

THE

Messenger



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MAY, 2023

Inside this Issue

For Your Information	2
Lifelong Learning	4
Health & Fitness	6
Entertainment - Movies	8
Groups, Clubs & Services.....	9
Program & Activity List.....	10
Calendar	11
LGBTQ 50+ Alliance.....	13
Volunteer View.....	14
Foundation	15
Puzzle.....	17
ePantry	18
Community	19

Relevant, Inclusive, Enlightened

Madison Senior Center

330 W. Mifflin Street

Madison, Wisconsin 53703

(608) 266-6581

cityofmadison.com/senior-center

Relevant, Inclusive, Enlightened

MSC

55+

MADISON SENIOR CENTER

Aging Unbound

Established in 1963, **Older Americans Month (OAM)** is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.



This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in *Aging Unbound*:

- » **Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- » **Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- » **Stay engaged in your community.** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- » **Form relationships.** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

FOR YOUR INFORMATION

Directory

Phone.....(608) 266-6581
FAX.....(608) 267-8684
Website..... madisonseniorcenter.org

SENIOR CENTER STAFF

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

(608) 266-6563, yshelton-morris@cityofmadison.com

Older Adult Program & Outreach Coordinator, Laura Hunt
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(608) 267-8650, lhunt@cityofmadison.com

Administrative Services Coordinator, Karen Cator (she, her)
(608) 266-6290, kcator@cityofmadison.com

Volunteer & Resource Coordinator, John Weichelt (he, him)
(608) 267-2344, jweichelt@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

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

Member of



MISSION STATEMENT

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

OUR VISION

Become known as an inclusive community where older adults thrive.

Program Format & Registration

Programs are offered in person, virtually and hybrid. Watch for the **"VIRTUAL"** after the program time. Classes that are both in person and virtual are referred to as **"Hybrid"**. **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) 267-8651.** **R** = Registration Required. **Purple** text or a purple **S** means the program will be in Spanish.

Scholarship Fund

Scholarships are available to people age 55 and older with annual income less than \$25,760 (one person) or \$34,840 (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.

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 _____

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Phone _____

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

FOR YOUR INFORMATION

Aging & Disability Resource Center (ADRC)

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. They provide a friendly, welcoming place where you can get unbiased information about aging or living with a disability. Their contact information is 2865 N. Sherman Ave, Madison, WI 53704; (608) 240-7400 or email ADRC@countyofdane.com.

NewBridge Madison

NewBridge is a not for profit agency that serves adults age 60+. Their phone number is (608) 512-0000 and their website is www.newbridgemadison.org. NewBridge provides programs and services throughout the community: Bridge Buddies - Friendly Callers, Case Management, Diversity & Inclusion Activities, Food Bridge Delivery, Foot Clinics, Home Chore Program, Loan Closet, Representative Payee & Guardianship Service and Classes & Activities. NewBridge case managers have drop-in hours at the Madison Senior Center every other month. Check the "Calendar" page for the correct day and time.



Area Agency on Aging

The Area Agency on Aging of Dane County serves individuals age 60 plus and their families in accessing services that will help older adults continue living in their own homes and communities. The amount of assistance provided depends on the needs of the older adult. Examples of community-based services include congregate and home-delivered meals, caregiver support, case management, and help with benefit questions. Contact Information: 2865 N Sherman Ave, Madison, WI 53704; 608-261-2995 or email AAA@countyofdane.com.

Like us on Facebook:

facebook.com/MadisonWISeniorCenter



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.
- ♥ Masks are welcome and encouraged (but not required).
- ♥ 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.
- ♥ Social distance when possible.

NewBridge Nutrition Site

NewBridge Madison operates the Senior Nutrition Site at the Madison Senior Center. Monday – Friday, at 11:30 am, adults age 60+ can enjoy a hot, nutritious meal. Menus and additional information are available at www.newbridgemadison.org/nutrition.



DO I NEED A RESERVATION FOR THE MEAL AND/OR TRANSPORTATION?

Meal and transportation reservations are required. **Reservations & cancelations are due by Noon, two business days in advance.** Contact Candice (608) 512-0000, Ext. 4006.

IS THERE A COST?

