

THE Messenger

VOLUME 38, NUMBER 12

DECEMBER, 2021

Inside this Issue

| | |
|------------------------------|----|
| For Your Information | 2 |
| Volunteer View | 4 |
| Arts & Entertainment | 5 |
| LGBTQ 50+ Alliance | 6 |
| Education & Enrichment | 6 |
| Technology & Finance | 6 |
| Health & Wellness | 12 |
| Calendar | 13 |
| Community Update | 15 |

Relevant, Inclusive, Enlightened

Madison Senior Center

330 W. Mifflin Street

Madison, Wisconsin 53703

(608) 266-6581

cityofmadison.com/senior-center



Happy Holidays!

As we head in to the end of 2021, it is common to reflect on the past 11 months. As I assume it has been for many of you, the past year has been atypical for MSC. We remained closed the first half of the year and reached out to you virtually. We were happy to reopen in July, but with the pandemic variant, like you, we have been cautious in resuming activities.

We completed a racial equity analysis over the past year, and discovered that few older adults in Madison are aware of the programs, activities and resources available at Madison Senior Center. It became clear that we are not reaching all the members of our community who could benefit from our services. Among City of Madison values are those of Equity and Well-Being. We are committed to fairness, justice, and equal outcomes for all. We are committed to creating a community where all can thrive and feel safe. MSC's vision is to "Become known as an inclusive community where older adults thrive.

Because of our findings, we have determined that a comprehensive evaluation of MSC services and stakeholder engagement will be beneficial. In November, we released a Request for Proposal document asking for bids from agencies skilled in racial equity and engagement to evaluate the Madison Senior Center's (MSC) ability to effectively reach a more diverse group of City of Madison adults age 55 and older through senior center activities, events and programs designed to promote successful aging and independence. There is particular interest in reaching Black, Indigenous, People of Color, (BIPOC) Lesbian, Gay, Bisexual, Transgender, Queer+ (LGBTQ+), and those living with low incomes.

The year 2022 promises to be one of growth and change and we want to hear from you about what you would like to see happen here. Tell us how we can help you participate in our activities. Feel free to reach out by phone or email. We would love to hear your thoughts!

Sally Jo

Sally Jo Spaeni
Senior Center & Senior Services Manager

FOR YOUR INFORMATION

Directory

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

SENIOR CENTER STAFF

Senior Center & Senior Services Manager,
Sally Jo Spaeni (she, her)
267-8652, sspaeni@cityofmadison.com
Office/Rental Manager, Karen Cator (she, her)
266-6290, kcator@cityofmadison.com
Program Coordinator, Laura Hunt (she, her)
267-8650, lhunt@cityofmadison.com
Volunteer Coordinator, John Weichelt (he, him)
267-2344, jweichelt@cityofmadison.com
Reception Coordinator, Gary Fleisher (he, him)
267-8651, gfleisher@cityofmadison.com
Custodian, Jeff Thompson (he, him)
266-6581, jathompson@cityofmadison.com
“The Madison Senior Center promotes successful aging.”
AA/EOC Employer and Service Provider

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 will be offered in person, virtually and sometimes both ways. Watch for the “**V**” for virtual at the beginning of the program description. Classes that use both in person and virtual presentation methods are referred to as **Hybrid “H”**. **Register for the programs**, even if they are free. Almost all programs require a minimum number of people, and are subject to cancellation if there are not enough people registered. If there is a fee, payment is required at the time of registration. **To register for a program, email gfleisher@cityofmadison.com or (608) 267-8651.** **R** = Registration Required.

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.

Member of



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.)

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

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

FOR YOUR INFORMATION

10-Digit Telephone Number Change in October



Remember that you must dial 10-digits (area code + phone number) for all local calls. You need to update any numbers saved on your phone. Transitioning to 10-digit dialing will not affect your current telephone number. Your phone number and area code will not change.

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 – Outdoor Only, Loan Closet, Representative Payee & Guardianship Service and Zoom Classes & Activities

Free DVD Check Out

The Madison Senior Center has a wonderful collection of older movies. They are now available for you to check out free of charge. Inquire at the Front Desk for more information, and to see a list.

Great Courses to Check Out

Over the last few years we have offered a number of courses that are produced by the company Great Courses. These are video-taped, semester long courses from professors all over the country. Past courses are available on DVD to check out and watch on your own at the senior center or at home. Inquire at the Front Desk if you are interested.

