

# THE Messenger

VOLUME 41, NUMBER 12

PROGRAMAS EN ESPAÑOL EN LA PAGINÁ 17.

DECEMBER, 2024

## Inside this Issue

For Your Information .....	2
Lifelong Learning .....	4
Technology & Finance .....	6
Health & Wellness .....	8
Groups & Clubs .....	10
Program & Activity List.....	12
Calendar .....	13
Movies .....	14
LGBTQ 50+ Alliance .....	15
Empowering Black Older Adults ...	16
Programas en Español .....	17
Volunteer Opportunities .....	18
Community Resources .....	19
ePantry .....	21
Puzzle .....	22
Foundation.....	23

**Relevant, Inclusive,  
Enlightened**

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



## Social Isolation and the Holidays

In 2023, U.S. Surgeon General Dr. Vivek Murthy called loneliness an epidemic in America, and said that loneliness should be taken as seriously as other public health issues like tobacco and substance addiction, as well as adverse co-morbidities like obesity.

The winter season can make it harder to get the connections we need. Even though we tend to see this season depicted in the warm glow of a fire, or twinkling lights dotting downtown streets; what is often left out of this is the fact that winter can be a uniquely challenging time for millions of people across the nation. Shorter days and snow-covered streets can make it harder to leave home, and holidays always come with their own unique stress for all of us. These seasonal challenges can end up making it difficult to keep up with the regular routines that keep us healthy and content in our daily lives. If any of that sounds familiar to you, it's important to acknowledge that you are not alone. Being aware of barriers to socialization can help you figure out how you can protect yourself from isolation this upcoming holiday season.

The best thing you can do for yourself to stay social during the holidays is to plan for it. Knowing what is going on near you can make a huge difference, as having something to look forward to on lonely days can keep us feeling connected to the larger world. The Madison Senior Center will be closed on December 24th and 25th but will offer regular programming for the rest of December. Whether it's learning a new skill, staying on top of your health, or warming up over a cup of coffee and a similar interest, the Madison Senior Center is here for you this holiday season. We are also happy to help you find other local events that fit your interests. Here are some other tips to help you have a joyful holiday season:

**Connect with your friends and family online:** If your family or friends don't live nearby, you can still schedule some time to see one another via video and chat. The Madison Senior Center has a Computer Lab if you don't have a means to connect otherwise.

*Continued on page 5*

# FOR YOUR INFORMATION

## Directory

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

Website .....madisonseniorcenter.org

### SENIOR CENTER STAFF

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

### Member of



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## 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.**

**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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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 welcomed and free. Ask 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)

## Coffee & Collage

FRIDAYS, 9:30 - 11 AM

Piece together a masterpiece while you chat and enjoy a coffee (or tea!) with other older adults, and when available, our UW Madison student volunteers. All supplies provided.

## Exploring Poetry

2ND WEDNESDAYS, 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 they can say precisely what needs to be said. Led by Mark Kraushaar. *R*

## First Friday Music Hour

FRIDAY, DECEMBER 6, 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!

## Holiday Lights Tour

TUESDAY, DECEMBER 3, 5 - 7:30 PM

Catch the holiday spirit as we tour Olin Park's Holiday Lights display! Vans leave from the Goodman Community Center and will stop at the Madison Senior Center on the way to Olin Park. Afterwards, we will return to Goodman to enjoy a holiday reception of cookies and hot chocolate. **Registration required by Tuesday, November 26.** Limited space available. \$5 donation recommended. Must be at the Madison Senior Center at 5 pm. Expect to return to the Senior Center around 7:30 pm. *R*

## Holiday Tree Decorating

MONDAY, DECEMBER 2, 10 - 11 AM

Join us at the Madison Senior Center for hot cocoa, tree decorating, and a bit of holiday spirit! Decorations will be provided by the Senior Center, and there is no need to pre-register.



## Holiday Wreath Making

WEDNESDAY, DECEMBER 4, 1 - 2 PM

A fun social hour making holiday wreaths that you can take home for yourself or use as gifts. Wreaths and decorating supplies and ribbon will be provided, but feel free to bring anything special that you want to use. Use our hot glue guns or bring your own. Register by Monday, December 2. *R*

## 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. Keep an eye out for future group field trips to some of these performances!

# LIFELONG LEARNING

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

## Sláinte Irish Dancers

FRIDAY, DECEMBER 6, 12 - 12:45 PM

Sláinte Irish Dancers is a University of Wisconsin–Madison sport club dedicated to providing college-aged Irish dancers with the opportunity to continue performing, as well as lessons for others interested in Irish culture. Their club works to foster Irish culture at the University and in the greater Madison area. Their show will begin in light shoes with traditional Ceili dancing and student choreography. They will then transition to “heavy” shoes, for more upbeat dances. Come learn about Irish dance's history and have some Friday fun!


