

THE Messenger

VOLUME 40, NUMBER 10

OCTOBER, 2023

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Relevant, Inclusive, Enlightened

Madison Senior Center

330 W. Mifflin Street

Madison, Wisconsin 53703

(608) 266-6581

cityofmadison.com/senior-center



Presents:

health & resource fair

**MADISON SENIOR CENTER
330 W MIFFLIN ST**

**Tuesday, October 17,
10:00 am - 1:00 pm**

- **Health Screenings**
- **Healthy Snacks**
- **Yoga**
- **Brain Health Presentation**
- **Over 25 vendors**
- **Door Prizes**
- **Free**

10:00 - 12:15

Info Tables & Health Screenings

10:30 - 11:00

Mini Yoga Class

12:00 - 12:15

Door Prizes

12:15 - 1:00

Brain Health Presentation



Sponsors: MGE, United Health Care, Davis Clinical Consulting, LLC, Interim Health Care, Pro Spine & Pain, All of Us Research Program



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 (she, her)

(608) 267-8650, lhunt@cityofmadison.com

Interim Facility Services Supervisor, Laura Noel (she, her)

(608) 267-8652, lnoel@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

Social Work Intern, Gracen Dankovchik (she, her)

(608) 267-8683, gdankovchik@cityofmadison.com

Social Work Intern, Elizabeth Scott (she, her)

(608) 267-8673, escott@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.

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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: 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:

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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.

Building Hours

Monday - Thursday	8:30 am - 4:00 pm
Friday	8:30 am - 1:30 pm

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


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 he/she can say or almost say precisely what needs to be said. Exploring Poetry is led by Mark Kraushaar. 


Let's Cook Together: 6-Week Virtual (On-Line) Cooking Class

WEDNESDAYS 4 - 5:30 PM, OCT. 18 – NOV. 22

This is not your ordinary cooking class! Try easy to make recipes from all over the world in the comfort of your own home. UW students will demonstrate how to cook the featured dish, as well as share your choice of health information / facts. Recipes will be sent out each week, prior to the cooking session so you will have time to gather your ingredients. If you would prefer not to cook but would like to join for the information or dinner company, please feel free to join us! For questions or to register, contact Gayle at Goodman Community Center (608) 204-8032 or gayle@goodmancenter.org. 


Writing Your Life

THURSDAYS, OCTOBER 26 – DECEMBER 4,
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 that will help you craft them into the stories that you will want to share. Our writing workshops will incorporate several different writing strategies. Each 90-minute session will include exploration of different strategies opportunities to write and seek feedback, and time to share writing in a welcoming and enthusiastic community. Led by Mark Nepper. 

Write Your Own Obituary

TUESDAY, OCTOBER 10, 10 - 11 AM

Want to have the last word . . . Then write your own obituary. Learn to highlight the little and big things that matter to YOU the most. Make sure people read what YOU think is important. Melissa Theisen from Gunderson Funeral Home will be here to talk about writing your own obituary and the last impression you would like to give to your family and community. 

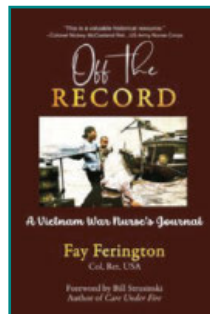
LIFELONG LEARNING

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

Off the Record with Fay Ferington

THURSDAY, OCTOBER 12,
4 - 5:30 PM

Join us to meet and hear from Fay Ferington, local author, photographer, facilitator and long-time senior center participant and volunteer. Ferington will read excerpts, talk about how the book came about, and answer questions. *R*



“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.” ~ Henry Ford



Technology & Finance

Technology Assistance

Basic Technology support 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 and we will match you up with a volunteer. Understanding and advancing your use of technology is about your ambitions, not about your age. Call (608) 266-6581 or email seniorcenter@cityofmadison.com.

Money Matters

Do you have a basic question you do not want others to hear? Do you just need a starting point? Then these one on one appointments may be for you. Call (608) 266-6581 or email seniorcenter@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 to best fit your needs.

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.

GROUPS & CLUBS

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

Groups & Clubs

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 or call (608) 267-8650.

