

# THE Messenger

VOLUME 42, NUMBER 4

APRIL, 2025

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**Madison Senior Center**  
**330 W. Mifflin Street**  
**Madison, Wisconsin 53703**  
**(608) 266-6581**  
[cityofmadison.com/senior-center](http://cityofmadison.com/senior-center)



## Open Art Call for the 2025 Artful Affair at the Madison Senior Center!

Calling all artists to participate in the 2025 Artful Affair. This is an opportunity for adults age 55+ to have their work displayed in our gallery and to be a part of the Madison Museum of Contemporary Art's Spring Gallery Night. Drop off artwork with the registration form on **Tuesday, May 6, 9 AM - 1 PM**. A new pricing structure allows you to submit a single piece for \$10.00 or 3 pieces for \$25.00. Scholarships are available.

A panel of three art professionals will judge the entries and offer comments on the submissions. All artwork will be ready for exhibit for **Gallery Night on Friday, May 16, 5 - 8 PM**.

Need to get inspired before submitting your **Artful Affair** *chef d'oeuvre*? Check out the fiber arts class happening Fridays starting April 11th.

**PLEASE CONSIDER JOINING OUR**

## MSC Advisory Committee

Help guide the Madison Senior Center into the future by providing input on partnerships, programs, branding and accreditation.

To learn more about this opportunity, please email Alana at [alabeaf@cityofmadison.com](mailto:alabeaf@cityofmadison.com)



# FOR YOUR INFORMATION

## Directory

Phone ..... (608) 266-6581

Website ..... madisonseniorcenter.org

### SENIOR CENTER STAFF

*Community Resources Manager, Yolanda Shelton-Morris (she, her)*  
(608) 266-6563, yshelton-morris@cityofmadison.com

*Facility Operations Supervisor, Alana LaBeaf (she, her)*  
(608) 267-8652, alabeaf@cityofmadison.com

*Program & Outreach Coordinator, Laura Hunt (she, her)*  
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*Custodian, Ricky Butler (he, him)*  
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*Front Desk Associate, Daryl Schenkat (she, her)*  
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*Social Work Intern, Nicky Benya*  
(608) 267-8673, nbenya@cityofmadison.com

## 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 are offered in person, virtually and hybrid. Watch for the “**VIRTUAL**” after the program time. Classes that are both in person and virtual are referred to as “**Hybrid**”.

**R** = Registration Required. **Purple** text or a purple **S** means the program will be in Spanish. 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 call (608) 266-6581.**

*The Madison Senior Center promotes successful aging. AA/EOC Employer and Service Provider*

### Member of



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**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!

To receive a mailed copy of the monthly newsletter, please send this completed form with an enclosed check (\$10 per year), payable to the Madison Senior Center.

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Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Mail to: Madison Senior Center, 330 W. Mifflin St., Madison, WI 53703

# FOR YOUR INFORMATION

## Scholarship Fund

Scholarships are available to people age 55 and older with annual income less than \$30,120 (one person) or \$40,880 (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](mailto:lhunt@cityofmadison.com)

## Endorsements

The Madison Senior Center does not endorse or recommend private agencies or service providers. Presenters are selected for their subject matter expertise. Private companies also may provide donations for programs or allow employees to volunteer as part of their workday. Accepting these donations is not an endorsement of the business. Always do your own research before selecting a service provider.

## Photography

All programs, events and daily activities may be photographed, and the pictures may be used in promotional materials or posted to social media. If you object to the use of your image, please inform the photographer.



## Health & Safety Precautions

To protect the health and safety of all participants, volunteers, and staff in our building, we ask that all facility visitors agree to the following practices:

- » Follow guidance provided by the CDC and Public Health Madison and Dane County.
- » Stay home if you are sick. If you appear sick, you may be asked to leave the building.
- » Wash hands often with soap and water for at least 20 seconds.
- » Take advantage of hand sanitizer stations.
- » Use a tissue to cover a cough or sneeze.
- » Respect the personal space of others.

**Masks are welcome and available for free at the front desk.**

## Key Cards – Checking-In

When you visit the Senior Center, please make sure you check-in at the Front Desk with your key card. If you do not have a key card, stop at the Front Desk, fill out a Member Form, and we will give you a key card. This allows us to keep track of how many people use the Senior Center. Usage is directly connected to our funding. \*Note: If you are at the Senior Center for lunch, you will also have to check-in at the NewBridge Nutrition Site.

## Building Hours

- » **Tuesday - Wednesday - Thursday** 8:30 am - 4:00 pm
- » **Monday & Friday** 8:30 am - 1:00 pm

## You Belong Here!

If you are age 55 or older you belong at the Madison Senior Center. If you don't see a program relevant to your needs or interests, let us know. Call us at (608) 266-6581 or email [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com)

## Language Access Program

The City of Madison Language Access Program provides access to City services for people whose primary language is not English. We are committed to improving accessibility for all. If you would like more information, speak to a staff person or email us at [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com)

# LIFELONG LEARNING

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

## Adaptive Clothing Resources

WEDNESDAY, APRIL 16, 1 – 1:30 PM

What if your clothes were easier to wear? Locally owned *Equability* adapts existing clothes using magnets, Velcro and snap buttons to make it much easier to quickly dress and undress with less assistance. Best of all, no one else can tell. At this presentation, see examples of modified clothing and learn about other low or no cost resources that you can use to continue dressing independently. *R*

## Downsizing Game Plan: Practical Tips and Pro Tricks

THURSDAY, APRIL 24, 1 – 2 PM

Downsizing can feel overwhelming, but with the right plan it becomes an opportunity for a fresh start. In this engaging and informative seminar, we'll introduce techniques to help you declutter efficiently and transition smoothly into your next chapter. Whether you're moving to a smaller home, a senior community, or simply looking to simplify your space, you'll gain practical tools and expert insights to build a personalized Downsizing Game Plan. *R*

## Clear the Clutter, Clear the Mind: Decluttering for a Healthier You!

THURSDAY, MAY 8, 1 – 2 PM

Did you know that clearing clutter can boost your health and well-being, strengthen social connections, and foster greater independence? In this uplifting seminar, we'll uncover how a clutter-free environment can improve your quality of life by promoting peace, comfort, and safety. You'll gain practical insights to identify areas and items that matter most, along with simple, actionable steps to create a healthier, more accessible living space that fits your lifestyle—one small change at a time. *R*

## Exploring Poetry

2ND WEDNESDAYS, 11 AM - 12:30 PM

This program is for anyone who enjoys poetry. There are opportunities to read, recite and write. 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 they can say precisely what needs to be said. Led by Mark Kraushaar. *R*

## First Friday Music Hour

FRIDAY, APRIL 4, 10 - 11 AM

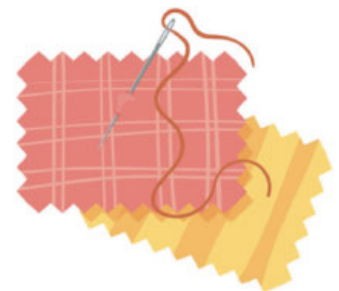
Join us as a performer or as a listener for an hour of live music performance (and a cup of coffee!) at our monthly, first Friday gatherings. If performing, bring an instrument and/or your voice, with song or spoken word to share. Open to all styles of musical expression!



