

# THE Messenger

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### *Relevant, Inclusive, Enlightened*

**Madison Senior Center**

**330 W. Mifflin Street**

**Madison, Wisconsin 53703**

**(608) 266-6581**

**[cityofmadison.com/senior-center](http://cityofmadison.com/senior-center)**



## March is Sleep Awareness Month

After a long January and cold February, you might think that you are very aware of sleep as those are months many people catch up on their Zzzzs and rejuvenate.

But really, how are you sleeping these days? It is common knowledge that as we age, we encounter various sleep related issues. We might have trouble

falling asleep, or awake in the middle of the night unable to fall back asleep. Others wake up too early and find themselves needing a nap, not feeling rested. In general, predictors of good quality sleep are to have physical and psychologic health, daytime activity, and exposure to natural light. Quality of sleep affects quality of life. The National Institute on Aging states, “Not getting enough sleep can affect all areas of your life and cause health problems. An ongoing lack of sleep or poor-quality sleep increases your risk of health problems such as cardiovascular disease, high blood pressure, diabetes, depression, and obesity.”<sup>1</sup>

As you finish out this Wisconsin Winter take some time to evaluate your sleep habits. Improving them will increase your well-being and contribute to a long and healthy life. Experts recommend 7-9 hours of sleep each night. Routines can help you achieve this including setting a consistent bedtime and wake up time, enjoying a relaxing activity prior to your set bedtime, avoid napping more than 30 minutes during the late afternoon or evening, and make your bedroom a technology free zone!

I like to read and enjoy a cup of chamomile tea before bed, what new habit will you practice? Set a healthy sleep routine and enjoy your awake time!

*Sally Jo*

<sup>1</sup>[https://www.nia.nih.gov/health/infographics/getting-good-nights-sleep?utm\\_source=nia-social-share&utm\\_medium=social%20&utm\\_campaign=good-night-sleep-infographic-2020&utm\\_term=sweet-dreams](https://www.nia.nih.gov/health/infographics/getting-good-nights-sleep?utm_source=nia-social-share&utm_medium=social%20&utm_campaign=good-night-sleep-infographic-2020&utm_term=sweet-dreams)



# 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 Flesher (he, him)*  
267-8651, gflesher@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 **“VIRTUAL”** after the program time. Classes that are both in person and virtual are referred to as **“Hybrid”**. **Register for the programs**, even if they are free. Almost all programs have a minimum number requirement. If a program is virtual or hybrid, you will receive the Zoom link in an email after you register. If there is a fee, payment is required at the time of registration. **To register for a program, email gflesher@cityofmadison.com or (608) 267-8651. R = Registration Required.**

## Member of



## 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*, our monthly newsletter, it is only \$10. The Weekly Window is only available electronically.

### Register for *The Messenger* (PLEASE PRINT)

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

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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](mailto: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](http://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.



## 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:
  - 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](mailto:gflesher@cityofmadison.com).

## Writing Your Life

**THURSDAYS IN MARCH, 10-11:30 AM**

We all have stories to tell, stories about our life experiences, stories about our friends, stories about our families. Some of those stories encompass the joys of achievement, celebration, milestone moments, and the joy of love. Others detail the harder parts of life, jealousy, betrayal, sadness, loss. Our stories define us. Through the Greater Madison Writing Project's "Writing Your Life" workshops, we will help you find the stories you want to tell and give you writing strategies that will help you craft them into the stories that you will want to share. Our writing workshops will incorporate several different writing strategies. Each 90-minute session will include exploration of different strategies, opportunities to write and seek feedback, and time to share writing in a welcoming and enthusiastic community. Led by Mark Nepper. *R*

## Spring Crafts

**TUESDAY, MARCH 29, 10-11 AM**

Join us for a fun spring craft to brighten your space. Jackie Hill from Vista West will lead the class and provide all of the supplies. Registration Required. *R*