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 \$15.44.

LIFELONG LEARNING

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

Philosophy for Life

WEDNESDAYS, 1-2:30 PM

Why am I here and what am I supposed to do about it? Allow Patrick McCarty, 35-year Professor of Philosophy and Literature, to guide you through a genuine conversation over the things that still strike you with wonder, whether it is the nature of time, consciousness, love, justice, reality, truth, happiness, friendship or science and technology. Each meeting will begin with a handout and a list of topics and questions, and we are free to have fun with them, explore, discover, learn and bond with each other at the deep levels of connection that sustained attention reveals. We have all been natural philosophers since childhood, so no expertise or formal experience is required. Please join us! *R*



Exploring Poetry

2ND & 4TH 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 he/she can say or almost say precisely what needs to be said. Exploring Poetry is led by Mark Kraushaar. *R*

Caregiver Support Group **VIRTUAL**

A caregiver support group is a regular gathering of people who are in a similar situation who meet to give and receive help, advice, friendship, and emotional support. Participants also gain knowledge on local resources and other issues related to their situation. If are interested in learning more about participating, or just have questions, call or email Laura Hunt at (608) 267-8650 or lhunt@cityofmadison.com.

7 Deadly Mistakes in Funeral Planning

THURSDAY, MAY 25, 10-11 AM

Don't leave the burden behind for your family. There are hundreds of decisions that will have to be made in a very short amount of time. Don't make the seven deadly mistakes in funeral planning. 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 so you are prepared. *R*

COMING UP!

September – What is Green Burial?

November – Final Honors for our Veterans

Brain & Body Fitness

MONDAYS, MAY 8 & 15, 1-2 PM

See page 6 for more information.



THURSDAY, MAY 25, 1-2:30 PM

At a Death Café people, often strangers, gather to eat a snack, drink tea or coffee and discuss death. It is a directed discussion of death with no agenda, objectives or themes. It is not a grief support group or a counseling session. Interested? Death Cafés have spread quickly across Europe, North America and Australasia. Since 2011, there have been 13,972 Death Cafés in 81 countries led by Professor Patrick McCarty. Please register. *R*

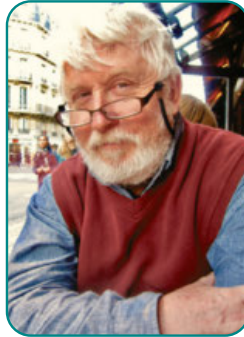
LIFELONG LEARNING

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

David Benjamin

MONDAY, MAY 15, 10-11 AM

Author, David Benjamin, returns to talk about the 4th book in his award winning small town cop series set in Wisconsin. Benjamin, known as a prolific author and founder of Last Kid Books, has lived all over the world, creating richly detailed stories. Stop in and find out what goes into writing a memorable Wisconsin whodunit. David Benjamin has won 26 book awards in 10 different genres. *R*



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. *R*

Technology & Finance

Computer/Technology Assistance

Basic Technology including smart phone basics, downloading apps, social media, virus protection, and email.

Digital Photography support including photo editing, enhancements, HDR capture, storage, and online gallery presentations.

Website Design including domain registration, website management, and working with web hosting companies.

Schedule Your Appointment

Share your computer challenges with John and he will match you up with a volunteer. Understanding and advancing your use of technology is about your ambitions, not about your age. Call 608-267-2344 or email jweichelt@cityofmadison.com.

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. We will find a volunteer who best fits your technology voyage.

Money Matters

Do you have a basic question you don't want others to hear? Do you just need a starting point? Then these one on one appointments may be for you.

