

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



**We are so happy to be seeing people in person again!
Check out our website to find out what is new,
www.cityofmadison.com/senior-center!**

FOR YOUR INFORMATION

Directory

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

SENIOR CENTER STAFF

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 seniorcenter@cityofmadison.com or (608) 267-8651.** **R** = Registration Required. **Purple** text or a purple **S** means the program will be in Spanish.

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.

Public spaces (interior and exterior) at the Madison Senior Center are monitored by staff on video security cameras; participants and visitors may be recorded.

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.

Area Agency on Aging

The Area Agency on Aging of Dane County serves individuals age 60 plus and their families in accessing services that will help older adults continue living in their own homes and communities. The amount of assistance provided depends on the needs of the older adult. Examples of community-based services include congregate and home-delivered meals, caregiver support, case management, and help with benefit questions. Contact Information: 2865 N Sherman Ave, Madison, WI 53704; 608-261-2995 or email AAA@countyofdane.com.

Like us on Facebook:
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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.

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.

LIFELONG LEARNING

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

Container Gardening

MONDAY, JULY 18, 10:15 - 11:30 AM

You don't need a yard or a garden plot to have a garden. Anyone can grow plants in containers on their patio, deck or inside an apartment. Learn the in and out of container gardening from Horticulture Outreach Specialist, Lisa Johnson. Everyone will take home at least two healthy potted plants. Pre-registration is required to ensure adequate supplies. Register by Thursday, July 14.



Science & Religion

WEDNESDAYS, 12 - 2 PM, JULY 20 – AUGUST 24

Science and religion are unquestionably two of the most potent forces that have shaped – and continue to shape – human civilization. How have these two powerful forces interacted over time? This course's approach to the issue is both historical and philosophical. We will probe the very nature of science and religion. This Great Course is presented by Professor Lawrence M. Principe, a Professor of History of Science, Medicine and Technology, and Professor of Chemistry, at the Johns Hopkins University. The course will be facilitated by James Lamal. Fee: a \$10 donation is recommended. *R*

Death ☕ Cafe

MONDAY, JULY 25, 1:30 - 3 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. Please register. *R*

Voices of Color

THURSDAY, JULY 21, 10-11 AM VIRTUAL
AL COOPER, EXECUTIVE DIRECTOR OF DANE DANCES

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*

In July, we welcome Alphonso (Al) Cooper, the Board President of Dane Dances. Cooper has almost four decades of significant local and state government experience and leadership. He has worked at Madison College, the State of Wisconsin, Dane County, and had many high level volunteer positions with the City of Fitchburg.



Dane Dances has a mission to provide a joyous social experience through music, dance and other activities that help to facilitate improved racial relations in Dane County and the surrounding areas. It was founded in 1999, and has been led by Al Cooper for eleven years.





Summer Word Search

B F G P W W S C A M P I N G S P X
A A N R V D L X T C B N B B F O Q
A I R C I W V O X W Q Y E B G O H
T E R B W L H G I C S A B T J L U
G U N C E S L N V N C L Z E E L N
Z O B Q O C Z I O H O Y C F K I N
J Q I K B N U W N I W I M K W A W
E E S J T E D E K G T Y T Q H T L
N H N T W R B I K R W A R A I N R
S T G X A E A G T M A E X U C E M
A A K H N O N V A I N P S A L A F
P B F G Z I B E E I O M R C L H V
I N Z X M V R D H L I N I E N E T
V U V M X C P S E W I S I A T Y R
R S I F E W N J S E P N E N Y A J
S W V C W U Y W H O P C G V G J W
S C I Z S I M B P J O S J A S Y V

RELAXATION
TRAVELING
HOT
SUNSHINE
POPSICLE

BARBECUE
OCEAN
BEACH
SUNBATHE
GRILLING

VACATION
SWIMSUIT
AIR CONDITIONING
SWIMMING
ICE CREAM

WATER PARK
LAKE
POOL
CAMPING
SPEEDBOAT



LIFELONG LEARNING

Technology & Finance

Tablets2Go

Virtual programs and activities continue to be a great way to connect with people and participate in programs. No computer? We can lend you a tablet for FREE if you are at least 55 years old and a MSC member. Call (608) 266-6581 to schedule an appointment. Membership is free. Picture ID required.

