on most of the topics that make life interesting, including but not limited to politics, sex, religion, superstition, free-thought, reason, exuberance, athleticism, happiness and joy, aging and death, personal liberties, and the meaning of life. Other areas will also be addressed, based upon audience comments and questions. The session is designed to be enjoyable, thought-provoking, respectful and even humorous.



**Reservations are required**, as space is limited. The cost is **\$10 per person** (paid at the door) and all attendees will receive a free copy of their choice of one of Don's two latest books noted in the bio description.

### Don's Bio

Donald B. Ardell, Ph.D., wrote the best-seller which sparked the wellness movement in the mid-1979s, "High Level Wellness: An Alternative to Doctors, Drugs and Disease." He has authored 14 others since, the two latest being **Not Dead Yet: 56 Tips for Thriving and Flourishing in Later Life** and **Freedom from Religion in 30 Days**. He is the founder of the philosophy and lifestyle REAL wellness and publisher of the REAL Wellness Report (870 editions since 1984). A seven-time world triathlon champion, he continues to excel in competitions, specifically singles pickleball. He views ample daily exercise, important at any age, vital in later life.

## Travels, Traditions & Tales with Joe Fahey

THE GREAT PYRAMIDS OF GIZA

WEDNESDAY, OCTOBER 9, 1 - 2 PM

The Great Pyramids are the only remaining icons of the Seven Wonders of the Ancient World. Joe Fahey will share with you the history of the pyramids and how they were built, as well as the backstory of their protector, The Great Sphinx. *R*

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. *R*

## 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. *Best Words, Best Order* is the title of a collection of essays by the poet Stephen Dobyns which in just those four well-chosen words perfectly describes what a poet aspires to when putting a poem together. 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. Exploring Poetry is led by Mark Kraushaar. *R*

# GROUPS & CLUBS

To register for programs, call (608) 266-6581 or email [seniorcenter@cityofmadison.com](mailto: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. If interested, email Laura at [lhunt@cityofmadison.com](mailto:lhunt@cityofmadison.com) or call (608) 267-8650. *R*



## Veteran Peer Support Social

TUESDAYS, 10 - 11:15 AM

The 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. Socials are open to ALL Veterans and to their family members and supporters. Registration is not required, and 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.*

## B-I-N-G-O

THURSDAYS, 10:15 - 11:15 AM

It is free to play standard BINGO rounds for a small prize. Each BINGO card for the final Blackout round costs 50 cents (max of four cards), if you want to go in for the cash prize pot. We play to have fun and camaraderie. Join us!



## 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. To register, email [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com). Once you are registered, you will be sent the Zoom link. All levels welcome. Spanish Conversation meets via Zoom. *R*

## Got a Gathering Coming Up? We've got just the spot for it!

Did you know that the Madison Senior Center is available to rent evenings and weekends? Host your next family reunion here! Groups both public and private can rent out parts of the Madison Senior Center for meetings, conferences, weddings, memorial services, or any number of gatherings. Prices vary depending on which space(s) you need. Dining room and lounge, kitchen, meeting room(s), or any combination of spaces are available. We also offer add-ons such as dishes, a stage, podium and microphones, and even the piano. We are an affordable option in the heart of downtown, so tell your friends and family about us. Groups that consist primarily of older adults receive a discount. For more information, visit our website: [www.cityofmadison.com/senior-center/facility-rental/rental-information](http://www.cityofmadison.com/senior-center/facility-rental/rental-information)

## First Friday Music Hour

FRIDAY, SEPTEMBER 6, 10:15 - 11:15 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 songs or spoken word to share. Open to all styles of musical expression!





