

THE Messenger

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APRIL, 2021

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Relevant, Inclusive, Enlightened
Madison Senior Center
 330 W. Mifflin Street
 Madison, Wisconsin 53703
 (608) 266-6581
cityofmadison.com/senior-center



Annual Meeting & A Salute to Volunteers!

TUESDAY, APRIL 20, AT 9:30 AM

Please join us virtually to sip coffee, mingle and celebrate all that we were able to accomplish in 2020 despite the obstacles we faced. We did it together, and that is exactly how we will face 2021. After a brief meeting, join us for our program featuring **Karen Dickrell** from the University of Wisconsin Extension. Karen generously donates her time to speak to groups around the State as part of the **Badger Talks** program.

Karen Dickrell presents: Find the Joy!

TUESDAY, APRIL 20, 9:45-10:30 AM

Buckle your seatbelt and prepare for a fun ride while discovering more about the keys to joy and happiness in our life. It is important to appreciate the past and think about the future, but it is most important to think about the present. We are 50% genetics, 10% outside circumstances and 40% thoughts and actions—we can change our story. We will rediscover the keys to happiness that will inspire you to find the joy in your everyday living. Invite your relatives, neighbors, friends and loved ones for this session of reflection, storytelling. To register, call (608) 266-6581 or send an email to gflisher@cityofmadison.com.



Thank you Volunteers!

"Alone we can do so little; together we can do so much."

~ Helen Keller

FOR YOUR INFORMATION

Directory

Phone.....(608) 266-6581
FAX.....(608) 267-8684
Website..... madisonseiorcenter.org
Hours..... Monday-Friday, 8:30 am-4 pm

SENIOR CENTER STAFF

Senior Center & Senior Services Manager,
Sally Jo Spaeni
267-8652, sspaeni@cityofmadison.com
Office/Rental Manager, Karen Cator
266-6290, kcator@cityofmadison.com
Program Coordinator, Laura Hunt
267-8650, lhunt@cityofmadison.com
Volunteer Coordinator, John Weichelt,
267-2344, jweichelt@cityofmadison.com
Intergenerational Coordinator, Laurie Bibo
267-8673, lbibo@cityofmadison.com
Reception Coordinator, Gary Flesher
267-8651, gflesher@cityofmadison.com
Custodian, Jeff Thompson, 266-6581,
jathompson@cityofmadison.com
“The Madison Senior Center promotes successful aging.”
AA/EOC Employer and Service Provider

COMMITTEE ON AGING

An advisory body to the Community Services Committee and the Community Development Division, as well as other City Departments, the Mayor and the Common Council.



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 age and thrive.

Member of



FREE E-MAIL SIGN-UP

To receive *The Messenger*, visit us online at www.cityofmadison.com/senior-center/the-messenger. On the right side you will see “**Subscribe to Email List.**” Enter your email, click **Subscribe** and you will get the next issue sent directly to your email. *The Messenger* is emailed up to one week earlier than the print version is available.

SUBSCRIBE TODAY!

If you prefer a paper copy of The Messenger, the monthly newsletter of the Madison Senior Center, it is only \$10. Drop off this form and a \$10 payment.

Register for The Messenger (PLEASE PRINT)

\$10 per year, check enclosed (Make check payable to Madison Senior Center.)

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Phone _____

Mail to the Madison Senior Center, 330 W. Mifflin Street, Madison, Wisconsin 53703.

FOR YOUR INFORMATION

Tablets2Go

Virtual programs and activities are our best way to connect with you at this time. If you don't have a computer, and want take a virtual program, we can lend you a tablet for FREE. Tablets2Go is available to adults age 55+ who are registered for a Madison Senior Center program. Call (608) 266-6581 to schedule an appointment and check-out a tablet. Picture ID required. 



Internet and Phone Helpline

The Public Service Commission of Wisconsin (PSC) launched a customer service phone line for people who need help locating phone or internet service during the COVID-19 public health emergency. Callers can speak with a PSC Consumer Affairs staff person who will walk through internet and phone service options available in their area and discuss eligibility for discounts on critical communications services.

The internet and phone helpline number is (608) 267-3595.

Callers can get help:

- ♥ Finding internet service and discounts
- ♥ Determining eligibility for a discount on voice or bundled voice and data service through the Lifeline program
- ♥ Finding locations where emergency Wi-Fi has been made available during the outbreak if no other options are available at home

Program Format

Unless otherwise stated, all programs are virtual until further notice. If accessibility is a problem we will assist any way we can. **Register for the programs**, even if they are free. This allows for better planning and communication. It also provides an additional security because only people who are registered are allowed to enter the Zoom chat session. If you need assistance, email lhunt@cityofmadison.com or gflasher@cityofmadison.com.

Like us on Facebook

Facebook is a great place to learn about programs and events before the Messenger comes out. We also post articles and information about issues relevant to older adults. Check us out!



General Policies

- ♥ Public spaces (interior and exterior) at the MSC are monitored by staff on video security cameras; participants and visitors may be recorded.
- ♥  = Register. Most of our presenters are volunteers and their time is valuable. The  means that programs without sufficient enrollment may be canceled.
- ♥ All participants and guests must check in upon arrival. If you aren't at the center for business purposes, and will be returning within the next three months, please apply for a free membership. You will be issued a key tag to scan when you come in.
- ♥ Sleeping/napping is not allowed.
- ♥ Participants are limited to a maximum of two bags while at MSC. Bags must be kept with you at all times. Staff cannot look after the personal belongings of participants.
- ♥ Our facilities cannot be used for personal care/hygiene.
- ♥ Service animals are welcome. They should always be on a leash. You must clean up after your own animal.