Computer Lab

Hours: 8:30 am - 3:45 pm

Assistance: Available by appointment only.

General Policies

- ♥ Sign in on the clipboard located on the table that is straight ahead when you walk in the room.
- ♥ Be courteous and respectful of other people. Use headphones or ear buds (not provided) if you want to listen to something.
- ♥ Food is not allowed. Beverages must have a cover/lid.
- ♥ Copies are 10 cents for a one-sided sheet.
- ♥ Maximum of two bags per person allowed.
- ♥ Computer stations can't be reserved.
- ♥ Computers are public domain. Do not download anything. Bring a flash drive to save documents.

The Computer Lab is a free resource for older adults in our community. If you are unable to abide by these policies, you will be asked to leave.

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.

To schedule an appointment, contact John Weichelt at (608) 267-2344 or jweichelt@cityofmadison.com.

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 INTERNATIONAL 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.

Sunset Pontoon Cruise

FRIDAY, JULY 22, 5-8 PM

Enjoy a boxed supper or just the company of friends, both old and new. Reservation information coming soon.

Lesbian Women's Social Group

MCKEE FARMS PARK: 2930 CHAPEL VALLEY RD

Meet at the park shelter near the main parking lot. After a loop around the park we will decide on at least one social event in the community to do together during the next month. Sponsored by Fitchburg Senior Center, (608) 270-4290.

OutReach Senior Advocate

The OutReach Senior Advocate, Kristi Mason, coordinates educational trainings and workshops in addition to advocating for LGBTQ+ older adults and their wellness. You can reach Kristi at (608) 255-8582 or kristim@outreach.org





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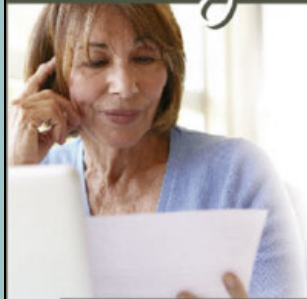
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Madison Senior Center, Madison, WI

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
Activate Bailando	Tuesdays, June 21 - July 26	1:30 - 2:30 pm	Free	MSC
Ballroom Basics for Balance	Fridays, June 24 - Aug 12 or Thursdays, June 2 - Aug 4	9:30 - 10:45 am	Free	MSC
BINGO	Tuesday, July 12	12:30 - 2:00 pm	Free	MSC
Blood Pressure Screening	E/O Tuesday	11:00 am - 12:00 pm	Free	MSC
Cardio Dancing	Fridays	1:00 - 1:45 pm	Free	MSC
Chicago Steppin' & Line Dancing	Saturday, July 9, 23, 30	10:00 am - 12:00 pm	\$5 donation	MSC
Computer Lab	Monday - Friday	8:30 am - 3:45 pm	Free	MSC
Container Gardening	Monday, July 18	10:15 - 11:45 am	Free	MSC
Death Cafe	Monday, July 25	1:30 - 3:00 pm	Free	MSC
eFood Pantry	Pick-up orders 3rd Thursday	10:00 am - 12:00 pm	Free	MSC
Euchre	E/O Monday, July 11 & 25	1:00 - 2:00 pm	Free	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays	2:00 - 4:00 pm	Free	MSC
Gentle Exercise	Mon, Wed, Thu, Fri	9:00 - 9:45 am	Free	MSC
Gentle Yoga	Tuesdays	10:00 - 11:00 am		MSC
Haircuts	4th Tuesday	10:00 am - 12:00 pm	Free	MSC
Ice Cream Social	Thursday, July 21	1:00 - 2:00 pm	Free	MSC
Line Dancing	Wednesdays	1:00 - 2:15 pm	Free	MSC
Movies	Tuesdays	12:30 - 2:30 pm	Free	MSC
Nutrition IQ	Monday, July 11	10:00 - 11:00 am	Free	MSC
Nutrición	Tuesday, July 12	10:00 - 11:00 am	Free	MSC
Science & Religion	Wednesday, July 20 - Aug. 24	12:00 - 2:00 pm	\$10 donation	MSC
Spanish Conversation	1st Wednesday in Person Other Wednesdays Virtual	1:30 - 3:00 pm	Free	MSC Courtyard
Sunshine Sisters	Thursday, July 21	1:00 - 2:00 pm	Free	MSC
Tablets2Go	Ongoing	Varies	Free	MSC
Technology Assistance	By appointment	Varies	Free	Virtual
Voices of Color	3rd Thursday	10:00 - 11:00 am	Free	Virtual

*Purple text means the program will be in Spanish.

