

# 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)



## Get Moving to the Annual Meeting

**TUESDAY, APRIL 19, 9:30-11 AM**

### Featuring a breakfast buffet and a keynote speaker

We are so excited! It's been three years since we have been able to host our Annual Meeting and show our appreciation for all of the wonderful volunteers and participants who make MSC such a special place.

Join us for a breakfast buffet and Get Moving with Susan Frikken. If you intend to join us for the buffet, **please register in advance.**

It's time to emerge from your home, your chair, winter, the pandemic, and more. We'll learn about the science of movement, simple tips for things you can do in your everyday life, and the fun movement offerings in the community. We'll even try a few things! Come with your own ideas and questions for this interactive event!

**Susan Frikken, DPT, LMT** is a physical therapist and a massage therapist in private practice in Madison, having received her undergraduate degree at Ripon College, and Doctor of Physical Therapy degree at UW-Madison. She incorporates art and nature into therapeutic practice, helping to change the way of health and wellness care in our country. She is adjunct faculty and a guest lecturer at UW-Madison, and is also a certified leader of Stepping On, an evidence-based falls reduction program. Susan is a founding member of the Madison Area Wellness Collective [now Be Well Madison], a non-profit whose goal is to make health and wellness choices easier and more accessible by connecting practitioners and community. She loves dancing, bicycling, bird watching and counting, hiking, and playing at just about anything. Originally from metro Detroit, she lives in Madison with her wife and animals.



## Artful Affair

**ARTWORK DROP-OFF ON TUESDAY, APRIL 26, 9 AM - 3 PM**

After a two-year hiatus, we are excited to bring back one of our most popular events, *Artful Affair*. Go to the website to get a registration form and flyer with all of the details. All artwork except photography is welcome. Wall hanging art larger than 3 feet tall or 3 feet wide, all 3D pieces must be pre-approved due to space limitations. Contact Laura with questions.

# 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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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



## 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:
  - 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.
- ♥ The mask mandate has been lifted, but masks are welcomed and encouraged.
- ♥ Highly encourage everyone to continue practicing social distancing.
- ♥ 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).

## Voices of Color

THURSDAY, APRIL 21, 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.

R

### Guest Info:

In April meet Mai Zong Vue who currently works for the Wisconsin Department of Health Services. She is also a cultural trainer and folklore performer, including Hmong poetry song and a storyteller since 1997. Vue is an UW-Madison alum, and she is a tireless advocate for the poor, especially the Hmong people and refugees.



## 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.

R

## Upcoming Author Events - Save the Dates!

May 3	Anne Goodwin, <i>Come to the Lake: Reflections on Cottage Life</i>
May 26	David Benjamin
June 15	Bev Davis

## Found Object Sculpture

FRIDAYS, APRIL 8 – MAY 6, 9:30-11 AM

Found object art describes artwork that utilizes objects not conventionally designated as art supplies. Often the objects are manipulated, but still recognizable. Found object art came out of the avant-garde artistic movement that began about 1915. R

## Spring Crafts

TUESDAY, APRIL 26, AT 10 AM

Spring is in the air and Jackie Hill from Vista West always has the perfect craft idea to brighten your home. All supplies provided. R

## Share Your Life Story Thru Poetry **VIRTUAL**

5 WEEK SESSION APRIL 1 – 29, FRIDAYS 12:30-1:30 PM

Zoom either at home or on-site at GCC

Join us for a Poetry Writing Workshop with Fabu Phillis Carter, PhD, professionally known as Fabu. She is an award winning poet, Madison Poet Laureate (2008 – 2012) and author of seven books. She is an active public lecturer, workshop leader, poetry columnist, and storyteller. Fabu enjoys creating a welcoming space for individuals to discover that, yes you too, can write poetry! The theme to this series is sharing your life story or legacy; everyone has a story to tell. Upon completion of your poetry, you will have something to frame and share with your family & friends. You will also have the opportunity, if you choose, to display your poetry at various sites around Madison. R

*Sponsored by the Madison Public Library in collaboration with Goodman Community Center, NewBridge, Monona Senior Center, & Madison Senior Center. Sign up online at [madpl.org/calendar](http://madpl.org/calendar) or call Gayle at 204-8032.*

## Preschool Buddies

THURSDAY, APRIL 14, 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 do all preparation. Call John Weichel, 267-2344 for more information. R

# 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 during normal building hours for general use. Volunteers are also available by appointment to provide **BOTH** basic and advanced tutoring, instruction, and tech support. We will find a volunteer to best fit your technology voyage.