SPECIAL EVENT

Nature Connection: Forest Bathing and Exploring Wisconsin's Scenic State Parks



Free Virtual Presentation • Earth Day
Thursday, April 22, 1-2:30 pm

Register:

https://mononaterace.zoom.us/webinar/register/9616135109591/WN_nfpcpTkCTiWhtHtCd0yZrQ

Celebrate Earth Day by attending this special health and wellness virtual lecture. Learn about nature's health benefits, including the increasingly popular wellness practice of forest bathing, and beautiful places in Wisconsin to connect with nature.

Have you ever wondered why you feel so wonderful after digging in the garden, fishing a stream, soaking in the sun, watching the clouds drift by, hiking or just going for a long walk? Kate Bast, Certified Nature and Forest Therapy Guide (ANFT), discusses forest bathing and the recent research on the importance of nature connection as a pillar for a healthy life. The event will be informational and experiential, with a short, guided sensory opening.

Also, discover some beautiful locations you can visit to bond with nature. Missy VanLanduyt, Recreation Partnership Section Chief for the Wisconsin State Park System, will show you what our wonderful state parks have to offer - from favorite places and hidden gems, to outdoor recreation opportunities. We'll take a trip around the state and explore remote beaches, wooded campgrounds, serene nature trails, and picturesque vistas.



Kate Bast, Speaker

Kate Bast, Certified Nature and Forest Therapy Guide and founder of Shinrin-yoku Madison, has lived in Madison for 25 years with her husband, two children and clingy Labradoodle. Until she found her path to Nature as a healing practice, she worked in the editorial publishing industry for 25 years, including as editor for Whole Health Project, and of BRAVA and Wisconsin Trails magazines, among others. With her family she loves to explore the state, embrace an outdoor lifestyle year round, travel, and especially, hang out with tree friends and connect people with Shinrin-yoku. She collaborates often with Moira Farrell of Hike and Heal Wellness to offer retreats.



Missy VanLanduyt, Speaker

Missy VanLanduyt is the Recreation Partnership Section Chief for the Wisconsin State Park System. Missy has lived in the Madison area for 20 years and grew up in northern Wisconsin on a dairy farm. She lives here with her husband and two young daughters. Missy has been with the DNR for nearly 10 years, all within the parks program. She enjoys spending time outdoors with her family hiking, biking, swimming, kayaking, and camping.

Sponsored by:

• Madison Senior Center



• Monona Terrace



• All of Us



Life During a Pandemic: A Photographic Exposé

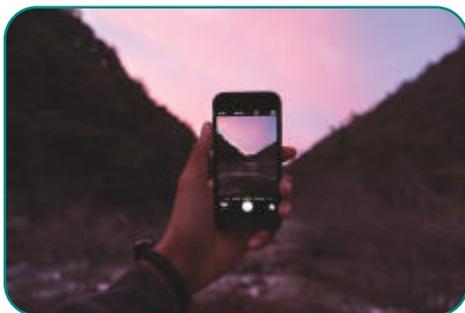
If you are a new photographer or have been taking pictures your whole life, this intergenerational project is for you! We are chronicling our daily lives during this pandemic through pictures we take from March 15, 2020 to June 30, 2021. As an added bonus, participants will have the opportunity to attend photography workshops put on by professional photographers. The project will culminate in a gallery night. To register email Laura at lhunt@cityofmadison.com. (Sponsored by Madison Senior Center and NewBridge Madison) 

PHOTO EDITING

THURSDAY, APRIL 8 AT 4 PM

Learn to edit photos on your phone. We will go through the ins and outs of in-phone editing and the amazing free editing app called SnapSeed. Go ahead and download the app and we will go over it together.

*Stephanie Shanks is a professional photographer specializing in portrait and landscape photography. She is passionate about teaching others how to add more creativity to their lives. Email Gary at gflisher@cityofmadison.com to register. 



Zoom Tunes Music Series

Email Gary at gflisher@cityofmadison.com to register for these events. These collaborative events are sponsored by NewBridge Senior Services, Monona Community Center, Madison Senior Center & Goodman Community Center.

OLD BLACK JOE

FRIDAY, APRIL 23, 3-4 PM

Old Black Joe will be playing an eclectic mix of blues and country songs for your listening and viewing pleasure.



Guy Fields, aka Old Black Joe, has played and directed music for Make Music Madison's annual event at the Warner Park Shelter for five years. He is a retired Memorial High School teacher and local blues/country artist. He has been a regular at The Hop Garden in Paoli for nine years. He also performs on the patio at Beef Butter BBQ, Northport & Sherman during the summer months.

May Zoom Tunes Date and Info Coming Soon!

Intergenerational Fun - Games Across the Distance

Stay connected with your grandkids while staying healthy – play games like this together over Zoom or Facetime!

1. Would You Rather

- ♥ Jump into a pool of chocolate pudding or a pool of strawberry ice cream?
- ♥ Be invisible or be able to fly?
- ♥ Play in the snow in the mountains or in the sand at the beach?

2. Mystery Sound

With your hands out of sight from the camera, make a sound with something. For example, crumple a piece of paper, strike a spoon on the rim of a pan, or snap your fingers. Guess what the sound is! Take turns!

3. Props Game

- ♥ Gather some items from around the house--medium to large common things (pot, blanket, book, pillow...etc.)
- ♥ Have the same/similar items on each end of the screen/call. Take turns pretending the item is something else!
- ♥ For example, pretend a plate is a hat or the moon or an egg! Say something silly about it like "This egg is getting bigger every day!"

THE VOLUNTEER VIEW

Why Be a Volunteer?

It's not for money, it's not for fame
And it's not for any personal gain.
It's just for love of fellow man.
It's just to lend a helping hand.
It's just to give a tithe of self.
That's something you can't buy
with wealth.