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



Code of Conduct for Facility Usage

To ensure the health and safety of all participants, we ask that all facility visitors agree to the following practices:

BEFORE LEAVING HOME

- ♥ Follow relevant guidance provided by your local health authority and the CDC. Public Health Madison and Dane County is the local health authority overseeing Madison. <https://publichealthmdc.com/>
- ♥ Evaluate your own health and that of people you are in close contact with.
- ♥ **Stay home if you feel sick.**

ON-SITE DURING THE EVENT

- ♥ Follow guidance from your local health authority for everyday preventative actions to help prevent the spread of the virus including:
 - o Wash hands often with soap and water for at least 20 seconds, or use an alcohol-based sanitizer with at least 60% alcohol.
 - o Avoid touching eyes, nose and mouth with unwashed hands.
 - o Use a tissue to cover a cough or sneeze, dispose of tissue and wash hands.
- ♥ Masks are required regardless of vaccination status.
- ♥ Highly encourage everyone to continue practicing social distancing by keeping six feet between yourself and others.
- ♥ Notify your instructor/staff if you feel unwell or are experiencing flu-like symptoms.

POST-EVENT

Based on current contact tracing advice from health authorities, if you test positive for COVID-19 up to 14 days after returning home, please contact the Madison Senior Center staff.

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.

EXERCISE MOTIVATOR

Take the lead on getting older adults in shape! Set up the morning instructional videos and greet guests as they arrive with enthusiasm. Can be daily or a few times a week.

LINE DANCE INSTRUCTOR

Line Dancing is a great example of one of MSC's new programs that has been successful in an online format. Dancers socialize online, practice advancing their skill and improve their mood (have fun!). Contact us to turn your love of line dancing into a great volunteer role!

MULTI-LINGUAL PROGRAM LEADERS

If you are a multi-lingual person, and would like to lead a program in an area in which you have expertise we would love to talk with you. Learning about healthy aging and making it happen, should be available to anyone. A few program ideas we have are tai chi, art, and healthy eating. What ideas do you have?

BINGO CALLER

Have fun and meet great new people by calling Bingo. Shifts are 12:45pm to 2:15pm on the first or third Thursday of each month. Help set up, call out winning letters/ numbers, and hand out prizes. Now THAT is a good Bingo!

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

Volunteer Spotlight:

Emily Fliszar

Please welcome Emily Fliszar as the newest volunteer at the front desk. Stop by and meet her when you get a chance.

SURPRISING THING PEOPLE MIGHT NOT KNOW ABOUT YOU?

I moved from Chicago to Los Angeles when I was in high school! I missed the Midwest so much that I had to come back for college!

WHAT FICTIONAL CHARACTER DO YOU WISH YOU COULD MEET?

I wish that I could that I could meet Captain America. I am a huge fan of the marvel series and think that would be an amazing interaction.

FAVORITE CELEBRITY OVER 55 AND WHY?

My favorite celebrity over 55 is Betty White! I think she is so funny and love how she presents herself and is so energetic! Fun fact she was also born in my hometown!

IF YOU COULD RE-LIVE AN EVENT OR MOMENT IN YOUR OWN LIFE, WHAT WOULD IT BE?

I wish I could relive when I traveled to Jamaica with my family and we climbed a waterfall. It was so beautiful and such a fun experience!

WHAT IS THE ONE FOOD YOU COULD NEVER BRING YOURSELF TO EAT?

I am not a picky eater so there isn't much I won't be open to eating. However, the idea of eating Kangaroo sounds so gross.

WHAT IS A FAVORITE HOLIDAY OR WINTER TRADITION?

My favorite holiday tradition is picking out the Christmas tree with my dad the day after Thanksgiving. I also love ice-skating, although I do tend to fall a lot!

WHAT ARE YOU STUDYING?

I am studying Kinesiology and am planning on going to Physical Therapy or Athletic Training school after my undergrad.