## Imperative Stitches

FRIDAYS, APRIL 11 – MAY 2, 10 – 11 AM

Imperative Stitches is a project where we gather to process change using fabrics that hold important memories to us. We cut up and reuse those fabrics to create quilted objects, such as mini-quilts, to help us hold those memories close. Funded by UW-Madison's Arts for Healthy Minds grant. We will have fabric scraps, threads and needles, and scissors, and pins for you to hand sew a mini-quilt, or any other object you want to create! Bring some of your own memory-filled fabrics, if possible, or use fabrics provided to practice your skills. *R*



# LIFELONG LEARNING

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

## Overture Community Ticket Program


The Overture Community Ticket Program makes the arts more accessible by offering a limited number of tickets costing less than \$5 to members of community organizations. Tickets are available for select shows. Go to [www.overture.org/engage/community-ticket-program](http://www.overture.org/engage/community-ticket-program) for more information, and call the Madison Senior Center to receive your discount code.

## PLATO (Participatory Learning and Teaching Organization)

**WRITING LIFE STORIES: WEDNESDAYS, APRIL 2 – 9, 1 – 3 PM**

**PLAY'S THE THING: THURSDAYS, APRIL 3 – 24, 1:30 – 3:30 PM**

**SHAKESPEARE: FRIDAYS, APRIL 4 – 25, 10 AM – 12 PM**

PLATO is a community of intellectually curious adults, typically 50 and over, which explores subjects of interest through member-led discussion groups, lectures, travel, and cultural activities. Registration, call: 608-572-6869 

## Open Mic Poetry Reading


**MONDAY, APRIL 7, 10:15 – 11:15 AM**

April is National Poetry Month. Join us on the Madison Senior Center stage for a poetry recital! Read your own original poetry, or your favorite poem written by someone else, or just listen and be moved by the poetry that inspires others.

## Third Thursday Entertainment:

### Dapper Whimsy

**THURSDAY, APRIL 17, 12 – 2 PM**

Experience the fun and charm with unforgettable acoustic-pop covers, folk-rock and bluegrass. Dapper Whimsy crafts an enchanting atmosphere that turns moments into memories. Let them set the stage for an upbeat soul-stirring journey, where every note strikes a chord in your heart 

## Watercolor Painting

**WEDNESDAYS, 10 – 11 AM**

Paint to relax and express yourself while you chat and enjoy a coffee (or tea!) with other older adults. When available, one of our UW Madison student volunteers might join in. All supplies provided, and no advanced signup is needed.




## Wisconsin Film Fest Preview & Info

**TUESDAY, APRIL 1, 10 – 11 AM**

The Wisconsin Film Festival runs April 3rd through April 10th. Check out a festival preview reel and get other information about the festival. Film Festival vouchers are available on a first come first served basis.

## Writing Your Life

**THURSDAYS, MARCH 13 – APRIL 17, 10 – 11:30 AM**

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

## 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. Public printing is not available. If you need 1:1 assistance, scheduling an appointment is recommended. Call (608) 266-6581 or email [seniorcenter@cityofmadison.com](mailto:seniorcenter@cityofmadison.com)



**Conversations:** Please try to minimize conversations not related to the work being done at the computer. Use low tones and be respectful of other computer lab users.

**Audible Clips, Music, etc.:** When the office is open, headsets can be checked out if you don't have your own. Borrowers must leave a photo ID and follow sanitation procedures.

**Food & Beverages:** Food is not allowed on top of the computer desks, and eating is not permitted in the Computer Lab. Beverages with unsecured lids are not allowed in the Computer Lab.

## Bridging the Digital Divide

Digital literacy is an important skill for people of all ages. Confidence in navigating the digital world positively impacts your ability to access services like healthcare, banking and grocery shopping. Sign up for a free Workshop.


### ANDROID PHONES

**THURSDAY, APRIL 3, 12 – 1:30 PM, MADISON SENIOR CENTER, 330 W MIFFLIN ST**

**TUESDAY, APRIL 8, 1 – 2:30 PM, SOUTHRIDGE VILLAGE, 1914 POST RD**

**TUESDAY, APRIL 22, 1 – 2:30 PM, DRYDEN TERRACE APARTMENTS, 1902 LONDONDERRY DR**

*Additional workshops to be scheduled at Fisher-Taft and Burr Oaks. Call 608-266-6581 for more information.*

Your phone is a miniature computer capable of doing a lot of helpful tasks. Learn more about navigating your device, common apps, and helpful settings. There are many tips and tricks that can help you get the most out of your phone. 


### IPHONES

**TUESDAY, APRIL 8, 1 – 2:30 PM, SOUTHRIDGE VILLAGE, 1914 POST RD**

**THURSDAY, APRIL 17, 1 – 2:30 PM, MADISON SENIOR CENTER, 330 W MIFFLIN ST**

**TUESDAY, APRIL 22, 1 – 2:30 PM, DRYDEN TERRACE APARTMENTS, 1902 LONDONDERRY DR**

*Additional workshops to be scheduled at Fisher-Taft and Burr Oaks. Call 608-266-6581 for more information.*

iPhone uses its own unique operating system than other cell phones. This workshop will help you learn basic functions, navigate your device, use common apps, and build confidence. There are many tips and tricks that can help you get the most out of your iPhone. 



## A PARTNER FOR LOCAL CARE

Contact your county's Aging and Disability Resource Center to find out if you qualify.