## Collage Art

**FRIDAYS, MARCH 5 – APRIL 1,  
9:30-11 AM**

Create your own works of art from found images under the guidance of local artist, Margo Skolaski. This class will meet in person at the Senior Center. One class period will focus on meditative art. *R*

## Do your loved ones know your final wishes?

**TUESDAY, MARCH 22, 10-11 AM**

Don't leave the burden behind for your family. There are hundreds of decisions that will have to be made in a very short amount of time, when they are already under stress and feeling at a loss. Nickie Gard and Melissa Theisen from Gunderson Funeral Home walk you through the basics of advanced planning to provide your family with peace of mind. *R*

## Want to have the last word?

**TUESDAY, APRIL 26, 10-11 AM**

You may have noticed that people have started to write their own obituary. Learn to highlight the little and big things that matter to YOU the most. Make sure people read what YOU think is important. You might decide to be serious, or let your sense of humor come out through your words. *R*

## What is Green Burial?

**TUESDAY, MAY 17, 10-11 AM**

Learn from Shedd Farley, Natural Path Sanctuary, Nickie Gard and Melissa Theisen, Gunderson Funeral & Cremation Care about burial options that emphasize simplicity and environmental sustainability. Shedd will share about his passion for green burials and Natural Path Sanctuary, a nature preserve burial ground also known as a green cemetery. Natural Path Sanctuary is located in Verona and is the first cemetery in Dane County, WI, that exclusively follows natural/green burial practices. *R*

### Presenters:

**Melissa Theisen, Advanced Planning and Aftercare Specialist:** Melissa grew up in rural Montello but has called the Madison area home for over 30 years. She has a passion for helping people, and considers it an honor to help families have memorable experiences at a difficult time.

**Nickie Gard, Licensed Funeral Director and Advanced Planning and Aftercare Specialist:** Nickie graduated from the Des Moines Community College Mortuary Science Advanced Standing Program in 2020, and in early 2021 she earned her funeral director's license. She is also a certified National Veteran's Benefits representative. Nickie feels privileged to work with families to create peace of mind.

**Shedd Farley:** Shedd Farley is director of the Linda and Gene Farley Center for Peace, Justice and Sustainability, founded by his father and named after his parents. He is also coordinator of Natural Path Sanctuary, the on-site, certified green cemetery where his parents are buried.

\*Our presenters will not try to sell you services.

# LIFELONG LEARNING

To register for programs, call (608) 266-6581 or email [gflesher@cityofmadison.com](mailto: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*

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

♥ April 21: TBD

♥ May 19: TBD

## Voices of Color

THURSDAY, MARCH 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 Madison's history from a different perspective, ask questions and have an experience. In March, we will talk with Jeanette Arthur, a Volunteer Coordinator at NewBridge Madison. *R*

## Preschool Buddies

THURSDAY, MARCH 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. Teachers, MSC staff and volunteers so all preparation. Usually there will also be a story and/or songs to accompany the project. Call John Weichelt, 267-2344 for more information. *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](mailto:gflesher@cityofmadison.com). Once you are registered you will be sent the Zoom link. All levels welcome. Spanish Conversation meets via Zoom.

## Non-Traditional Doll Making & Fabric Art

WEDNESDAYS, 1-4 PM

Express yourself using simple sewing techniques. Local artist, Wendy Fern Hutton class 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*

## 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. Led by Mark Kraushaar.



# LIFELONG LEARNING

## Technology & Finance

### Tablets2Go

Virtual programs and activities continue to be a great way to connect with friends and family, or take programs at the 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 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](mailto:jweichelt@cityofmadison.com).

### March Tech Tips

#### ♥ Stop guessing when to leave

Google Maps lets you set a departure time or an arrival time. By setting a departure time, you'll get an estimate of when you should arrive for an appointment. By setting an arrival time, you receive an estimate on when you should leave your current location to make it on time. All you have to do is open Google Maps and fill in your location and destination.

