

THE Messenger

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AUGUST, 2022

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Relevant, Inclusive, Enlightened

Madison Senior Center

330 W. Mifflin Street

Madison, Wisconsin 53703

(608) 266-6581

cityofmadison.com/senior-center



“You Oughta Be in Pictures!”

September is National Senior Center Month and we want to celebrate it with special activities all month long. You can help us by bringing in a photograph of yourself, with or without other people, for our photo story board. Please include a note telling us what your favorite thing to do is when you are at the Madison Senior Center. If you want to participate but can't get here this month, email the picture and your note to lhunt@cityofmadison.com. Please write your name on the photo and note. It will be for staff use only. We will not post your name. *Pictures due by August 23, 2022.*



New Lights

We are getting new LED lights throughout the building. Work areas may be a little messy. Please be patient with any inconveniences. When it is done our building will be brighter and more energy efficient.

NewBridge Medical Grant



Are you in need of emergency health supplies, and struggling with a way to pay for them? Newbridge has a small amount of money provided by the MSC Foundation to assist with these needs. Examples of what we might fund are blood pressure cuffs, a mattress or a cane. Funds are limited and will be distributed on a first come first serve basis. See a staff person if you think that you might qualify.

Senior Center Summer Picnic

FRIDAY, SEPTEMBER 16 FROM 4-6 PM



Celebrate the summer with your friends at the Madison Senior Center! We will serve delicious food and have live entertainment. This is an excellent opportunity to enjoy one of the last days of summer and have a lot of fun. The picnic will be in the courtyard, weather permitting. Fee \$5. RSVP required. *R*

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:
[facebook.com/MadisonWISeniorCenter](https://www.facebook.com/MadisonWISeniorCenter)



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 think you may have been exposed to COVID wear a mask, and get tested.
- ♣ Masks are welcome and encouraged (but not required).
- ♣ If you appear sick or are excessively coughing, you may be asked to leave the building.

TAKE PREVENTATIVE ACTIONS:

- ♣ Wash hands often with soap and water for at least 20 seconds.
- ♣ Take advantage of hand sanitizer station located in the building.
- ♣ Use a tissue to cover a cough or sneeze, dispose of tissue, and wash hands.
- ♣ Social distance when possible.

IF YOU TEST POSITIVE FOR COVID-19...

Please notify the Madison Senior Center, and tell us what days that you may have been here and been contagious. Follow CDC guidelines for isolation and wearing a mask.

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.

Exploring Poetry

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

This program is for anyone who enjoys poetry. There will be opportunities to read, recite and write. 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. Exploring Poetry is led by Mark Kraushaar. *R*

Death Cafe

MONDAY, AUGUST 22, 1:30-3:30 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. Please register. *R*

Compassionate Communication

MONDAYS, SEPT 12 – OCT 31, 1-3 PM

Meets at the Goodman Community Center
Compassionate Communication offers tools for reaching across differences, resolving conflicts, reducing criticism and misunderstandings and increasing respect and hope. In this series, we explore strategies for daily living that are more likely to meet everyone's needs, and increase trust even when cannot meet everyone's needs in the moment. Each week, we will have a brief teaching on strategy or topic, followed by practice time, and discuss questions that come up. Our presenter, Jennifer Warnick, is a Certified Trainer with the International Center for Nonviolent Communication (CNVC) and a trainer with the NVC Educators Institute. Call Laura at (608) 267-8650 for information or questions. *R*

Voices of Color

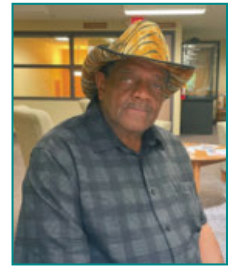
THURSDAY, AUGUST 18, 10-11 AM

VIRTUAL

A monthly series that gives you the opportunity to have engaging conversations with community leaders who are People of Color. Listen to their stories that speak to cultural differences, learn more about Madison's history from a different perspective, ask questions and have an experience. *R*

In August, we will talk with Charles Fowlkes, who is a native Detroiter, who moved to Madison 16 years ago. Charles has overcome a number of barriers and challenges in his life, but one of the most difficult was addiction. He published a book this year about the experience of overcoming addiction, **Closed For**

Repairs: Recovery Is A Process ...Proceed With Caution – Butt Naked Honesty. Join us to hear his story first hand.



Writing Your Life

THURSDAYS, SEPT 15 – OCT 20, 10-11:30 AM

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

Non-Traditional Doll Making & Fabric Art

WEDNESDAYS, 1-4 PM

Express yourself using simple sewing techniques. Local artist, Wendy Fern Hutton, guides you through the process of creating something that speaks to your soul—an animal, a medicine doll or maybe a spirit guide. Use fabrics, beads, feathers, ribbons, or anything else you can think of. *R*



Summer Fun



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RELAX

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SUNSHINE
SWIMMING
SWIMSUITS
VACATION



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 Madison Senior Center. If you do not have a computer we can lend you a tablet for FREE. Tablets2Go is available to you if you are an adult age 55+ who belongs to the Madison 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.