Downtown Veteran Social

TUESDAYS, 10 - 11:15 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. Register by Thursday of the week before and receive free parking validation for the Overture Ramp. *To learn more contact Rhea Vacha, Local Recovery Coordinator with Madison VAMC Peer Support Program at (608) 256-1901 xx18622.*

Red Hat Mamas

LAST TUESDAY OF MONTH, 11 AM - 2 PM, OCTOBER 31

This vivacious group of women meets monthly at the Madison Senior Center on the last Tuesday of the month. They dine together and plan activities for the upcoming month(s). A spin-off of the Red Hat Society, the Red Hat Mamas are more casual and focus on friendship and fun. Advance registration by the prior Thursday required for lunch. If interested, email Laura at lhunt@cityofmadison.com or call (608) 267-8650.

Spanish Conversation

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

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 in person the Wednesday of the month and via Zoom on all other Wednesdays.*

B-I-N-G-O

THURSDAYS, 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.

Games

Table Tennis * Billiards

*** Table Games ***

Chess-Checkers *

Rummikub


Looking for a place to relax with friends? The Madison Senior Center has a pool table, several ping-pong tables, and an array of table games, including chess and checkers. Our spacious lounge area has plenty of tables and chairs for you and your friends. Want to start a group or a league? Talk to a staff person about different options.



Services

Haircuts

**TUESDAY, SEPTEMBER 26,
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. 



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Madison Senior Center, Madison, WI

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HEALTH & WELLNESS

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

Blood Pressure Screening

EVERY OTHER TUESDAY, 11 AM - 12 PM

OCTOBER 14 & 28


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

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


Yoga improves balance, range of motion and flexibility, which are all important, especially as we age. Yoga Accessible for All (YAFA) teachers dedicate themselves to making yoga safe and inviting for anyone who is interested in gaining the benefits (yafayoga.org). We do a combination of seated and standing positions, and will always suggest modifications if a pose is not working for you. Please register in advance. 

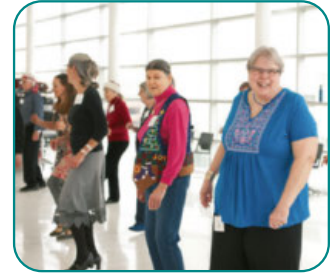
Fit for Life Cardio Dancing for 55+

FRIDAYS, 9:30 - 10:15 AM

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, and would enjoy a class that recreates the dance moves to songs you love at an easily modified intensity to fit your comfort range. 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! 

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, class dates and times, and registration forms for 2024 can be found at www.ballroombasicsforbalance.org. 



Foot Care Clinic is Back!

FRIDAY, OCTOBER 13, 9 AM - 1:30 PM |
APPOINTMENT REQUIRED

Cost is \$30 (\$35 for diabetics)

We are excited to once again offer a Foot Care Clinic at the Madison Senior Center. Kelly has been a CNA for 30 years, and is looking forward to meeting to folks at MSC. You must make an appointment. **Bring two towels** to your appointment.



Vaccines You Need

As we get older, our immune systems tend to weaken over time, putting us at higher risk for certain diseases. All adults ages 65 and older should make sure they're up to date on these vaccines:

- » COVID-19 vaccine
- » Flu vaccine (influenza)
- » Pneumococcal vaccine
- » Shingles vaccine (zoster)
- » Tdap (tetanus, diphtheria, and whooping cough) or Td (tetanus and diphtheria)
- » RSV (respiratory syncytial virus) – adults aged 60 years or older should talk to their healthcare provider about getting a single dose of RSV vaccine

You may need other vaccines, too. You may need other vaccines based on your age or other factors, too. Talk with your doctor to learn which vaccines are recommended for you.

40TH ANNIVERSARY CELEBRATION

40th Anniversary Special Donors

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Judy Siegfried
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Michael Verveer
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Margie Zutter

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Whole Foods Market

MSC40

CHEERS TO FORTY YEARS!