Call John to learn more: 608-267-2344

MGE – MyAccount


THURSDAY, MAY 18, 1-2 PM

Are you an MG&E customer? Join MGE staff to learn how to sign up for and use MyAccount. This MGE system will help you to explore your energy usage, review your past energy use, view your bills online, pay your bills online, and learn about MGE programs/services. Plus, you can sign up for Paperless Billing or text notifications. Only open to MGE customers. Bring your email address and a copy of your bill. Class will meet in the computer lab. Please bring your smart phone, tablet or laptop if that is what you prefer to use. *R*

HEALTH & FITNESS


Brain and Body Fitness

MONDAYS, MAY 8 & 15, 1-2 PM

Changes in brain health, such as Alzheimer's disease and dementia, are one of the greatest health and societal challenges facing Wisconsin communities. Despite the benefits of engaging in brain health-promoting activities, readily accessible, evidence-guided programming can be hard to come by! Since 2019, the Gilmore-Bykovskyi Brain Health Team has partnered with MSCR to deliver the Brain and Body Fitness Program. We provide this program through volunteer efforts of faculty, staff, and students at no cost to participants. Through Brain and Body Fitness, we aim to provide research-informed education on ways to maintain brain health and engage in brain and physical exercises. This year, we are expanding our program to collaborate with Madison Senior Center. 


Cardio Dancing for 55+

FRIDAYS 9:30-10:15 AM - NO CLASS MAY 12

Start out the weekend with an energizing cardio class that will get the blood pumping. This class is for you if you can move around freely without assistance. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! 


Line Dancing

THURSDAY, APRIL 27, MAY 4 & MAY 11, 1-2 PM

Join us to learn several different steps and at least two complete dances. Be ready to show the "kids" how it's done at family weddings this summer. Our instructor, Sunita Murthy, has been a Madison resident since 2014. She enjoys being physically active, teaches cardio dance and knows Indian classical and folk dance. She says, "Dancing is a great way to have fun while moving your body and I hope to bring that same joy to the Madison Senior Center!" 

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. More information, 2023 class dates and times, and registration forms can be found at www.ballroombasicsforbalance.org. 

OPEN AIR – “Next Steps”!

THURSDAYS, 9:30-10:45 AM,

JUNE 8–AUGUST 10

YAHARA PLACE PARK, 2025 YAHARA PLACE, MADISON

\$45 (pay for 8 sessions, get up to 10 (2 inclement weather dates included))

This class is for people who are independent in mobility and want to improve balance or who are looking for a little challenge! Line Dance, Disco, Salsa and more! Financial assistance available. To register, complete the online form or contact Susan Frikken at (608) 692-8794, and submit payment to the Madison Senior Center.

VIRTUAL & ADAPTIVE BB4B

Country Line Dancing and Ballroom Dancing

FRIDAYS VIA ZOOM, 9:30 - 10:45 AM

JUNE 23RD - AUGUST 18TH

\$50. Registration: <https://www.ballroombasicsforbalance.org/index.php/find-classes/>

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.





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A 4C 01-1141

ENTERTAINMENT

Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm.

MAY 2

THE WHALE (2022)

A reclusive, morbidly obese English teacher attempts to reconnect with his estranged teenage daughter for one last chance at redemption. *Stars: Brendan Fraser, Sadie Sink and Ty Simpkins. Drama, Narrative. 1 hour 57 minutes. Rated R.*



MAY 9

A MAN CALLED OTTO (2022)

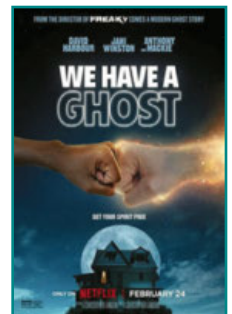
Otto is a grump who has given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around. *Stars: Tom Hanks, Mariana Treviño and Rachel Keller. Comedy, Drama. 2 hours 6 minutes. Rated PG-13.*



MAY 16

WE HAVE A GHOST (2023)

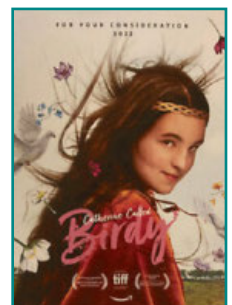
Finding a ghost named Ernest haunting their new home turns Kevin's family into overnight social media sensations. But when Kevin and Ernest investigate the mystery of Ernest's past, they become a target of the CIA. *Stars: Jahi Di'allo Winston, David Harbour, Anthony Mackie. Adventure, Comedy, Family. 2 hours 7 minutes. Rated PG-13.*



MAY 23

CATHERINE CALLED BIRDY (2022)