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.

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.

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.

Ice Cream Social

SUNDAY, AUGUST 7, 1-3 PM AT MSC

Join us for a fun, social gathering, with live entertainment by the Medicare Mamas and Chocolate Shoppe ice cream.



Outreach Senior Advocate

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



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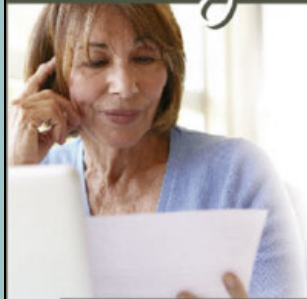
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Madison Senior Center, Madison, WI

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
America's Mental Health Crisis: Don Ardell	Thursday, August 11	10:00 - 11:00 am	Free	MSC
Ballroom Basics for Balance	Thursdays, June 2 – Aug 4	9:30 - 10:45 am	Free	Yahara Park
Blood Pressure Screening	E/O Tuesday	11:00 am - 12:00 pm	Free	MSC
Cardio Dancing	Fridays	1:00 - 1:45 pm	Free	MSC
Coffeehouse Sing-a-long	1st & 3rd Wednesdays	10:00 - 11:00 am	Free	MSC
Computer Lab	Monday – Friday	8:30 am - 4:00 pm	Free	MSC
Death Cafe	Monday, August 22	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, August 8 % 22	1:00 - 2:00 pm	Free	MSC
Exploring Poetry	2nd & 4th Wednesdays	11:00 am - 12:30 pm	Free	NSC
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	Free	MSC
Haircuts	4th Tuesday	10:00 - Noon Appt. Needed	Free	MSC
Ice Cream Social - LGBTQ 50+	Sunday, August 7	1:00 - 3:00 pm	Free	MSC
Ice Cream Social - Segoe	Thursday, August 4	1:00 - 2:00 pm	Free	Segoe Terrace
Movies	Tuesdays	12:30 - 2:30 pm	Free	MSC
Non-Traditional Doll Making	Wednesdays	1:00 - 4:00 pm	Fee: Supplies	MSC
Seasonal Allergies	Monday, August 8	10:00 - 11:00 am	Free	MSC
Spanish Conversation	1st Wednesday in Person Other Wednesdays Virtual	1:30 - 3:00 pm	Free	MSC/Virtual
Humana Program Espanol	4th Friday	10:00 - 11:30 am	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

Program Information

- ♣ Programs with purple text are presented in Spanish for Spanish speakers.
- ♣ Advance registration is always appreciated and sometimes required.
- ♣ If there is a fee, it must be paid when you register.
- ♣ We always try to present accurate information. Schedules change and people get sick, but we will always try to notify any registered participants if there is a change.

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.

August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
1 9:00 Gentle Exercise	2 10:00 Gentle Yoga 12:30 Movie - "No Time to Die"	3 9:00 Gentle Exercise 10:00 Sing-a-long 12:00 Science & Religion 1:00 Non-Trad. Doll Making 1:30 Spanish Conversation	4 9:00 Gentle Exercise 9:30 BB4B-Next Steps 1:30 Segoe Terrace Ice Cream Social	5 9:00 Gentle Exercise 1:00 Cardio Dancing	6/7  Sunday 1:00 LGBTQ 50+ Ice Cream Social
8 9:00 Gentle Exercise 10:00 Seasonal Allergies 1:00 Euchre	9 10:00 Gentle Yoga 11:00 Blood Pressure 12:30 Movie - "Dog" *No Lunch Served* ELECTION DAY	10 9:00 Gentle Exercise 11:00 Exploring Poetry 12:00 Science & Religion 1:00 Non-Trad. Doll Making 1:30 Spanish Conversation - Virtual	11 9:00 Gentle Exercise 10:00 Don Ardell 2:00 Gay, Gray & Beyond	12 9:00 Gentle Exercise 1:00 Cardio Dancing	13/14  Saturday National Bowling Day
15 9:00 Gentle Exercise	16 10:00 Gentle Yoga 12:30 Movie - "Doctor Strange in the Multiverse of Madness" *eFood Pantry Orders due	17 9:00 Gentle Exercise 10:00 Sing-a-long 12:00 Science & Religion 1:00 Non-Trad. Doll Making 1:30 Spanish Conversation - Virtual	18 9:00 Gentle Exercise 10:00 Voices of Color - Virtual 10:00 eFood Pantry Pick-Up	19 9:00 Gentle Exercise 1:00 Cardio Dancing	20/21  Sunday 1:00-6:00 Pride Fest
22 9:00 Gentle Exercise 1:00 Euchre 1:30 Death Café	23 10:00 Gentle Yoga 10:00 Haircuts 11:00 Blood Pressure 12:30 Movie - "The Lost City"	24 9:00 Gentle Exercise 11:00 Exploring Poetry 12:00 Science & Religion 1:00 Non-Trad. Doll Making 1:30 Spanish Conversation - Virtual	25 9:00 Gentle Exercise 2:00 Gay, Gray & Beyond	26 9:00 Gentle Exercise 10:00 Humana Español 1:00 Cardio Dancing	27/28 Sunday National Red Wine Day 
29 9:00 Gentle Exercise	30 10:00 Gentle Yoga 12:30 Movie - "The Man From Toronto"	31 9:00 Gentle Exercise 1:00 Non-Trad. Doll Making 1:30 Spanish Conversation - Virtual			

