

THE Messenger

VOLUME 39, NUMBER 2

FEBRUARY, 2022

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Relevant, Inclusive, Enlightened

Madison Senior Center

330 W. Mifflin Street

Madison, Wisconsin 53703

(608) 266-6581

cityofmadison.com/senior-center



Healthy Heart Month

Heart disease is the number one cause of death for most groups of Americans. It affects all ages, genders and ethnicities.



You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure.

National Wear Red Day
Friday, February 4

Show your support! Everyone wearing red on Friday, February 4th will receive a small gift.



Healthy Heart

THURSDAY, FEBRUARY 24, 10 AM VIRTUAL

What exactly is a healthy heart? Shannon Gabriel, RDN CD is the Healthy Aging Coordinator at the Area Agency on Aging of Dane County. She will provide information about heart health and answer questions.

Heart-Brain Health – One Step at a Time

THURSDAY, MARCH 10, 1 PM VIRTUAL

Lisa Bratzke, PhD, RN, ANP-BC, FAHA will present on current research that links heart health to brain health.

Come Play EUCHRE!

STARTING FEBRUARY 7TH AT 1 PM

Every other Monday join us at the Senior Center to play Euchre. Not sure how to play, or feeling a little rusty? No Problem, instruction will be available. Please register by 9 AM the day of play. *R*

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
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267-2344, jweichelt@cityofmadison.com
Reception Coordinator, Gary Flesher (he, him)
267-8651, gflesher@cityofmadison.com
Custodian, Jeff Thompson (he, him)
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“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 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 gflesher@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.

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

Aging & Disability Resource Center (ADRC)

ADRC works with older adults, adults with disabilities and caregivers to connect them to community services that help keep them healthy and safe in the community. They provide a friendly, welcoming place where you can get unbiased information about aging or living with a disability. Their contact information is 2865 N. Sherman Ave, Madison, WI 53704; (608) 240-7400 or email ADRC@countyofdane.com.

NewBridge Madison

NewBridge is a not for profit agency that serves adults age 60+. Their phone number is (608) 512-0000 and their website is www.newbridgemadison.org. NewBridge provides programs and services throughout the community: Bridge Buddies - Friendly Callers, Case Management, Diversity & Inclusion Activities, Food Bridge Delivery, Foot Clinics, Home Chore Program – Outdoor Only, Loan Closet, Representative Payee & Guardianship Service and Zoom Classes & Activities



Inclement Weather

When Madison Public Schools are closed, our programs are cancelled for that day, however, the Madison Senior Center will remain open.



Bundle Up on Cold, Windy Days

A heavy wind can quickly lower your body temperature. Check the weather forecast before going out. If you can't avoid going out, here are some tips:

- ♥ Dress for the weather.
- ♥ Wear loose layers of clothing. The air between the layers traps heat.
- ♥ Put on a hat and scarf. You lose a lot of body heat when your head and neck are uncovered.
- ♥ Wear a waterproof jacket if it is snowy.
- ♥ Change your clothes right away if they get damp or wet.

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:
 - Wash hands often with soap and water for at least 20 seconds, or use an alcohol-based sanitizer with at least 60% alcohol.
 - Avoid touching eyes, nose and mouth with unwashed hands.
 - 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.

LIFELONG LEARNING

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


Intro to Web Design

MONDAYS, 2-3:30 PM, FEBRUARY 7 –
MARCH 21 (INTRO + 6 WEEKS)

“What is your website?” If you want to sell a service or goods or art or ideas or share your family life, or broadcast a philosophy, an actual DIY dedicated website with a unique url, free of any third party fees or pop-up ads and available to be updated/redesigned at your whim might be the answer. In this series of classes, you will have an opportunity to expand upon your social media skills and become a real participant in the world wide web. You will learn the process of adapting and personalizing the myriad sources of beautifully designed open source free website templates. No engineering required! Just your time and patience to follow along with us, step by step, towards customizing the pre-designs, the copy, the pictures to ultimately create a site that you can manage and control. Become your very own at-home IT person! Participants should bring their laptop to every class. A tablet or smart phone will not be adequate. At the end of the sessions, to take your website live, you will need to register a domain name and set-up a web hosting account. The instructor will provide information about all the different options and costs. The first class will be an intro/overview to give you an idea re ‘what is this all about?’ You can then best decide if you want to join in the fun! 