[www.lakelandcareinc.com](http://www.lakelandcareinc.com)



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](http://mychoicewi.org/LPI)  
**1-800-963-0035**

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

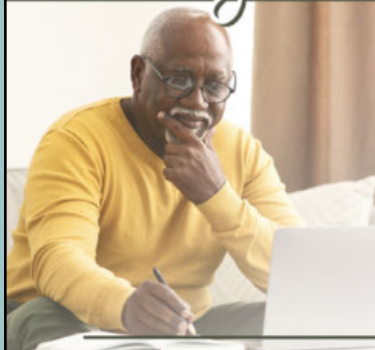
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- Lodi 608-592-3201

*Our Family Will Take Good Care of Your Family*



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# HEALTH & WELLNESS

To register for programs, call (608) 266-6581 or email [seniorcenter@cityofmadison.com](mailto:seniorcenter@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. Registration forms can be found at [www.ballroombasicsforbalance.org](http://www.ballroombasicsforbalance.org) 

### ESPAÑOL & ENGLISH

FRIDAYS, FEBRUARY 28 - MAY 2, 10 - 11:30 AM  
MADISON PUBLIC LIBRARY, CENTRAL BRANCH, 201  
W MIFFLIN ST

\$75 for 10 weeks (financial assistance available)

To register, complete **registration form** or contact Susan Frikken at (608) 692-8794; registration deadline is February 21, 2025. Limited space but we will keep a waitlist. 


### VIRTUAL AND INCLUSIVE

FRIDAYS, JANUARY 24 – MAY 16, 9:30 – 10:45 AM  
VIRTUAL VIA ZOOM

\$115 for 17 weeks (financial assistance available)


World Tour of Dance: Quadrielle, Bhangra, West African, Bachata, Norwegian, and Italian



To register, complete the registration form using the QR Code or contact one of the instructors.   
Atala: [atalanicole@gmail.com](mailto:atalanicole@gmail.com) 608-770-8763  
Krista: [kabultmannspiro@gmail.com](mailto:kabultmannspiro@gmail.com) 608-335-925

## Blood Pressure Screening


1ST & 3RD TUESDAYS, 11:15 AM – 12 PM

Keep tabs on your blood pressure. Our volunteer is a medical professional and would love to have you stop by. 

## Foot Care Clinic – \$25


THURSDAY, APRIL 10, 9 AM – 12 PM |  
APPOINTMENT REQUIRED



Clinics are a great opportunity to get basic toenail care in addition to regular podiatry care. Savannah Stone is a licensed Manicurist, certified Medical Nail Technician, and Advanced Nail Technologist. **Please bring 2 towels** and arrive 5 minutes early. Cash or check only. 

## Gentle Yoga


TUESDAYS, 10 – 11 AM

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](http://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. 

## Laughing Bodies, Dancing Minds (LBDM)

WEDNESDAYS, APRIL 2 – MAY 21, 11 AM – 12 PM

\$54 for 8-week session (financial assistance available)

Classes focus on warm-up techniques, strength and stretching exercises, core work, breathing, and energy flow. No prior dance experience needed. Instructor Li-Chiao Ping is the Sally Baner Professor of Dance & Vilas Research Professor with the UW-Madison Dance Department. She has a special interest in working with older adults and demonstrating that dance is beautiful and rewarding at any age. 



# HEALTH & WELLNESS


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

## Learn to Fall Safely

**MONDAYS, APRIL 7 – 28, 9:30 – 10:30 AM**


**MADISON CIRCUS SPACE, 2082 WINNEBAGO ST**

\$60 per 4-class session (financial assistance available)

Learn to fall safely and to get back up without injury. Falls are a leading cause of death for older adults in Wisconsin. We will use thick “crash mat” for practicing. Classes are progressive. 


## Let's CONNECT

**TUESDAYS, MARCH 18 – MAY 20, 10 – 11 AM**

Let's CONNECT! is a multi-week series of hands-on activities designed to stimulate the imaginations of older adults and promote human connection. The sessions include a wide range of activities, including physical exercise, music, seated dance, singing, storytelling, and sharing ideas. The activities are facilitated by the TNW Ensemble's co-founding artistic directors, Donna Peckett and Danielle Dresden, who have worked extensively with older adults since 2012. These activities are drawn from the workshop leaders' more than 39 years in theater and creative drama, and movement. National research has shown the improvisational approach of “Yes, and...” to be very effective in reaching people living with memory issues. 


## Movement for Every Body

**1ST & 3RD FRIDAYS, 9:30 – 10:30 AM**

Movement is for all bodies and abilities! Join UW-Madison students in a movement class tailored to the needs and interests of each group. This class will include music and dance, stretching, breathing techniques, mobility exercises, and fun for everyone. 


## Rosen Method Movement

**MONDAYS, APRIL 28 – JUNE 9, 11 AM – 12 PM**

Rosen Method Movement was created by Marion Rosen, a Physical Therapist. It is a class that helps us age gracefully. We move all the joints and stretch to music, and it is low-impact, lighthearted, attentive, and restorative. Instructor Rebecca Wigg-Ninham is a Rosen Practitioner and a Social Worker for over 30 years. She is passionate about building a community of wellness. 

## Vaccination Clinic

**WEDNESDAY, APRIL 16, 9 AM - 12 PM**

Pick 'n Save Pharmacy is coming to the Madison Senior Center to provide vaccines at no cost! Join us and get protected and catch up on your booster shots. Available vaccines include Flu, COVID-19, Pneumonia, Shingles, Tetanus, and RSV. Got questions? Contact your local friendly Pick 'n Save or Metro Market Pharmacist, and they will be happy to assist you. Sign up today! 

## Welcome to Medicare Seminar – Free!

**SATURDAY, MAY 17, 9 – 11:30 AM, VIRTUAL**

What you need to know about enrolling in Medicare! If you are turning 64 this year, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options. Do you understand what Medicare is and isn't, how to avoid penalties for late enrollment in Medicare, and how to get the most out of your health and prescription benefit plans? Some decisions and actions about Medicare can take place 3-6 months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit. Want easy to understand answers to all these complex questions? Sign up to attend. You'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs. Email [AAA@danecounty.gov](mailto:AAA@danecounty.gov) by May 9th to register

# GROUPS & CLUBS

## B-I-N-G-O

**THURSDAYS, 10:15 - 11:15 AM**

It is free to play the standard BINGO rounds for a small prize.

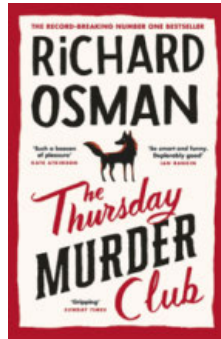
If you want to compete for the cash prize in the final "Blackout" round, each card costs 50 cents (max of four cards). If you don't pay for a card in the final round, you can still play, but it will be for a standard prize instead of the cash prize. We play to have fun and camaraderie. Join us!



## Book Club

**FRIDAYS STARTING APRIL 18, 10:30 – 11:30 AM**

Join our new Friday Book Club! Starting out we will meet once a week, but as we grow, members will have input on day, time and frequency. Our first book is *The Thursday Murder Club* by Richard Osman. This platinum bestseller follows four charming retirees who meet weekly to solve cold cases, but when a real murder occurs near their own community they find themselves caught up in a thrilling investigation of their own. *R*



We will reserve copies of this book through the Madison Public Library. You are also welcome to get the book on your own. The next book will be chosen by the group. For more information contact Yashu, [yashuusa@gmail.com](mailto:yashuusa@gmail.com)

## Bridge Belles

**MONDAYS, 9 - 11 AM**

Women improving their duplicate bridge skills in a relaxed atmosphere; working knowledge of Bridge needed.