ARTS & ENTERTAINMENT

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

Movie Madness

TUESDAY, DECEMBER 7, 1 PM

Witness for the Prosecution (1957)

Lee Hayden is an aging Western actor with a golden voice but his performances are decades behind him. A surprise cancer diagnosis brings his priorities into sharp focus. He soon strikes up an exciting, contentious relationship with stand-up comic Charlotte, and he attempts to reconnect with his estranged daughter, Lucy, all while searching for one final role to cement his legacy. *Stars Tyrone Power, Marlene Dietrich and Charles Laughton. Crime, Drama, Mystery. 116 minutes. Not rated.*

TUESDAY, DECEMBER 14, 1 PM

Needle in a Timestack (2021)

Nick and Janine live in marital bliss until Janine's ex-husband warps time to try to tear them apart. As Nick's memories disappear, he must decide what he's willing to sacrifice in order to hold onto – or let go of – everything he loves. *Starring Leslie Odom, Jr., Freida Pinto, Cynthia Erivo. 111 minutes. Rated R.*

TUESDAY, DECEMBER 21, 1 PM

A Christmas Story (1983)

In the 1940's, a young boy named Ralphie attempts to convince his parents, his teacher and Santa that a Red Ryder BB gun is the perfect Christmas gift. *Starring Peter Billingsley, Melinda Dillon and Darren McGavin. Comedy, Family. 93 minutes. Rate PG.*

TUESDAY, DECEMBER 28, 1:00 PM

Penguin Bloom (2020)

When an unlikely ally enter the Bloom family's world in the form of an injured magpie they name Penguin, the bird's arrival makes a profound difference in the struggling family's life. *Stars: Naomi Watts, Griffin Murray-Johnson, Andrew Lincoln. Drama. Rated PG-13.*



**MONDAY-WEDNESDAY-
FRIDAY, 12:30-2:30 PM**

Gather round for some friendly competition. A great way to get a little exercise and meet other people. Join our Wii bowling league. No spectators.

Senior Showcase Band

2ND THURSDAYS, DECEMBER 9, 1-3 PM

The Senior Showcase band is back, and they are ready to see you with your dancing shoes. They play on the 2nd Thursday of each month. Spread the word! No admission fee but donations accepted. Last performance until April 2022!

Craft in a Bag

WEDNESDAY, DECEMBER 8, 10:30 - 11:15 AM

Join us for a surprise craft project that you can do with us or take home to do. Our program sponsor, Capri Community Living will bring all of the supplies, in ready to go individual craft bags. Registration is required so that we have enough bags for everyone. 

Holiday Sing-Along with John Duggleby

TUESDAY, DECEMBER 7, 10 - 11 AM

Get into the holiday spirit at our Holiday Sing-Along, featuring many songs you know and can sing, plus a few surprises. Do not worry if your memory is rusty, lyric sheets will be available. Also, since many of our most familiar holiday standards were popularized in the past 70 years, John may challenge you to guess who first recorded them. The holidays hold deep meaning for many people, and we hope that this event will evoke fond memories. We will be in a room that is large enough for social distancing. 



EDUCATION & ENRICHMENT

Technology & Finance

Tablets2Go

Virtual programs and activities continue to be part of our new normal. We can lend you a tablet for FREE if you are age 55+ and registered for a Madison Senior Center program. Call (608) 266-6581 to schedule an appointment. Picture ID required.

December Tech Tip for Smartphones

1. Change your settings for easy reading

If you feel like the text size on the screen of your smartphone is too small, you can change your settings to increase the text size and adjust the screen brightness.



2. Add contacts for family and friends

Your phone allows you to store saved contact information for your family and friends so you no longer have to type in or remember each individual's phone number whether you use an Android or an iPhone.

3. Use a captioned telephone

If you cannot hear on your smartphone, consider a captioned telephone to help stay in touch with the people you care about. Captioned telephones show captions of everything the caller says, to help you catch every word.

December's Tech Tip is from Cap Tel. More can be found at <https://www.captel.com/2018/10/technology-tips-for-seniors/>.

LGBTQ 50+ Alliance

OutReach Community Center and the Madison Senior Center co-sponsor the **LGBTQ 50+ Alliance**. 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@lgbtoutreach.org. You can also check out our website, lgbtq50plusalliance.org.

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 us 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 coordinates educational trainings and workshop with the community in addition to advocating for LGBTQ+ older adults and their wellness.

Looking for a Perfect Holiday Gift

Order your LGBTQ50+ Alliance Windsock Now! It's simple ~ just go to the Outreach website (www.outreachmadisonlgbt.org) and click the donation button. Then click the Windsock Button. It's only \$10 and proceeds go to support the efforts of your Alliance! If you need help, call Kristi at (608) 255-8582.



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



Custom Care Plan

Free Assessment

Visits from 3 hours to 24/7



Age in place with the help of **Visiting Angels**
608-819-0665

www.VisitingAngels.com/MadisonWI

HAPPY RESIDENTS LIVE HERE!