Preschool Buddies

THURSDAY, FEBRUARY 10, 9:30-11:15 AM

This delightful intergenerational program is starting its 25th year. Two to three Adult volunteers are matched up with two to three preschool children, and they do a project together. We do all of the prep and clean up. You just have to hang out and have fun. Usually there will also be a story and/or songs to accompany the project. Call John Weichelt, 267-2344 for more information. 

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’s needs to be said. Think about how a joke works, it’s a little like that.

Exploring Poetry will be led by Mark Kraushaar who’s poetry has appeared in *Ploughshares*, *Yale Review*, *Alaska Review* as well as the website *Poetry Daily* and Ted Kooser’s *American Life in Poetry*. A full length collection, “Falling Brick Kills Local Man” was published by University of Wisconsin Press, as winner of the 2009 Felix Pollak Prize. His most recent collection, “The Uncertainty Principle” published by Waywiser Press, was chosen by James Fenton as winner of the Anthony Hecht Prize. He has worked as a pipe welder, wig salesman, shoe factory line worker, waiter, motel clerk and, most recently as an RN.



Penguin Valentines

WEDNESDAY, FEBRUARY 9, 10 AM

Get ready for Valentine’s Day with these adorable penguins. Volunteer, Jackie Hill, take you through all of the steps to complete the project. Free. All materials provided. Advance Registration required.



“It’s amazing what you can accomplish if you do not care who gets the credit.”

~ Harry S. Truman

Answer to Cryptogram on page 8

LIFELONG LEARNING

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



MSC Book Club

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

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*

- ♥ February 17: *The Overstory* by Richard Powers
- ♥ March 17: *Never Caught: The Washingtons' Relentless Pursuit of Their Runaway Slave, Ona Judge* (nonfiction) by Erica Armstrong Dunbar

Voices of Color

THURSDAY, FEBRUARY 17,
10-11 AM **VIRTUAL**

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 life in Madison from a different perspective. Have an experience that may challenge you to think about things that are outside your comfort level. *R*



In February, we welcome Fabu Carter, PhD to Voices of Color. Dr. Carter is a Senior Outreach Program Manager at the UW-Madison Alzheimer's Disease Research Center and the Madison Poet Laureate 2008 - 2011.

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.

Writing Your Life

THURSDAYS, FEBRUARY 3 AND 10, 10-11:30 AM

We all have stories to tell, stories about our life experiences, stories about our friends, stories about our families. 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. We 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. *R*

Non-Traditional Doll Making & Fabric Art

WEDNESDAYS, 1-4 PM

Express yourself using simple sewing techniques. Local artist, Wendy Fern Hutton, guides you through the process of creating something that speaks to your soul—an animal totem, a medicine doll or maybe a spirit guide. Use fabrics, beads, feathers, ribbons, sequins, or anything else you can think of. The cost is \$50 for the first four classes and then \$25 for every four classes thereafter. Please pay the instructor. *R*

Spanish Conversation

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

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 gflesher@cityofmadison.com. Once you are registered, you will be sent an invite with a link to join the conversation. All levels welcome. Spanish Conversation meets via Zoom. They will start to meet at MSC every other week when the mask mandate ends. The opposite weeks it will continue to meet virtually. *R*

LIFELONG LEARNING

Technology & Finance

Tablets2Go

Virtual programs and activities will continue to be a great way to connect with friends and family, or take programs at the Madison Senior Center. If you do not have a computer we can lend you a tablet for FREE. Tablets2Go is available to you if are an adult age 55+ who belongs to the Madison Senior Center. Membership is free. Call (608) 266-6581 to schedule an appointment and check out a tablet. Picture ID required.

Computer Lab

The Computer Lab is open for general use by appointment only. Volunteers are also available by appointment to provide tutoring and instruction on use of computers, tablets or smart phones. Call or email John Weichelt to schedule an appointment at (608) 267-2344 or jweichelt@cityofmadison.com.

