

THE Messenger

VOLUME 39, NUMBER 5

MAY, 2022

Inside this Issue

- For Your Information 2
- Lifelong Learning 4
- Program & Activity List 8
- Calendar 9
- Groups & Clubs 10
- Entertainment 12
- Volunteer View 13
- Health & Fitness 14

Relevant, Inclusive, Enlightened

Madison Senior Center

330 W. Mifflin Street

Madison, Wisconsin 53703

(608) 266-6581

cityofmadison.com/senior-center



Happy Spring!

Like May, my career at the Madison Senior Center has been a season of change. With changes in our mission and vision we've worked together to broaden the scope of services that older adults in Madison utilize to successfully age. In particular, we've made more efforts to include older adults who identify as BIPOC, low income, and LGBTQ+. Soon a consultant skilled in racial equity and social justice will study the array of senior services in Madison, and through community engagement, will identify the highest needs of older adults. The results will inform the work that will be done to transform City of Madison funded senior services into more relevant and inclusive offerings. It has been my sincere pleasure to lead this effort and I look forward to the outcomes. Community outreach, education and collaboration cannot be ignored in the quest for improvement.



Thank you all for the opportunity to learn about you, know you, and serve you. I am entering a new season in my life called retirement at the end of this month. During that time, I will enjoy practicing what I've been preaching—staying active, staying mentally sharp, and staying engaged in my community. You do the same.

Warmly,

Sally Jo



Sally Jo Send-Off

TUESDAY, MAY 31, 1:30-4 PM

Join us in a send-off for Sally Jo as she sets out for retirement, destination unknown. Enjoy music and refreshments. A short program will take place at 2 pm.

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)
(608) 267-8652, sspaeni@cityofmadison.com
Office/Rental Manager, Karen Cator (she, her)
(608) 266-6290, kcator@cityofmadison.com
Program Coordinator, Laura Hunt (she, her)
(608) 267-8650, lhunt@cityofmadison.com
Volunteer Coordinator, John Weichelt (he, him)
(608) 267-2344, jweichelt@cityofmadison.com
Reception Coordinator, Gary Flesher (he, him)
(608) 267-8651, gflesher@cityofmadison.com
Custodian, Ricky Butler (he, him)
(608) 266-6581, rbutler@cityofmadison.com
Outreach & Marketing Specialist, Patricio Ortiz (he, him)
(608) 267-8683, portiz@cityofmadison.com

*“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 **“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.

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.)

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



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



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 the CDC and Public Health Madison and Dane County.
- ♥ 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

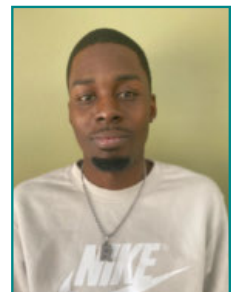
- ♥ Follow everyday preventative actions:
 - Wash hands often with soap and water for at least 20 seconds, or use an alcohol-based sanitizer with at least 60% alcohol.
 - Avoid touching eyes, nose and mouth.
 - Use a tissue to cover a cough or sneeze, dispose of tissue and wash hands.
- ♥ The mask mandate 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

If you test positive for COVID-19 up to 10 days after returning home, please notify the Madison Senior Center staff.

Welcome to Ricky Butler

The newest member of our staff is Ricky Butler. You may have seen around the building because he has been helping with cleaning and after hours jobs for a few months now. Starting Monday, April 4 he will be full time, and we are excited to have him here. If you see him say “hello.”



LIFELONG LEARNING

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

Gallery Night

FRIDAY, MAY 6, 5-8:30 PM

A city-wide event celebrating art. Be sure to stop by the Senior Center to see the submitted pieces from the Artful Affair event, which highlights art by Dane County residents age 55 and older.


Writing Your Life

THURSDAYS IN MAY, 10-11:30 AM

We all have stories to tell, about our life experiences, about our friends, about our families. Some of those stories encompass the joys others detail the harder parts of life. 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.


Crafting with Jackie

TUESDAY, MAY 24, 10-11 AM

Jackie Hill from Vista West has many talents, and lucky for us, one of them is awesome crafts. We thank Vista West for letting her bring this program to us. Please register in advance so that we have enough supplies for everyone. 