#### ♥ Use your phone as a level

If you need to hang a picture, you don't need to grab a level — your phone can do it for you. *On an iPhone:* Open the **Measure** app, then tap **Level** on the bottom right. The level will appear on the screen and is ready to use. *On an Android:* Open the Google app or your browser and search for **“bubble level.”** Use it just like you would a normal level, placing it on a surface.

For more tech tricks go to <https://www.komando.com/kims-column/15-new-tech-tips/787418/>

## 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](mailto:info@lgbtoutreach.org). You can also check out our website, [lgbtq50plusalliance.org](http://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.

### 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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# ENTERTAINMENT

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

## Movie Madness

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

### BELFAST (2021)

**TUESDAY, MARCH 1, 12:30 PM**

A nine-year-old boy must chart a path towards adulthood through a world that has suddenly turned upside down. His stable and loving community and everything he thought he understood about life is changed forever but joy, laughter, music and the formative magic of the movies remain. *Stars: Caitriona Balfe, Jude Hill and Lewis McAskie. Drama, Biography, History. 97 min. PG-13.*

### THE QUIET MAN (1952)

**TUESDAY, MARCH 8, 12:30 PM**

After accidentally killing an opponent in the ring, boxer Sean Thornton (John Wayne) leaves America and returns to his native Ireland, hoping to buy his family's homestead and live in peace. In doing so, he runs afoul of Will Danaher (Victor McLaglen), who long coveted the property. Spitefully, Will objects when his fiery sister, Mary Kate (Maureen O'Hara), begins a romance with Sean, and refuses to hand over her dowry. Mary Kate refuses to consummate the marriage until Sean retrieves the money. *Stars: John Wayne, Maureen O'Hara and Victor McLaglen. Drama, Romance. 129 min.*

### THE GLORIAS (2020)

**TUESDAY, MARCH 15, 12:30 PM**

The story of feminist Icon Gloria Steinem's itinerant childhood and its influence on her life as a writer, activist and organizer for women's rights worldwide. *Stars: Julianne Moore, Alicia Vikander and Janelle Monae. Biography, Drama, History. 147 min. Rated R.*

### SUFFRAGETTE (2015)

**TUESDAY, MARCH 22, 12:30 PM**

In early 20th-century Britain, the growing suffragette movement forever changes the life of working wife and mother Maud Watts (Carey Mulligan). Galvanized by political activist Emmeline Pankhurst (Meryl Streep), Watts joins a diverse group of women who fight for equality and the right to vote. Faced with increasing police action, Maud and her dedicated suffragettes must play a dangerous game of cat-and-mouse, risking their jobs, homes, family and lives for a just cause. *Stars: Carey Mulligan, Anne-Marie Duff and Helena Bonham Carter. History, Drama. 106 min. Rated PG-13.*

### THE FATHER (2020)

**TUESDAY, MARCH 29, 12:30 PM**

A man refuses all assistance from his daughter as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind and even the fabrics of his reality. *Stars: Anthony Hopkins, Olivia Colman and Mark Gatiss. Drama, Mystery. 97 min. Rated PG-13.*



**MONDAY-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.

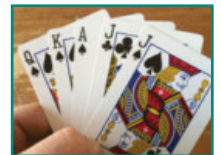
## Free DVD Check Out

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.

## Euchre

**MONDAYS, MARCH 7 & 21, 1-2 PM**

Let's get this club off of the ground! If you aren't already a euchre player, you don't know what you are missing. It is a fun card game that moves along quickly. Every other Monday join us at the Senior Center to play. Not sure how to play, or feeling a little rusty? No Problem, instruction is available. Please register by 9 AM the day of play.



## Tom Kastle

**WEDNESDAY, MARCH 16, 1-2 PM**

**VIRTUAL**

Tom Kastle sings folk songs, standards and old time favorites that are born of decades on the road as well as some special songs and stories gleaned from travels to Ireland and Scotland. Registration required to get the Zoom link.



# 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.



### MUSICIAN

Put your talents to use by performing, playing with, or teaching music to seniors. We have a number of opportunities for volunteers to perform for special events, play in unorganized jam sessions, and offer music instruction throughout the year. We have pianos on site, but encourage any instruments.