Park Glen Commons
Senior Apartments



- Passionate & Caring Onsite Management
- Skilled & Professional Maintenance
- Heat Included
- Heated Underground Parking
- Car Wash
- Beauty Salon
- Laundry Provided in Every Home
- Resident Activities & Events
- Pets Welcome
- Park Like Setting with Wildlife
- Patio/Grilling

Call **(608) 241-4200** or email parkglen@oakbrookcorp.com to schedule your personal showing.



FREE DELIVERY with \$40 Purchase

Open 7 a.m - Midnight 7 Days a week
111 N Broom St 608-255-2616
www.capecentremarket.com

SENIOR Helpers

Care and comfort at a moment's notice.

Help care for those who have cared for us

Now Hiring Caregivers

* Flexible Hours * Training Provided
* Great Team

Apply Today 608-729-5365
www.seniorhelpers.com/wi/madison

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Jeff Parkinson** to place an ad today! jparkinson@lpicommunities.com or **(800) 950-9952 x5887**



HASKINS SHORT & BRINDLEY LLC

5113 Monona Drive, Monona, WI 53716
608-237-6673
www.HSBElderLaw.com

Areas of Law Practice

Estate Planning
Elder Law
Social Security
Medicaid/Medicare
Guardianship
Special Needs/Disability
WisPACT Trust
Probate
Real Estate
Family Law

Attorneys

Brenda R. Haskins
Julie A. Short
Anne M. H. Brindley
Anna M. Dontje
Amy Devine
Amanda Pirt Meyer

50+ years combined experience!

SUPPORT OUR ADVERTISERS!



Waunakee MANOR

Independent and Assisted Living

(608) 849-5016

801 Klein Dr. • Waunakee
www.waunakeemanor.com

Honest, reasonably priced attorney

I Make House Calls!

Wills • Trusts
Domestic Partnership Agreements
Powers of Attorney • Real Estate

Paul O'Flanagan
Attorney at Law

862 Woodrow Street
Madison, WI 53711
608-630-5068

Paul@oflanaganlaw.com

College Football Legend
Barry Alvarez



Paid Spokesperson

A winning game plan

with Medicare benefits you deserve.



DeanHealthPlan

A member of SSM Health

deancare.com/medicareadvantage

H9096_885483R02_C



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Madison Senior Center, Madison, WI

A 4C 01-1141

EDUCATION & ENRICHMENT

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

Spanish Conversation

WEDNESDAYS, 1:30-3 PM

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. All levels welcome. *R*

December Math Mystery

1. PREDICTING YOUR AGE!

Think of an integer 0-7, the number of times you like to dine out in a week.

Double this number - Add 5 - Multiply by 50

If you have already had your birthday this year (2021), add 1771

If not add 1770

Now subtract the 4-digit year you were born

In this three-digit result, the last two digits indicate your age and the leading digit indicates the number of times you like to dine out!

Note: Above trick works for people of age under 100 years old.

2. PREDICTION OF NUMBER OF SIBLINGS

1. Number of Brothers
2. Add 2 to the above number
3. Multiply this result by 2
4. Add 1
5. Multiply this by 5
6. Add the number of sisters now
7. Subtract 25 from the above number.
8. Now, the final answer is a two-digit number with the first digit presenting the number of brothers you have and second digit representing the number of sisters you have.

Thank you to Jegan (Sri) Sriskandarajah for providing these math mysteries throughout the year!



MSC Book Club Virtual

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

A book club is a fun way to enjoy books and meet new people. Each month we 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. You do not have to read every book, and you do not have to facilitate if that is outside your comfort zone. *R*

♥ December: *The Silent Patient* by Alex Michaelides

♥ January: *The Nesting Dolls: A Russian-Jewish Family Saga* by Alina Adams

♥ February: *The Overstory* by Richard Powers

Meet the Author

JANUARY 20, 1 - 2 PM

Our Book Club is reading *The Nesting Dolls: A Russian-Jewish Family Saga* by Alina Adams; and our January discussion will be with the

author, herself. If you have been thinking about checking out the Book Club this would be a perfect month join us.



The Nesting Dolls: A Russian-Jewish Family Saga

Spanning nearly a century, from 1930s Siberia to contemporary Brighton Beach, a page turning, epic family saga centering on three generations of women in one Russian Jewish family—each striving to break free of fate and history, each yearning for love and personal fulfillment—and how the consequences of their choices ripple through time.