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[www.VisitingAngels.com/MadisonWI](http://www.VisitingAngels.com/MadisonWI)



My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

**Visit us today:**  
[mychoicewi.org/LPI](http://mychoicewi.org/LPI)  
**1-800-963-0035**

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

DHS Approved 4/22/2021



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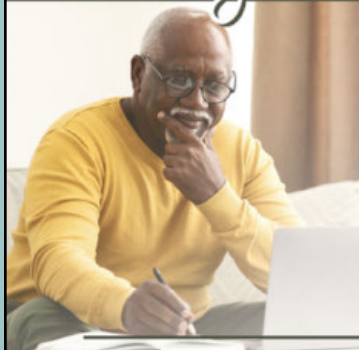
Areas of Practice  
Estate Planning  
Elder Law  
Medicaid/Medicare  
Guardianship  
Special Needs Trusts  
WisPACT Trust  
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*Our Family Will Take Good Care of Your Family*

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Madison Senior Center, Madison, WI

A 4C 01-1141

# 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).

### SEPTEMBER 3

#### TYLER PERRY'S DIVORCE IN THE BLACK (2024)

Ava, a young bank professional, is devastated when husband Dallas abandons a marriage she is determined to fight for. Fate intervenes, revealing Dallas' wicked deeds that have trashed their marriage, and once upon a time sabotaged Ava's destiny to be loved by her true soulmate. *Stars: Meagan Good, Cory Hardrick and Joseph Lee Anderson. Drama, Thriller. 2 hours 23 minutes. Rated R.*



### SEPTEMBER 10

#### FURIOSA – A MAD MAX SAGA (2024)

As the world falls, young Furiosa is snatched from the Green Place of Many Mothers and falls into the hands of a great Biker Horde led by the Warlord Dementus. Sweeping through the Wasteland they come across the citadel presided over by the Immortan Joe. While the two Tyrants war for dominance, Furiosa must survive many trials as she puts together the means to find her way home. *Stars: Anya Taylor-Joy, Chris Hemsworth and Tom Burke. Action, Adventure, Sci-Fi. 2 hours 28 minutes. Rated R.*



### SEPTEMBER 17

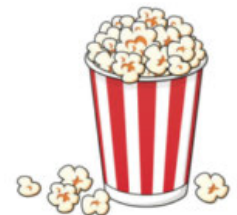
#### THE LAST STOP IN YUMA COUNTY (2023)

While stranded at a rural Arizona rest stop, a traveling salesman is thrust into a dire hostage situation by the arrival of two bank robbers with no qualms about using cruelty-or cold hard steel-to protect their bloodstained fortune. *Stars: Jim Cummings, Faizon Love and Jocelin Donahue. Crime, Thriller. 1 hour 30 minutes. Rated R.*



## Movie Trivia

1. What are the dying words of Charles Foster Kane in *Citizen Kane*?
2. What was the first feature-length animated movie ever released?
3. What American writer/director starred in several iconic European produced "Spaghetti Westerns"?
4. What 1994 crime film revitalized John Travolta's career?



- Movie Trivia Answers**
1. Rosebud
  2. Snow White and the Seven Dwarfs
  3. Clint Eastwood
  4. Pulp Fiction



# VOLUNTEER OPPORTUNITIES

## Volunteers Needed!

**Volunteers are the heart of the Madison Senior Center.** Whether you are older and enjoy helping your peers, or younger and enjoy interacting with older adults, there may be a place for you here. You can apply to be a volunteer on our website. If you have questions, call us at (608) 266-6581 or email [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com) if that is easier.

1. **Front Desk/Reception:** Greet and help people at the front desk. Answer and route telephone calls. Provide information and register participants. MUST have computer, phone, and office skills. Shifts are Tuesday, Wednesday or Thursday afternoons.
2. **Computer Lab volunteer:** Troubleshoot issues in our computer lab, assist seniors in completing their identified tasks. Answer questions regarding tech resources and computer functions. Schedule a regularly recurring 1.5 – 2 hour time block.
3. **Group or Class Leader:** Tell us what kind of group or class you would like to lead! A book Club, current events discussion group, the art of drawing, watercolor painting, knitting, gardening – you name it! This can be a onetime only event or a recurring class.
4. **Service Provider:** Many of our older adults are in need of services such as haircuts, massage, blood pressure screening and foot care.
5. **Volunteer group opportunities –**
  - **Client Focused:** Wrapping gifts around the holidays, sing-a-longs, board games, special events. Let us know what interests you.
  - **Facility focused:** Gardening, beautifying spaces, painting? Call Alana at (608) 267-8652 to discuss current needs and scheduling.