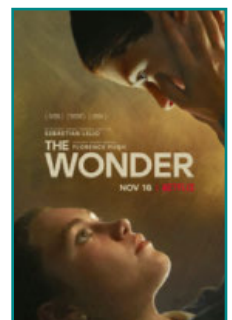
Lady Catherine (known as Birdy), like all the great teen heroines, is spirited, clever and adventurous – and ready to put off any suitor that comes her way. With her family desperate to marry her off, Birdy's imagination, defiance, and modern independence put her on a collision course with her parents. Relationships are put to the test when the most vile suitor of all arrives to claim her hand. *Stars: Sarah Jessica Parker, Ashton Kutcher, Halle Berry, and Seth Meyers (just to name a few). Drama, Romance. 1 hour 58 minutes. Rated PG-13.*



MAY 30

THE WONDER (2022)

The Irish Midlands, 1862—a young girl stops eating but remains miraculously alive and well. English nurse Lib Wright is brought to a tiny village to observe eleven-year old Anna O'Donnell. Tourists and pilgrims mass to witness the girl who is said to have survived without food for months. Is the village harboring a saint 'surviving on manna from heaven' or are there more ominous motives at work? A psychological thriller inspired by the 19th century phenomenon of the "fasting girls" and adapted from the acclaimed novel by Emma Donoghue (Room). *Stars: Florence Pugh, Tom Burke and Kila Lord Cassidy. Drama, Mystery, Thriller. 1 hour 48 minutes.*




GROUPS, CLUBS & SERVICES

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

Groups & Clubs

Spanish Conversation

WEDNESDAYS, 1:30-2:30 PM VIRTUAL (except the first Wednesday)

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. Once you are registered, you will be sent the Zoom link. All levels welcome. Spanish Conversation meets via Zoom. The first Wednesday of each month meets in person at the Madison Senior Center. 

Wii Bowling

MONDAY – FRIDAY, 12:30-2:30 PM

Gather round for some friendly competition. A great way to get a little exercise and meet other people. This is drop-in. New players welcome!



Karaoke

3RD TUESDAYS, MAY 16, 10-11:30 AM

Sing along to your favorite songs, both new and old. Requests welcome!



Downtown Veteran Social

TUESDAYS, 10-11:30 AM

Madison Veteran's Peer Support Program brings Veterans together to help build comradery and reduce isolation. Come **socialize** with other Veterans, **learn** about what your community has to offer, and **meet** new people. Veterans age 55 and up. Male, female, gender fluid. Socials are open to all Veterans and to their family members and supporters in the community. 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

WEDNESDAYS, 10:15-11:15 AM

Each BINGO card costs 50 cents (max of two cards). You can play for the entire hour with that card. If you get a BINGO, then you win \$1. Any remaining money in the kitty at the end goes to the first person(s) to get a "black out." Each week there will also be a raffle. Participation in the raffle is free. If Madison Public Schools close, BINGO is cancelled.



Services

Nail Salon

THURSDAY, MAY 11,

**MONDAYS, MAY 15 & 22,
10 AM-12 PM**


Get ready for spring, and enjoy some "me" time, while you visit, get your nails painted and sip tea. Please bring your own polish if you want a specific color. We will have red and clear. This is not a full manicure. Trimming, gel/acrylic removal and application not provided. Call today to schedule your appointment, (608) 266-6581.



Haircuts

**4TH TUESDAY OF THE MONTH,
9 AM - 1 PM | APPOINTMENT
REQUIRED**

MSC will offer FREE haircuts once a month by a licensed cosmetologist.

HAIR MUST BE CLEAN. Call (608) 266-6581 to schedule an appointment. 



Blood Pressure Screening

**EVERY OTHER TUESDAY,
11 AM - 12 PM**

Keep tabs on your blood pressure. Our volunteer is a trained paramedic, and he would love to have you stop by for a visit.