EDUCATION & ENRICHMENT

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

Writing Your Holidays

THURSDAYS, DEC. 2, 9, 16 — 10-11:30 AM

Many find meaningful moments and opportunities for joy in the holiday season that is upon us. Those moments give us stories to share about our experiences, special traditions and times with loved ones. Enjoy the satisfaction you will get from capturing these moments and sharing them with family and friends. For three weeks in December, we will explore writing prompts to trigger memories and discuss ways to develop those stories through use of different writing strategies. Each session will include time to write and share your stories with other participants in writing response groups to seek their reactions, comments and suggestions. The stories you develop will become keepsakes to share with others. Our instructor, Mark Nepper worked as a newspaper reporter for eight years before becoming an English teacher. He taught many writing classes throughout his 30-year career at a Madison high school. He enjoys the beauty, joy, and meaning stories bring to our lives. **R**



Voices of Color

A monthly series that gives you the opportunity to have engaging conversations with community leaders who are People of Color. Listen to their stories that speak to cultural differences, learn more about Madison's history from a different perspective, ask questions and have an experience. Voices of Color will not meet in December, but please join us January 22, 2022, for an all-new program. **R**

Thursdays, Writing Your Life

JAN. 6, 13, 20, 27, FEB. 3, 10 — 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. Six-week writing workshops will incorporate different writing strategies like descriptive writing, sense of place, capturing someone's unique character and personality, using dialogue in meaningful ways, exploring story arcs, developing focus and flow and finding the best beginnings and meaningful endings to the stories. 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. Our instructor, Mark Nepper worked as a newspaper reporter for eight years before becoming an English teacher. He taught many writing classes throughout his 30-year career at a Madison high school. He enjoys the beauty, joy, and meaning stories bring to our lives. **R**



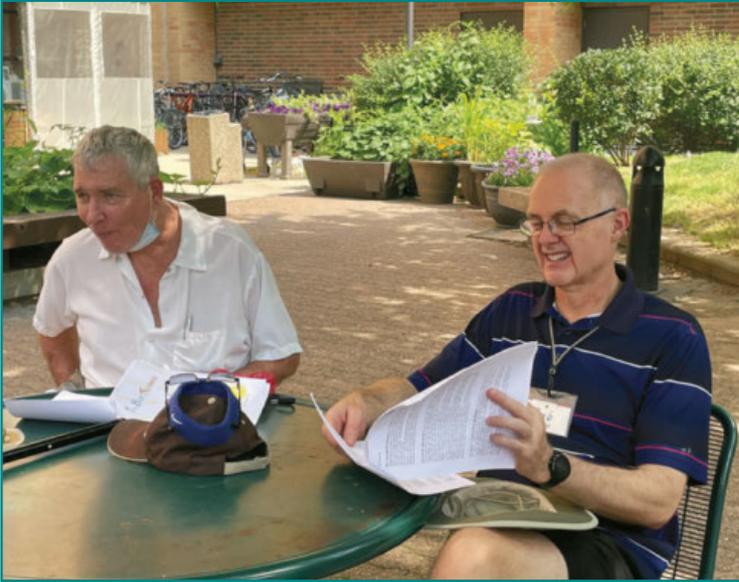
Exploring Poetry

**2ND & 4TH WEDNESDAY,
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. Think about how a joke works: it is a little like that. **R**

R = Registration Required

Here are pictures of a few treasured moments in which we were fortunate enough to gather together.



Waiting for Ice Cream - July



Health & Resource Fair - October



Preschool Buddies - October



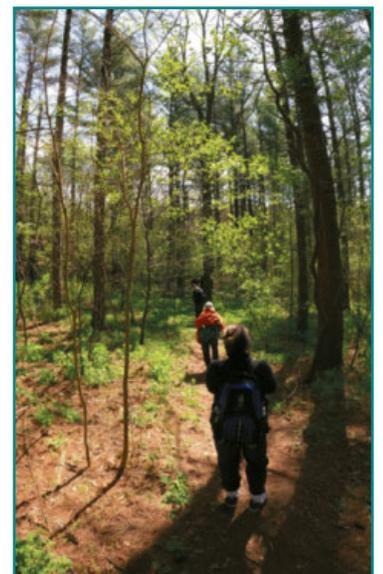
Cardio Dancing



Veterans Day



Veterans Day



Forest Bathing - May



IN-HOME CARE

- Companionship • Meal Preparation
- Light Housekeeping • Laundry
- Incidental Transportation
- Medication Reminders
- Grooming & Dressing Guidance

PERSONAL CARE SERVICES

- Bathing • Oral Hygiene
- Transferring & Positioning
- Incontinence Care & Toileting

SPECIALIZING IN
ALZHEIMER'S, PARKINSON
AND DEMENTIA CARE

608-442-1898

579 D' Onofrio Drive, Suite 10
Madison WI 53718



**Comfort
Keepers**

www.ckmadison.com



An international network of independently owned and operated offices. ©2009 CK Franchising, Inc.