Honoring & Celebrating the Aging Community



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 OR ACTIVITY	DAY & DATE	TIME	COST	LOCATION
Ballroom Basics for Balance	Fridays, Sept 15 – Dec 15	9:30 – 10:45 am	\$85	Virtual
Ballroom Basics for Balance	Fridays, Sept 15 – Dec 8	10:00 – 11:30 am	\$85	Library
Blood Pressure Screening	E/O Tuesday, October 10 & 24	11:00 am – 12:00 pm	Free	MSC
Bridge Belles	Mondays	9:00 – 11:00 am	Free	MSC
Fit For Life Cardio Dancing	Fridays	9:30 – 10:15 am	Free	MSC
Computer Lab	Monday – Friday	8:30 am – 3:45 pm	Free	MSC
CQ, CQ, CQ	1st & 3rd Thursdays	1:00 – 3:00 pm	Free	OutReach
eFood Pantry	Place orders Tuesday 10/17 Pick-up orders Thursday 10/19	10:00 am – 12:00 pm	Free	MSC
Exploring Poetry	2nd & 4th Wednesdays	11:00 am – 12:30 pm	Free	MSC
Footcare Clinic	Friday, October 13	9:00 am – 3:00 pm	\$30	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays	2:00 – 3:30 pm	Free	MSC
Haircuts	Tuesday, October 24	9:00 am – 1:00 pm	Free	MSC
Health and Resource Fair	Tuesday, October 17	10:00 am – 1:00 pm	Free	MSC
Karaoke	Tuesday, October 31	10:15 – 11:15 am	Free	MSC
Let's Cook	Wednesdays, October 18 & 25	4:00 – 5:30 pm	Free	Virtual
LGBTQ 50+ Fall Social	Tuesday, October 3	5:45 – 7:30 pm	\$15	MSC
Money Matters	By Appointment	By Appointment	Free	MSC
Movies (titles on page 13)	Tuesdays	12:30 – 3:00 pm	Free	MSC
NewBridge Case Manager	Monday, October 9	10:45 am – 12:00 pm	Free	MSC
Off the Record	Tuesday, October 12	4:00 – 5:30 pm	Free	MSC
Red Hat Mamas	Last Tuesday of Month – 10/31	11:00 am – 2:00 pm	Free	MSC
Spanish Conversation	1st Wednesday in Person 10/4 Others Virtual	1:30 - 2:30 pm	Free	MSC/ Virtual
Technology Assistance	By appointment	Varies	Free	MSC
Veterans' Social	Tuesdays	10:00 – 11:15 am	Free	MSC
Writing Your Life	Thursdays	10:00 – 11:30 am	Free	MSC
Write Your Own Obituary	Tuesday, October 10	10:00 – 11:00 am	Free	MSC

October 2023

Hispanic Heritage Month Continues through 10/15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
2 9:00 HASfit 9:00 Bridge Belles 1:30 PLATO	3 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet's Social 12:30 Movie: Oppenheimer 5:45 LGBTQ 50+ Fall Social	4 9:00 HASfit 1:00 Doll Making 1:30 Spanish Conv @MSC	5 9:00 HASfit 10:00 Writing Your Life 1:30 PLATO	6 9:00 HASfit 9:30 Cardio Dane 9:30 BB4B V 10:00 BB4B (MPL) 1:00 PLATO	7/8 Badger Homecoming 
9 9:00 HASfit 9:00 Bridge Belles 10:30 NB Case Manager 1:30 PLATO Native American Day 	10 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet's Social 10:00 Write Your Own Obituary 11:00 Blood Pressure 12:30 Movie: Babylon	11 9:00 HASfit 11:00 Exploring Poetry 1:00 Doll Making 1:30 Spanish Conv	12 9:00 HASfit 10:00 Writing Your Life 1:30 PLATO 2:00 Gay, Gray & Beyond 4:00 Off the Record	13 9:00 HASfit 9:00 Foot Care Clinic 9:30 Cardio Dance 9:30 BB4B V 10:00 BB4B (MPL) 1:00 PLATO	14/15 October 15 
16 9:00 HASfit 9:00 Bridge Belles 1:30 PLATO	17 10:00 Health & Resource Fair *ePantry Ordering Day	18 9:00 HASfit 10:00 Med D Appts 1:00 Doll Making 1:30 Spanish Conv V 4:00 Let's Cook V	19 9:00 HASfit 10:00 Writing Your Life 10:00 ePantry Pick-Up 1:30 PLATO	20 9:00 HASfit 9:30 Cardio Dance 9:30 BB4B V 10:00 BB4B (MSC) 1:00 PLATO	21/22
23 9:00 HASfit 9:00 Bridge Belles 1:30 PLATO	24 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet's Social 11:00 Blood Pressure 12:30 Movie: The Covenant	25 9:00 HASfit 1:30 Spanish Conv V 4:00 Let's Cook V 	26 9:00 HASfit 10:00 Med D Appts 10:00 Writing Your Life 1:30 PLATO 2:00 Gay, Gray & Beyond	27 9:00 HASfit 9:30 Cardio Dance 9:30 BB4B V 10:00 BB4B (MPL) 1:00 PLATO	28/29 October 29  
30 9:00 HASfit 9:00 Bridge Belles 1:30 PLATO	31 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet's Social 10:15 Karaoke 11:00 Red Hats 12:30 Movie: The Addams Family 2 				