February Tech Tips

- ♥ Phone calls and texts are as easy to spoof as email. If it sounds too good to be true, or if it's really scary, it's probably a scam.
- ♥ A 16+ character passphrase is stronger & easier to remember than an 8-character password with weird characters.
- ♥ Stay protected while connected. Public Wi-Fi networks are not secure – limit what you do on public WiFi, and avoid logging in to key accounts like email and financial services.
- ♥ #BeCyberSmart: If you connect, you must protect. Outsmart cyberthreats by keeping your device operating systems and software up to date.

Tech tips are from the University of Alaska.

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 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's get together consider our individual selves, our unique strengths and the nature of our ever-changing world. Sponsored by the LGBTQ 50+ Alliance.

Exploring Spirituality

1ST & 3RD THURSDAY, 1-3 PM / MEETS AT OUTREACH, 2701 INDEPENDENCE LANE

This discussion group discusses a wide variety of topics related to religion and spirituality. Sponsored by the LGBTQ 50+ Alliance. Call (608) 255-8582 to confirm before attending in February.

Coffee, Tea or Smoothie Time

3RD FRIDAY 1 PM / MEETS AT CARGO COFFEE, 750 E WASHINGTON AVE (FREE RAMP PARKING OFF LIVINGSTON)

Meet up with other friendly folks to talk and hang out. Old friends and new friends are welcome.



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.



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Madison Senior Center, Madison, WI

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ENTERTAINMENT

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

Movie Madness

Movies are shown on Tuesday afternoons at 12:30 pm. We make every effort to show the scheduled movie.

HAMILTON (2020)

TUESDAY, FEBRUARY 1, 12:30 PM

The real life of one of America's foremost founding fathers and the first Secretary of the Treasury, Alexander Hamilton. Captured live on Broadway from the Richard Rodgers Theater with the original Broadway cast. *Stars: Lin-Manuel Miranda, Phillipa Soo and Leslie Odom Jr. Drama, Music, History, Biography. 160 minutes. PG-13.*

IF BEALE STREET COULD TALK (2018)

TUESDAY, FEBRUARY 8, 12:30 PM

A young woman embraces her pregnancy while she and her family set out to prove her childhood friend and lover innocent of a crime he did not commit. *Stars: Kiki Layne, Stephan James and Regina King. Drama, Romance. 119 minutes.*

TOGETHER TOGETHER (2021)

TUESDAY, FEBRUARY 15, 12:30 PM

When a young loner becomes the gestational surrogate for a single man in his 40's, the two strangers come to realize this unexpected relationship will challenge their perceptions of connection, boundaries and the particulars of love. *Stars: Patti Harrison, Ed Helms, Rosalind Chao. Comedy. 90 minutes. Rated R for some sexual references and language.*

HARRIET (2019)

TUESDAY, FEBRUARY 22, 12:30 PM

The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of American's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history. *Stars: Cynthia Erivo, Janelle Monáe, Leslie Odom, Jr. Action, Biography, Drama. 125 minutes. Rated PG-13.*



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

**LEAGUE BOWLING ON
WEDNESDAYS**

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.

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.

President Cryptogram

A	B	C	D	E	F	G	H	I
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J	K	L	M	N	O	P	Q	R

S	T	U	V	W	X	Y	Z	
17								

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8	11	7	5	16	14	9	2	7	15

7	2	2	14	10	12	23	20	17	11

20	13	16	14	9	18	14

15	14	5	2	7	19	6	8	11	14

24	6	5	17	5	11	6

2	19	6	18	20	5	"

Answer on page 4.

VOLUNTEER VIEW

Volunteer Opportunities

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 4 hours, weekly and Mon - Fri.

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 yoga, tai-chi, art, and healthy eating. What ideas do you have?

MODERATOR/HOST FOR BOOK CLUB

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

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

Volunteer Spotlight:

Jessica Liu

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

What is your favorite part about volunteering with MSC?

My favorite part is definitely the interaction with the seniors! It's always a fun time chatting with people about their holiday plans, their grandkids and family, and whatever's been going on in their lives.

Hobbies or other interests?

I enjoy reading and listening to music. I have been trying to get better at knitting and I'm currently working on a study blanket for my friend! If you're working on a project too, please definitely share with me!