We need your input?

Do you like the newly added Program & Activity List?

Is it preferable to the calendar?

What is the easiest way for you to learn about programs and events?

Email seniorcenter@cityofmadison.com or call (608) 266-6581 and let us know.

July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
				1 9:00 Gentle Exercise 1:00 Cardio Dancing	2/3  July 3 National Eat Your Beans Day
4 Madison Senior Center Closed 	5 9:30 Gentle Yoga 12:30 Movie 1:30 Activate Bailando	6 9:00 Gentle Exercise 1:00 Line Dancing 1:30 Spanish Conversation	7 9:00 Gentle Exercise 9:30 BB4B-Next Steps	8 9:00 Gentle Exercise 1:00 Cardio Dancing	9/10 10:00 Steppin' & Line Dancing
11 9:00 Gentle Exercise 10:00 Nutrition IQ 1:00 Euchre	12 9:30 Gentle Yoga 10:00 Nutrición 11:00 Blood Pressure 12:30 Movie 12:30 BINGO 1:30 Activate Bailando	13 9:00 Gentle Exercise 1:00 Line Dancing 1:30 Spanish Conversation - Virtual	14 9:00 Gentle Exercise 9:30 BB4B-Next Steps 2:00 Gay, Gray & Beyond	15 9:00 Gentle Exercise 1:00 Cardio Dancing	16/17  July 17 World Emoji Day
18 9:00 Gentle Exercise 10:15 Container Gardening	19 9:30 Gentle Yoga 12:30 Movie 1:30 Activate Bailando eFood Pantry Orders due	20 9:00 Gentle Exercise 12:00 Science & Religion 1:30 Spanish Conversation - Virtual	21 9:00 Gentle Exercise 9:30 BB4B-Next Steps 10:00 eFood Pantry Pick-Up 10:00 Voices of Color - Virtual 1:00 Sunshine Sisters and Ice Cream Social	22 9:00 Gentle Exercise 9:45 BB4B - Virtual 1:00 Cardio Dancing	23/24 10:00 Steppin' & Line Dancing
25 9:30 Gentle Exercise 1:00 Euchre 1:30 Death Café	26 9:30 Gentle Yoga 10:00 Haircuts 11:00 Blood Pressure Screening 12:30 Movie 1:30 Activate Bailando	27 9:00 Gentle Exercise 12:00 Science & Religion 1:00 Line Dancing 1:30 Spanish Conversation - Virtual	28 9:00 Gentle Exercise 9:30 BB4B-Next Steps 2:00 pm Gay, Gray & Beyond	29 9:00 Gentle Exercise 9:45 BB4B - Virtual 1:00 Cardio Dancing	30/31 10:00 Steppin' & Line Dancing

GROUPS & CLUBS

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

Spanish Conversation

WEDNESDAYS, 1:30-3 PM **VIRTUAL**
(IN PERSON 1ST WEDNESDAY OF THE MONTH)

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 seniorcenter@cityofmadison.com, and then you will be sent the Zoom link. All levels welcome. *R*



Euchre

JULY 11 & 25, 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.



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.

Social Activities Help us to Stay Healthy

Engaging in social and productive activities you enjoy, such as taking an art class, joining a hiking club, or becoming a volunteer in your community, may help to maintain your well-being and independence as you age. An active lifestyle is more than just getting your daily steps in. It includes doing activities that are meaningful to you and benefit your mind, spirit, and body.