### Computer/Technology Assistance

**Basic Technology support** including: smart phone basics, downloading apps, social media, virus protection, and email.

**Digital Photography support** including: photo editing, enhancements, HDR capture, storage, and online gallery presentations.

**Website Design** including: domain registration, website management, and working with web hosting companies.

Please feel free to share your computer challenges or questions with John Weichelt to schedule an appointment at (608) 267-2344 or [jweichelt@cityofmadison.com](mailto:jweichelt@cityofmadison.com). Understanding and advancing your use of technology is about your ambitions and not about your age.

## 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@lgbt Outreach.org](mailto:info@lgbt Outreach.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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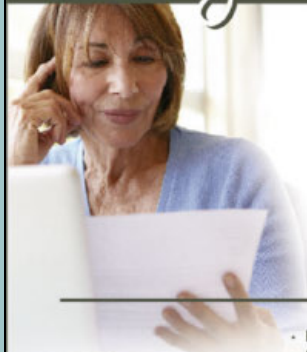
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# GROUPS & CLUBS

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



## MSC Book Club

**MEETS THE 3RD THURSDAY OF EACH MONTH,  
THURSDAY APRIL 21, 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. You do not have to read every book. *R*

♥ **April 21: *The Personal Librarian*** by Marie Benedict

The remarkable, little-known story of Belle da Costa Greene, J. P. Morgan's personal librarian—who became one of the most powerful women in New York despite the dangerous secret she kept in order to make her dreams come true.

♥ **May 19: *In the Distance*** by Hernan Diaz

A Swedish boy is separated from his brother in their 19th-century immigration to America. He ends up in San Francisco instead of New York and decides he can just walk East. In a unique experience of the Old West, he meets naturalists, criminals, religious fanatics, Indians, and lawmen, and his exploits turn him into a legend.



**EVERY OTHER MONDAY**

**APRIL 4 & 18, 1-2 PM**

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.

## Avoid Isolation

As people get older, there is a tendency to get less active. For many seniors it becomes easier to just stay home rather than go out with friends or head over to the senior center. It is important to not fall into a routine of isolation, and to be proactive about activity. Socialization has been shown to be highly effective at improving mental health; and research is showing a strong correlation between the effect mental health has on a person's physical health. Participating in group activities is an excellent way to meet people with similar interests.

## 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.

## 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 [gflasher@cityofmadison.com](mailto:gflasher@cityofmadison.com). Once you are registered you will be sent the Zoom link. All levels welcome. Spanish Conversation meets via Zoom. *R*



Gather round for some friendly competition. A great way to get a little exercise and meet other people. You can fire up the Wii anytime the TV is available.



# 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.

### 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!

### 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).**

## Volunteer Spotlight:

### Fan Zheng

Please welcome Fan Zheng as the newest volunteer at the front desk. Stop by and meet him when you get a chance.

**Why do you think the Madison Senior Center is important?** My father who does not speak much English made friends at the Madison Senior Center during his visit to Madison a couple of years ago. I learned about MSC from my father. MSC provides great volunteer opportunities. Volunteering at Madison Senior Center opens my eyes to the resources out there for seniors. Hopefully it will provide me with some insights or ideas to make websites or apps designed for seniors in the future.

**Surprising things people might not know about you?** I speak fluent Chinese. Surprise!

**What fictional character do you wish you could meet?** Ellie from the Pixar movie *Up*. I would not mind meeting someone with spirit and kindness.

**Favorite celebrity over 55 and why?** Robert Downey Jr. I just love his role of Iron Man and Iron Man's role in Avengers. I am sorry he's no longer with us... I mean Iron Man.

**If you could relive an event or moment in your own life, what would it be?** I would like to relive dream I had where I was one of the team members of Voltron when I was a kid.

**What's the one food you could never bring yourself to eat?** Durian. Americans probably don't know about this fruit. It is smelly and tastes like fat. I tried it a couple of times, but I could not swallow it.

**What pop culture or art do you turn to when you have had a bad day?** I like to listen to American music when I am in a good mood, but I prefer Chinese pop songs when I am sad.

**Hobbies for other interests?** I was a mathematician, now math is more of a hobby. Sometimes I would enjoy reading a math book for hours.