"STAY YOUNG AT HEART BY TAKING CARE OF CHILDREN IN YOUR COMMUNITY!"
BADGER BUS IS ALWAYS HIRING ACTIVE SENIORS LOOKING FOR REWARDING, PART-TIME WORK.



BadgerBus
established 1920

Sign-On Bonuses Available for New Drivers.
Apply online today at: badgerbus.com/jobs

Enjoy a friendly work environment, sign-on bonuses and flexible hours!

CONNECTIONS | A program of
Lutheran Social Services

YOUR VISION. YOUR PATH. YOUR PARTNER.

IRIS Consultant Agency (ICA)

Call toll-free: **844-520-1712** | Email: connections@lsswis.org



We believe in the **INFINITE**
POSSIBILITIES of every person.

We support you to live your best life
at home, in your community and at work.

LET'S GET STARTED!

First, contact your county Aging and Disability Resource Center (ADRC).
FIND YOUR ADRC: <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>

my choice
WISCONSIN

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

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

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

DHS Approved 4/22/2021

GOODMAN'S Jewelers

The Diamond Store of Madison for Generations

220 State St. • Madison, WI

608.257.3644

Store Hours

Mon. - Fri. 10 AM - 5 PM

Saturday 10 AM - 4 PM

Sunday Closed

www.goodmansjewelers.com

**Williamstown
Bay**
of McFarland



Beautiful and Spacious
1 and 2 Bedroom Apartments
Available for those age 55+

Call
(608) 838-4248

4809 Dale St.
McFarland, WI 53558
wtb-mcfarland@oakbrookcorp.com
www.wtbmcfarland.com

**Included In
The Rent:**
Heat, Water
& Sewer,
Parking & Storages,
Same Floor
Laundry,
Small Pets Welcome,
Beautiful
Com. Room
& Resident
Activities

Income restrictions may apply.
Professionally managed by Oakbrook Corporation.

We Make Medicare Uplifting
Call for an appointment today!

**INFORMED
CHOICE**
INSURANCE AGENCY

608-819-6311
877-446-3676

34 Schroeder Ct Ste 240 – Madison
www.informedchoice.com

MEDICARE



This is an advertisement for insurance. Neither Informed Choice or its
agents are connected with the Federal Medicare program. IC111016

WICKSHIRE
MADISON

**\$250
OFF**

your BSR
for the 1st year
when you mention this ad



1601 Wheeler Rd, Madison, WI 53704 • (608) 496-8707
wickshireseniorliving.com/communities/madison

**Whitcomb
SQUARE**

Senior (55+) Apartments

In Wooded Orchard Ridge
West Madison

Rent includes HEAT & Garage.

KellerApartments.com

Office: **608-227-6543** • Cell: **608-577-2451**



ALL 2 BR APARTMENTS

KELLER



For ad info. call 1-800-950-9952 • www.lpicomunities.com

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

HEALTH & WELLNESS

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

Gentle Exercise

MONDAY – FRIDAY, 9 - 9:45 AM

Exercise together by watching the Hasfit exercise program for older adults. It focuses on strength, flexibility and balance. Everyone welcome!

Gentle Yoga

THURSDAYS, 9:30-10:30 AM

The current Gentle Yoga session ends on December 16. If you would like to join the class that is already progress, call Laura at (608) 267-8651. Our next session will start January 20, 2022. *R*

Ballroom Basics for Balance™ or BB4B

TUESDAYS, 6-7:15 PM, JANUARY 18 – MARCH 22, FEE \$80

We are having a party as we learn balance skills with dance. There are always options for every dance if a move is challenging. This class is for you if you want to get better at walking or moving around on various surfaces and in various environments. As requested, our dance will include Waltz, Tango and Jazz. A completed Registration Form and advance payment is required. Send a check to **Madison Senior Center, 330 West Mifflin St., Madison, WI 53703.** *Credit card payment can be over the phone or in person. Scholarships available.* Call (608) 266-6581 or email lhunt@cityofmadison.com. *R*

Healthy Eating Tips for the Holidays

Eating healthy during the holidays is a challenge for many of us. The trick is to have a plan and not deny yourself your holiday favorites. If you overdo it, give yourself a break, and get back to healthy eating at your next meal.