Painting Class

FRIDAYS, MAY 20 – JUNE 24, 11-1 PM

Edgewood art professor, and former MATC art instructor, Jane Fasse will lead a painting class this summer using acrylic paints. Bring your own supplies. If you are a beginner and don't have any supplies, call Laura at (608) 267-8650. \$30 fee. 


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. 


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. 


Exploring Poetry

2ND & 4TH WEDNESDAY, 11-12:30

This program is for anyone who enjoys poetry. There will be opportunities to read, recite and write. *Best Words, Best Order* is the title of a collection of essays by the poet Stephen Dobyns which in just those four well-chosen words perfectly describes what a poet aspires to when putting a poem together. Writing poetry is spills and thrills for the beginner and expert too. There are countless small pitfalls but sometimes in the writing something happens, an ah ha moment where the poet feels he/she can say or almost say precisely what needs to be said. 


Voices of Color

THURSDAY, MAY 19, 10-11 AM **VIRTUAL**

A monthly series, moderated by Melvin Hinton, 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 May, our guest will be Peychen Wu, who is from Taiwan, but has lived in Madison since she was 1. She also spent time in Japan before coming to the United States. Peychen attended middle school, high school and college in Madison; and she says that, "Madison has great communities and education systems."



 = Registration Required

LIFELONG LEARNING

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

Meet the Author!

Don't you wonder sometimes about what inspires authors to "pick up the pen" so to speak and put their words down on paper? You might be surprised at the number of talented authors that live right here in southern Wisconsin. Check out the series listed below, and sign up to hear one or all of the authors speak.

ANNE GOODWIN, COME TO THE LAKE: REFLECTIONS ON COTTAGE LIFE TUESDAY, MAY 3, 10-11 AM

Come to The Lake evolved as a book after 18 years of note-taking by Goodwin. Her family has been going to the same original lake cottage for decades. Her book highlights lake life without electronic devices vying for attention. She shares memories of summers at one of Wisconsin's most charming, historic cottages complete with stories about generations of family members who have grown up here. She writes about cherishing summer lake life in one of the last remaining summer cottages standing on the shores of Pleasant Lake in southeastern Wisconsin. The book is an all-important reminder to take time to disconnect from frenetic activities and reconnect with the gifts we receive from nature.



About the Author

Anne Goodwin, multi-award winning author spends her summers in a 1920s cottage on Pleasant Lake in southeastern Wisconsin. Her passions include feeding large groups of family and friends, swimming shore-to-shore, paddling any non-motorized craft available, and observing nature's glories and taking notes all along the way.

DAVID BENJAMIN, THEY SHOT KENNEDY

THURSDAY, MAY 26, 10-11 AM

They Shot Kennedy was recently honored with the 2021 Grand Prize for literary/contemporary/historical fiction from the Midwest Book Awards. The book is a work of "microhistory," a snapshot of people's lives at a critical moment in history, unrecorded in any history book but vital to understanding how the events of that moment in time affected and altered those people's lives. Set in Madison, Wisconsin, the book mentions popular haunts from the 1960's such as Breese Stevens Field, Warner



Park, Langdon Street, Kollege Klub, the Edgewater, Leske's Supper Club and the Ratskellar.

About the Author

David Benjamin, prolific author and founder of Last Kid Books, has lived all over the world, creating richly detailed stories set in Tokyo, Paris and even Wisconsin. His books, winners of seven independent press awards, bespeak the range of his travels, the breadth of his curiosity and a mischievous streak of humor.

BEV DAVIS, WINGING IT – A MONARCH LOVE STORY WEDNESDAY, JUNE 15, 10-11 AM


Winging It is a magical children's book based on a true story about how a grandmother and granddaughter saved hundreds of Monarch butterflies in Chicago. *Winging It* has won several national awards. Davis also wrote a series of children's books on bullying. The first book in the series is *Great Gray, Exceeding NO Expectations*.