GROUPS & CLUBS

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

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. Meets in person on the first Wednesday of the month and virtually on the remaining Wednesdays. To register email, seniorcenter@cityofmadison.com. Once you register, you will be sent the Zoom link. All levels welcome. *R*



Euchre

AUGUST 8 & 22, 1-2 PM

Euchre is a fun card game that moves along quickly. Every other Monday join us at the MSC 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. You can fire up the Wii anytime the TV is available.

Mah Jong

If you are interested in playing (or learning to play) Mahjong, call (608) 266-6581 or email seniorcenter@cityofmadison.com. We are forming a group to play in the fall. *R*

Coffeehouse Sing-a-long

1ST & 3RD WEDNESDAYS, 10-11 AM

Clear your throats . . . join us for this series event that offers singing, fellowship, and fun! Would you like to sing some folk or traditional songs with your neighbors on a casual basis? Come one, come all, and let's revive the coffeehouse folk music experience! The menu is folk songs from the American tradition, but we can add and expand as the group wishes.



© Clark

COMMUNITY

eFood: Food Pantry Online Ordering System

ORDER AUGUST 16

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.

Segoe Terrace Ice Cream Social & BINGO

THURSDAY, AUGUST 4, 1:30-3 PM

The MSC wants to meet older adults, and offer programs to them throughout the City. If you are an older adult who would like to learn more about the MSC, call (608) 266-6581 or email seniorcenter@cityofmadison.com.



Program support provided by:





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LET'S GET STARTED!

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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.

No Time to Die (2021)

AUGUST 2

James Bond has left active service and is enjoying life in Jamaica. The peace is short-lived when his old friend Felix Leiter from the CIA turns up asking for help. The mission to rescue a kidnapped scientist turns out to be far more treacherous than expected, leading Bond onto the trail of a mysterious villain armed with dangerous new technology. *Action, Thriller, Suspense, Adventure, Drama. Stars Daniel Craig, Rami Malek and Lea Seydoux. 2 hours and 43 minutes. Rated PG-13*



Dog (2022)

AUGUST 9

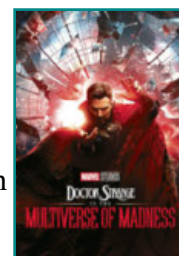
In this road-trip comedy, two hard-charging former Army Rangers paired against their will – Briggs and a Belgian named Lulu – race down the Pacific Coast in hopes of making it to a fellow soldier’s funeral on time. Along the way, they will drive each other completely crazy, confront the possibility that pet psychics are real, and begin to reckon with the one thing they were trained never to do: surrender. *Action, Drama. Stars Channing Tatum, Q’orianka Kilcher and Cayden Boyd. 1 hour and 41 minutes. Rated PG-13.*



Doctor Strange in the Multiverse of Madness (2022)

AUGUST 15

Doctor Strange teams up with a mysterious teenage girl from his dreams who can travel across multiverses, to battle multiple threats, including other-universe versions of himself, which threaten to wipe out millions across the multiverse. They seek help from Wanda the Scarlet Witch, Wong and others. *Action, Adventure, Fantasy. Stars Benedict Cumberbatch, Elizabeth Olsen, and Chiwetel Ejiofor. 2 hours and 6 minutes. Rated PG-13.*



The Lost City (2022)

AUGUST 23

A reclusive romance novelist on a book tour with her cover model gets swept up in a kidnapping attempt that lands them both in a cutthroat jungle adventure. *Action, Adventure, Comedy. Stars Sandra Bullock, Channing Tatum, Daniel Radcliffe. 1 hour and 52 minutes. Rated PG-13.*



The Man From Toronto (2022)

AUGUST 30

The world’s deadliest assassin and New York’s biggest screw-up are mistaken for each other at an Airbnb. *Action, Adventure, Comedy. Stars Kevin Hart, Woody Harrelson and Jasmine Mathews. 1 hour and 50 minutes. 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

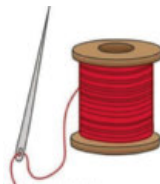
Great Courses at the Senior Center are facilitated by volunteer instructors who break down lectures by professors into lessons that consist of videos, handouts, and enlightening discussion. Turn your love of learning into a great volunteer experience.