It's not the medals worn with pride.
It's just for that feeling deep inside.
It's that reward down in your heart.
It's feeling that you've been a part
Of helping others far and near.
That's what makes you a VOLUNTEER!

Volunteer Opportunities

Once MSC opens again we will still have volunteers that prefer or will be medically advised to refrain from volunteering. Therefore, it is more important than ever to consider volunteering at MSC to help us maintain our quality programming and funding of older adults in the community. See our below opportunities that will become available once MSC is open again.

FRONT DESK RECEPTION

Meet, greet, and help people by volunteering weekly at the front desk reception area. Answer and route telephone calls. Provide accurate information about programs, register participants. MUST have computer/phone/office skills and experience. Shifts are 4 hours, weekly and Mon - Fri.

SPECIAL EVENT & FUNDRAISING TEAM

Join a team of enthusiastic volunteers to plan, execute, and evaluate special events and fundraising efforts. Use your personal connections to secure financial resources and gifts to support our Senior Center.



For more volunteering info, contact John,
267-2344 or Jweichelt@cityofmadison.com.

Volunteer Spotlight: National Volunteer Month and the year of Pandemic Volunteering

Since April is *National Volunteer Month*, we want to highlight the wonderful volunteers and some of the amazing work that was done this year despite some challenges.

The past year has been an interesting year for volunteering. Due to the pandemic, volunteer opportunities changed and adjusted to social distancing and to quarantining. Volunteering adapted to meet the need for increased socialization, access to food, and much more. Senior Center volunteers stepped up immediately to make phone calls, deliver food, and write to isolated seniors. As life adjusted to the pandemic some of our intergenerational volunteer programs began again. Volunteers for the preschool craft and RN programs began using Zoom and other technologies to connect.

While the Senior Center remains closed our volunteer leadership teams have continued their great work for older adults by holding remote meetings on a regular basis. The Committee on Aging and The Madison Senior Center Foundation Board continue their work to advise the Senior Center, raise funds, and represent older adult concerns.



Custom Care Plan

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608-819-0665
www.VisitingAngels.com/MadisonWI

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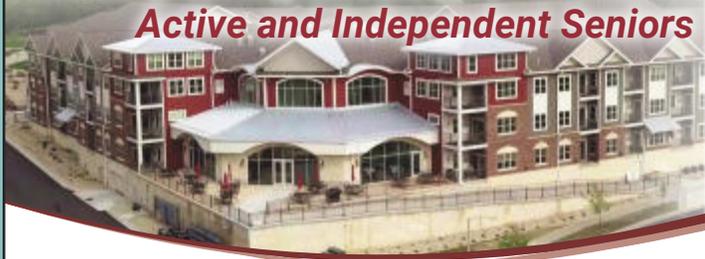
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Madison Senior Center, Madison, WI A 4C 01-1141

EDUCATION & ENRICHMENT

Knitting for the Needy

RSVP GROUP PROJECTS PROGRAM; MAKE A DIFFERENCE IN YOUR OWN CREATIVE WAY

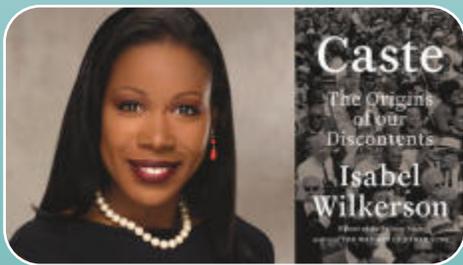
Volunteers in the *RSVP Group Projects Program* handcraft & donate items like hats, mittens, quilts, afghans, pillows and baby items to help keep our community safe, warm and comforted. Yarn and fabric provided. All skill levels welcome! Contact Kate Seal, Group Projects Coordinator at (608) 310-7280 or kseal@rsvpdane.org for more information.

MSC Book Club

MEETS THE 3RD THURSDAY OF EACH MONTH, 1-2 PM

Looking for a fun way to enjoy books and meet new people? Join our Book Club! Each month we will read a different book and rotate facilitators. Books are often available at the library, and can be reserved in advance. Many books have audio versions* for those with vision impairments. Email gflasher@cityofmadison.com to register. 

- ♥ April 15: **Caste** by Isabel Wilkerson
- ♥ May 20: **A Friend of the Earth** by T.C. Boyle
- ♥ June 17: TBD



Spanish Conversation

WEDNESDAYS, 1:30-3 PM

Do you want to practice your Spanish? Our groups meet every week to chat in Spanish. Pop in when you can. There are no attendance requirements. To register, email gflasher@cityofmadison.com. Once you are registered, you will be sent an invite with a link to join the conversation. All levels welcome.



APRIL 13, 20, 27 AND MAY 4, 11, 3-5 PM

AMP encourages mastering behaviors that lead to improved health, stronger financial security, and overall well-being through small but impactful changes. If you are a retirement age adult who plans to live another 10-30 years AMP is for you! This 5 week program featuring local experts will provide valuable resources, opportunities for community involvement and the chance to meet new friends. Ten topics will be covered: Navigating Longer Lives, Exercise, Nutrition, Sleep, Medication Management, Advanced Planning, Healthy Relationships, Financial Fitness, Fall Prevention and Community Connections. The fee is \$15. To register, email gflasher@cityofmadison.com or call (608) 266-6581. Send your check to Madison Senior Center / 330 W Mifflin St / Madison, WI 53703. Please write AMP on the memo line. Fee includes all materials. Someone will contact you to schedule a pick-up or drop-off time. 



April Preschool Program: Bee There!