About the Author

Beverly Davis, Meriter Hospital chaplain, well known expert on anti-bullying and children's author, says you can make life brighter for everyone around you as well as yourself if you choose to be kind. Originally from Chicago, Davis was bullied throughout childhood and still impacted by the pain.

Preschool Buddies

THURSDAY, MAY 12, 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, (608) 267-2344 for more information. 

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 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. Understanding and advancing your use of technology is about your ambitions and not about your age.

Standing Guard: Protect What You've Worked For

WEDNESDAY, MAY 11, 10-11 AM

Shares strategies designed to help guard valuable assets and protect pre- and post-retirement income. Discuss impact of longevity, withdrawal strategies, anticipating rising costs, reviewing insurance/LTC protection, and healthcare cost concerns. Presented by Edward Jones representative, Andrew Drane.

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.

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.





Custom Care Plan

Free Assessment

Visits from 3 hours to 24/7



Age in place with the help of

Visiting Angels
608-819-0665

www.VisitingAngels.com/MadisonWI

GROW YOUR BUSINESS BY PLACING AN AD HERE!

CONTACT US!

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



Planning isn't just for You



Pre-Arranging Service
Funeral Burial Plans
Funeral Cremation Plans

Gunderson
LIFE CELEBRATION CENTERS
Celebrating 100 Years of Caring for Your Family

608-221-5420
gundersonfh.com

- East / Madison 608-221-5420
- Middleton 608-831-6761
- Oregon 608-835-3515
- Cross Plains 608-798-3141
- Fitchburg 608-442-5002
- Stoughton 608-873-4590
- Black Earth 608-767-3684
- Mount Horeb 608-437-5077
- Lodi 608-592-3201

Our Family Will Take Good Care of Your Family



FREE DELIVERY with \$40 Purchase

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



Care and comfort at a moment's notice.

Help care for those who have cared for us

Now Hiring Caregivers

* Flexible Hours * Training Provided
* Great Team

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



HASKINS
SHORT &
BRINDLEY LLC

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

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

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

50+ years combined experience!



Independent and Assisted Living

(608) 849-5016
801 Klein Dr. • Waunakee
www.waunakeemanor.com

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



picommunities.com/adcreator

Honest, reasonably priced attorney

I Make House Calls!

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

Paul O'Flanagan
Attorney at Law

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

Paul@oflanaganlaw.com



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


Madison Senior Center, Madison, WI

A 4C 01-1141

MADISON CENTER CENTER PROGRAM & ACTIVITY LIST



Programs, activities and times are subject to change. Call (608) 266-6581 to confirm a program or activity.