## APPLY TO VOLUNTEER!

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

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## Hispanic Heritage Month - Pioneers of Change: Shaping the Future Together

Hispanic Heritage Month does not cover one single month but instead begins in the middle of September and ends in the middle of October. The timeframe of this month is significant because many Central American countries celebrate their independence days within these dates. By aligning with these independence dates, Hispanic Heritage Month honors the resilience and determination of the Hispanic community. Key Independence Days celebrated within Hispanic Heritage Month include:

- » September 15 – Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua
- » September 16 – Mexico
- » September 18 – Chile
- » September 21 – Belize

Learn more about the unique Latin Independence Days traditions and celebrations.



# 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, Sept 13 - Dec 6	10:00 – 11:30 am	\$90	TBD
Ballroom Basics for Balance - Inclusive & Virtual	Fridays, Sept 20 - Dec 13	9:30 – 10:45 am	\$87	Virtual
BINGO	Thursdays	10:15 – 11:15 am	Free	MSC
Blood Pressure Screening	1st & 3rd Tuesdays 2nd & 4th Mondays	11:15 am – 12:15 pm 10:30 – 11:30 am	Free	MSC
Common Scams & Frauds Targeting Seniors	Monday, September 9	10:00 – 11:00 am	Free	MSC
Computer Lab	Monday and Friday Tuesday-Wednesday-Thursday	8:30 am – 12:45 pm 8:30 am – 3:45 pm	Free	MSC
Don Ardell	Wednesday, September 11	1:00 – 2:00 pm	Free	MSC
eFood Pantry	Place orders Monday 9/16 Pick-up orders Thursday 9/19	9:00 am – 11:30 am	Free	MSC
First Friday Music Hour	Friday, September 6	10:15 – 11:15 am	Free	MSC
Foot Care Clinic	Thursday, September 12	9:00 am – 12:00 pm	\$25/ \$30	MSC
Exploring Poetry	2nd Wednesdays	11:00 am – 12:30 pm	Free	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays	2:00 – 4:00 pm	Free	MSC
Gentle Yoga	Tuesdays, No class Sept 3 or 24	10:00 – 11:00 am	Free	MSC
HASfit	Monday - Friday	9:00 – 9:45 am	Free	MSC
Healthy Living with MCI	Friday, September 13	9:30 - 11:30 am	Free	MSC
Health Resource Fair	Tuesday, September 24	9:30 am - 1:00 pm	Free	MSC
Movies (titles on page 8)	Tuesdays, No movie Sept 24	12:30 – 3:00 pm	Free	MSC
NewBridge Case Manager	1st & 3rd Tuesdays, Drop-In	10:30 am – 12:30 pm	Free	MSC
Spanish Conversation	Wednesdays	1:30 – 2:30 pm	Free	Virtual
Technology Assistance	Tuesdays and by appointment	10:00 – 11:30 am	Free	MSC
Veteran Peer Support Social	Tuesdays	10:00 – 11:15 am	Free	MSC
Writing Your Life	Thursdays, Sept 19 - Oct 24	10:00 – 11:30 am	Free	MSC