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

ENTERTAINMENT

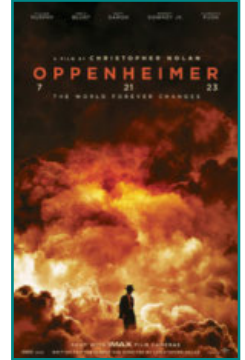
Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm.

OCTOBER 3

OPPENHEIMER: THE REAL STORY (2023)

From his early years as a professor at the University of California, to his leadership of the Los Alamos Laboratory, this documentary explores Oppenheimer's pivotal role in the development of nuclear physics. *Stars: J. Robert Oppenheimer, Kai Bird, Ray Monk, Clay Jenkinso, Charles Thorpe and Alex Wellerstein. Documentary, War. 1 hour 37 minutes. Rated R.*



OCTOBER 10

BABYLON (2022)

A tale of outsized ambition and outrageous excess, Babylon traces the rise and fall of multiple characters during an era of unbridled decadence and depravity in early Hollywood. *Stars: Brad Pitt, Margot Robbie and Jean Smart. Drama, Comedy, History. 3 hours 9 minutes. Rated R.*



OCTOBER 17

No Movie due to Health & Resource Fair

OCTOBER 24

THE COVENANT (2023)

During the war in Afghanistan, Ahmed, a local interpreter risks his own life to carry an injured sergeant, John Kinley, across miles of grueling terrain after an ambush. When the sergeant learns that Ahmed and his family were not given safe passage to America as promised, he must repay his debt by returning to the war zone to retrieve them before the Taliban hunts them down. *Stars: Jake Gyllenhaal, Dar Salim and Sean Sagar. Drama. 2 hours 3 minutes. Rated R.*



OCTOBER 31

THE ADDAMS FAMILY 2 (2021)

The Addams get tangled up in more wacky adventures and find themselves involved in hilarious run-ins with all sorts of unsuspecting characters. Sequel to the 2019 animated file, 'The Addams Family'. *Stars: Oscar Isaac, Charlize Theron and Chloë Grace Moretz. Animation, Adventure, Comedy. 1 hour 33 minutes. Rated PG.*



Halloween Karaoke

TUESDAY, OCTOBER 31, 10:15-11:15 AM

We want to hear your spooktacular voice sing some bewitching tunes.
Halloween costumes encouraged.



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, www.lgbtq50plusalliance.org.

Gay, Gray & Beyond

2ND & 4TH THURSDAYS, 2 - 4 PM

Meets at MSC, 330 W. Mifflin St

GG&B is a discussion group for those fortunate enough to have arrived, that is, for those who know the obstacles, but also recognize that there have been joys. Those who look beyond the closet. Let's get together consider our individual selves, our unique strengths and the nature of our ever-changing world. Sponsored by the LGBTQ 50+ Alliance.

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.

LGBTQ 50+ Alliance Becomes 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, email karenlkane13@gmail.com or kristim@outreach.org.



Fall Social

TUESDAY, OCTOBER 3, 5:45 - 7:30 PM

This year's program is a special treat, in response to your requests for something gently active that will help improve your balance and well being. Using Tai Chi movements and principles, you'll enjoy learning some easy skills that also improve focus and energy. Taught by Jessica Smith, an experienced teacher for MSCR's "Balancing Act" and "Mindfulness Movement" classes.

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.

Congratulations to OutReach LGBTQ+ Community Center!

CELEBRATING 50 YEARS OF SUPPORTING AND EMPOWERING THE LGBTQ+ COMMUNITY!

Annual Dinner on Saturday, November 4, at the Monona Terrace. Call 608-255-8582 for more information.



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

VOLUNTEER VIEW

FRONT DESK RECEPTION

This is the focal point of the Madison Senior Center. If you like to know what's 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 usually 4 hours, weekly. We are open Monday – Friday, 8:30 – 4 pm. Contact Gary at (608) 267-8650 or gflsher@cityofmadison.com.