PROGRAM OR ACTIVITY	DAY & DATE	TIME	COST	LOCATION
Alcoholics Anonymous	Mondays	12:15 - 1:15 pm	Free	MSC
Anne Goodwin	Tuesday, May 3	10:00 - 11:00 am	Free	MSC
Artful Affair	Tuesday, April 26	9:00 am - 3:00 pm	\$20 entry fee	MSC
Ballroom Basics for Balance	Fridays, April 8 – May 27, 8 week session	9:30 - 10:45 am	\$44 per session	Virtual
Ballroom Basics for Balance	Fridays, March 4 – May 27	10:00 - 11:30 am	Full	Central Library
Book Club	3rd Thursday	1:00 - 2:00 pm	Free	Hybrid
Cardio Dancing	Fridays	1:00 - 1:45 pm	Free	MSC
Computer Lab	Monday – Friday	8:30 am - 4:00 pm	Free	MSC
Cook Together	Wednesdays, April 20 – May 25 (6 weeks)	4:00 - 5:30 pm	Free + Supplies	Virtual
Crafting with Jackie	Tuesday, May 24	10:00 - 11:00 am	Free	MSC
David Benjamin	Thursday, May 26	10:00 - 11:00 am	Free	MSC
Death Café	Thursday, May 19	2:00 - 3:30 pm	Free	MSC
Doll Making – Non-Traditional	Wednesdays	1:00 - 4:00 pm	Free + Supplies	MSC
eFood Pantry	Pick-up orders 3rd Thur	10:00 am - 12:00 pm	Free	MSC
Euchre	Every other Monday	1:00 - 2:00 pm	Free	MSC
Gallery Night	Friday, May 6	5:00 - 8:30 pm	Free	City Wide
Gay, Gray & Beyond	2nd & 4th Thursdays	2:00 - 4:00 pm	Free	MSC
Gentle Yoga	Tuesdays	9:30 - 10:30 am	Free	MSC
Green Burial	Tuesday, May 17	10:00 - 11:00 am	Free	MSC
Headaches Decoded	Monday, May 9	10:00 - 11:00 am	Free	MSC
Line Dancing	Wednesdays In May	1:00 - 2:15 pm	Free	MSC
Movement & Meditation	Fridays, May 6-27	11:00 am - 12:00 pm 1:00 pm - 2:00 pm	Free	Meadowridge Goodman South
Movies	Tuesdays	12:30 - 2:30 pm	Free	MSC
Painting	Fridays, May 20 – June 24	11:00 am - 1:00 pm	\$30 + Supplies	MSC
Poetry (Exploring)	2nd & 4th Wednesdays	11:00 am - 12:30 pm	Free	MSC
Preschool Buddies	2nd Thursday	9:45 - 11:00 am	Free	St. James
Rich Baumann	Monday, May 16	1:00 - 2:00 pm	Free	MSC
Spanish Conversation	Wednesdays	1:30 - 3:00 pm	Free	MSC
Standing Guard	Wednesday, May 11	10:00 - 11:00 am	Free	MSC
Tablets2Go	Ongoing	Varies	Free	MSC
Technology Assistance	By appointment	Varies	Free	MSC
Voices of Color	3rd Thursday	10:00 - 11:00 am	Free	Virtual
Writing Your Life	Thursdays in May	10:00 - 11:30 am	Free	MSC

Program support provided by: 

May 2022

Older Americans Month: Age my way!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
<p>2</p>  <p>National Truffle Day</p>	<p>3</p> <p>10:00 Author, Anne Goodwin 12:30 The Best Years of our Lives</p>	<p>4</p> <p>12:00 Untold Story 1:00 Line Dancing 1:30 Spanish Conversation @ MSC</p>	<p>5</p> <p>10:00 Writing Your Life 1:00 Li Chiao Ping</p>	<p>6</p> <p>9:30 BB4B - Virtual 10:00 BB4B @ MPL 11:00 & 1:00 Movement & Meditation 1:00 Cardio Dancing 5:00 Gallery Night</p>	<p>7/8</p>  <p>May 8 Mother's Day</p>
<p>9</p> <p>10:00 Headaches Decoded 1:00 Euchre</p>	<p>10</p> <p>12:30 Movie: Their Finest</p>	<p>11</p> <p>10:00 Standing Guard 11:00 Explore Poetry 12:00 Untold Story 1:00 Doll Making 1:00 Line Dancing 1:30 Spanish Conversation - Virtual</p>	<p>12</p> <p>9:30 Gentle Yoga 10:00 Writing Your Life 10:00 Preschool 1:00 Li Chiao Ping 2:00 Gay, Gray & Beyond</p>	<p>13</p> <p>9:30 BB4B - Virtual 10:00 BB4B @ MPL 11:00 & 1:00 Movement & Meditation 1:00 Cardio Dancing</p>	<p>14/15</p>  <p>May 14 National Archery Day</p>
<p>16</p> <p>1:00 Rich Baumann</p>  <p>National Frog Jumping Day</p>	<p>17</p> <p>10:00 Green Burial 12:30 One Night in Miami</p>	<p>18</p> <p>1:00 Doll Making 1:00 Line Dancing 1:30 Spanish Conversation @ MSC</p>	<p>19</p> <p>10:00 Writing Your Life 10:00 Voices of Color - Virtual 1:00 Li Chiao Ping 1:00 Book Club 2:00 Death Café</p>	<p>20</p> <p>9:30 BB4B - Virtual 10:00 BB4B @ MPL 11:00 Painting 11:00 & 1:00 Movement & Meditation 1:00 Cardio Dancing</p>	<p>21/22</p>  <p>National Solitaire Day</p>
<p>23</p> <p>1:00 Euchre</p>	<p>24</p> <p>10:00 Crafting with Jackie 12:30 Movie: The Half of it</p>	<p>25</p> <p>11:00 Explore Poetry 1:00 Doll Making 1:00 Line Dancing 1:30 Spanish Conversation - Virtual</p>	<p>26</p> <p>10:00 Writing Your Life 10:00 Author, David Benjamin 1:00 Lia Chiao Ping 2:00 Gay, Gray & Beyond</p>	<p>27</p> <p>9:30 BB4B - Virtual 11:00 Painting 11:00 & 1:00 Movement & Meditation 1:00 Cardio Dancing</p>	<p>28/29</p>  <p>National Paperclip Day</p>
<p>30</p> <p>Memorial Day MSC Closed</p> 	<p>31</p> <p>12:30 Movie: Red Notice 1:00 Sally Jo Retirement Send Off</p>				