# April 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
				<b>1</b> 9:30 Collage Art 10:00 BB4B 12:30 Poetry Fabu - <b>Virtual</b> 1:00 Cardio Dancing 1:00 PLATO  <b>April Fool's Day</b>	<b>2/3</b>   <b>April 2</b> <b>Ramadan</b>
<b>4</b> 10:00 PLATO <b>10:00 Hmong Dance</b> 1:00 Euchre	<b>5</b> <b>12:30 Movie: Don't Look Up</b> 6:00 BB4B	<b>6</b> 1:00 Doll Making 1:30 Spanish Conversation 1:30 PLATO	<b>7</b> 9:30 Gentle Yoga <b>1:00 Li Chiao Ping (LCP)</b> <b>1:00 Still Alice</b>	<b>8</b> <b>9:30 Found Sculpture</b> <b>9:30 BB4B- Virtual</b> 10:00 BB4B 12:30 Poetry Fabu - <b>Virtual</b> 1:00 Cardio Dancing 1:00 Plato	<b>9/10</b>   <b>April 10</b> <b>Ram Navami</b>
<b>11</b> 10:00 PLATO <b>10:00 Shakedown on Sugar</b>	<b>12</b> 12:30 Movie: King Richard	<b>13</b> 11:00 Exploring Poetry 1:00 Doll Making 1:30 Spanish Conversation 1:30 PLATO	<b>14</b> 9:30 Gentle Yoga <b>10:00 Preschool</b> 1:00 LCP 2:00 Gay, Gray, & Beyond	<b>15</b> 9:30 Found Sculpture <b>9:30 BB4B- Virtual</b> 10:00 BB4B 12:30 Poetry Fabu - <b>Virtual</b> 1:00 Cardio Dancing 1:00 Plato	<b>16/17</b>   <b>April 16</b> <b>Easter</b>
<b>18</b> 10:00 PLATO 10:00 Hmong Dance 1:00 Euchre	<b>19</b> <b>9:00 eFood Pantry Orders</b> <b>9:30 Annual Meeting</b> 12:30 Movie: Westside Story <b>1:00 Falls Prey &amp; Balance - Virtual</b> 6:00 BB4B	<b>20</b> <b>12:00 America's Untold Story</b> 1:00 Doll Making 1:30 Spanish Conversation 1:30 PLATO <b>4:00 Let's Cook - Virtual</b>	<b>21</b> 9:30 Gentle Yoga 10:00 eFood Pantry Pick-ups <b>10:00 Voices of Color - Virtual</b> <b>1:00 MGE - Earth Day Presentation - Virtual</b> 1:00 LCP <b>1:00 Book Club</b>	<b>22</b> 9:30 Found Sculpture <b>9:30 BB4B- Virtual</b> 10:00 BB4B 12:30 Poetry Fabu - <b>Virtual</b> 1:00 Cardio Dancing 1:00 Plato  <b>Earth Day</b>	<b>23/24</b>   <b>April 23</b> <b>St. George's Day</b>
<b>25</b> 10:00 PLATO  	<b>26</b> <b>9:00 Artful Affair Drop-Off</b> <b>10:00 Spring Craft</b> <b>10:00 Have the Last Word</b> <b>12:30 Movie: Nomadland</b> 6:00 BB4B	<b>27</b> 11:00 Exploring Poetry 12:00 America's Untold Story 1:00 Doll Making 1:30 Spanish Conversation 1:30 PLATO <b>4:00 Let's Cook - Virtual</b>	<b>28</b> 9:30 Gentle Yoga 10:00 Writing Your Life 1:00 LCP 2:00 Gay, Gray, & Beyond	<b>29</b> 9:30 Found Sculpture <b>9:30 BB4B- Virtual</b> 10:00 BB4B 12:30 Poetry Fabu - <b>Virtual</b> 1:00 Cardio Dancing 1:00 Plato	<b>30</b>   <b>April 30</b> <b>Honesty Day</b>



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

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# ENTERTAINMENT

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

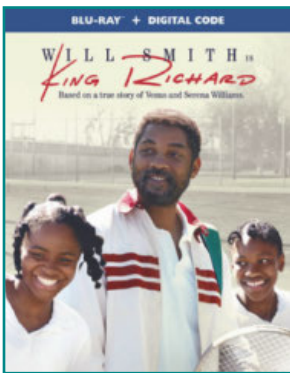
## Movie Madness

Movies are shown on Tuesday afternoons at 12:30 pm.