What futuristic technology that doesn't exist now would you like to have?

A personal bubble that keeps the temperature around me to 68 degrees all year round – this Wisconsin weather has really got to me! No matter how many layers I wear and how thick my gloves and socks are, I am always cold. I would really appreciate some tips to stay warm in the winter!

What are you a big fan of that people wouldn't necessarily guess that you're a big fan of?

Ice Hockey! Especially the UW Women's team. I expected myself to be more of a football fan, but the intensity and excitement with ice hockey is just too enchanting. My favorite player is Kennedy Blair, which is the current goalie for UW Women's team.

Who's the funniest person you know personally?




My friend Anna has an excellent sense of humor. She delivers great catch phrases and has the most potential to become a standup comedian out of everyone I know.

What pop culture or art do you turn to when you've had a bad day?

When I've had a bad day, I usually turn to my friends, and we watch commentary videos on YouTube and have a blast. Sometimes we watch films too, such as Shutter Island or The Prestige (Such a good film – the plot still lingers in my mind!)



February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
	1 9:00 Gentle Exercise 12:30 Wii Bowling 12:30 Movie: Hamilton 6:00 BB4B 	2 9:00 Gentle Exercise 12:30 Wii Bowling 1:00 Doll Making 1:30 Spanish Conversation 4:00 Let's Cook Together	3 9:00 Gentle Exercise 9:30 Gentle Yoga 9:30 PLATO 10:00 Writing Your Life 12:30 Wii Bowling 1:00 Li Chiao Ping	4 9:00 Gentle Exercise 9:00 BB4B - Virtual 10:00 Watercolor Art 12:30 Wii Bowling 1:00 Cardio Dancing 	5/6  Sunday, Feb. 6 National Chopsticks Day
7 9:00 Gentle Exercise 12:30 Wii Bowling 1:00 Euchre 2:00 Website Design	8 9:00 Gentle Exercise 12:30 Wii Bowling 12:30 Movie: If Beale Street Could Talk 1:00 Bone Health - Virtual 6:00 BB4B	9 9:00 Gentle Exercise 10:00 Penguin Valentines 11:00 Exploring Poetry 12:30 Wii Bowling League 1:00 Doll Making 1:30 Spanish Conversation 3:00 Wellness Warriors 4:00 Let's Cook Together	10 9:00 Gentle Exercise 9:30 Gentle Yoga 9:30 PLATO 10:00 Preschool 10:00 Writing Your Life 12:30 Wii Bowling 1:00 Li Chiao Ping 2:00 Gay, Gray & Beyond	11 9:00 Gentle Exercise 9:30 BB4B - Virtual 10:00 Watercolor Art 12:30 Wii Bowling 1:00 Cardio Dancing	12/13  Sunday, Feb. 13 Super Bowl Sunday
14 9:00 Gentle Exercise 10:00 Immune System 12:30 Wii Bowling 2:00 Website Design 	15 9:00 Gentle Exercise 12:30 Wii Bowling 12:30 Movie: Together Together 6:00 BB4B	16 9:00 Gentle Exercise 12:30 Wii Bowling League 1:00 Doll Making 1:30 Spanish Conversation 3:00 Wellness Warriors 4:00 Let's Cook Together	17 9:00 Gentle Exercise 9:30 Gentle Yoga 10:00 Voices of Color - Virtual 12:30 Wii Bowling 1:00 Book Club - Virtual 1:00 Li Chiao Ping	18 9:00 Gentle Exercise 9:30 BB4B - Virtual 12:30 Wii Bowling 1:00 Elvis Tribute	19/20  Sunday, Feb. 20 National Cherry Pie Day
21 9:00 Gentle Exercise 12:30 Wii Bowling 1:00 Euchre 2:00 Website Design 	22 9:00 Gentle Exercise 12:30 Wii Bowling 12:30 Movie: Harriet 6:00 BB4B	23 9:00 Gentle Exercise 11:00 Exploring Poetry 12:30 Wii Bowling League 1:00 Doll Making 1:30 Spanish Conversation 3:00 Wellness Warriors 4:00 Let's Cook Together	24 9:00 Gentle Exercise 9:30 Gentle Yoga 10:00 Heart Health - Virtual 12:30 Wii Bowling 1:00 Li Chiao Ping 2:00 Gay, Gray & Beyond 	25 9:00 Gentle Exercise 9:30 BB4B - Virtual 12:30 Wii Bowling 1:00 Cardio Dancing	26/27  Saturday, Feb. 26 National Letter to an Elder Day
28 9:00 Gentle Exercise 12:30 Wii Bowling 2:00 Website Design					