### CRAFTING LEADER

Knitting, crafting, and more. Use your skills in crafting to fashion a weekly or monthly program around making something by hand. MSC pays for the supplies and you lead the participants.



### 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

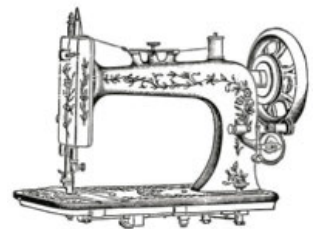
If you are a multi-lingual person, and would like to lead a program in an area in which you have expertise we would love to talk with you. Learning about healthy aging and making it happen, should be available to anyone. A few program ideas we have are yoga, tai-chi, art, and healthy eating. What ideas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

### SEW MUCH?

Do you like to help others? Many older adults either don't sew or are no longer physically able to do even basic mending. This would be a new service at the Senior Center, and would include things like sewing on buttons, hemming pants/skirts, replacing zippers, and making alterations. We have three sewing machines, but you could use your own. The plan is to have this be a social experience at the Senior Center, but we will adapt for as needed for the pandemic.



**For more volunteering info, contact John, 267-2344 or [jweichelt@cityofmadison.com](mailto:jweichelt@cityofmadison.com).**

# March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
<p><b>In like a lion ...</b></p> 	<p><b>1</b></p> <p>9:00 Gentle Exercise 12:30 Wii Bowling <b>12:30 Movie: Belfast</b> 6:00 BB4B</p>	<p><b>2</b></p> <p>9:00 Gentle Exercise 12:30 Wii Bowling 1:00 Doll Making 1:30 PLATO 1:30 Spanish Conversation 4:00 Let's Cook Together</p>	<p><b>3</b></p> <p>9:00 Gentle Exercise 9:30 Gentle Yoga <b>10:00 Writing Your Life</b> 12:30 Wii Bowling 1:00 Li Chiao Ping</p>	<p><b>4</b></p> <p>9:00 Gentle Exercise 9:00 BB4B - <b>Virtual</b> <b>9:30 Collage Art</b> 12:30 Wii Bowling 1:00 Cardio Dancing 1:00 PLATO</p>	<p><b>5/6</b></p> <p><b>HAPPY DENTIST DAY</b></p>  <p><b>Sunday, March 6 National Dentist's Day</b></p>
<p><b>7</b></p> <p>9:00 Gentle Exercise 10:00 PLATO 12:30 Wii Bowling 1:00 Euchre 2:00 Website Design</p>	<p><b>8</b></p> <p>9:00 Gentle Exercise 12:30 Wii Bowling <b>12:30 Movie: The Quiet Man</b> 6:00 BB4B</p>	<p><b>9</b></p> <p>9:00 Gentle Exercise 11:00 Exploring Poetry 12:30 Wii Bowling League 1:00 Doll Making 1:30 Spanish Conversation 1:30 PLATO</p>	<p><b>10</b></p> <p>9:00 Gentle Exercise 9:30 Gentle Yoga 9:30 PLATO 10:00 Writing Your Life <b>10:00 Preschool</b> <b>10:00 Heart &amp; Brain Health Virtual</b> 12:30 Wii Bowling 1:00 Gay, Gray &amp; Beyond 1:00 Li Chiao Ping</p>	<p><b>11</b></p> <p>9:00 Gentle Exercise 9:30 BB4B - <b>Virtual</b> 9:30 Collage Art 12:30 Wii Bowling 1:00 PLATO</p>	<p><b>12/13</b></p>  <p><b>Time to Spring Ahead</b></p> <p><b>Sunday, March 13 Daylight Savings Time Begins</b></p>