GROUPS & CLUBS

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

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*

♥ **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.



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.



A great way to get a little exercise and meet other people. Fire up the Wii anytime the TV is available.

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 registered, you will be sent a Zoom link. All levels welcome. Spanish Conversation meets via Zoom.

COMMUNITY

eFood: Food Pantry Online Ordering System

We are proud to announce a new collaboration with the River Food Pantry. The Madison Senior Center is now a pick-up location for orders placed through their ePantry. 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. Our pick-up day is the 3rd Thursday of each month. Orders can be picked 10 am - 12 pm.

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.

To be eligible you must live in Dane County, and meet the TEFAP eligibility and income guidelines. To get started you have to fill out a form, that is found on the River Food Pantry website, 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, and get assistance from a volunteer or staff person.

Death Café

THURSDAY, MAY 19, 2-3:30 PM

At a Death Café people, often strangers, gather to eat a snack, drink tea or coffee and discuss death. It is a directed discussion of death with no agenda, objectives or themes. It is not a grief support group or a counseling session. Interested? Death Cafés have spread quickly across Europe, North America and Australasia. Since 2011, there have been 13,972 Death Cafés in 81 countries. Sponsored by Fair Trade Coffee. Please register. *R*





IN-HOME CARE

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

PERSONAL CARE SERVICES

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

SPECIALIZING IN
ALZHEIMER'S, PARKINSON
AND DEMENTIA CARE

608-442-1898

579 D' Onofrio Drive, Suite 10
Madison WI 53718



Comfort Keepers

www.ckmadison.com



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

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



BadgerBus

established 1920

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

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

CONNECTIONS

YOUR VISION. YOUR PATH. YOUR PARTNER.



A program of
Lutheran Social
Services

IRIS Consultant Agency (ICA)

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



We believe in the INFINITE POSSIBILITIES of every person.

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

LET'S GET STARTED!

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

my choice WISCONSIN

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

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

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

DHS Approved 4/22/2021

GOODMAN'S Jewelers

The Diamond Store of Madison for Generations

220 State St. • Madison, WI

608.257.3644

Store Hours

Mon. - Fri. 10 AM - 5 PM

Saturday 10 AM - 4 PM

Sunday Closed

www.goodmansjewelers.com

Williamstown Bay of McFarland

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

Call
(608) 838-4248

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

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

Income restrictions may apply.
Professionally managed by Oakbrook Corporation.

We Make Medicare Uplifting Call for an appointment today!

INFORMED CHOICE

INSURANCE AGENCY

608-819-6311

877-446-3676

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

MEDICARE



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

WICKSHIRE MADISON

\$250 OFF

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

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

Whitcomb SQUARE

Senior (55+) Apartments

In Wooded Orchard Ridge
West Madison

Rent includes HEAT & Garage.

KellerApartments.com

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



ALL 2 BR APARTMENTS

KELLER
REALTY



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

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

ENTERTAINMENT

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

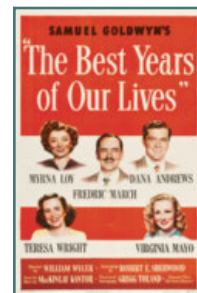
Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm.