# September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
<b>2</b> Senior Center Closed for the Labor Day Holiday 	<b>3</b> 10:00 Vet Peer Social Support 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: Tyler Perry's <b>DIVORCE</b> in the <b>BLACK</b>	<b>4</b> 9:00 HASfit 1:30 Spanish Conv ✓	<b>5</b> 9:00 HASfit 10:15 BINGO	<b>6</b> 9:00 HASfit 10:15 First Friday Music Hour	<b>7/8</b> September 7 National Grandparents Day 
<b>9</b> 9:00 HASfit 9:00 Bridge Belles 10:00 Scams & Frauds 10:30 BP Screening	<b>10</b> 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Peer Social Support 10:00 Tech Assist 12:30 Movie: Furiosa - A Mad Max Saga	<b>11</b> 9:00 HASfit 1:00 Don Ardell 1:30 Spanish Conv ✓	<b>12</b> 9:00 HASfit 9:00 Footcare Clinic 10:15 BINGO 2:00 Gay, Gray & Beyond	<b>13</b> 9:00 HASfit 9:30 Healthy Living with MCI 10:00 BB4B	<b>14/15</b> September 15 starts Hispanic Heritage Month 
<b>16</b> 9:00 HASfit 9:00 Bridge Belles *ePantry Ordering Day	<b>17</b> 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Peer Social Support 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: The Last Stop in Yuma County	<b>18</b> 9:00 HASfit 11:00 Exploring Poetry 1:30 Spanish Conv ✓	<b>19</b> 9:00 HASfit 9:00 ePantry Pick- up 10:00 Writing Your Life 10:15 BINGO	<b>20</b> 9:00 HASfit 9:30 BB4B ✓ 10:00 BB4B 10:00 PLATO- Shakespeare	<b>21/22</b> September 22 National White Chocolate Day 
<b>23</b> 9:00 HASfit 9:00 Bridge Belles	<b>24</b> 9:30 am - 1:00 pm Health Resource Fair	<b>25</b> 9:00 HASfit 1:30 Spanish Conv ✓	<b>26</b> 9:00 HASfit 10:00 Writing Your Life 10:15 BINGO 2:00 Gay, Gray & Beyond	<b>27</b> 9:00 HASfit 9:30 BB4B ✓ 10:00 BB4B 10:00 PLATO- Shakespeare	<b>28/29</b> September 28 National Good Neighbor Day 
<b>30</b> 9:00 HASfit 9:00 Bridge Belles					



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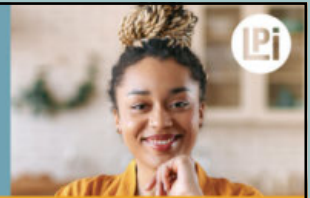
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Madison Senior Center, Madison, WI B 4C 01-1141

# 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 provide social opportunities. Call (608) 255-8582 for more information or email [info@lgbtoutreach.org](mailto:info@lgbtoutreach.org). You can also check out our website, [lgbtq50plusalliance.org](http://lgbtq50plusalliance.org).

## Gay, Gray & Beyond (GGB)

**2ND & 4TH THURSDAYS, 2 - 4 PM**

GGB 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](mailto:karenlkane13@gmail.com) or [kristim@outreach.org](mailto:kristim@outreach.org).

## Outreach Senior Advocate

The OutReach Senior Advocate, Kristi Mason, coordinates educational trainings and workshop with the community in addition to advocating for LGBTQ+ older adults and their wellness. You can reach Kristi at (608) 255-8582 or [kristim@outreach.org](mailto:kristim@outreach.org).



## 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, September 16	Thursday, September 19
Monday, October 14	Thursday, October 17
Monday, November 18	Thursday November 21

# HEALTH & WELLNESS

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

» **Friday, September 13, 9:30 - 11:30 am**

#### **Heart Health is Brain Health: Reducing Vascular Risk factors for a Healthier Mind**

Guest Speaker: Cynthia Carlsson, MD, MS.

Many health and lifestyle factors can impact a person's brain health and risk for cognitive decline, from exercise and diet to cognitive engagement. One of the most important factors is vascular health, which focuses on your ability to carry blood throughout the network of blood vessels in your body. Join this interactive presentation to learn more about how vascular risk factors can impact your overall brain health and leave with strategies for improving the health of your heart and mind.

» **Friday, December 13, 9:30 - 11:30 am**

#### **Amplify Your Life, Sharpen Your Mind: How Managing Hearing Loss Can Help Your Memory**

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.

## National Senior Center Month – Powering Connections

The Madison Senior Center has been an integral part of the community since 1983. We are proud about the many ways that we power connections for older adults in our community. This year our **Health Resource Fair is September 24**, and it is a great opportunity to build connections with local service providers, as well as with other health seeking older adults.

The more connections we have, especially with friends and family, the less likely we are to experience social isolation and loneliness. Research is showing that loneliness can worsen our mental and physical health. Senior Centers provide safe places to connect with people.

# HEALTH & WELLNESS

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

## Blood Pressure Screening

1ST & 3RD TUESDAYS, 11:15 AM - 12:15 PM  
2ND & 4TH MONDAYS, 10:30 - 11:30 AM

Keep tabs on your blood pressure. Our volunteers are medical professionals and would love to have you stop by. No screening on September 23.