MADISON CENTER CENTER PROGRAM & ACTIVITY LIST

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

PROGRAM OR ACTIVITY	DAY & DATE	TIME	COST	LOCATION
Ballroom Basics for Balance	Fridays, 1/27 – 5/12 (16 weeks)	9:30 – 10:45 am	\$95	Virtual
BINGO at Nutrition Site	Wednesdays	10:15 – 11:15 am	50¢	MSC
Blood Pressure Screening	E/O Tuesday, 5/2, 5/16 and 5/30	11:00 am – 12:00 pm	Free	MSC
Brain & Body Fitness	Mondays, May 8 & 15	1:00 – 2:00 pm	Free	MSC
Cardio Dancing	Fridays	9:30 – 10:15 am	Free	MSC
Chair Fit	Fridays	10:15 – 11:00 am	Free	MSC
Computer Lab	Monday – Friday	8:30 am – 4:00 pm	Free	MSC
7 Deadly Mistakes of Funeral Planning	Thursday, May 25	10:00 – 11:00 am	Free	MSC
David Benjamin	Monday, May 15	10:00 - 11:00 am	Free	MSC
Death Cafe	Thursday, May 25	1:00 - 2:30 pm	Free	MSC
eFood Pantry	Place orders Tuesday 5/16 Pick-up orders Thursday 5/18	10:00 am – 12:00 pm	Free	MSC
Exploring Poetry	2nd & 4th Wednesdays	11:00 am – 12:30 pm	Free	MSC
Food: A Cultural Culinary History	Monday, May 1	1:30 – 3:30 pm	Free	MSC
Gallery Night	Friday, May 5	5:00 – 8:30 pm	Free	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays	2:00 – 4:00 pm	Free	MSC
Gentle Exercise	Monday - Friday	9:00 – 9:45 am	Free	MSC
Gentle Yoga	Tuesdays	10:00 - 11:00 am	Free	MSC
Haircuts	Tuesday, May 23	9:00 am – 12:00 pm	Free	MSC
Karaoke	Tuesday, May 16	10:00 – 11:30 am	Free	MSC
Laughing Bodies, Dancing Minds	Tuesdays, May 2 & 9	2:00 – 3:00 pm	Full	MSC
Line Dancing	Thursdays, May 4 & 11	1:00 – 2:00 pm	Free	MSC
MGE - MyAccount	Thursday, May 18	1:00 - 2:00 pm	Free	MSC
Movies (titles on page 8)	Tuesdays	12:30 – 3:00 pm	Free	MSC
Nail Salon	Thursday, May 11 Mondays, May 15 & 22	10:00 am – 12:00 pm	Free	MSC
NewBridge Case Manager	Monday, May 8	10:30 – 11:30 am	Free	MSC
Philosophy	Wednesdays	1:00 – 2:30 pm	Free	MSC
Spanish Conversation	1st Wednesday in Person 5/3 Others Virtual	1:30 – 2:30 pm	Free	MSC/Virtual
Technology Assistance	By appointment	Varies	Free	MSC
Veterans' Social	Tuesdays	10:00 – 11:30 am	Free	MSC
Voices of Color	Thursday, May 18	10:00 – 11:00 am	Free	Virtual
Wii Bowling	Weekdays	12:30 – 2:30 pm	Free	MSC