THURSDAY, APRIL 8, 10:30 AM

Join us in April for a fun Zoom session on Urban Bee Keeping. Have fun learning about bees in the city on rooftops and how they can co-exist in urban areas with people. We will learn all about the lives of bees, how the bees communicate with each other and how to go into their hives for the honey! Contact Laurie Bibo at lbibo@cityofmadison.com to sign up for the program.



EDUCATION & ENRICHMENT



Voices of Color: Melvin Hinton & Representative Sheila Stubbs

THURSDAY, APRIL 15, 10-11 AM

Tune in to our monthly program that gives you the opportunity to engage in conversations with leaders in our community who are people of color. Listen to their stories that speak to cultural differences, learn more about Madison from a Person of Color's perspective, ask questions and have an experience.

Our Voices of Color host, Melvin Hinton, will be having a conversation with County Supervisor and State Assembly district 77 Representative, Sheila Stubbs. Ms. Stubbs is the only African American on the County Board and is Dane County's first African American representative in the Wisconsin Legislature. Our new program host, Melvin Hinton, may be familiar to many of you from his Radio Literature program on WORT 89.9FM.

Email Gary at gflesher@cityofmadison.com or call (608) 266-6581 to receive a Zoom link.

New Bridge Madison Programs

SPIRIT & STRENGTH: SENIORS SHARING WISDOM IN TROUBLED TIMES THROUGH THEIR STORIES

TUESDAYS FROM 1-2:30 PM

Please join Pam Philips Olson, Writer, Storyteller and Author of the book, *Lechayim Lunch: Ingredients for a Good Life* as we learn to speak our truth through telling our own stories. Visit the NewBridge website for the Zoom link.

BINGO

FRIDAYS, APRIL 9 & 23 FROM 1-2 PM

Join us for some laughs and rollicking games of Bingo with caller Diana D! Fill up a card and win a prize! You can play with your own card or get them from us. Contact Deenah to sign up, at least one week in advance so we can get your bingo cards to you. Zoom link: deenahg@newbridgemadison.org.

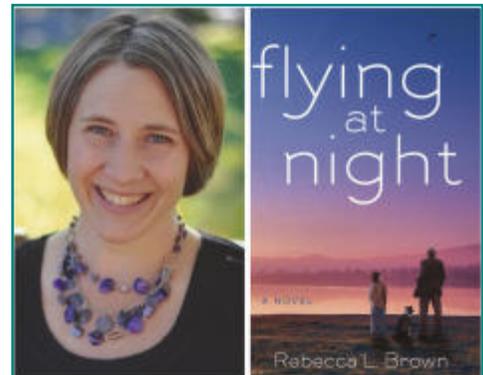
Flying at Night by Rebecca Brown

THURSDAY, APRIL 29 AT 1 PM

When the world you know suddenly changes, you can find yourself flying blind. The novel, *FLYING AT NIGHT*, explores universal questions of love, family, marriage, friendship, and forgiveness. Author Rebecca Brown will talk about the inspiration for the book, read a few passages, and answer questions. Rebecca Brown lives happily in Madison, Wisconsin with her very handy husband, three busy sons and two good-looking but useless dogs. To register email gflesher@cityofmadison.com or call (608) 266-6581.

Reminder: Online Course Discount

- 25% off with promo code: **DRIVINGSKILLS**
- Website: www.aarpdriversafety.com
- Now active through August 31
- Promotional flyer available on the Volunteer Portal (search "25% off")



NUTRITION PROGRAMS

COVID-19 Services Provided by NewBridge for Older Adults 60+

TAKE-OUT MEALS

Meals are available to pick up at the following locations for older adults 60+. While there is no charge for these meals, donations are accepted via mail to NewBridge, 1625 Northport Dr. #125, Madison 53704. Call Candice to order Monday-Friday, 8 am-4 pm, (608) 512-0000 ext. 4006. *Orders are due by Thursday 10 am the week prior.*

NewBridge West Office, 5724 Raymond Rd.

- ♥ Monday between 10-11:30 am
- ♥ 1 Meal Catered by Kavanaugh's Esquire Club

NewBridge West Office, 5724 Raymond Rd.

- ♥ Wednesday between 3-4 pm
- ♥ 1 Meal Catered by Kavanaugh's Esquire Club

Kavanaugh's Esquire Club, 1025 N. Sherman Ave.

- ♥ Wednesday between 3-4 pm
- ♥ 1 Meal Catered by Kavanaugh's Esquire Club

LJ's Sports Tavern and Grill, 8 North Patterson St.

- ♥ Friday between 3-4 pm
- ♥ 1 Meal - Hot Fish Fry

Lifestyle and Managing Stress

By Barbara Gordon, RDN, LD (Published April 16, 2020; Reviewed March 2021)

Do you have a go-to comfort food when you feel stressed? If so, you are not alone. During times of stress, many of us may reach for foods or snacks and often these are high in saturated fats or added sugars. The fact that stress can impact food choices is not news. However, are there also foods or nutrients that can help you to reduce stress?

OUR BODY'S FIGHT OR FLIGHT RESPONSE

Your central nervous system releases stress hormones such as adrenaline and cortisol when you feel anxious or stressed. These hormones trigger the fight or flight response, which gets your body ready for action. For example, your heart can beat more rapidly, your blood pressure may rise and your rate of breathing might increase. Being in a chronic state of stress can cause long term health problems. In addition to feeling anxious, many may become depressed, struggle to get a good night's sleep or experience digestive issues.

CAN CERTAIN NUTRIENTS EASE STRESS?

Research linking certain nutrients to stress management is limited. Recent studies have focused on nutrients the brain needs to function normally. This can include nutrients like antioxidants or B vitamins. Studies have looked at how supplements may help manage stress but results have been limited. As these nutrients are already important in a healthy eating pattern, the best way to get them is through the foods you eat. For example, fruits and vegetables contain antioxidants along with other nutrients that may work together to promote health. And many foods provide a variety of B vitamins naturally, including whole grains, fruits, vegetables, dairy products, beans and meats.