### DON'T LOOK UP (2021)

TUESDAY, APRIL 5, 12:30 PM

Two low-level astronomers must go on a giant media tour to warn mankind of an approaching comet that will destroy planet Earth. Nominated for Best Picture, Best Original Score, Best Original Screenplay and Best Film Editing. *Stars: Leonardo DiCaprio, Jennifer Lawrence and Meryl Streep. Comedy, Drama, Sci Fi. 2 hours 18 minutes. Rated R (for language throughout, some sexual content, graphic nudity and drug content).*



### KING RICHARD (2021)

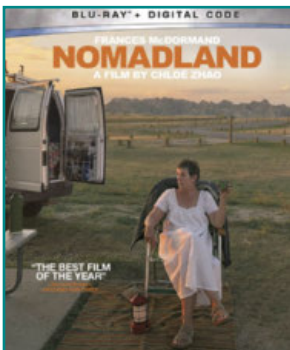
TUESDAY, APRIL 12, 12:30 PM

Armed with a clear vision and a written plan, Richard Williams is determined to write his daughters, Venus and Serena, into history. Training on Compton, California's neglected tennis courts--rain or shine--the girls are shaped by his commitment and their mother's balanced perspective and keen intuition. A true story that will inspire the world, "King Richard" follows the uplifting journey of a family whose unwavering resolve and unconditional belief ultimately delivers two of the world's greatest sports legends. Nominated for Best Picture, Best Actor, Best Supporting Actress, Best Original Screenplay and Best Film Editing. *Stars: Will Smith, Aunjanue and Jon Bernthal. Biography, Drama, Sport. 2 hours 24 minutes. Rated PG-13.*

### WESTSIDE STORY (2021)

TUESDAY, APRIL 19, 12:30 PM

An adaptation of the 1957 musical, West Side Story explores forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds. Nominated for Best Picture, Best Supporting Actress, Best Director, Best Cinematography, Best Production Design, Best Costume Design and Best Sound. *Stars: Ansel Elgort, Rachel Zegler and Ariana DeBose. Crime, Drama, Musical. 2 hours 36 minutes. Rated PG-13.*



### NOMADLAND (2020)

TUESDAY, APRIL 26, 12:30 PM

A woman in her sixties, after losing everything in the Great Recession, embarks on a journey through the American West, living as a van-dwelling modern-day-nomad. Based on the book by the same name by Jessica Burder. In 2021, it won the Academy Awards for Best Motion Picture of the Year, Best Actress in a Leading Role and best Achievement in Directing. *Stars: Frances McDormand, David Strathairn and Linda May. Drama. 1 hour 47 min. Rated R (for some full nudity).*

# HEALTH & FITNESS

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

## Ballroom Basics for Balance™

Ballroom Basics for Balance™ (BB4B) is a fun way to improve balance through the basics of dance! This class is for you if you want to get better at moving about your world with more confidence and you want to have fun in the process! No partner or dance experience required. Details at [www.ballroombasicsforbalance.org](http://www.ballroombasicsforbalance.org).



**FRIDAYS, 9:30-10:45 AM, APRIL 8 – MAY 27**

**VIRTUAL**

Join us for a “World Tour of Dance.” This class is for both new and continuing students. There are sitting and standing ways to dance. 8 week class, cost is \$44. Fill out the registration form at [www.ballroombasicsforbalance.org/index.php/find-classes/](http://www.ballroombasicsforbalance.org/index.php/find-classes/). *R*

**THURSDAYS, 9:30-10:45 AM, JUNE 2 - AUGUST AT YAHARA PLACE PARK ON LAKE MONONA**

This is “Next Steps”, for an intermediate level experience! \$45. Pay for 8 sessions, get up to 10 (2 inclement weather dates worked it). *R*

## Fall Prevention & Balance Presentation **VIRTUAL**

**APRIL 19, 1-2 PM, BY ELLEN MILLAR, EASY YOGA PLUS INSTRUCTOR | ZOOM EITHER AT HOME OR ON-SITE AT GCC**

1 in 3 older adults fall each year often resulting in a permanent decline in their quality of life. Learn about the causes of falls, the roles your senses play, and environmental influences. Learn how to best prevent falls thru muscle strength and balance movements. You must register to get Zoom link. *R*

## HASFIT Gentle Exercise

The HasFit program is available on YouTube. When our TV is not in use, tune in at your convenience to complete an exercise session. Instructors for the senior sessions focus on strength, flexibility and balance.