May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
1 9:00 Gentle Exercise 1:30 Culinary History 	2 9:00 Gentle Exercise 10:00 Gentle Yoga 10:00 Veteran's Social 11:00 Blood Pressure 12:30 Movie: The Whale 2:00 LBDM	3 9:00 Gentle Exercise 10:15 BINGO (NB) 1:00 Philosophy 1:30 Spanish Conv @MSC	4 9:00 Gentle Exercise 1:00 Line Dancing	5 9:00 Gentle Exercise 9:30 BB4B V 9:30 Cardio Dance 5:00 Gallery Night 	6/7 
8 9:00 Gentle Exercise 10:30 NewBridge Case Manager 1:00 Brain & Body Fitness	9 9:00 Gentle Exercise 10:00 Gentle Yoga 10:00 Veteran's Social 12:30 Movie: A Man Called Otto 2:00 LBDM	10 9:00 Gentle Exercise 10:15 BINGO (NB) 11:00 Exploring Poetry 1:00 Philosophy 1:30 Spanish Conv V	11 9:00 Gentle Exercise 10:00 Nail Salon 1:00 Line Dancing 2:00 Gay, Gray & Beyond	12 9:00 Gentle Exercise 9:30 BB4B V 9:30 Cardio Dance	13/14  Sunday Mother's Day
15 9:00 Gentle Exercise 10:00 Nail Salon 10:00 David Benjamin 1:00 Brain & Body Fitness	16 9:00 Gentle Exercise 10:00 Gentle Yoga 10:00 Karaoke 10:00 Veteran's Social 11:00 Blood Pressure 12:30 Movie: We Have a Ghost *ePantry Ordering Day	17 9:00 Gentle Exercise 10:15 BINGO (NB) 1:00 Philosophy 1:30 Spanish Conv V	18 9:00 Gentle Exercise 10:00 ePantry Pick-Up 10:00 Voices of Color 1:00 MGE - MyAccount	19 9:00 Gentle Exercise 9:30 Cardio Dance  National NASCAR Day	20/21  Saturday World Bee Day
22 9:00 Gentle Exercise 10:00 Nail Salon  National Maritime Day	23 9:00 Gentle Exercise 9:00 Haircuts 10:00 Gentle Yoga 10:00 Veteran's Social 12:30 Movie: Catherine Called Birdy	24 9:00 Gentle Exercise 10:15 BINGO (NB) 11:00 Exploring Poetry 1:00 Philosophy 1:30 Spanish Conv V	25 9:00 Gentle Exercise 10:00 7 Deadly Mistakes 1:00 Death Cafe 2:00 Gay, Gray & Beyond	26 9:00 Gentle Exercise 9:30 Cardio Dance	27/28  Sunday
29 Madison Senior Center Closed 	30 9:00 Gentle Exercise 10:00 Veteran's Social 10:00 Gentle Yoga 11:00 Blood Pressure 12:30 Movie: The Wonder	31 9:00 Gentle Exercise 10:15 BINGO (NB) 1:00 Philosophy 1:30 Spanish Conv V			KEY H = Hybrid  NB = NewBridge O = Outreach P = PLATO Class V = Virtual



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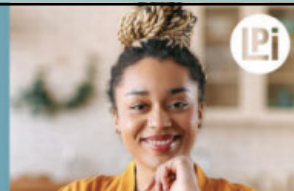
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LGBTQ 50+ ALLIANCE

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@lgbt Outreach.org. You can also check out our website, lgbtq50plusalliance.org.

Gay, Gray & Beyond

2ND & 4TH THURSDAYS, 2-4 PM

Meets at Madison Senior Center

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.

Sponsored by the LGBTQ 50+ Alliance

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.



Looking Ahead

Is there a program, activity or event that you would like to see? Or maybe a skill that you would like to learn. Maybe you have a skill or a talent you would like to share. Let us know with a quick email to Kristi Mason or Laura Hunt.

The Sappho Group

A 50+LESBIAN WOMEN'S' SOCIAL GATHERING

3RD WEDNESDAYS, 1:30-3 PM

*Held at the Fitchburg Senior Center,
5510 Lacy Rd, Fitchburg*

This confidential group is open to 50+ lesbian women - out, in, single, partnered, married with all sorts of family definitions and beliefs. The social group will include a chance to talk, meet new people, and connect with old friends. Activities will include outings to gay events, group events we create ourselves, and community building projects. If more information is needed, call (608) 270-4290.



CQ, CQ, CQ

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

1ST & 3RD THURSDAYS, 1-3 PM

Meets at OutReach, 2701 International Lane

"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.

Sponsored by LGBTQ 50+ Alliance.



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

VOLUNTEER VIEW

Volunteer Opportunities

FRONT DESK RECEPTION

This is the focal point of the Madison Senior Center. If you like to know what is going on and when, and have office skills, this may be the spot for you. MUST have computer/phone/office skills and experience. Shifts are 4 hours, weekly and Mon - Fri.

MODERATOR/HOST FOR BOOK CLUB

Are you a person of color who is excited about advancing racial equity and social justice? Help MSC pick books, formulate questions, and lead a monthly hour-long book club. This new book club will offer different perspectives. A minimum of 5-6 month commitment is required. This is a grassroots program, and it will be dependent on input from the facilitator.