## Foot Care Clinic – New Day & New Price


2ND THURSDAYS, 9 AM - 12 PM  
COST IS \$25 OR \$30 FOR DIABETICS

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

## HASFIT Gentle Exercise


The HasFit program is available on YouTube. When our TV is not in use, tune in at your convenience to complete an exercise session. Instructors for the senior sessions focus on strength, flexibility and balance.

## Gentle Yoga

TUESDAYS, 10-11 AM | NO CLASS ON SEPTEMBER 3 OR 24  
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](http://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. 

## Learn to Fall Safely

MONDAYS, 9:30 - 10:30 AM, OCTOBER 7, 14, 21, 28

*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. Register now, limited openings. 

## 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](http://www.ballroombasicsforbalance.org). 

### IN PERSON

**Fridays, September 13 – 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 a registration form or contact Susan Frikken at (608) 692-8794

Registration deadline is September 6. Limited space but we will keep a waitlist.

### VIRTUAL AND INCLUSIVE

**Fridays, September 20 - 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 a registration form or contact one of the instructors: Atala: [atalanicole@gmail.com](mailto:atalanicole@gmail.com) or (608) 770-8763 or Krista: [kabultmannspiro@gmail.com](mailto:kabultmannspiro@gmail.com) or (608) 335-9252

Fall Theme: Dances That Began in The US (Two-Step, Hula, Tap, Polka & Halloween Fun)

# PROGRAMS FOR BLACK OLDER ADULTS

## Get Movin' in Motion

TUESDAYS & THURSDAYS, 1 - 2 PM

*Meet at UW South Madison Partnership, 2238 Park St.*

This is a gentle exercise class for both men and women, and for every fitness level. Classes are live and on Zoom and led by Johnny Winston. Sign up now at [adrc.wisc.edu/get-movin](http://adrc.wisc.edu/get-movin) or call (608) 265-4790.

## NewBridge Programs

**TECH MASTERS: GETTING COMFORTABLE WITH COMPUTERS – IN PERSON [EDUCATIONAL]**

SEPTEMBER 4, 1 - 3 PM

*Madison Labor Temple, 1602 S Park St*

If you are interested in learning more about computers and getting more comfortable with them, this is the place for you! With a little bit of practice, you'll become a Tech Master! Very Limited Space.

Registration is required. Call Arielle Holt (608) 512-0000 ext. 2007.

## Forever Fit Dance Class – In Person [Health + Wellness]

SEPTEMBER 11 & 26, 1 - 2 PM

*Warner Park Community Center*

Come get your body moving in our new dance class. This will be a light ZUMBA inspired dance session for people at all skill levels. Registration is required. Call Arielle Holt (608) 512-0000 ext. 2007

## Financial Education Series – In Person [Educational]

SEPTEMBER 17 & OCTOBER 1, 1 - 3 PM

*Community Room - 1862 Beld St, Madison, WI 53713*

This financial planning class will provide tips and tricks on how to improve in the area of saving money and planning for the future. These are free workshops and all attendees will receive a \$10 gift card upon completion of both sessions. Registration is required. (608) 512-0000 ext. 2007

## MSCR Pontoon Rides

SEPTEMBER 18, 1 - 2:30PM

*1615 Sherman Ave, Madison, WI, 53704*

Lets enjoy the end of the summer together with pontoon rides on Lake Mendota. We will have food drinks while we enjoy the ride. Registration is required. (608) 512-0000 ext. 2007.

## Mt. Zion Church Counseling Center

**OPEN EVERY TUESDAY FROM 10 AM - 2 PM AND THURSDAY FROM 1 PM - 5 PM.**

Services are FREE. Walk-ins are welcome.

