The Weekly Window is an e-newsletter that usually comes out on Fridays. It gives you updates about programs that did not make it into the Messenger, and reminds you what programs and activities are coming up in the next week.

**PROGRAM REGISTRATION**

**To register for any program call 608-266-6581 or email** **gflesher@cityofmadison.com****. You can also stop by the Senior Center. We would love to see you!**

**Come Play EUCHRE!**

**Next Meeting March 21 AT 1 PM**

Every other Monday join us at the Senior Center to play Euchre. Not sure how to play, or feeling a little rusty? No Problem, instruction is available. *Everyone who shows up to play in February and March, gets their name put into a drawing to win an Aprilaire Air Purifier. If you come all four weeks then you get four entries.* Last chance to be entered to win the Aprilaire Air Purifier!

**Do your loved ones know your final wishes?**

**TUESDAY, MARCH 22, 10-11 AM**

Don’t leave the burden behind for your family. There are hundreds of decisions that will have to make made in a very short amount of time, when they are already under stress and feeling at a loss. Nickie Gard and Melissa Theisen from Gunderson Funeral Home walk you through the basics of advanced planning to provide your family with peace of mind.

**Suffragette (2015)**

**Tuesday, March 22, 12:30 pm**

In early 20th-century Britain, the growing suffragette movement forever changes the life of working wife and mother Maud Watts (Carey Mulligan). Galvanized by political activist Emmeline Pankhurst (Meryl Streep), Watts joins a diverse group of women who fight for equality and the right to vote. Faced with increasing police action, Maud and her dedicated suffragettes must play a dangerous game of cat-and-mouse, risking their jobs, homes, family and lives for a just cause. *Stars: Carey Mulligan, Anne-Marie Duff and Helena Bonham Carter. History, Drama. 106 minutes. Rated PG-13.*

**Non -Traditional Doll Making & Fabric Art**

**Wednesdays, 1:00 – 4:00 pm**

Express yourself using simple sewing techniques. Local artist, Wendy Fern Hutton class guides you through the process of creating something that speaks to your soul- an animal totem, a medicine doll or maybe a spirit guide. Use fabrics, beads, feathers, ribbons, sequins, or anything else you can think of. The cost is $50.00 for the first four classes and then $25 for every four classes thereafter. Please pay the instructor. **R**

**Gentle Yoga**

**THURSDAYS, 9:30-10:30 AM**

Improve your balance, range of motion and flexibility! Strengthen your bones and muscles, quiet your mind! All abilities and levels welcome. Yoga Accessible for All (YAFA) teachers dedicate themselves to making yoga safe and inviting for anyone who is interested in gaining the benefits of yoga (yafayoga.org). We do a combination of seated and standing positions, and will always suggest modifications if a pose does not work for you. Join any time. Free, but registration is required.

**America’s Untold Story**

**WEDNESDAY, 12-1:30 PM, APRIL 20, 27**

**AND MAY 4, 11**

Before Jamestown… before Plymouth… the first permanent European settlement in the United States,was founded two generations before the Pilgrims arrived– in 1565 – not by English Protestants,

but by a melting pot of Spanish, Africans, Italians, Germans, Irish and converted Jews who integrated almost immediately with the indigenous tribes. Uncover the story of America’s past that never made

it into textbooks. View and hour long video each week followed by a facilitated discussion.

**New Program Volunteer Opportunities**

* **Bid Whist –** Take the lead in getting a new group together to play Bid Whist.
* **Sew Much? –** Put your needle and thread skills to good use by mending clothes for those less able to do do.
* **Knitting for the Needy** – Blankets, hats, scarves, shawls, mittens … Socialize with friends while knitting for those in need of warmth.