## 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. Spanish Conversation meets via Zoom. Once you are registered you will be sent the Zoom link. All levels welcome. *R*

## Spirit Days

**FRIDAYS, ALL DAY**

Participate in a Spirit Day activity and win a prize! Each Spirit Day is a new chance to win.

### APRIL 4TH Carrot Day

Wear orange or share a fun fact about carrots



### APRIL 11TH Erase Self-Negativity Day

Practice an exercise in positive thinking

### APRIL 18TH Exercise Day

Complete a brief movement exercise

### APRIL 25TH Earth Day

Share what you will do in the coming year to protect the Earth.





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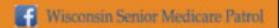
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# Do you know how to report Medicare fraud?

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

Contact  
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[www.smpwi.org](http://www.smpwi.org)



Preventing Medicare Fraud

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4809 Dale St.  
McFarland, WI 53558  
[wtb-mcfarland@oakbrookcorp.com](mailto:wtb-mcfarland@oakbrookcorp.com)  
[www.wtbmcfarland.com](http://www.wtbmcfarland.com)

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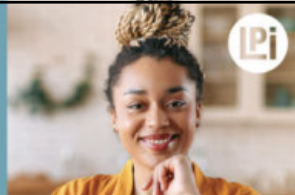
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Madison Senior Center, Madison, WI B 4C 01-1141

# PROGRAM & ACTIVITY LIST

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

PROGRAM/ACTIVITY	DAY & DATE	TIME	COST	LOCATION
<b>Adaptive Clothing Resources</b>	Wednesday, Apr 16th	1:00 – 1:30 pm	Free	MSC
<b>Android Phones</b>	Thursday, Apr 3rd Tuesday, Apr 8th Tuesday, Apr 22nd	1:00 – 2:30 pm 1:00 – 2:30 pm 1:00 – 2:30 pm	Free	MSC Southridge Dryden Ter.
Ballroom Basics for Balance	Friday, Feb 28th – May 2nd	10:00 – 11:30 am	\$75	MPL
Ballroom Basics for Balance – Inclusive	Fridays, Jan 24th – May 16th	9:30 – 10:45 am	\$115	Virtual
<b>Book Club</b>	Fridays starting Apr 18th	10:30 – 11:30 am	Free	MSC
<b>Chimera</b>	Wednesdays, Mar 19th – Apr 9th	1:00 – 2:30 pm	Free	MSC
<b>Downsizing Game Plan</b>	Thursday, Apr 24th	1:00 – 2:00 pm	Free	MSC
Exploring Poetry	2nd Wednesdays	11:00 am – 12:30 pm	Free	MSC
First Friday Music Hour	1st Fridays	10:00 – 11:00 am	Free	MSC
Foot Care Clinic	2nd Thursdays	9:00 am – 12:00 pm	\$25	MSC
Gentle Yoga	Tuesdays	10:00 – 11:00 am	Free	MSC
<b>Imperative Stitches</b>	Fridays, Apr 11th – May 2nd	10:00 – 11:00 am	Free	MSC
<b>iPhone Basics</b>	Tuesday, Apr 15th Thursday, Apr 17th Tuesday, Apr 29th	1:00 – 2:30 pm 1:00 – 2:30 pm 1:00 – 2:30 pm	Free	Southridge MSC Dryden Ter.
Laughing Bodies, Dancing Minds	Wednesdays, Apr 2nd – May 21st	11:00 am – 12:00 pm	\$54	MSC
<b>Learn to Fall Safely</b>	Mondays, Apr 7th – 28th	9:30 – 10:30 am	\$60	Madison Circus Space
<b>Let's CONNECT</b>	Tuesdays, Mar 18th – May 20th	10:00 – 11:00 am	Free	MSC
Movement for Every Body	1st & 3rd Fridays	9:30 – 10:30 am	Free	MSC
<b>Open Mic Poetry Reading</b>	Monday, Apr 7th	10:15 – 11:15 am	Free	MSC
PLATO	Wednesdays, Apr 2nd – 9th Thursdays, Apr 3rd – 24th Fridays, Apr 4th – 25th	1:00 – 3:00 pm 1:30 – 3:30 pm 10:00 am – 12:00 pm	Free	MSC
Rosen Method Movement	Mondays, Apr 28th - June 9th	11:00 am – 12:00 pm	Free	MSC
<b>Spanish Conversation</b>	Wednesdays	1:30 – 3:00 pm	Free	Virtual
<b>Third Thursday Entertainment: Dapper Whimsy</b>	3rd Thursdays	12:00 – 2:00 pm	Free	MSC
<b>Vaccination Clinic</b>	Wednesday, Apr 16th	9:00 am – 12:00 pm	Free	MSC
<b>WI Film Fest Preview &amp; Info</b>	Tuesday, Apr 1st	10:00 – 11:00 am	Free	MSC
<b>Writing Your Life</b>	Thursdays, Mar 13th – Apr 17th	10:00 – 11:30 am	Free	MSC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>HASFIT</b> Gentle Exercise &amp; Yoga</p> <p><b>HASFit Gentle Exercise,</b> Every day, 9:00</p>	<p><b>1</b></p> <p><b>10:00 WI Film Fest Info &amp; Trailer Reel</b> 10:00 Gentle Yoga <b>10:00 Let's CONNECT</b> 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>A Real Pain</i></p> <p><b>Election Day: MSC is a polling site, but is open as usual</b></p>	<p><b>2</b></p> <p>10:00 Watercolor Painting <b>11:00 LBDM</b> 1:00 PLATO – Writing Life Stories 1:00 Chimera 1:30 Spanish Conv <b>V</b></p>	<p><b>3</b></p> <p>10:00 Writing Your Life 10:15 BINGO <b>1:00 Android Phones</b> 1:30 PLATO – Play's The Thing</p>	<p><b>4</b></p> <p>9:30 Movement for Every Body 9:30 BB4B <b>V</b> 10:00 BB4B - MPL <b>10:00 1st Friday Music Hour</b> 10:00 PLATO - Shakespeare</p> <p><b>Spirit Day: Carrot Day</b></p>
<p><b>7</b></p> <p>9:00 Bridge Belles 9:30 Learn to Fall Safely <b>10:15 Open Mic Poetry Reading</b></p>	<p><b>8</b></p> <p>10:00 Gentle Yoga 10:00 Let's CONNECT 12:30 Movie: <i>Jules</i></p>	<p><b>9</b></p> <p>10:00 Watercolor Painting 11:00 LBDM 11:00 Exploring Poetry 1:00 PLATO – Writing Life Stories 1:00 Chimera 1:30 Spanish Conv <b>V</b></p>	<p><b>10</b></p> <p><b>9:00 Footcare Clinic</b> 10:15 BINGO 10:00 Writing Your Life 1:30 PLATO – Play's The Thing 2:00 Gay, Gray &amp; Beyond</p>	<p><b>11</b></p> <p>9:30 BB4B <b>V</b> 10:00 BB4B – MPL <b>10:00 Imperative Stitches</b> 10:00 PLATO – Shakespeare</p> <p><b>Spirit Day: Erase Self-Negativity Day</b></p>
<p><b>14</b></p> <p>9:00 Bridge Belles 9:30 Learn to Fall Safely</p> <p><b>*ePantry Ordering Day</b></p>	<p><b>15</b></p> <p>10:00 Gentle Yoga 10:00 Let's CONNECT 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>Gladiator II</i></p>	<p><b>16</b></p> <p><b>9:00 Vaccination Clinic</b> 10:00 Watercolor Painting 11:00 LBDM <b>1:00 Adaptive Clothing</b> 1:30 Spanish Conv <b>V</b></p>	<p><b>17</b></p> <p><b>9:00 ePantry Pick-Up</b> 10:00 Writing Your Life 10:15 BINGO <b>12:00 3rd Thursday Entertainment: Dapper Whimsy</b> <b>1:00 iPhone Basics</b> 1:30 PLATO – Play's The Thing</p>	<p><b>18</b></p> <p>9:30 Movement for Every Body 9:30 BB4B <b>V</b> 10:00 BB4B – MPL 10:00 Imperative Stitches 10:00 PLATO – Shakespeare <b>10:30 Book Club</b></p> <p><b>Spirit Day: Exercise Day</b></p>
<p><b>21</b></p> <p>9:00 Bridge Belles 9:30 Learn to Fall Safely</p>	<p><b>22</b></p> <p>10:00 Gentle Yoga 10:00 Let's CONNECT 12:30 Movie: <i>Goldfinger</i></p>	<p><b>23</b></p> <p>10:00 Watercolor Painting 11:00 LBDM 1:30 Spanish Conv <b>V</b></p>	<p><b>24</b></p> <p>10:15 BINGO <b>1:00 Downsizing Game Plan</b> 1:30 PLATO - Play's The Thing 2:00 pm Gay, Gray &amp; Beyond</p>	<p><b>25</b></p> <p>9:30 BB4B <b>V</b> 10:00 BB4B – MPL 10:00 Imperative Stitches 10:00 PLATO – Shakespeare 10:30 Book Club</p> <p><b>Spirit Day: Earth Day</b></p>
<p><b>28</b></p> <p>9:00 Bridge Belles 9:30 Learn to Fall Safely <b>11:00 Rosen Method Movement</b></p>	<p><b>29</b></p> <p>10:00 Gentle Yoga 10:00 Let's CONNECT 12:30 Movie: <i>Wicked</i></p>	<p><b>30</b></p> <p>10:00 Watercolor Painting 11:00 LBDM 1:30 Spanish Conv <b>V</b></p>	<p><b>Arab American Heritage Month:</b> Check out our Book Table with books celebrating the contributions and history of Arab Americans throughout the month!</p>	