- ♥ Eat at your normal meal times to keep your blood sugar steady, even if it's only a snack to tide you over until the meal is served.
- ♥ If you have a sweet treat, cut back on other carbs during the meal like bread and potatoes
- ♥ Use the smallest plate available at the buffet table, and eat slowly. Eat the vegetables first.

Most of all, remember what the season is about, celebrating and connecting with people you care about.

Save the Date!

Brain Health in Aging Virtual

**THURSDAY, JANUARY 7,
10 - 11 AM**



Our presenter, Stacey Schaefer is an Associate Scientist at the Center for Healthy Minds. She is the principal investigator of a study examining how individual differences in emotion may play a role in the development of Alzheimer's Disease; and co-principal investigator in an Emotion and Wellness Study. In addition, she leads the Center's contribution to the Midlife in the United States Longitudinal Study of Health and Well-Being (the MIDUS Neuroscience Project). *R*

Fit for Life Cardio Dancing for 55+

FRIDAYS 1-2 PM, NOW THRU DECEMBER 17

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 steps that focus 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! *R*

Li Chiao Ping

LAUGHING BODIES, DANCING MINDS

FEBRUARY & MARCH 2022

We are excited to share with you that Li Chiao Ping will be returning to lead an in-person class in 2022. Check the January *Messenger* for exact dates, times and fees.

December

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY/ SUNDAY |
|---|--|---|---|--|---|
| | | 1 9:00 Gentle Exercise 12:30 Wii Bowling 1:00 Doll Making 1:30 Spanish Conversation | 2 8-4 Med D Appointments 9:00 Gentle Exercise 9:30 Gentle Yoga 10:00 Writing Your Holidays 12:30 Wii Bowling | 3 9:00 Gentle Exercise 9:30 BB4B (V) 10:00 BB4B 1:00 Cardio Dancing | 4/5 12/4 National Cookie Day  |
| 6 9:00 Gentle Exercise 9:30 Hands-On Science 12:30 Wii Bowling | 7 9:00 Gentle Exercise 10:00 Holiday Sing-Along 1:00 Movie: Witness for the Prosecution | 8 9:00 Gentle Exercise 10:30 Craft In A Bag 11:00 Exploring Poetry 12:30 Wii Bowling 1:00 Doll Making 1:30 Spanish Conversation | 9 9:00 Gentle Exercise 9:30 Gentle Yoga 10:00 Writing Your Holidays 10:00 Preschool Buddies 1:00 Senior Showcase Band 2:00 pm Gay, Gray & Beyond | 10 9:00 Gentle Exercise 9:30 BB4B (V) 10:00 BB4B 12:30 Wii Bowling 1:00 Cardio Dancing | 11/12 12/12 National Poinsettia Day  |
| 13 9:00 Gentle Exercise 9:30 Hands-On Science 12:30 Wii Bowling | 14 9:00 Gentle Exercise 10:00 Movie: Needle in a Timestack 1:00 Art Expressions (V) | 15 9:00 Gentle Exercise 12:30 Wii Bowling 1:00 Doll Making 1:30 Spanish Conversation | 16 9:00 Gentle Exercise 9:30 Gentle Yoga 10:00 Writing Your Holidays 12:30 Wii Bowling 1:00 Book Club (V) 1:00 Silver Santa | 17 9:00 Gentle Exercise 1:00 Cardio Dancing | 18/19 12/19 National Hard Candy Day  |
| 20 9:00 Gentle Exercise 12:30 Wii Bowling | 21 9:00 Gentle Exercise 1:00 Movie: A Christmas Story | 22 9:00 Gentle Exercise 11:00 Exploring Poetry 12:30 Wii Bowling | 23 9:00 Gentle Exercise 12:30 Wii Bowling | 24 MSC CLOSED FOR CHRISTMAS EVE  | 25/26 MSC CLOSED FOR CHRISTMAS DAY  |
| 27 9:00 Gentle Exercise 12:30 Wii Bowling | 28 9:00 Gentle Exercise 12:30 Movie: Penguin Bloom | 29 9:00 Gentle Exercise 12:30 Wii Bowling 1:30 Spanish Conversation | 30 9:00 Gentle Exercise 12:30 Wii Bowling | 31 MSC CLOSED FOR NEW YEAR'S EVE  | |

COMMUNITY INFORMATION

Silver Santa



Madison Senior Center is pleased to announce a collaboration with Capri Community Living that will bring holiday joy to older adults in Madison! Capri Community Living is sponsoring a Silver Santa program developed by Madison Senior Center to remember older adults in Madison who might not otherwise have an opportunity to celebrate the season.