## Fit for Life Cardio Dancing for 55+

**FRIDAYS 1-1:45 PM**

This class is for you if you can move around freely without assistance, and would enjoy a class that utilizes the dance moves to songs you love at an easily modified intensity. 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! *R*

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

**THURSDAYS, 1-2 PM, APRIL 7 – MAY 25**

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, and 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.

## Shakedown on Sugar

**MONDAY, APRIL 11, 10 – 11 AM**

Looking to cut sugar from your diet? John Kreft from Humana will be presenting the “Shakedown on Sugar”. This educational program will discuss the myths and facts about sugar, the different types of sugar, and how sugar impacts the body. It will provide some tips to reduce sugar in your diet. *R*

## Alcoholics Anonymous

**MONDAYS, 12:15-1:15 PM AT MSC - DROP-IN**

*R* = Registration Required


# HEALTH & FITNESS

## Gentle Yoga

THURSDAYS, 9:30-10:30 AM, DROP-IN STARTS APRIL 14

The benefits of yoga such as improving balance, increasing range of motion and added flexibility are so important. Our classes are taught by YAFA\* instructors for all abilities and levels. Each class has two instructors, and the second instructor focuses on adapting poses to meet the needs of participants.

The cost would normally be \$14 a week. We do not charge for the class but welcome donations. The recommended donation is \$4 a week.

Yoga is going back to being a pay as you go program effective April 14. *Registration still required.* 

**\*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.

## Let's Cook Together

VIRTUAL

APRIL 20 – MAY 25, 4-5:30 PM,  
6 WEEK SESSION

This is not your ordinary cooking class! Try easy to make recipes from all over the world in the comfort of your own home. UW students will demonstrate how to cook the featured dish, as well as share nutrition & health information/facts. Recipes will be sent out each week, prior to the cooking session so you will have time to gather your ingredients. If you prefer not to cook but would like to join for the information or dinner company, feel free to join us! You must register to get Zoom link.

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## eFood Pantry: Food Pantry Online Ordering System

We are proud to announce a new partnership with the River Food Pantry. Beginning in April, the Madison Senior Center will become an online ordering station, and a pick-up location.



That means that if you order food through the ePantry, you can pick it up at the MSC instead of driving to the River Food Pantry, which is out by the airport. It also means that if needed, we will assist you with online ordering. Come in on the 3rd Tuesday, April 19, 9am – 3pm if you want assistance getting signed up, or changing your existing pick-up location to the Madison Senior Center.

Once a month, households have the option to order their groceries online. Based on household size, families select from a variety of healthy and nutritious food, including fresh produce, meat, dairy, culturally relevant offerings, and special dietary options, such as vegetarian and gluten-free items. Orders must be picked up on the 3rd Thursday, April 21, between 10am and 12pm.

To be eligible to order from the eFood Pantry, you must live in Dane County, and meet the TEFAP eligibility and income guidelines. To get started you have to fill out a form online, bring in proof of identification (state ID, drivers license, insurance card, etc.) AND proof of residency in Dane County (utility bill, lease agreement, mail, etc.). If you don't have access to a computer or need assistance, you can come to the Senior Center, use our computer lab.

This is a great opportunity for seniors experiencing food insecurity to have access to a community food bank, that normally might be inaccessible. If you have any questions contact John Weichelt, (608) 267-2344.

**Many thanks to Vista West of Capri Communities for the special delivery of Valentines in February. Everyone who received one expresses how much it meant to them.**



## Giving Matters to Seniors

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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## Hmong Dance

**MONDAYS: APRIL 4, 18 AND MAY 2, 16, 10-11 AM**

Much of the history of Hmong dance remains unknown, but the evolution of Hmong Dancing rose in the 1970s and resembles traditional Lao dancing. It consists of flowy or sharp arm movements, simple footwork, and intricate hand movements-- closely following the structures and rhythm of a Hmong song. It can be recreational or competitive. <sup>R</sup>



Our instructor, Maika Thao, is a third-year student at UW Madison studying Genetics & Genomics. She did not have the opportunity to Hmong dance competitively growing up, but always found space and time to choreograph Hmong dance for fun. On campus she is one of the lead dancer/choreographers for a group called SEADO (Southeast Asian Dancing Organization).

Here is a link to an example of Hmong dancing, in this particular dance, Maika is in the dance and helped choreograph it. [https://www.youtube.com/watch?v=8vgwt7IfMVc&ab\\_channel=SEADOWisconsin](https://www.youtube.com/watch?v=8vgwt7IfMVc&ab_channel=SEADOWisconsin)



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