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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

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

DHS Approved 4/22/2021

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HEALTH & FITNESS

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

Let's Cook Together

WEDNESDAYS 4- 5:30, 6 WEEK SESSION, JAN. 26 – MARCH 2

VIRTUAL


Try a new recipe in the comfort of your home and join us on-line as we cook together. UW Med students will demonstrate how to cook the featured dish as well as share nutrition information / facts suggested by the group. Each week we will try a different ethnic recipe. Attend one or all of the cooking sessions. Recipes will be sent out prior to the cooking session so you will have time to gather your ingredients. For questions or to register, contact Gayle at: 204-8032 or gayle@goodmancenter.org. 



Wellness Warriors Support Group

WEDNESDAYS 3-4:15, FEB. 9 – MARCH 23


VIRTUAL

We get by with a little help from our friends. Join us for on-line meetings intended to support you. Facilitated by a Nursing Student and Social Worker. New Topics each week. Suggestions welcome! For questions or to register, contact Gayle at: 204-8032 or gayle@goodmancenter.org. Sponsored by GCC, NewBridge & Edgewood College. 

Laughing Bodies/Dancing Minds with Li Chiao-Ping

THURSDAYS, FEBRUARY 3 – MARCH 24, 1-2 PM

Come on down to the Madison Senior Center for a movement class with the remarkable Li Chiao-Ping. Her classes focus on warm-up techniques, strength and stretching exercises, core work, breathing and energy flow. No prior dance experience needed. Fee is \$50.

Financial assistance available. 



Li Chiao-Ping is the Sally Banes Professor of Dance & Vilas Research Professor with the UW-Madison Dance Department. She is also the Artistic Director of Li Chiao-Ping Dance. She has a special interest in working with older adults and demonstrating that dance is beautiful and rewarding at any age.

Simple Steps to Boost Your Immune System

MONDAY, FEBRUARY 14, 10 AM

Ballroom Basics for Balance™

FRIDAYS, 9:30-10:45 AM, FEBRUARY 4 – MARCH 25 VIRTUAL

Merengue-Waltz-Mambo!

Join us for three beloved ballroom dances and to improve balance skills during the winter season. Our virtual class offers the flexibility to take the class from home. We have standing and seated options for every dance, so the class is open to people with a greater range of fitness and health concerns. This is a class both for continuing students and people who are new to Ballroom Basics for Balance™. Eight-week class, cost \$44 (financial assistance available), Fill out the registration form at www.ballroombasicsforbalance.org/index.php/find-classes/ and then mail your payment to the Madison Senior Center, 330 W. Mifflin St., Madison, WI 53703.



HEALTH & FITNESS

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. Drop in program. Everyone welcome!

Gentle Yoga


**THURSDAYS, 9:30-10:30 AM, 6 WEEK SESSION:
FEBRUARY 3 – MARCH 10**

Do you want to improve your balance, range of motion and flexibility? Do you want to strengthen your bones and muscles, quiet your mind? Then GENTLE YOGA is for YOU! All abilities and levels welcome. 

Yoga Accessible for All (Yafa) teachers dedicate themselves to making yoga safe and inviting for anyone who is interested in gaining the benefits of yoga (yafayoga.org). We will do a combination of seated and standing positions, and will always suggest modifications if a pose is not working for you.


Fit for Life Cardio Dancing for 55+

FRIDAYS 1-2 PM

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! 

Brain Health in Aging


JANUARY 27, 10 AM VIRTUAL

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). 



Bone Health

TUESDAY FEBRUARY 8TH, 1 PM VIRTUAL


This program is available virtually, or in person at the Goodman Community Center. The presenter, Ellen Millar, is the owner of "Easy Yoga Plus" and is a member of the Madison Area Wellness Collective. She will cover the following topics in her presentation. 