THE BEST YEARS OF OUR LIVES (1946)

TUESDAY, MAY 3, 12:30 PM

Three World War II veterans, two of them traumatized or disabled, return home to the American Midwest to discover that they and their families irreparably changed. *Stars: Myrna Loy, Dana Andrews and Fredric March. Drama, Romance, War. 2 hours 50 minutes. Not Rated.*



THEIR FINEST (2016)

TUESDAY, MAY 10, 12:30 PM

A former secretary, newly appointed as a scriptwriter for propaganda films, joins the cast and crew of a major production while the Blitz rages around them. *Stars: Genna Arterton, Sam Claflin and Bill Nighy. Comedy, Drama, Romance. 1 hour 57 minutes. Rated R (for some language and a scene of sexuality).*



ONE NIGHT IN MIAMI (2020)

TUESDAY, MAY 17, 12:30 PM

A fictional account of one incredible night where icons Muhammed Ali, Malcolm X, Sam Cooke, and Jim Brown gathered discussing their roles in the Civil Rights Movement and cultural upheaval of the 1960's. *Stars: Kingsley Ben-Adir, Eli Goree and Aldis Hodge. Drama. 1 hours 44 minutes. Rated R.*



THE HALF OF IT (2020)

TUESDAY, MAY 24, 12:30 PM

When smart but cash strapped teen Ellie Chu agrees to write a love letter for a jock, she doesn't expect to become his friend – or fall for his crush. *Stars: Leah Lewis, Daniel Dieber and Alexxis Lemire. Comedy, Drama, Romance. 1 hours 44 minutes. Rated PG-13.*



RED NOTICE (2021)

TUESDAY, MAY 31, 12:30 PM

In the world of International An Interpol agent tracks the world's most wanted art thief. *Stars: Dwayne Johnson, Ryan Reynolds and Gal Gadot. Action, Comedy, Thriller. 1 hour 58 min. Rated PG-13.*



Rich Baumann

MONDAY, MAY 16, 1-2 PM

Join us for an hour of both old and new folk songs. Clap your hands and sing along. This will be fun and uplifting for all ages.

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.

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.

SUPPORT EFFORTS TO "FRIEND" RAISE BY JOINING THE FOUNDATION BOARD

We're looking for talented people to assist with our fundraising and decision making processes on the Senior Center Foundation Board! Provide guidance, solicit and accept funds and other gifts in support of Madison Senior Center and its programs, policies and services for older adults in Madison and make decisions on the Board of Directors for the Madison Senior Center Foundation. Use your skills and talents to increase the amount of partnerships and financial stability of the Senior Center so it can better serve older adults and the community.

GARDENING

Get out that green thumb. Assist with plant selection, planting, weeding, watering, and deadheading throughout the growing season.



GREAT COURSES FACILITATOR

Great Courses at the Senior Center are facilitated by volunteer instructors who break down lectures by professors into lessons that consist of videos, handouts, and enlightening discussion. Turn your love of learning into a great volunteer experience..

KNITTING FOR NEIGHBORS

Do you like to help others? We are partnering with RSVP of Dane County to form a downtown group to knit requested items for area non-profits and families in need. Most other groups meet once a twice a month socialize while they knit. Requested items include hats, scarves, mittens, prayer blankets, baby blankets, and shawls. Yarn is provided. Call Kate Seal at (608) 310-7280 or send an email to kseal@rsvpdane.org if interested.




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

HEALTH & FITNESS

Gentle Yoga

TUESDAYS, 9:30-10:30 AM

NEW DAY!

Yoga improves balance, range of motion and flexibility, which are all important, especially as we age. Yoga Accessible for All (YAFA) teachers dedicate themselves to making yoga safe and inviting for anyone who is interested in gaining the benefits (yafayoga.org). We do a combination of seated and standing positions, and will always suggest modifications if a pose is not working for you. Please register in advance. No fee until fall, but donations are welcome. 

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.

Let's Cook Together

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

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 would prefer not to cook but would like to join for the information or dinner company, please feel free to join us! You must register to get the Zoom line.