GAMES VOLUNTEER

Bolster older adult socialization by facilitating card games, board games, and strategy games. Learn the rules, teach others, and organize prizes.

FOOD PANTRY ASSISTANCE

See the smiles on folk's faces when they receive their special groceries each month by helping organize food for our monthly food share program. Looking for drivers that can pick up food in the morning once per month from east side Madison location and bring it to the senior center for distribution.

ARTIST OF THE MONTH

We have a wonderful space to display your artwork on the first floor of the Madison Senior Center. Tracking is already in place and we provide hooks and line for hanging. Invite your friends and family to see your work anytime during our hours of 8:30am to 4pm; M-F.

FOOT CARE PROFESSIONAL

MUST be Licensed RN or CNA. Provide proper foot care education and perform: inspection; warm foot soak; nail trimming; foot rub with lotion; physician referral (if needed). Looking to schedule once per month at the Madison Senior Center.

OUTREACH (EVENTS/ACTIVITIES)

Expand our offerings and participants at the Madison Senior Center by assisting with outreach into underserved communities. If you enjoy spending time with older adults this may be for you. Work with the Program Coordinator to plan and implement activities in the community. This may include contacting potential vendors, speakers or presenters, and being in present to make sure things run smoothly. Help older adults gain access to services, programs and wellness activities at various community centers and housing complexes.

MAKE YOUR VOICE LOUDER!

Do you want to make a difference in your community? Do you have ideas and opinions that can help shape the future of Madison? If so, you should apply to be on a City board, commission or committee! These groups are vital for providing input and feedback to the city staff, the Common Council and the Mayor on various issues and policies that affect the lives of Madison residents. The City of Madison welcomes and encourages people from diverse backgrounds and perspectives to apply, especially older adults. MUST BE City of Madison resident. Don't miss this opportunity to have a voice in City government!

<https://www.cityofmadison.com/CityHall/legislativeInformation/apply.cfm>

MOVIE HELPER

Do you love movies and popcorn? If so, you might enjoy being a movie matinee volunteer at the Senior Center. You'll get to operate a popcorn machine and prepare delicious snacks for our guests. You'll also get to share your movie preferences and suggestions with our staff and help us choose the best films for our weekly screenings. It's a fun and rewarding way to spend an afternoon and make new friends.



**For more volunteering info, contact John,
(608) 267-2344 or jweichelt@cityofmadison.com.**

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 John Weichelt, (608) 267-2344.

FOUNDATION BOARD OF DIRECTORS

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

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

ASIAN AMERICAN AND PACIFIC ISLANDER HERITAGE MONTH

May is Asian American and Pacific Islander Heritage Month. It is a celebration of Asians and Pacific Islanders in the United States. A rather broad term, Asian/Pacific encompasses all of the Asian continent and the Pacific islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru and the Federated States of Micronesia) and Polynesia (New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia and Easter Island).



The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants.

Throughout the nineteenth century, there was very little immigration by the Asian population into Wisconsin. United States immigration policies, spanning from 1882 to 1934, were used to ban Chinese, Indian, Japanese, and Philippine populations from immigrating to this country. During World War II, over 100,000 Japanese American citizens were sent to internment camps, including Wisconsin's Camp McCoy.

Immigration reform policy removed previously established restrictions based on national origin by giving preference to family reunification and political refugees with the 1965 Immigration and Nationality Act. In more recent times, the Asian population has increased with the immigration of Hmong refugees from Laos. About 100,000 Hmong fled to this country as political refugees from 1975 to the 1990s. Thirty-eight percent of Asians in Wisconsin are Hmong.

Hmong people were recruited during the Vietnam War as guerilla soldiers. They were United States allies in a fight against communist rule. Their fight against the North Vietnamese caused them to live directly in the conflict and in constant danger. After the war ended, the Hmong population sought refuge in neighboring Thailand refugee camps because of persecution and imprisonment. With the sponsorship of organizations, such as the U.S. Catholic Conference and Lutheran Immigration and Refugee Services, the Hmong began to immigrate to the United States. Many small towns in Wisconsin began Asian-refugee settlement programs, with the encouragement of religious leaders and the government.