Madison Senior Center will host a holiday gathering complete with music, food, fun, games and Santa delivering gifts to registered participants. This year, the Silver Santa program will benefit a limited number of MSC participants and residents of Community Development Authority's Romnes and Tenney Park Apartments. We hope to expand the program next year by bringing in additional sponsors so we can serve a greater number of older adults in Madison. Renaissance Senior Living of Hilldale will provide

PUBLIC HEARING

to Comment & Provide Input on the
**2022-2024 Dane County
Aging Plan DRAFT**

Tuesday, 12/14/21

Noon via Remote/Zoom

Pre-registration required for persons wishing to speak

Go to <https://dane.legistar.com/Calendar.aspx>
& select "Area Agency on Aging Board Meeting"
or call (608) 261-9930

For those wishing to attend but not speak

Call (833) 548-0276 (access code: 969 4688 6739)

The Aging Plan draft is available at <https://dcchs.com/Aging-Plan-Development> or call (608) 261-9930. Written comments may be mailed to: Area Agency on Aging, Attn: Cheryl Batterman, 2865 N Sherman Ave, Madison, WI 53704 or emailed to Batterman.Cheryl@countyofdane.com by 12/28/21

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at

www.mycommunityonline.com



When life offers the gift of time...

how will you spend it?

We'll help you every step of the way.

Offering a continuum of care for seniors:

- > Independent Living
- > Assisted Living
- > Memory Care
- > Rehabilitation

Call 608-663-8600 or email madisonsales@oakparkplace.com

718 Jupiter Dr., Madison, WI 53718
oakparkplace.com/madison



Concerned about Medicare fraud? Give us a call...

PROTECT your personal information

DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities

Toll-free Helpline:

888-818-2611

Email: smp-wi@gwaar.org

gwaar.org/senior-medicare-patrol

WisconsinSeniorMedicarePatrol



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.



For ad info. call 1-800-950-9952 • www.lpcommunities.com

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

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 donor or a volunteer, call Sally Jo Spaeni or John Weichelt at 266-6581.

MADISON SENIOR CENTER FOUNDATION BOARD

- ♥ Jeffrey Budzisz - Treasurer
- ♥ Tom DeChant
- ♥ Harry Engstrom - Vice President
- ♥ Faisal Kaud
- ♥ Sally Miley - President
- ♥ Sally Jo Spaeni - Executive Director
- ♥ John Weichelt - Staff
- ♥ Kathy Whitt

DONATIONS: JULY - OCTOBER

- ♥ Cassandra Neff
- ♥ J. Sriskandarajah
- ♥ Robert Keller
- ♥ Tom Dechant
- ♥ Jim Moore
- ♥ Kathy Whitt
- ♥ Bob & Bonnie Block

GOLF OUTING DONATIONS

- ♥ Tom Gugel Family Fund
- ♥ Scott Frank
- ♥ Oak Park Place Foundation
- ♥ Hausmann-Johnson Insurance
- ♥ Scott Frank
- ♥ The Golf Effect
- ♥ Settlers & Drexel
- ♥ Cherokee Country Club
- ♥ Ryan Funeral Home
- ♥ Monona Bank (golf hole sponsor)
- ♥ Paul Braun (golf fundraiser)
- ♥ Hallman Lindsay (golf hole sponsor)
- ♥ Architectural Design Consultants (golf hole sponsor)

Make a Gift From Your IRA TODAY!

Making a qualified charitable distribution from your IRA can help you meet your required minimum distribution. It is easier than you might think!

Simply provide your IRA plan administrator with Madison Senior Center Foundation's name, address and Federal Tax ID#:

Madison Senior Center Foundation
330 W. Mifflin St.
Madison, WI 53703
Federal Tax ID#: 20-3075846

The funds will be transferred directly from your IRA to Madison Senior Center Foundation.

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-today.



PRSRT STD
US POSTAGE PAID
PERMIT 1132
MADISON, WI

330 WEST MIFFLIN STREET
MADISON WI 53703
cityofmadison.com/senior-center