Alcoholics Anonymous

MONDAYS, 12:15-1:15 PM AT MSC

NEVER MISS A NEWSLETTER!
Sign up to have our newsletter emailed to you at
www.mycommunityonline.com



support our ADVERTISERS



When life offers the gift of time...
how will you spend it?

We'll help you every step of the way. 
Offering a continuum of care for seniors:

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

Call 608-663-8600 or email madisonsales@oakparkplace.com
718 Jupiter Dr., Madison, WI 53718
oakparkplace.com/madison



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

PROTECT your personal information
DETECT suspected fraud, abuse, or errors
REPORT suspicious claims or activities

Toll-free Helpline:
888-818-2611
Email: smp-wi@gwaar.org
www.smpwi.org
 [WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)


Senior Medicare Patrol



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.



HEALTH & FITNESS

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.



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)

Movement & Meditation

FRIDAYS, MAY 6 - 27, 11 AM - 12 PM @MEADOWRIDGE LIBRARY OR 1 - 2 PM @GOODMAN SOUTH MADISON LIBRARY

A movement class where elements of mindfulness and movement intersect for one hour! All identities, skill levels, and capabilities are encouraged and welcomed. Adaptable movements will be shared for all abilities. The end of each class will include time for reflection and connection. Notebooks and writing materials will be provided. Please dress comfortably. Programs will follow all Public Health requirements in place at the time of the program.



Presented by KLJ Movement. KLJ Movement is a professional performance and dance company that embraces the influence of black and brown people in the world of dance.

This program is intended for BIPOC seniors. Register at madpl.org/calendar



Fit for Life Cardio Dancing for 55+

FRIDAYS 1-1:45 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! *R*

Headaches Decoded

MONDAY, MAY 9, 10-11 AM

Did you know there are different types of headaches? Join us as John Kreft from Humana explains the different types, the symptoms and causes of these different headaches and ways to treat and prevent them. “Headaches Decoded” will be held at at the Madison Senior Center. John looks forward to seeing you all there!

Free Blood Pressure Screening

TUESDAYS, 11 AM - 12 PM

A trained EMT will be at the Senior Center on Tuesdays to check blood pressure.

Line Dancing

WEDNESDAYS IN MAY, 1-2:15 PM

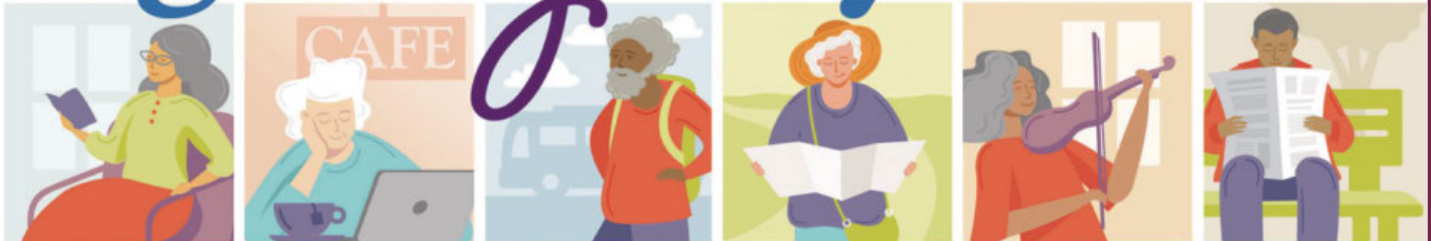
This is a beginner Basic Line Dance Step Class, but don't let the word beginner fool you. This class will be equivalent to an invigorating walk. Line dancing is great for balance, mental health and exercise. Join us for an hour of dancing, laughing and fun.

Madison Senior Center
Foundation, Inc.

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

NON PROFIT ORG
PRSR STD
US POSTAGE PAID
PERMIT 1132
MADISON, WI

Age my way!



Every May, ACL (Administration for Community Living) leads the nation's observance of Older Americans Month (OAM)

In 2022, the focus will be on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme, Age My Way, is an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities. Planning, participation, accessibility, and making connections all play a role in aging in place – as does recognizing that what each person needs and prefers is unique.



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



Follow us on Twitter: [@MadisonSrCenter](https://twitter.com/MadisonSrCenter)