Some studies also report a potential link between low levels of nutrients in the body such as vitamin D and stress. These studies did not prove that inadequate intake of foods with this nutrient causes stress or that increased intake of foods with this nutrients ease stress. However, your body does need it to function normally. And there are lots of foods that contain vitamin D including fatty fish and fortified dairy and soy products.

DO VITAMIN AND MINERAL SUPPLEMENTS COMBAT STRESS?

Some supplements claim to help manage stress. At this time, however, the evidence supporting these supplements is limited and much more research is needed. Talk with your health care provider before taking any vitamin and mineral supplements.

STRESS-BUSTERS

When it comes to food and stress, one of the best things you can do for your body is to choose a balanced, healthful eating style. Participating in regular physical activity is also beneficial for managing stress. As little as five minutes of exercise a day can be beneficial. A Registered Dietitian Nutritionist can help you establish an individualized healthy eating plan that includes specific food preferences and goals for physical activity.

Other ways to help ease stress might include:

- ♥ Relaxation activities, such as meditation, guided imagery or breathing exercises.
- ♥ Socializing with friends and loved ones for emotional support during stressful situations.
- ♥ If stress has you craving crunchy foods, reach for lower calorie, healthful foods such as carrots, celery or plain popcorn.
- ♥ Consider seeking professional help. Stress can become debilitating. Counselors and other health care providers can offer treatments to help combat stress.

**Find more information on nutrition from the Academy of Nutrition and Dietetics*

<https://www.eatright.org/health/wellness/preventing-illness/lifestyle-and-managing-stress>

April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
<p>All programs in the Messenger, and on this calendar, are open to everyone. The colors indicate who the sponsor of the program is.</p> <p>Green = LGBTQ 50+ Brown = Community Partner</p>			<p>1</p>  <p>APRIL FOOL'S DAY</p>	<p>2</p> <p>10:30 Mindfulness Movement 1:00 Easy Yoga + 1:00 Tai Chi</p> <p>GOOD FRIDAY</p>	<p>3/4</p>  <p>EASTER (4)</p>
<p>5</p> <p>9:00 Senior Stretch & Strength</p>  <p>NATIONAL CARAMEL DAY</p>	<p>6</p> <p>2:00 Current Events</p>  <p>NATIONAL TARTAN DAY</p>	<p>7</p> <p>9:00 Senior Stretch & Strength 10:00 Easy Yoga + 10:30 Mindfulness Movement 1:30 Spanish Conversation 1:30 BB4B-Next Steps</p>	<p>8</p> <p>10:30 Preschool 1:00 Gay, Gray & Beyond 4:00 Photo Editing</p>  <p>NATIONAL ALCOHOL SCREENING DAY</p>	<p>9</p> <p>10:00 Alcohol Use, Abuse and Screening 10:30 BB4B 10:30 Mindfulness Movement 1:00 Easy Yoga + 1:00 Tai Chi</p>	<p>10/11</p>  <p>National Siblings Day</p> <p>NATIONAL PET DAY (11)</p>
<p>12</p> <p>9:00 Senior Stretch & Strength</p>  <p>NATIONAL GRILLED CHEESE SANDWICH DAY</p>	<p>13</p> <p>3:00 Aging Mastery Program (AMP)</p> <p>FIRST DAY OF RAMADAN</p>	<p>14</p> <p>9:00 Senior Stretch & Strength 10:00 Easy Yoga + 10:30 Mindfulness Movement 1:30 Spanish Conversation 1:30 BB4B-Next Steps</p>	<p>15</p> <p>10:00 Voices of Color - Sheila Stubbs 1:00 Book Club</p>  <p>NATIONAL BANANA DAY</p>	<p>16</p> <p>10:30 BB4B 10:30 Mindfulness Movement 1:00 Easy Yoga + 1:00 Tai Chi 2:00 "Coffee" Meet-Up</p>	<p>17/18</p>  <p>NATIONAL ANIMAL CRACKERS DAY (18)</p>
<p>19</p> <p>9:00 Senior Stretch & Strength</p>  <p>NATIONAL GARLIC DAY</p>	<p>20</p> <p>9:30 Annual Meeting 9:45 Finding the Joy 3:00 AMP</p>	<p>21</p> <p>9:00 Senior Stretch & Strength 10:00 Easy Yoga + 10:30 Mindfulness Movement 1:30 Spanish Conversation 1:30 BB4B-Next Steps</p>	<p>22</p> <p>1:00 Nature Connection 1:00 Gay, Gray & Beyond</p>  <p>NATIONAL EARTH DAY</p>	<p>23</p> <p>10:30 BB4B 10:30 Mindfulness Movement 1:00 Easy Yoga + 1:00 Tai Chi 3:00 Old Black Joe</p>	<p>24/25</p>  <p>NATIONAL DNA DAY (25)</p>
<p>26</p> <p>9:00 Senior Stretch & Strength</p>  <p>NATIONAL PRETZEL DAY</p>	<p>27</p> <p>3:00 AMP</p>  <p>NATIONAL BABE RUTH DAY</p>	<p>28</p> <p>9:00 Senior Stretch & Strength 10:00 Easy Yoga + 10:30 Mindfulness Movement 1:30 Spanish Conversation 1:30 BB4B-Next Steps</p>	<p>29</p> <p>1:00 Rebecca Brown - "Flying at Night"</p>  <p>NATIONAL ZIPPER DAY</p>	<p>30</p>  <p>NATIONAL ARBOR DAY</p>	



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FIND YOUR ADRC: <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>



Care Wisconsin Medicare Dual Advantage

- Are you eligible for Medicare and Medicaid?
- Do you live in Jefferson County?
- You may be eligible for Care Wisconsin Medicare Dual Advantage.