COMMUNITY

eFood: Food Pantry Online Ordering System

ORDER JULY 19

The Madison Senior Center is now a pick-up location for orders placed through the River Food Pantry ePantry. That means that if you order food through the ePantry, you can pick it up at the MSC. Our pick-up day is the 3rd Thursday of each month. Orders can be picked 10 am - 12 pm.



The ePantry may only be used once a month. 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 learn about ordering and eligibility, call John at (608) 267-2344.

Haircuts

4TH TUESDAY OF THE MONTH, 10 AM - 12 PM. **APPOINTMENT REQUIRED**

We all know how difficult it is to keep your hair trimmed and looking neat. There is the scheduling, and the transportation, and we all know that it isn't cheap to get a decent haircut. We can help you out! MSC will offer FREE haircuts once a month by a licensed cosmetologist. Hair must be clean. Please bring a towel. Call (608) 266-6581 to schedule an appointment. *R*



Program support provided by:





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LET'S GET STARTED!

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

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

ENTERTAINMENT

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

Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm.

YANKEE DOODLE DANDY (1942)

TUESDAY, JULY 5

A biographical musical about George M. Cohan, known as “The Man Who Owned Broadway”. Cohan was a renowned musical composer, playwright, actor, dancer and singer. *Comedy, Drama, Adventure - 2 hours 6 minutes - Stars: James Cagney, Joan Leslie and Walter Huston. Not Rated.*



History of Ice Cream

We don't know a specific date or inventor for ice cream, but references as far back as the second century BC have been found. Alexander the Great enjoyed snow and ice flavored with honey and nectar.

Over a thousand years later, Marco Polo returned to Italy from the Far East with a recipe that closely resembled what we now call sherbet. This recipe evolved into ice cream sometime in the 16th century. It wasn't made available to the general public until 1660.

The first advertisement of ice cream in the new world appeared in the New York Gazette in 1777. Both George Washington and Thomas Jefferson were known to enjoy the frosty treat. Ice Cream remained a rare and exotic dessert enjoyed mostly by the elite until around 1800 when insulated ice houses were invented.

As availability increased new creations started to appear such as the American soda fountain shop and ice cream sodas. The ice cream sundae was invented in the late 1890's.

Ice Cream became an edible morale symbol during World War II, and the different branches of the military tried to outdo the others in serving ice cream to its troops. When the war ended, and dairy product rationing was lifted, America celebrated its victory with ice cream. Americans consumed over 20 quarts of ice cream per person in 1946.

MINARI (2020)

TUESDAY, JULY 12

Minari follows a Korean family that moves to a tiny Arkansas in search of their own American Dream. Amidst the instability and challenges of this new life in the rugged Ozarks, Minari shows the undeniable resilience of family and what really makes a home. *Drama – 1 hour 55 minutes - Stars: Steven Yeun, Yeri Han, Alan S. Kim. 1 hour 55 minutes. Rated PG-13*



ENDANGERED SPECIES (2021)

TUESDAY, JULY 19

Jack Halsey takes his wife, their adult kids, and a friend for a dream vacation in Kenya. But as they venture off alone into a wilderness park, their safari van is flipped over by an angry rhino, leaving them injured and desperate. An intense action packed movie. *Action, Thriller – 1 hour, 41 minutes - Stars Rebecca Romijn, Philip Winchester and Isabel Bassett. Rated R (for language, some violence and bloody images).*



CYRANO

TUESDAY, JULY 26

Too self-conscious to woo Roxanne himself, wordsmith Cyrano de Bergerac helps young Christian nab her heart through love letters. *Drama, Musical, Romance – 2 hours, 3 minutes - Stars: Peter Dinklage, Haley Bennett and Kelvin Harrison Jr. Rated PG-13.*



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.

FINANCIAL LITERACY FACILITATOR

Use your extensive knowledge of finance and savings to impart wisdom on seniors looking to learn more about how to manage their money.

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.

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.

SEWING AND KNITTING

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.



"Volunteers do not necessarily have the time; they have the HEART."

~ Elizabeth Andrew



GAMES VOLUNTEER

Bolster older adult socialization by facilitating card games, board games, and strategy games. Learn the rules, teach others, and organize prizes.