Program Opportunities

FOOD PANTRY DRIVER

Looking for drivers that can pick up food in the morning once per month from The River Food Pantry and bring it to the senior center for distribution. Shift is 3rd Thursday of each month from 8:30 am to 11 am. Must have own vehicle and insurance.

FOOT CARE CLINIC ASSISTANT

Are you organized and friendly? Once a month, check people in, collect payments, and help the technician keep things moving along. No medical experience is necessary. Service is usually offered on the 3rd Friday of the month. Work a 2-3 hour shift.

BOOK CLUB LEADER

Are you excited about advancing racial equity and social justice? Facilitate monthly discussions, find or develop discussion questions and lead the group in book selection. A 6-month minimum commitment is required.

PROGRAM FACILITATOR

Are you an expert in something you love? Do you have a hobby or passion that you want to share with others? If so, we have an exciting opportunity for you! Whether its art, music, sports, cooking, gardening, or anything else, we want to hear from you! You will get to meet new people, have fun, and make a difference in our community.

GAMES VOLUNTEER

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

ARTISTS & CURATORS

MSC has a wonderful gallery space on the second floor for older adult artists who live in Dane County. If you have ever thought about having your own art show, this may be the place. The space has great lighting, and tracking is already in place for hanging. If you prefer the role of curator, we also have an opportunity. Work with staff to recruit artists and arrange exhibits. Work with artists to hang exhibits, and coordinate art receptions.

DISCUSSION GROUPS

Are you skilled at facilitating discussions with diverse groups of people? Are you inspired by the thoughts and ideas of others? Meet new people, challenge yourself to think outside the box, and make a difference.

TECH SUPPORT

Are you at ease using a computer? Many people struggle with the ever-changing nature of technology. It can create a significant barrier. Volunteer a few hours a week to help people navigate email problems, online applications, search engines, and more. Flexible scheduling during our open hours.

COMPUTER LAB TECH SUPPORT

Tech savvy individual needed to trouble shoot on older computers, and keep malware and virus protection up to date. Probably 2-3 hours per month, Monday – Friday between 8:30 and 4 pm.

WELCOME AMBASSADOR

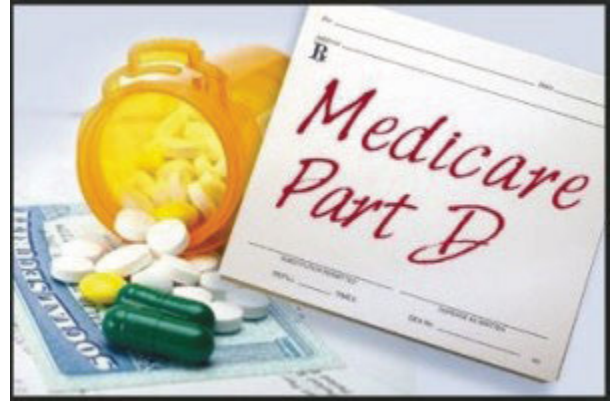
This is a perfect volunteer job for the person who likes to socialize, keep busy and help others. Introduce new people to MSC, and help them become acclimated. Set-up and operate our new hospitality station, and believe in the power of kindness and a smile.

For questions about volunteering for programs, contact Laura at (608) 267-8650 or email lhunt@cityofmadison.com.

COMMUNITY

Time to Review Your Medicare Plan

Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. That means even if you are taking the same medications, the amount you pay for your medications may change in 2024! The plans' premiums, deductibles, and co-pays can also change each year.



What can you do about this? All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment period which runs **October 15**

through December 7. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2024. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.

You can compare plans on the official Medicare website at [Medicare.gov](https://www.medicare.gov). Medicare beneficiaries in Madison & Monona can also receive free, unbiased assistance with plan comparisons from the case managers at NewBridge Madison. Call NewBridge at 608-512-0000 and ask for the Case Manager on Intake.