# MOVIES

## Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm.

**APRIL 1ST**

### **A REAL PAIN (2024)**

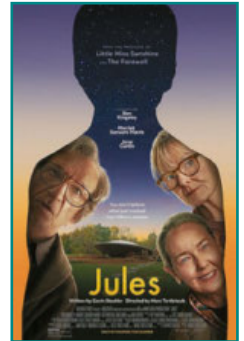
Mismatched cousins reunite for a tour through Poland to honor their beloved grandmother, but their adventures take a dark turn when the odd couple's old tensions resurface against the backdrop of their family history. *Stars: Kieran Culkin, Jesse Eisenberg, and Olha Bosova. Comedy, Drama. 1 hour 30 minutes. Rated R.*



**APRIL 8TH**

### **JULES (2023)**

Milton lives a quiet life of routine in a small western Pennsylvania town, but finds his day upended when a UFO and its extra-terrestrial passenger crash land in his backyard. Things become even more complicated when two neighbors discover his secret and the government closes in. *Stars: Ben Kingsley, Harriet Sansom Harris and Jane Curtin. Comedy, Drama, Sci-Fi. 1 hour 27 minutes. Rated PG-13.*



**APRIL 15TH**

### **GLADIATOR II (2024)**

Rome, circa 209 A.D. The Roman Empire is now ruled by tyrannical emperors. As tensions mount, an enslaved Numidian leader arrives in the city as a gladiator, putting allegiances to the test. No one knows who he is, but with sinister schemes threatening the Republic, can this humble defender restore Rome to its former glory? *Stars: Paul Mescal, Denzel Washington, and Pedro Pascal. Action, Adventure, Epic, Drama. 2 hours 28 minutes. Rated R*



**APRIL 22ND**

### **GOLDFINGER (1964)**

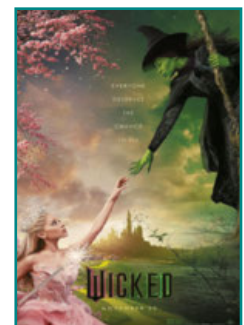
British secret agent James Bond is tasked by the Bank of England and Mi6 to investigate gold magnate Auric Goldfinger. At first, nothing seems all too special about the gold obsessed tycoon, but after Bond gains knowledge of a secret scheme involving Goldfinger; codename "Operation Grand Slam", he realizes that the fate of the entire western economy may be at stake. *Stars: Sean Connery, Gert Fröbe, and Honor Blackman. Spy, Action, Adventure, Thriller. 1 hour 50 minutes. Rated R.*



**APRIL 29TH**

### **WICKED (2024)**

Elphaba, a misunderstood young woman because of her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads. A series of events ultimately shape their destinies. *Stars: Cynthia Erivo, Ariana Grande, and Jeff Goldblum. Fantasy, Musical, Romance. 2 hours 40 minutes. Rated PG.*



# 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 offering social opportunities. Call (608) 255-8582 for more information or email [info@lgbtoutreach.org](mailto:info@lgbtoutreach.org); you can also check out our website, [lgbtq50plusalliance.org](http://lgbtq50plusalliance.org)

## SAGECollab Partner

What is SAGE? It is a nationwide non-profit agency that advocates for LGBTQ+ elders through activism, resource centers, cultural competency training, and much more. **SAGECollab** partners serve or advocate with older LGBTQ+ elders at the local level.