- ♥ Information about the Skeletal System (bones and joints)
- ♥ Bone Types and Functions
- ♥ Bone Issues – Fractures, Cancer, etc.
- ♥ The Spine and Common Problems
- ♥ Effects of Aging on Bones
- ♥ Osteopenia and Osteoporosis
- ♥ Ways to keep the bones healthy and strong

To register call Gayle at (608) 204-8032 or email thewonderofyoga@gmail.com. The Zoom link will be sent out the day before the presentation.

Healthy Heart

THURSDAY, FEBRUARY 24, 10-11 AM VIRTUAL

February is "Healthy Heart Month" but what exactly is a healthy heart? Shannon Gabriel, RDN CD is the Healthy Aging Coordinator at the Area Agency on Aging of Dane County, and she will share important information and answer your question. Register to get the Zoom link. 

 = Registration Required

Giving Matters to Seniors

Too many older adults in our community live below the poverty line, and lack the resources to meet basic needs. The pandemic has severely limited socialization and access to services. Isolation can lead to a host of other conditions that affect mental and physical health. Your donation to the Madison Senior Center Foundation supports programs city wide that assist underserved older adults in meeting basic need and providing opportunities for socialization.

PLEASE DONATE TODAY! MADISON SENIOR CENTER FOUNDATION, INC.

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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.

COMMUNITY INFORMATION

Black History Month

February is Black History month, and the theme for 2022 is **Black Health and Wellness**. This theme acknowledges the legacy of not only Black scholars and medical practitioners in Western medicine, but also other ways of knowing about health and wellness (e.g., birthworkers, doulas, midwives, naturopaths, herbalist, etc.) throughout the African Diaspora. The theme recognizes activities, rituals and initiatives that Black communities have done to achieve wellness.




In order to foster good health and wellness Black people have had to counter the economic and health disparities and discrimination found at mainstream institutions. They have embarked on self-determination, mutual aid and social support initiatives to build hospitals, medical and nursing schools and community clinics. Initiatives to help decrease disparities have centered several outcomes, including having more diverse practitioners and representation in all segments of the medical and health programs.

There has been a rise in preventive care and a focus on body positivity, physical exercise, nutrition, exploring other dietary options such as veganism and vegetarianism, and gardening. Black Health and Wellness not only includes one's physical body, but also emotional and mental health.

At this point in the 21st century, our understanding of Black health and wellness is broader and more nuanced than ever. More is being done to move forward holistically for the betterment of overall health, our communities, and our planet. We are creating a platform that shines a light on the multiple facets of Black health and wellness through education and activism. Black communities must look to the past to provide the light for our future, by embracing the rituals, traditions and healing modalities of our ancestors.

Information taken from the Association For The Study of African American Life and History®

Rebalanced-Life Wellness Association and the Black Women's Health and Wellness Center are two local organizations working to promote Black Health and Wellness and eliminate racial inequities in health care.

Statewide Virtual Support Groups		alzheimer's  association®
SUPPORT GROUP	DAY	TIME
♥ For Persons Living with Mild Cognitive Impairment (MCI)	♥ 2nd Wednesday	♥ 10:00-11:30 am
♥ Family Caregivers for a Loved One with Dementia Living at a Facility	♥ Every other Friday	♥ 10:00-11:30 am
♥ Family Caregivers for Loved One with Dementia in the Early Stages	♥ 4th Tuesday	♥ 10:00-11:30 am
♥ Family Caregivers for a Loved One with Frontotemporal Degeneration (FTD)	♥ 3rd Wednesday	♥ 6:00-7:30 pm

Program support provided by: 


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Elvis Is In The House!

FRIDAY, FEBRUARY 18, 1-2 PM

From the moment Elvis steps out, you will feel like you have stepped back in time. Maybe you will be one of the lucky guests Elvis serenades. You can sing, scream or even swoon. Song requests are always welcome. At the end of the hour, you will be sad to see “Elvis leave the building,” but you will have cherished memories. Alan Graveen has been an Elvis tribute artist for over 20 years. 



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