<p><b>14</b></p> <p>9:00 Gentle Exercise 10:00 PLATO 10:00 Fall Asleep, Stay Asleep 12:30 Wii Bowling 2:00 Website Design</p>	<p><b>15</b></p> <p>9:00 Gentle Exercise 12:30 Wii Bowling <b>12:30 Movie: The Glorias</b> 6:00 BB4B</p>	<p><b>16</b></p> <p>9:00 Gentle Exercise 12:30 Wii Bowling League 1:00 Doll Making <b>1:00 Tom Kastle - Virtual</b> 1:30 Spanish Conversation 1:30 PLATO</p>	<p><b>17</b></p> <p>9:00 Gentle Exercise 9:30 Writing Your Life <b>10:00 Voices of Color - Virtual</b> 12:30 Wii Bowling <b>1:00 Book Club - Virtual</b> 1:00 Li Chiao Ping</p>  <p><b>St. Patrick's Day</b></p>	<p><b>18</b></p> <p>9:00 Gentle Exercise 9:30 BB4B - <b>Virtual</b> 9:30 Collage Art 12:30 Wii Bowling 1:00 PLATO</p>	<p><b>19/20</b></p>  <p><b>Spring has Sprung!</b></p> <p><b>Sunday, March 20 First Day of Spring</b></p>
<p><b>21</b></p> <p>9:00 Gentle Exercise 10:00 PLATO 12:30 Wii Bowling 1:00 Euchre 2:00 Website Design</p>	<p><b>22</b></p> <p>9:00 Gentle Exercise <b>10:00 Final Wishes</b> 12:30 Wii Bowling <b>12:30 Movie: Suffragette</b> 6:00 BB4B</p>	<p><b>23</b></p> <p>9:00 Gentle Exercise 11:00 Exploring Poetry 12:30 Wii Bowling League 1:00 Doll Making 1:30 Spanish Conversation 1:30 PLATO</p>	<p><b>24</b></p> <p>9:00 Gentle Exercise <b>9:30 Gentle Yoga</b> 9:30 Writing Your Life 12:30 Wii Bowling 1:00 Li Chiao Ping</p>	<p><b>25</b></p> <p>9:00 Gentle Exercise 9:30 BB4B - <b>Virtual</b> 9:30 Collage Art 12:30 Wii Bowling 1:00 PLATO</p>	
<p><b>28</b></p> <p>9:00 Gentle Exercise 10:00 PLATO 12:30 Wii Bowling</p>	<p><b>29</b></p> <p>9:00 Gentle Exercise <b>10:00 Spring Craft</b> 12:30 Wii Bowling <b>12:30 Movie: The Father</b> 6:00 BB4B</p>	<p><b>30</b></p> <p>9:00 Gentle Exercise 12:30 Wii Bowling League 1:00 Doll Making 1:30 Spanish Conversation 1:30 PLATO</p>	<p><b>31</b></p> <p>9:00 Gentle Exercise 9:30 Gentle Yoga 9:30 Writing Your Life 12:30 Wii Bowling 1:00 Li Chiao Ping</p>	<p><b>Out like a lamb ...</b></p> 	



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# HEALTH & FITNESS

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

## Fall Asleep, Stay Asleep

**MONDAY, MARCH 14, 10-11AM**

Have trouble falling or staying asleep? Join presenter John Kreft with Humana to learn more about how our sleep cycle works, how sleep changes as we get older, and habits that may be contributing to poor sleep. John will also share some tips and tricks on how to get your best rest each night. Please join us on Monday, March 14th at 10 am to learn how to Fall Asleep, Stay Asleep. **R**



## 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](mailto:gayle@goodmancenter.org). Sponsored by GCC, NewBridge & Edgewood College. **R**

## Laughing Bodies/Dancing Minds with Li Chiao-Ping

**THURSDAYS, 1-2 PM**

**CURRENT SESSION: FULL**

**NEXT SESSION: APRIL 7 - MAY 26**

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 **R**



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.