## LGBTQ 50+ Alliance Steering Committee

Lynn Currie	OutReach Staff
Laura Hunt	MSC Staff
Karen Kane	Co-Chair, Volunteer
Shelley Hansen-Blake	Co-Chair, Volunteer
Graham Smith	Volunteer
Mimi Millen	Volunteer
Mary Beth Wilk	Volunteer

## Advance Planning

### APRIL, DATE AND LOCATION TBD


Learn about representative payee, supportive decision making, guardianship, and living wills for the queer community. Our presenter is a MSW candidate with lived experience. Call Lynn at 608-255-8582 for more information.

## Chimera

### WEDNESDAYS, MARCH 19 – APRIL 9, 1 – 2:30 PM, MADISON SENIOR CENTER

Chimera (ky-MEER-ah) is a fun, inclusive, trauma-informed Empowerment Self-Defense program. You'll learn to navigate your life and safety the way YOU want through:

- » Simple, easy-to-remember techniques
- » Recognizing violence before it begins
- » Non-violent defenses and grab escapes
- » Boundary-setting & assertive communication with strangers, friends, and partners
- » Learning with and building a supportive community

Chimera teaches effective responses to violence, both verbal and physical. Register by calling (608) 266-6581. All genders welcome. 

## CQ, CQ, CQ

### 1ST & 3RD THURSDAYS, 1 - 3 PM, OUTREACH, 2701 INTERNATIONAL LN

"Exploring Spirituality" is now "CQ" (curious queers) - same people, time, and place, but expanded topics. Members decide topics and provide presentations. Visits to other LGBTQ Groups, free community concerts, museums, nature walks, etc. are encouraged. *Intergenerational Appeal: Older generations can share the accomplishments they have made, and younger generations can help them learn what still needs to be done.*

## Gay, Gray & Beyond

### 2ND & 4TH THURSDAYS, 2 - 4 PM, MSC

GG&B is a discussion group for those fortunate enough to have arrived; that is, for those who know the obstacles, but also recognize the 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.

## Radical Love: LGBTQ+ Inclusion Theology Series

### SUNDAY, APRIL 27, 11:30 AM – 1:30 PM, GRACE CHURCH VILAS HALL, 116 W WASHINGTON

Session 3: The Beauty of Gender Expression  
Presented by Pastor Dina Nina Martinez-Rutherford, Light of Love Fellowship, Madison Common Council member, stand-up comedian, and civic leader. For information and registration, email [inclusiontheology@gmail.com](mailto:inclusiontheology@gmail.com) 

# AGING WITH PURPOSE: EMPOWERING BLACK OLDER ADULTS

## Calming Computer Jitters

3RD WEDNESDAYS, 12 - 2 PM  
MT ZION BAPTIST CHURCH, 2019 FISHER ST

Registration: call (608) 264-3468

## Cancer Education Group

2ND SUNDAYS, *Virtual*  
Information: call (608) 915-0100



## Chair Yoga & Gentle Movement for Older Adults

MONDAYS, APRIL 7, 14, & 28, 10:30 – 11:15 AM  
LAKEVIEW LIBRARY, 2845 SHERMAN AVE

Registration: call 608-246-4547

## Emma's Sewing Project

TUESDAYS, APRIL 1 – MAY 20, 1 – 3 PM  
ART LIT LAB, 111 S LIVINGSTON ST

Registration: call 608-512-0000 Ext 2007 or 608-512-0000 Ext 3002

## Fitness & Wellness with Johnny Winston and NewBridge

1ST & 3RD MONDAYS, 1:30 – 2:30 PM  
WARNER PARK COMMUNITY CENTER, 1625 NORTHPORT DR

Registration: call (608) 512-0000 Ext 2007

## Forever Fit ZUMBA

2ND & 4TH MONDAYS, 1 – 2 PM  
WARNER PARK COMMUNITY CENTER, 1625 NORTHPORT DR

Registration: call 608-512-0000 Ext 2007

## Get Movin' in Motion - FREE!

TUESDAYS & THURSDAYS, 1 - 2 PM  
UW SOUTH MADISON PARTNERSHIP, 2238 S PARK ST

Registration: call (608) 265-4790

## Let's Bowl at Schwoegler's with NewBridge!

FRIDAY, MARCH 28, 11:30 AM – 1:30 PM  
SCHWOEGLER'S BOWLING ALLEY, 444 GRAND CANYON DR

Registration: call (608) 512-0000 Ext 2007

## Mad-Town Walkers

WEDNESDAY, APRIL 30, 1 – 2 PM  
WEST TOWNE MALL, 66 WEST TOWNE MALL

Registration: call 608-512-0000 Ext 2007

## Meadowood Health Partnership Community Supper

WEDNESDAY, APRIL 16, 5 – 7 PM  
GOOD SHEPHERD CHURCH, 5701 RAYMOND RD

Contact Sheray Wallace: 608-622-2355

## Mental Health Clinic

TUESDAYS & WEDNESDAYS, 10 AM – 2 PM  
2206 UNIVERSITY AVE

Walk-ins are welcome.

## Movies at Marcus with NewBridge!

FRIDAY, APRIL 4, TIME TBD  
MARCUS POINT CINEMA, 7825 BIG SKY DR

Registration: call (608) 512-0000 Ext 2007

## Rebalanced-Life Wellness Association

MEN'S HEALTH & EDUCATION CENTER

To request an appointment: <https://rebalanced-life.org/appointment-request>

## Tech Masters: Getting Comfortable with Computers

WEDNESDAY, APRIL 2, 1 – 3 PM  
MADISON LABOR TEMPLE, 1602 S PARK ST

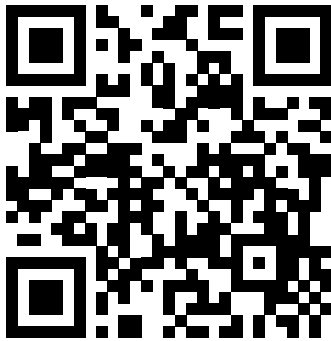
Registration: call 608-512-0000 Ext 2007



# PROGRAMAS EN ESPAÑOL PARA ADULTOS MAYORES

## ¡Bienvenidos a Literacy Network!

Las inscripciones para las clases de inglés y ciudadanía empiezan el 14 de Enero. Las registraciones seran en nuestro edificio localizado en el 701 Dane St, Madison, WI. Inscribise para una de nuestras secciones de registró! Usa este enlace o el código QR para empezar: <https://tinyurl.com/RegSpring2025>. Para más información, llame al (608) 244-3911.