Care Wisconsin Medicare Dual Advantage is an HMO SNP with a Medicare Advantage contract and a contract with the Wisconsin Department of Health Services for the Medicaid Program. Enrollment in Medicare Dual Advantage depends on contract renewal. This plan is available to anyone who has both Medical Assistance from the State and Medicare.

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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 providing intergenerational social opportunities. Call (608) 255-8582 for more information or email info@lgbtqoutreach.org. You can also check out our website, lgbtq50plusalliance.org.

Current Events Discussion Group

1ST TUESDAY OF MONTH, 2-4 PM

There is so much going on in the world and in our country that sometimes it's hard to make sense of it all. This is a safe place to ask questions, talk about impact and sort through it all. A facilitator will be at each meeting. Sponsored by the LGBTQ 50+ Alliance. Email karenlkane13@gmail.com to request a Zoom invite. 

Mindfulness Movement with KEY Yoga

WEDNESDAY-FRIDAY, 10:30 AM

TUESDAY AND THURSDAY EVENINGS, 7 PM

SATURDAYS AT 9 AM

Please try to arrive 5 minutes early so we can greet you and begin on time. Instructor Mimi Millen will guide you through stimulating your health from inside out. Gentle, revitalizing exercises will help you to release heavy, stagnant energy while enhancing your emotional well-being, circulation and digestion, relieve tension and increase vitality. You will learn how to focus, calm your mind and breathe mindfully as you tune into your own energy system. Open to all ages and physical conditions. We foster energy connection with your body, energy and your deeper Self as well as each other. There is an optional sharing time and Q & A time to connect and better understand your experience. **The zoom ID is 84246619722. The pass code is move4u.**

"Coffee" Meet-Up

3RD FRIDAY, APRIL 16, 2-4 PM

Let's meet up once a month to talk and meet friends, both old and new. Email lgbtq50plus@gmail.com for the Zoom link.



Gay, Gray & Beyond

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

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. Email LGBTQ50plus@gmail.com to receive a Zoom invite.

*Note the new start time. 

The Road Forward

The Road Forward is a new COVID-19 initiative started by OutReach LGBTQ+ Community Center. The initiative is made possible by a grant from *The New Harvest Foundation*, launching the first quarter of 2021. The Road Forward is a series of virtual education and skill development programs aimed at marginalized and/or at-risk groups including LGBTQ+ homeless, the transgender and gender nonconforming communities, LGBTQ+ seniors, LGBTQ+ communities of color, and LGBTQ+ individuals struggling with behavioral health, substance use, and alcohol.

The initiative is led by **ADOA Advocate Linda Lenzke**, who works closely with our three facilitators: Dr. Kathy Oriel, Tanya Karege, and Crystal Cox. Visit the webpage to learn more <https://www.theroadforward.org/>.

Things are looking brighter! Please continue to stay safe by wearing your masks and maintaining social distancing.



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

HEALTH & WELLNESS

Alcohol Use, Abuse & Screening

FRIDAY, APRIL 9, 10-11 AM

We all probably know someone who drinks more than what seems normal. It may be yourself, a friend, a parent, a partner or even a colleague. But where is the line, and whose business is it to broach the topic? How do you medically screen for alcohol abuse?

Professor Tracy Schroepfer, PhD, MSW, MS

from the University of Wisconsin-Madison specializes in issues that affect older adults. In this presentation, she will speak specifically about alcohol consumption. There are a lot of societal pressures to drink, and at the same time shame is associated with drinking too much. Also, many adults don't know that alcohol's effect on the body changes with age. Sign up to learn more about this sensitive topic that could be affecting the healthy aging of someone important to you. To register email Gary at gflasher@cityofmadison.org or call (608) 266-6581.



Ballroom Basics for Balance – “Next Steps”

WEDNESDAYS 1:30-2:45 PM (75 MIN)

APRIL 7 – MAY 12 (6 WEEKS)

\$35/person, Free 1-1 orientation for new registrants
Deadline to register: Wednesday, March 31
“BB4B ‘Next Steps’ is a class for those who have taken BB4B in the past and/or are independent in moving around.” We'll challenge you even more, and have even more fun working on our balance with dance! We will still focus on your goals of getting better at walking or moving around on various surfaces and in various environments, both inside and outside. Since we aren't able to meet in person you must be able to move about on your own without a device or person to help you. You also must be able to hear well enough to hear the instructions coming from your computer. A completed registration form and payment in advance is **REQUIRED** to attend, and to have a spot held for you. Please send a check to **Madison Senior Center, 330 West Mifflin St, Madison, WI 53703. Include a note indicating which program you are signing up for.** LOCATION: Classes will meet virtually via Zoom. If you have any problems registering, or need a scholarship application, email Laura at lhunt@cityofmadison.com.

Ballroom Basics for Balance (BB4B)

FRIDAYS, 10:30-11:30 AM, APRIL 9 – MAY 14

FEE - \$35 (SCHOLARSHIPS AVAILABLE)

This class is for you if you want to get better at walking or moving around on various surfaces and in various environments, both inside and outside. Since we aren't able to meet in person you must be able to move about on your own without a device or person to help you. You also must be able to hear well enough to hear the instructions coming from your computer. A completed Registration Form and payment in advance is **REQUIRED** to attend, and to have a spot held for you. Please send a check to **Madison Senior Center, 330 West Mifflin St, Madison, WI 53703. Include a note indicating which program you are signing up for.** Limited to 8 participants. LOCATION: Classes are 60 minutes long and will meet virtually via Zoom. If you have any problems registering, or need a scholarship application, email Laura at lhunt@cityofmadison.com.