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 grassroots program will rely on input from the facilitator.

SEWING AND MENDING

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 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.



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 second 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 & SPECIAL EVENT 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 neighborhoods. Assist with preparing promotional material perform necessary tasks to make sure the event goes as smoothly as possible. This may include contacting potential vendors, speakers or presenters, and assisting in set-up prior to the program's start.

Do You Like to Knit?

BECOME A KNITTING VOLUNTEER



Help us positively impact our community as a Group Projects & Homemaker volunteer! MSC is partnering with RSVP to get needed items such as hats, mittens, scarves and blankets out to the community. Contact Kate Seal at (608) 310-7280, or complete this online form. There are optional patterns and supplies available, but this truly is an opportunity to make what you love and how you love to make it, whenever you have time and desire. All skill levels welcome!


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

HEALTH & FITNESS

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

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). 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. 


Blood Pressure Screening

EVERY OTHER TUESDAYS, 11 AM - 12 PM,
AUGUST 9 & 23

Alex, a local EMT will be at the Senior Center every other Tuesday to do blood pressure checks. Get yours checked regularly and start to track it.

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.



Health & Resource Fair

TUESDAY, OCTOBER 11,
9-11:30 AM

Vendors from all over the county, health screenings, guest speakers and more!

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
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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
www.smpwi.org
 WisconsinSeniorMedicarePatrol



Preventing Medicare Fraud

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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. New classes starting in September. *R*



- ♣ Fall virtual class dates: September 16 - December 9 (no class on November 25) 12 weeks, \$78
- ♣ Fall in-person class dates: September 16 - December 9 (no class October 14, November 4 & 25), 10 weeks, \$65

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*



Meet Ricky, our classy custodian. You can always count on him to get the job done. This day he gave new meaning to the phrase "casual Friday."

August is National Immunization Awareness Month

National Immunization Awareness Month (NIAM) is an **annual observance held in August to highlight the importance of vaccination for people of all ages**. Communicate with your healthcare professionals, parents, and patients about immunization during August and throughout the year.

Everyone should get a flu vaccine every year before the end of October, if possible. Adults need a Td vaccine every ten years. Healthy adults 50 years and older should get shingles vaccine. Adults 65 years or older need one dose of pneumococcal conjugate vaccine followed by one dose of pneumococcal polysaccharide vaccine. Adults younger than 65 years who have certain health conditions like heart disease, diabetes, cancer, or HIV should also get one or both of these vaccines. Adults may need other vaccines based on health conditions, job, lifestyle, or travel habits.

Seasonal Allergies

MONDAY, AUGUST 8, 10-11 AM

Do you have seasonal allergies? Do you ever wonder why some people do and some people don't? Learn more about the body's response to allergens, and ways to cope with the symptoms. Presented by John Kreft of Humana. *R*

Madison Senior Center
Foundation, Inc.

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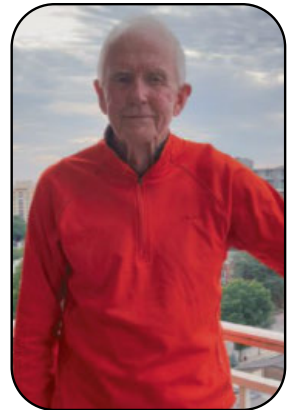
Freedom from Religion in 30 Days: A REAL Wellness Approach to Critical Thinking, Exuberance and Personal Freedoms

THURSDAY, AUGUST 11, 10-11 AM

Meet and talk to author Donald Ardell, Ph. D about his latest book **America's Mental Health Crisis: The Situation is Worse Than You Probably Realize.**

Ardell will touch on topics such as:

- » The nature of REAL wellness
- » Mental qualities and character qualities associated with a good, effective and examined life
- » Realities of early life indoctrination upon beliefs
- » The value of interactions with heterogeneous groups concerning existential questions
- » Your comfort level in discussing the meaning (s) of life, why you're here and what it's all about
- » The vital importance of skills associated with doubt, skepticism, critical thinking and play



Register Now! Limited space available.

About the speaker: Don is the author of a dozen books, including the landmark 1977 best-seller "High Level Wellness: An Alternative to Doctors, Drugs and Disease (Rodale, Bantam and Ten Speed Press publishers). His REAL Wellness Report is distributed worldwide; 841 editions have been produced. He and his wife Carol spend summers in Madison. *R*



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