## Bingo Bilingüe

**PRIMER VIERNES, 4 DE ABRIL, 10:15 AM**  
**WARNER PARK, 1625 NORTHPORT DR**  
Habrá Transportación limitada. Favor registrarse

**TERCER JUEVES, 17 DE ABRIL, 11:00 AM**  
**MEADOWWOOD NEIGHBORHOOD CENTER,**  
**5740 RAYMOND RD**  
Habrá Transportación limitada. Favor registrarse

## La Cafeteria De La Memoria

**TODOS LOS JUEVES, ZOOM/VIRTUAL, 2 - 3 PM**  
**CENTRO DE RECURSOS PARA EL**  
**ENVEJECIMINETO Y LA DISPACIDAD DEL**  
**CONDADO DE DANE (AGING AND DISABILITY**  
**RESOURCE CENTER OF DANE COUNTY)**

Para registrarse, llame al 608-512-0000 y marque '2' si habla español. Deje un mensaje y alguien se pondrá en contacto con usted con detalles adicionales.

## Charlas Semanales

**TODOS LOS MIÉRCOLES, FACEBOOK LIVE**  
**ROOTS4CHANGE, 10 – 11:30 AM**  
**RAÍCES PARA EL CAMBIO**

Únase a nosotros y a nuestros invitados especiales para nuestras charlas semanales. Para encontrar los temas más actualizados, consulte nuestra página de Facebook Live Roots4Change o póngase en contacto con nosotros 904-385-8151 o [soporte@rootsforchange.coop](mailto:soporte@rootsforchange.coop)

## Corte y Confección

**TODOS LOS MIÉRCOLES, 10 AM – 12 PM**  
**ARTS + LIT LAB, 111 S LIVINGSTON ST**

Aprenda cómo manejar las máquinas de coser, las puntadas básicas o si prefiere algo más avanzado, Alicia tiene la experiencia y el conocimiento como empresaria y profesora universitaria de diseño y alta costura. Limitado número de participantes y transportación. *Favor llamar para registrarse 608-800-1316.*

## Yoga Suave

**SABADO 9 AM EN WISCONSIN TIME Y 8 AM EN EL**  
**SALVADOR | ZOOM**

Hatha yoga de pie, sentado, y acostado en un tapete o colchoneta, para aliviar el estrés, fortalecer el sistema inmunológico, y aumentar el bienestar.



Meeting ID: 830 1463 8156.  
Contraseña "greenroot" / Passcode "greenroot"

# VOLUNTEER OPPORTUNITIES

## Volunteers Needed!

Volunteers are the heart of the Madison Senior Center. **APPLY TO VOLUNTEER:**

<https://www.cityofmadison.com/senior-center/volunteer/apply-to-volunteer>



1. **Craft With Kids Participant:** Join our intergenerational craft meetup on the 4<sup>th</sup> Wednesday of each month. Kids from St. Joseph's Preschool will come to the Senior Center to work on a craft with older adults.
2. **Group or Class Leader:** Tell us what kind of group or class you would like to lead- Tai Chi, a book club, discussion group, arts & crafts, music- you name it!
3. **Technology Assistance:** Assist members with basic technology questions in using their smart phone or laptop, and also help in completing tasks in our computer lab.
4. **Service Provider:** Many of our older adults need hygiene and care services. If you have a licensed service you'd like to provide, we'd love to hear from you.
5. **Front Desk/Reception:** Greet people at the front entrance, answer and route telephone calls, provide general information (and conversation!).
6. **Volunteer Group Opportunities –**
  - **Client Focused:** This is a great opportunity for your group to interact and socialize with our members, or help with decorating, wrapping presents, etc.
  - **Facility Focused:** Please reach out to us directly to hear what we have on deck.

## April Volunteer Spotlight: Charlie

Charlie entertains Madison Senior Center members with his beautiful piano playing on Tuesdays. He has been volunteering with us since Fall 2023. His catalog is an ever-changing mix of classic rock, show tunes, jazz, and modern pop – he likes to mix it up to give everyone a little something they might relate to. He says, “It’s been an incredibly rewarding experience. I love when people stop by the piano to chat and it’s even more fun when they request songs! Trying to play new pieces on the spot is always a fun challenge. I’ve been playing piano for over 20 years, starting with classical music before branching into jazz and other genres during high school and college.” When he’s not at MSC, he is usually immersed in research, as he is pursuing a PhD in Economics and Finance. Outside of work, he enjoys distance running, playing chess, and exploring Madison’s parks and trails. Stop by the piano to say hello and thank Charlie, and to request your favorite tune!



# COMMUNITY RESOURCES

The following is a list of organizations that serve older adults in Madison. These are the agencies receiving funding from the City of Madison Community Development Division. The Madison Senior Center looks forward to deepening our partnership with these agencies.

## **African Center for Community Development**

**2238 S PARK ST**

(608) 294-0066

## **Bayview Foundation**

**103 LA MARIPOSA LN**

(608)256-7808

## **Bridge Lake Point Waunona Neighborhood Center**

**1917 LAKE POINT DR**

(608) 441-6991

## **FOSTER of Dane County**

**700 RAYOVAC DR**

(608) 628-7708

## **Freedom, Inc.**

**2110 LUANN LN**

(608) 716-7324

## **Goodman Community Center**

**214 WAUBESA ST**

(608) 241-1574

## **IP Ministries**

**1102 ENGELHART DR**

(608) 347-7999

## **Lussier Community Education Center**

**55 S GAMMON RD**

(608) 833-4979

## **Neighborhood House Community Center**

**29 S MILLS ST**

(608) 255-5337

## **OutReach, Inc.**

**2701 INTERNATIONAL LN**

(608) 255-8582

## **RSVP of Dane County**

**6501 WATTS RD**

(608) 238-7787

## **Southeast Asian Healing Center, Inc.**

**2814 SYENE RD**

(608) 405-5889

## **The Hmong Institute**

**4402 FEMRITE DR**

(608) 692-8918

## **Urban Triage**

**2312 S PARK ST**

**(608) 299-4128**

## **NewBridge**

### **NUTRITION SITE**

NewBridge Madison operates the Senior Nutrition Site at our Center. Monday-Friday, at 11:30 am, adults age 60+ can enjoy a hot, nutritious meal. If you are age 60 and older, the suggested minimum donation is \$5.00. If you are under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost \$13.56. Meal and transportation reservations are required. Reservations & cancelations are due by Noon, two business days in advance. Contact **(608) 512-0000, Ext. 4006**. Menus and additional information are available.

### **CASE MANAGEMENT – EXPANDED HOURS!**

NewBridge case managers will now have expanded drop-in hours at the Madison Senior Center on the first and third Tuesday of the month from 10:30 am - 12:30 pm.