Assistance is also available through the following resources:

- » 1-800-MEDICARE or www.medicare.gov
- » Medigap Helpline 1-800-242-1060
- » Disability Rights Wisconsin Medicare Part D Helpline 1-800-926-4862 (if under age 60)
- » Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783

MED D APPOINTMENTS

MADISON SENIOR CENTER, 330 W MIFFLIN ST, MADISON, WI 53703

- » Wednesday, October 18, 10 am-4 pm
- » Thursday, October 26, 10 am-4 pm
- » Monday, November 6, 10 am-4 pm
- » Monday, November 27, 10 am-4 pm

NEWBRIDGE MADISON – WEST, 5724 RAYMOND RD, MADISON, WI 53711

- » Monday, October 23, 10 am-4 pm
- » Wednesday, November 8, 10 am-4 pm

Veterans' Day Celebration

WEDNESDAY, NOVEMBER 8, 11:30 AM – 1 PM

Are you a veteran? Join us at the Alliant Energy Center to celebrate your service to our country. Enjoy a free lunch, live music and a special program. Registration is required.

PUZZLE

FALL WORD SEARCH

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

ACORN
FOOTBALL
NOVEMBER
SEPTEMBER

APPLES
HALLOWEEN
OCTOBER
SUNFLOWER

AUTUMN
HARVEST
PUMPKIN
SWEATER

CANDY
HAYRIDE
RAKE
THANKSGIVING

CIDER
LEAVES
SCARECROW
TURKEY

EPANTRY

ePantry: Food Pantry Online Ordering System

PLACE ORDERS OCTOBER 17

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. Our pick-up day is the 3rd Thursday of each month (October 19). **Orders can be picked between 10 am - 12 pm.** To learn about ordering and eligibility, call (608) 266-6581.



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.

To learn about order and eligibility, call Gracen (Tue/Wed) or Elizabeth (Mon/Tue) at (608) 266-6581.

FOOD ORDER DATE	FOOD PICK UP DATE
Tuesday, October 17	Thursday, October 19
Tuesday, November 14	Thursday, November 16
Tuesday, December 19	Thursday, December 21

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- > Memory Care
- > Rehabilitation

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FOUNDATION

What Does The MSC Foundation Do?

The Madison Senior Center Foundation, a 501 c 3 organization, pays for programs and activities, including a multitude of educational classes, wellness activities, and performances. Associated expenses include instructors, refreshments, volunteer recognition and advertising. The Foundation covers scholarships for any fee-based programs. If you are interested in learning more about the foundation contact Yolanda Shelton-Morris, (608) 266-6563 or yshelton-morris@cityofmadison.com.

FOUNDATION BOARD OF DIRECTORS

Sally Miley – President

Jan Cliff

Tom DeChant

Harry Engstrom

Kathy Whitt

**PROUD SUPPORTERS OF
MADISON SENIOR CENTER
PROGRAMS:**



Join the Foundation Board for a Chance to Change Lives

We're looking for talented people to assist with our fundraising and decision making processes on the Senior Center Foundation Board! Provide guidance, solicit and accept funds and other gifts in support of Madison Senior Center and its programs, policies and services for older adults in Madison and make decisions on the Board of Directors for the Madison Senior Center Foundation. Use your skills and talents to increase the number of partnerships and financial stability of the Senior Center so it can become known as an inclusive community where older adults thrive.

Volunteering at the Madison Senior Center is not only good for older adults, but also for yourself. You can meet new friends, learn new skills, have fun, and make a difference in your community. Plus, you can be part of an inclusive and innovative city that has been recognized as one of the best places for retirees to age successfully.

So what are you waiting for? Contact the Madison Senior Center today and find out how you can get involved. You can call Yolanda Shelton-Morris, Community Services Manager at (608) 266-6563.

PLEASE DONATE TODAY! MADISON SENIOR CENTER FOUNDATION, INC.

Send to: **330 W. Mifflin Street, Madison, Wisconsin 53703**

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

Donor Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Email _____ Amount Enclosed \$ _____

☐ In Honor of: _____ ☐ In Memory of: _____

☐ In Appreciation of: _____ ☐ Other: _____

Send Acknowledgement to (Name and Address): _____

Your donation is tax deductible as allowed by law. Donations are publicly acknowledged.

Please indicate if you wish to remain anonymous. For credit card gifts visit:

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

Madison Senior Center
Foundation, Inc.

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MADISON WI 53703
cityofmadison.com/senior-center

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DOWNTOWN FAMILY HALLOWEEN

Wednesday, October 25, 3 - 6 pm

State Street & Capitol Square

Halloween fun for families and kids 12 & under

- » Trick or treat
- » Selfie backdrop (or have us take a picture of your group)
- » Fun Halloween Activities



Happy
Halloween!



Find us on Facebook: [MadisonWISeniorCenter](#)



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