## 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: MARCH 24 - APRIL 28**

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. **R**

**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](http://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.

**R** = Registration Required

# HEALTH & FITNESS

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

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**March 19, 9-11:30am**  
Email [aaa@countyofdane.com](mailto:aaa@countyofdane.com) to register by 3/10/22


**Additional Dates:** May 21, 2022  
July 16, 2022  
September 17, 2022  
November 12, 2022  
**(Location: TBD)**



## Heart-Brain Health - One Step at a Time

LISA C. BRATZKE, PHD, RN, ANP-BC, FAHA

THURSDAY, MARCH 10, 10-11 AM **VIRTUAL**

As we age, what can we do to preserve or improve our heart and brain health? It seems like every time a new study comes out there is yet another ‘thing’ we are supposed to be doing for our heart and brain health. This presentation will discuss the connection between heart and brain health and what kinds of. We will also provide strategies you can use to identify and implement personalized, realistic goals that will help preserve or improve your heart and brain health. 



## Celebrate A World Full of Flavors

March is a National Nutrition Month® and the 2022 theme, Celebrate A World Full of Flavors, gives every culture a place at the table. “Celebrating the cultural heritage, traditions and recipes from all people is a tasty way to nourish ourselves, learn about one another and find appreciation in our diversity.”


During National Nutrition Month®, the Academy of Nutrition and Dietetics encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year long. The Academy encourages seeking the advice of registered dietitian nutritionists—the food and nutrition experts who can help develop individualized eating and activity plans to meet people’s health goals.

“Celebrate a World of Flavors highlights the unique, cultural variety of foods available to people from around the world and the role that dietitians play in helping clients create healthy habits while celebrating their cultural foods and heritage,” said registered dietitian nutritionist Rahaf Al Bochi, a national spokesperson for the Academy of Nutrition and Dietetics in Baltimore, Md.

As part of National Nutrition Month®, the **Academy’s website will host resources** to spread the message of good nutrition and the importance of an overall healthy lifestyle for all. Follow National Nutrition Month® on the Academy’s social media channels including **Facebook** and **Twitter** using #NationalNutritionMonth.

## Fit for Life Cardio Dancing for 55+

**FRIDAYS 1-2 PM (NO CLASS MARCH 11, 18, 25)**

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! 

# MSC FOUNDATION

At the Madison Senior Center all of the programs, activities and special events are funded by personal and corporate donations, a small amount of participant fees, and the occasional grant. The Madison Senior Center Foundation, a non-profit entity, invests the funds to benefit the Senior Center's participants by funding all of the programs, activities, and special events that occur here. More than 94% of programs are offered at no cost, and if there is a fee involved, it is modest. To ensure equal access for all, the Foundation also offers a Senior Scholarship program to assist those with limited resources.

The MSC Foundation recently reached a milestone of having \$1 Million in total funds. These funds have allowed the MSC Foundation to begin a process of providing funding to agencies throughout the Madison community. Grants will focus on supporting multicultural events and non-profits serving older adults that promote healthy aging in underserved Madison communities. These grants are possible because of the generosity of donors.

In 2021 the MSC Foundation was able to provide funds that supported such programs as Tablets2Go (free computer lending program for low-income individuals), watercolor basics classes, monthly movies, and much more. Please consider a donation today to support great older adult programs and services.



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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.

# MSC FOUNDATION

## 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 help. 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.

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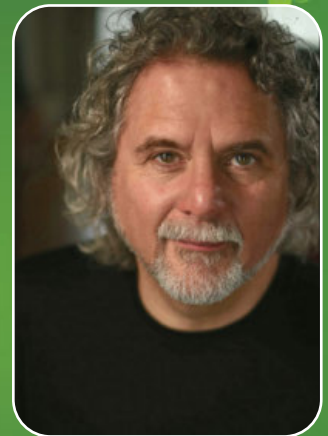
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Tom Kastle sings folk songs, standards and old time favorites that are born of decades on the road as well as some special songs and stories gleaned from travels to Ireland and Scotland.

Register to get the Zoom link. Call (608) 266-6581 or email [gflasher@cityofmadison.com](mailto:gflasher@cityofmadison.com).



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