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](http://oakparkplace.com/madison)



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**Nick Palasini**

[npalasini@lpicommunities.com](mailto:npalasini@lpicommunities.com)

(800) 950-9952 x2162

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# EPANTRY

## ePantry: Food Pantry Online Ordering System with Pick-up at MSC

The Madison Senior Center is 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. Orders may be placed as early as the Friday before pick-up day. If you need assistance placing your order, staff will be available on the Monday morning of our pick-up week. Our pick-up day is the 3RD THURSDAY of each month. **Orders can be picked up 9 - 11:30 am.**

*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.

Thank you to our volunteers for getting the groceries from the River Food Pantry to the Senior Center.

FOOD ORDER DATE WITH ASSISTANCE	FOOD PICK UP DATE
Monday, April 14	Thursday, April 17
Monday, May 12	Thursday, May 15
Monday, June 16	Friday, June 20 (MSC closed June 19)

# NEWS

## Wisconsin Aging Advocacy Day 2025 – Registration is open!

**TUESDAY, MAY 13, 10 AM – 3 PM (REGISTRATION AND CHECK-IN BEGINS AT 9 AM)**

**BEST WESTERN PREMIER PARK HOTEL, 22 S CARROLL ST**

Are you interested in issues affecting older adults and caregivers? Would you like to tell your legislator what aging/caregiver services mean/have meant to you, your family, or those you serve? If you answered yes, please join members of the Wisconsin Aging Advocacy Network (WAAN), aging network professionals, older adults, and family caregivers on Tuesday, May 13 to “tell your story” and help educate state legislators about issues impacting Wisconsin’s aging population.



Citizens from around the state will gather in Madison on Tuesday, May 13 for training, to meet with other constituents from your Senate and Assembly district, and for office visits with your legislators. No experience is necessary; you’ll get the training and support you need before meeting with state lawmakers. Following the training, join others from your state Senate and Assembly district to provide information and share personal stories with your legislators to help them understand how specific policy issues and proposals impact you, your family, and older constituents.

**REGISTER BY APRIL 25 BY SCANNING THE QR CODE:**



# april fools' day

## word search



APRIL	PRANKS	LAUGHTER	TRICKS
JOKES	SPRING	GAMES	SILLY
FOOL	HOLIDAY	SURPRISE	PLAYFUL

# FOUNDATION

## What Does the MSC Foundation Do?

The Madison Senior Center Foundation, a 501 c 3 organization, pays for programs and activities, including a multitude of educational classes, wellness activities, and performances. Associated expenses include instructors, refreshments, volunteer recognition and advertising. The Foundation covers scholarships for any fee-based programs. If you are interested in learning more about the foundation, contact Thomas DeChant at [mscfoundation@gmail.com](mailto:mscfoundation@gmail.com)

### FOUNDATION BOARD OF DIRECTORS

Tom DeChant – President  
Sally Miley – Vice President  
Jan Cliff – Treasurer  
Mary Berryman-Agard – Member-at-Large  
Eve Galanter – Member-at-Large

### DONATIONS

◆ Jane Smith

### A special thanks to our Black History Month Festival Donors!

- » African Center for Community Development, Inc.
- » Alzheimer’s Disease Research Center, UW School of Medicine & Public Health
- » Bartender 608
- » Eve's Catering
- » Foundation of Black Women Wellness
- » Holisac Taste of Africa
- » Les délices de Awa
- » Melly Mell’s Soul Food
- » NewBridge
- » The Triangle Neighborhood Organization
- » Willy Street Co-op



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**PLEASE DONATE TODAY! MADISON SENIOR CENTER FOUNDATION, INC.**

Send to: **330 W. Mifflin Street, Madison, Wisconsin 53703**

Your personal donation provides programs, activities and services for adults over 55. Please make checks payable to: *Madison Senior Center Foundation, Inc.*

Donor Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Amount Enclosed \$ \_\_\_\_\_

In Honor of: \_\_\_\_\_  In Memory of: \_\_\_\_\_

In Appreciation of: \_\_\_\_\_  Other: \_\_\_\_\_

Send Acknowledgement to (Name and Address): \_\_\_\_\_

Your donation is tax deductible as allowed by law. Donations are publicly acknowledged. Please indicate if you wish to remain anonymous. For credit card gifts visit: [www.cityofmadison.com/senior-center/donate/donate-today](http://www.cityofmadison.com/senior-center/donate/donate-today).

Madison Senior Center  
Foundation, Inc.

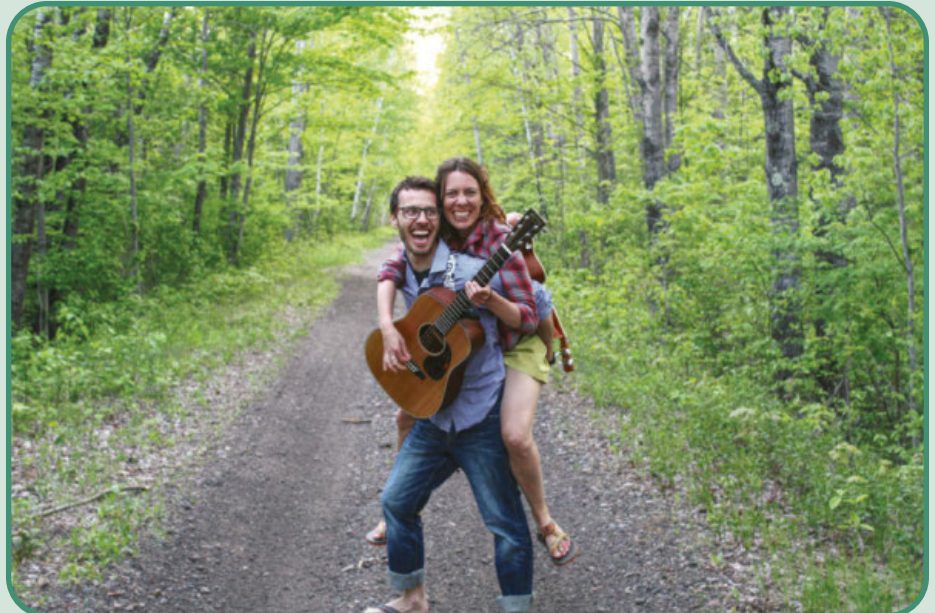
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## THIRD THURSDAY ENTERTAINMENT: DAPPER WHIMSY

**THURSDAY, APRIL 17,  
12 – 2 PM**  
on the stage in the  
Senior Center lounge.  
Join us for some live  
musical entertainment!  
More details on page 5.



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