Address: 2019 Fisher St, Madison, WI 53713  
(608) 268-6530

[www.mtzlife.com/programs](http://www.mtzlife.com/programs)

## 16th Annual BLACK Women's Wellness Day

SATURDAY, SEPTEMBER 28

*Monona Terrace Community & Convention Center*

[www.blackwomenswellnessday.org](http://www.blackwomenswellnessday.org)

## Rebalanced-Life Wellness Association

The new Perry Family Free Clinic (PFFC), is now accepting appointments. We're committed to providing primary care to uninsured and under-insured Black men in Dane County and surrounding areas. To schedule an appointment please call (608) 841-1110 to leave a secure message. We look forward to providing you care. <https://rebalanced-life.org/perry-family-free-clinic>



# PROGRAMAS PARA ADULTOS MAYORES HISpanOHABLANTES

## 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 - 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.

## Curso Especial de Nutrición en Colaboración con WiseFood Education

**TODOS LOS JUEVES, GOOD SHEPHERD CHURCH (5701 RAYMOND RD), 10:30 - 11:30 AM**

El curso proveerá los ingredientes y las recetas para armar un platillo saludable y delicioso que se disfrutará al final de cada clase. Transportación y cupos limitados (608) 512-0000 Ext. 1007.



## Gente Fuerte Clases de Ejercicios en Colaboración Con UW-Extensión

**TODOS LOS MARTES Y JUEVES, MADISON LABOR TEMPLE (1602 S. PARK ST), 1:30 - 2:30 PM**

Esta clase tiene como objetivo iniciar un cambio positivo, que provea el conocimiento y la inspiración para vivir fuertes y saludables a cualquier edad. Habrá transporte y cupos limitados. ¡Por favor llamar para registrarse! (608) 512-0000 Ext. 1007.

## La Movida Radio 94.5 FM y 1480 AM – WLMV

La primera y única estación de radio en español en el área de Madison, Wisconsin, transmitiendo las 24 horas del día, los siete días de la semana.

## 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.

# 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. 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](mailto:mscfoundation@gmail.com)

### FOUNDATION BOARD OF DIRECTORS

Tom DeChant – President  
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Sally Miley  
Kathy Whitt

### Senior Center Wish List

- » Fine point magic markers for coloring
- » Bottled water
- » Individually wrapped snacks
- » \$5 - \$10 Gift cards for BINGO prizes
- » New cleaning supplies for BINGO prizes



### IN KIND DONATIONS

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# 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.

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Foundation, Inc.

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## Calling all local photographers age 55+

### Photo Affair is back!

2024 Theme  
"Aging is Living"

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information at the Madison  
Senior Center or go to  
[www.cityofmadison/senior-center](http://www.cityofmadison/senior-center)



**A MMOCA  
Gallery Night  
Participant**

#### Dates to Know

##### Registration/Photo Drop-Off

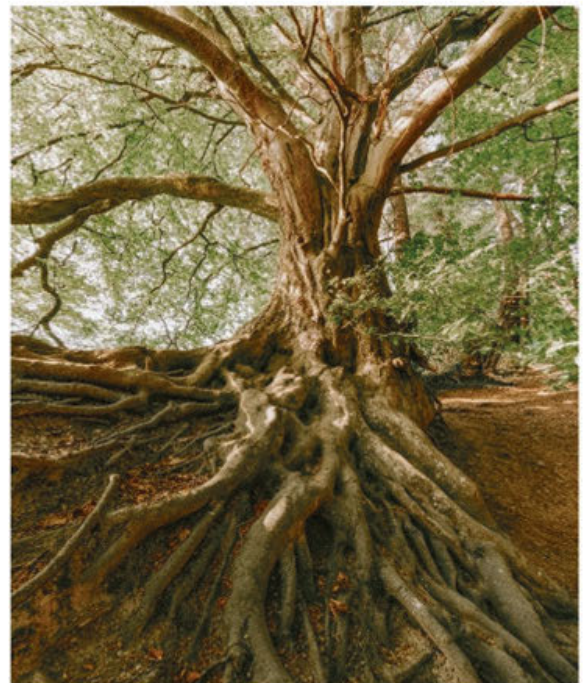
Tuesday, September 17,  
9:00 am - 1:00pm

##### Gallery Night

Friday, October 4  
5:00 pm - 8:00pm

##### Photo Pick-up

Thursday, November 7  
9:00 am - 1:00pm



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



Follow us on Twitter: [@MadisonSrCenter](https://twitter.com/MadisonSrCenter)