COVID-19 Vaccine Transportation for Dane County Older Adults, 65+



Have you exhausted all options available to you and still need a ride to your COVID-19 vaccine appointment?

NO COST FOR DANE COUNTY RESIDENTS.

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(608) 512-0000 Ext. 3 - English
(608) 512-0000 Ext. 2 - Spanish
(608) 695-2773 - Tham lus Hmoob, Nplog, Qhab Mim (Khmer), Tibetan, Nepali

HEALTH & WELLNESS

Tai Chi Fundamentals

FRIDAYS, 1-2 PM

Tai Chi is one of the best exercises for balance, and good balance means fewer falls. Tai Chi also builds core strength and stamina through its slow, precise movements. Its focus on posture and alignment helps release tension, and the emphasis on mindful action promotes stress reduction, improves mental health, and can even improve sleep quality. All levels welcome. *Email Rachel at sandretto.taiji@gmail.com to register and get a Zoom invite.* 



Easy Yoga Plus

WEDNESDAY, 10-11:15 AM OR FRIDAY, 1-2:15 PM

A yoga program designed for the aging body with a focus on improving balance, muscle strength, and flexibility. Enjoy the camaraderie of likeminded older adults eager to be more aware of how the mind, body and spirit work together to improve quality of life. Taught by Ellen Millar, a certified teacher trained to work with seniors and who knows what is safe for the older body. For more information about Ellen, the class or registration follow this link: thewonderofyoga.com/zoom-classes. Fee \$15/month for once a week or \$25/month for twice a week. 

Senior Stretch & Strength

MONDAYS & WEDNESDAYS FROM 9-10 AM

NewBridge presents this very popular Zoom offering of a one-hour gentle stretch and strength-building class with Becky Ott-Forde. Join her to learn from the comfort of your own home and get active weekly! *REGISTRATION: See www.newbridgemadison.org for a link to the Zoom Invite.* 

Be Active: Types of Activity

- **Endurance**- sometimes referred to as 'aerobic' activities, this type of activity increases your breathing and heart rate to improve your heart, lung, and circulatory system health. Endurance activity should be done on most days of the week. Examples: walking, yardwork (mowing or raking), dancing, biking, or playing team sports.
- **Strength**- This type of activity helps to strengthen your muscles AND bones! Being strong makes activities easier such as getting out of chair, climbing stairs, or carrying groceries or grandkids. Strength training also helps with your balance and can help prevent falls and fall-related injuries. Strength training should be done at least 2 days per week. Examples: Exercises using dumbbells, resistance bands, or bodyweight.
- **Balance**- Balance training helps to prevent falls and helps you to remain stable on your feet. Balance training can be done every day. Examples: standing on one foot or walking heel-to-toe.
- **Flexibility**- also known as stretching, this activity can keep you limber which helps you to stay independent for longer. Think about being able to wash your back in the shower or reach up into a cupboard for a dish. Flexibility exercises can be done every day.

Find more tips or learn more about the Physical Activity for Lifelong Success (PALS) program at wihealthyaging.org/PALS

 PALS: Physical Activity for Lifelong Success | WIHA



SERVICES & SUPPORT

Scholarship Fund

Scholarships are available to people age 55 and older with annual income less than \$24,280 (one person) or \$32,920 (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.

Mindfulness & Dementia Care Support Group

2ND TUESDAY OF EACH MONTH, 6 PM

Connect with others and learn mindfulness strategies to help you cope with your caregiver journey. We will read the book, *Caring for a Loved One with Dementia*. Books are provided. RSVP to Schmidt.joy@countyofdane.com.

Lewy Body Dementia Support Group

VIRTUALLY EVERY 2ND & 4TH WEDNESDAY, 1:30-3 PM

What is it? What are the symptoms? What do I need to know? What steps do we take next? Learn all of this and so much more. Tailored for those with loved ones who have been diagnosed with Lewy Body Dementia (LBD). Join us by telephone if you are unable to join the virtually meeting: Toll Free 833-548-0282 / Meeting ID: 880 1595 5586 / Passcode: caregiver. If you have any questions, contact Noreen Kralapp (608) 661-0463 or Noreen.kralapp@alzwissc.org. *Sponsored by Alzheimer's & Dementia Alliance of Wisconsin.*

Alzheimer's & Dementia Support Groups

To participate or get more information contact (608) 661-0463, Noreen.Kralapp@alzwissc.org

ADULT CHILD CAREGIVER SUPPORT GROUP

♥ 1st & 3rd Wednesday • 6:30 pm

DANE COUNTY CAREGIVER SUPPORT GROUP

♥ Weekly on Thursdays • 1-2:30 pm

YOUNG-ONSET CAREGIVER SUPPORT GROUP

♥ 1st & 3rd Mondays • 6:30 pm

NewBridge Madison

NewBridge is a not for profit agency that serves adults age 60+. Their service areas are Case Management, Nutrition, Home Chore, Programs & Activities, Foot Care Clinics and a Loan Closet. Their phone number is (608) 512-0000 and their website is www.newbridgemadison.org. The Madison Senior Center collaborates with NewBridge to make even more programs and services available throughout the community. Star* indicates services added for COVID-19.

BRIDGE BUDDIES - FRIENDLY CALLERS*

Volunteers are matched with older adults to do safety check calls and/or social friendly calls.

CASE MANAGEMENT

Social workers are available by phone (608) 512-0000 and by email info@newbridgemadison.org to help older adults and connect them to resources.

DIVERSITY & INCLUSION ACTIVITIES

For Dane County Black and Latinx older adults that focus on socialization, health education, and support groups.

FACE MASK DELIVERY

One reusable, handmade mask will be delivered to the door by a volunteer upon availability.