EXERCISE FACILITATOR

MSC wants to expand exercise AND fitness classes with new ideas such as cardio drumming, ball cardio and interesting forms of dance. Keep seniors moving and active by encouraging exercise on a weekly basis.

ARTIST OF THE MONTH

We have a wonderful space to display your artwork on the first floor of the Madison Senior Center. Tracking is already in place and we provide hooks and line for hanging. Invite your friends and family to see your work anytime during our hours of 8:30am to 4pm; M-F.

MARKETING ASSISTANCE

Have a chance to expand our offerings and participants at the Madison Senior Center by assisting with outreach and marketing efforts. Specifically looking at expanding into diverse areas. Provide assistance in preparing promotional material for events and performing necessary tasks to make sure the event or program goes over as smoothly as possible. This may include contacting potential vendors, speakers or presenters, and assisting in set-up prior to the program's start.

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

HEALTH & FITNESS

Gentle Yoga

TUESDAYS, 10 - 11 AM **NEW TIME!**

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, but donations are welcome. *R*



Blood Pressure Screening

TUESDAYS, 11 AM - 12 PM, EVERY OTHER WEEK, JULY 12 & 26

An trained EMT will be at the Senior Center every other Tuesday to do blood pressure checks.

July is National Picnic Month

7 BENEFITS OF HAVING A PICNIC

1. Breathe in Fresh Air
2. Bond with Family & Friends
3. Let Go of Stress
4. Take a Moment to Reflect
5. Enjoy a Healthy Mood Boost
6. Get Some Free Vitamin D
7. Enjoy Healthy (and yummy) Picnic Food



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.

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

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- > Assisted Living
- > Memory Care
- > Rehabilitation

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REPORT suspicious claims or activities


Toll-free Helpline:
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Email: smp-wi@gwaar.org
www.smpwi.org
 WisconsinSeniorMedicarePatrol

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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. More information and registration forms can be found at www.ballroombasicsforbalance.org. Registration for fall is now open. 

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)

FRIDAYS, 9:30-10:45 AM, JUNE 24 - AUGUST 12 (8 WEEKS) - VIRTUAL

Join us this Summer Session for: **Ballroom Line Dance, Country Line Dance, & More.** This class is for new and continuing students. There are sitting and standing ways to dance. 8 week class, cost is \$45. Fill out the registration form and then mail your payment to the *Madison Senior Center, 330 W Mifflin St, Madison, 53703*

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! 

Chicago Steppin' & Line Dancing

SATURDAYS, JULY 9, 23, 30 – 10 AM - 12 PM

The Madison Smooth Steppers present Chicago Style Stepping & Line Dancing Classes. Do you want to learn how to step and line dance for balance, memory, and fall prevention, all while having fun? Instructor, Judy Young, teaches all over the City and would love for you to join her. Masks are encouraged. A \$5 donation is suggested if you are able.



Nutrition IQ

MONDAY, JULY 11, 10 - 11 AM

Eating a healthy diet starts with learning the basics of good nutrition. Unfortunately, it's not also so easy to know if something is really good for you. Biased information and advertising sometimes mislead us. Come test your Nutrition IQ with Humana's John Kreft.



Cosas a saber sobre Nutrición

MARTES, 12 DE JULIO ENTRE LAS 10 Y 11 AM

Tener una dieta sana comienza con el aprendizaje básico de una buena nutrición. Lamentablemente, no es siempre fácil saber cuáles son los mejores alimentos para cada uno. A eso se suma, la información y publicidad subjetiva acerca de la calidad nutricional de los alimentos que a veces nos confunde. Venga a participar con nosotros y a medir su conocimiento respecto a la buena calidad nutricional de los alimentos con Mario Cano de Humana.

Madison Senior Center
Foundation, Inc.

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Ice Cream Social & the Sunshine Sisters
National Ice Cream Month
Thursday, July 21, 1 - 2 pm

Celebrate National Ice Cream Month enjoying a sundae and some fun sing-along music by the Sunshine Sisters. There will be a lot of delicious toppings to choose from when you build your own sundae. Weather permitting we will be outside in the courtyard. Sundaes sponsored by Vista West.



 **capri** COMMUNITIES



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