Currently, Wisconsin has the third largest Hmong population in the U.S; Minnesota and California have the top two populations. The largest communities in Wisconsin are in La Crosse, Sheboygan, Green Bay, Wausau, and Milwaukee. Cambodian, Laotian, Vietnamese, and ethnic Chinese are additional refugee populations found in Wisconsin.

Resources: <https://asianpacificheritage.gov/about/>, <https://www.dhs.wisconsin.gov/minority-health/population/asian-pophistory.htm>

PUZZLE

Flower Word Search

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 Jonquil
 Lavender
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 Marigold
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 Orchid
 Pansy
 Petunia
 Rose
 Snowdrop
 Tulip
 Violet
 Wisteria
 Yarrow
 Zinnia



E P A N T R Y

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

The Madison Senior Center is now 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. All orders must be placed on the Tuesday of the same week you pick the food up. Our pick-up day is the 3rd Thursday of each month. **Orders can be picked up 10 am - 12 pm on Thursday, May 18.** To learn about ordering and eligibility, call John at (608) 267-2344.



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 Humana for getting the groceries from the River Food Pantry to the Senior Center.

FOOD ORDER DATE	FOOD PICK UP DATE
Tuesday, May 16	Thursday, May 18
Tuesday, June 13	Thursday, June 15
Tuesday, July 18	Thursday, July 20
Tuesday, August 15	Thursday, August 17

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Preventing Medicare Fraud

This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



COMMUNITY

Gallery Night

FRIDAY, MAY 5, 5-8:30 PM

Madison Senior Center

View art from our Artful Affair event that features the work of Dane County adults age 55+. While perusing the art, enjoy light refreshments and live music. MSC is participating in a city-wide night of art exhibits, sponsored by the Madison Museum of Contemporary Art (MMOCA).

Sip & Splash Pool Bash

For adults over 50

FRIDAY, JUNE 9, 7-9 PM

*Monona Community Pool,
1013 Nichols Rd, Monona, WI*

Enjoy live music with Tom Kastle, Party Hors d'oeuvres and Mocktails. Participate in “splashy” games or just hang out and mingle with friends. Make your reservation by May 31 by calling 608-222-3415 or go online to <https://tinyurl.com/SipSplashPoolBash>. Tickets are \$10.00 per person.

Party in the Park

FRIDAY, MAY 26, 5:30-8 PM

Brittingham park, 829 W Washington Ave

Start your Memorial Day weekend off with us! Join us for music, food and fun! There will be food carts there or you can bring a picnic. Bring your lawn chair or blanket and join family, friends and neighbors as we party at the park! Call NewBridge at 608-512-0000 for more information.



It's finally time...

FOR SENIOR FARMERS' MARKET VOUCHERS!

New this year:

- » The voucher sets increased from \$25 to \$35.
- » Vouchers are available per person instead of per household. Each person age 60+ can receive their own set of vouchers.



Starting in June, the Area Agency on Aging (AAA) of Dane County will distribute farmers' market vouchers to older adults for use in purchasing \$35 in fruit, vegetables, or herbs at farmers' markets and roadside farm stands in Wisconsin during the 2023 growing season (June 1—October 31).

The vouchers are distributed on a first come/first serve basis to those **age 60+**, who live in Dane County, and have gross incomes under \$26,973 per year (or \$2,248/month) for a one person household and \$36,482 per year (or \$3,041/month) for a two person household. New this year: One set of vouchers is available *per person*.

Distribution of farmers' market vouchers will be done by mail. Individuals that received vouchers last year will automatically receive an application by mail this year. If you wish to apply to the program, or need to update your mailing address, contact AAA Dietitian Shannon Gabriel at (608) 261-5678 or Gabriel.Shannon@countyofdane.com. Applications will be mailed during the week of May 8th. Once we receive and approve your application, vouchers will be mailed starting on June 1st.

*“This program is funded by the United States Department of Agriculture.
USDA is an equal opportunity provider and employer.”*

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A close-up, slightly blurred image of the American flag, showing the stars and stripes. The flag is waving, and the colors are vibrant. The stars are white on a blue field, and the stripes are red and white.

Memorial Day

Monday, May 29, 2023

Home of the free because of the brave



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