FOOD BRIDGE DELIVERY

Volunteers are matched with Case Management clients to deliver food from a pantry and continue as needed.

FOOT CLINICS

Registered Nurse Gail Owens and Nail Technician Susan Hasey provides foot care for older adults 60+. The cost is \$20. We recommend you call a few months in advance. Due to COVID-19, our clinics will slowly reopen when we are prepared to do so.

HOME CHORE PROGRAM – OUTDOOR ONLY

Volunteers are matched with Case Management clients who need outdoor chore help.

LOAN CLOSET

Provides health equipment items to check out. Equipment available may include wheelchairs, walkers, canes, shower chairs, and more. Open Monday-Thursday, 9 am-3 pm. Please call ahead.

REPRESENTATIVE PAYEE & GUARDIANSHIP SERVICE

Trained volunteers are matched with vulnerable older adults who need a payee or guardian.

ZOOM CLASSES & ACTIVITIES

A variety of fun and educational classes and activities available via zoom. Check out our website and newsletter for specifics.

COMMUNITY OUTREACH

Your Voice Matters!

We are trying to identify barriers that prevent many low income and Black, Indigenous, People of Color from participating in the wide variety of healthy aging programs provided by the Madison Senior Center. If this is you, please contact Sally Jo at sspaeni@cityofmadison.com or (608) 267-8652. We want to hear about anything that matters to you; whether it's location, hours, the relevancy of the programs, the people, language or anything else. If you know somebody who is willing to talk to us, and language is a barrier, we can arrange for translator.

Brain & Body Fitness Program

THURSDAYS, APRIL 22 – MAY 27 AT 10:30 AM

Brought to you by MSCR and the UW-Madison School of Nursing. Questions, call (608) 709-1928. Register through MSCR.

Living Well with Dementia

A FREE 3 DAY VIRTUAL RESOURCE FAIR, APRIL 27 – 29, AFTERNOONS

Register to attend live presentations with Q & A. RSVP to Amber, aborman@brookdale.com or (608) 234-2996. More information can be found at www.facebook.com/2021dementiafriendlyresourcefair/.



The Centers for Disease Control & Prevention (CDC) recommends that EVERYONE six months and older should get a flu shot EVERY year. Especially if you're older!

Last year, older people accounted for 42% of flu-related hospitalizations and 84% of flu-related deaths (but were only 17.5% of Wisconsin's population). So this year — with COVID-19 raging — reduce your risk of the flu and a hospitalization by getting your flu shot.

Public Health Madison and Dane County gives free flu shots to people in Dane County 6 months and older. Call (608) 266-4821 to make an appointment.

Pandemic Internet Benefits On the Way...

The Federal Communications Commission recently approved rules for a new internet subsidy program that could help folks struggling to pay for service during the pandemic.

The Agency's new program would provide eligible low-income households with up to a \$50 per month credit on their internet bills through their provider until the end of the pandemic. Households eligible for the program include those who use food stamps, are on Medicaid, or who have received a Pell grant. Also eligible are those who've lost their jobs during the pandemic. The program also provides eligible households up to \$100 off one computer or tablet.

The FCC officially believes as many as 21 million Americans lack high-speed internet, but skeptics, including some within the FCC, have said the real number is likely much higher. Locally, 6.5% of individuals in the City of Madison 60+ are at or below 100% of the poverty line (2018 ACS 5 year estimates)

Madison Senior Center is tasked with providing services to community members 55 and older in Madison. Now that many programs have moved to an online format it is more important than ever to make sure that older adults have access to online programs to maintain health, reduce isolation, and improve their quality of life. Having Internet access will allow individuals to explore additional online resources that reduce social isolation like public library access, social networking, and email just to name a few.

Signups for the pandemic internet benefits could begin within the next 60 days. Please stay tuned to news from the Madison Senior Center on when these benefits will begin and how to sign up.

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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.



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

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Madison Senior Center Foundation

The Madison Senior Center Foundation, Inc. is a 501(c) 3 organization. Your contributions are tax deductible as allowed by law. Donations to the Foundation are a primary financial resource that provides programs and activities. In addition, the Foundation provides grants to local agencies who are committed to successful aging. Your generosity makes things happen! Please consider a recurring contribution. If you would like to be a MSC Champion donor or a volunteer, call Sally Jo Spaeni or John Weichelt at 266-6581.

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Forest Bathing

SATURDAY, MAY 1, 9 - 11:30 AM

RAIN DATE: SUNDAY, MAY 2, 9 - 11:30 AM

Experience forest bathing, also known as forest therapy or the Japanese term, Shinrin-yoku. This is not a hike, nor a naturalist walk filled with facts. This is a healing, therapeutic, meditative connection - a time where you will slow down by immersing yourself in the atmosphere of nature. Your senses will fully activate to drop you into a state of just being. Our senses, unlike our thoughts, are here and now. Your guide will prompt you with unique invitations designed to help you connect with nature in the moment and open more than five senses. Some will be playful, others imaginative, tactile, visual, sound-based - and more! A closing tea ceremony helps allow all to embody their experiences and openings from the day. \$18 per person (scholarships available). Deadline Tuesday, April 27. To register email gflisher@cityofmadison.com or call (608) 266-6581.



Location TBD based on trail conditions. Site will be in the Madison area, have bathrooms and parking. Participants must be able to amble on their own and maneuver a woodland trail. Masks will be required until people are able to spread out over 6' apart. Led by experienced guides: Kate Bast from Shinrin-yoku Madison and/or Moira Farrell from Hike and Heal Wellness. Want to learn more about Forest Bathing before you sign up? Register for our free Nature Connection virtual lecture on April 22 (see Page 4)



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



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