## Watercolor Painting

WEDNESDAYS, 10 - 11 AM, NO SESSION  
DECEMBER 18 & 25

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.

## Writing Your Life

THURSDAYS, DECEMBER 15 & 2, 10 - 11:30 AM  
(FINAL SESSIONS OF 5-WEEK PROGRAM)

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 help you find the stories you want to tell and give you writing strategies that help you craft them into the stories that you want to share. Our writing workshops incorporate several different writing strategies. Each 90-minute session includes exploration of different strategies and opportunities to write and seek feedback, in a welcoming and enthusiastic community. Led by Mark Nepper. 

.....  
*Continued from page 1*

**Stick to a Schedule:** Carving out 30 minutes to an hour each day to catch up with peers, attend a class, or participate in a hobby can help lessen isolation and loneliness. One way that you can make sure to schedule out social interaction is by signing up for a class or program that meets weekly. Look through the Messenger to see if you find a good fit!

**Volunteer:** Incorporating volunteering into your weekly or monthly routine is a great way to increase your personal satisfaction while sharing your time, skills, and experience with other people. If you are interested in volunteering at the Madison Senior Center, fill out an application or contact our front desk for more information.

**Join a Club:** Joining a club that piques your interests can help you to create a routine and incorporate social interaction. Being a club member is a quick way to make new friends that you can interact with both during and outside of club meetings.



# TECHNOLOGY & FINANCE

## 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. 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.

**Printing:** We do not have a printer available for public use.

**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 Digital Literacy Workshop.

## EMAIL BASICS

**TUESDAY, DECEMBER 3, 10 - 11 am at the Madison Senior Center OR**

**THURSDAY, DECEMBER 5, 1 - 2 pm at Neighborhood House, 29 South Mills St.**

This in-person workshop is for those who are new to using email or want to build more confidence using email. The training will be using Gmail, one of the most common email platforms. You will create a Gmail account if you don't have one already. You will also learn how to perform basic email functions, such as sending, receiving, and replying to email. You will also learn how to recognize and deal with spam, organize and delete emails, and search for messages. *R*

## INTERNET BASICS

**TUESDAY, DECEMBER 10, 10 - 11 am at the Madison Senior Center OR**

**THURSDAY, DECEMBER 12, 1 - 2 pm at Neighborhood House, 29 South Mills St.**

This is an in-person workshop for those who are new to using the internet or want to build more confidence in finding information online and navigating websites. You will learn about web browsers and search engines, build skills to navigate the internet, and discover tips and tricks for basic and advanced searching online. *R*

## CYBERSECURITY BASICS

**Coming in January 2025!**

This in-person class is for those who are interested in safety online and who want to protect themselves from fraudsters and scams. It will build your confidence when about visiting websites, creating passwords, and responding to email. *R*



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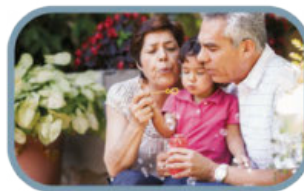


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# HEALTH & WELLNESS

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) 

### VIRTUAL

**TUESDAYS, JANUARY 7 – FEBRUARY 25,  
2 - 3:15 PM**

\$56 for 8 weeks (financial assistance available)

Work movement into your life! For example, Squat Three Times each time you sit!

To register, complete REGISTRATION FORM or contact Susan Frikken at (608) 692-8794

Registration deadline is January 3, 2025. Limited space but we will keep a waitlist.

### VIRTUAL AND INCLUSIVE

**FRIDAYS, JANUARY 24 – MAY 16,  
9:30 - 10:45 AM**

Location: Virtual via Zoom

\$115 (financial assistance available)

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

To register complete:

**OR** contact one of the instructors: Atala – [atalanicole@gmail.com](mailto:atalanicole@gmail.com) or (608) 770-8763 or Krista – [kabultmannspiro@gmail.com](mailto:kabultmannspiro@gmail.com) or (608) 335-9252



## 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


**NEW DAY THIS MONTH! THURSDAY, DECEMBER 5,  
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, CLOSED DECEMBER 24 & 31**

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. 

## HASFIT Gentle Exercise

**MONDAY-FRIDAY, 9 - 9:30 AM  
CLOSED DECEMBER 24, 25 & 31**

The HasFit program is presented on YouTube by instructors who focus on strength, flexibility, and balance. Join us at our scheduled screening times, or tune in at your convenience in our fitness room any time our television is not already in use.



# HEALTH & WELLNESS

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

## Healthy Living with Mild Cognitive Impairment Education Series

### HELPING PEOPLE ACROSS WISCONSIN LIVE AND COPE WITH A MCI DIAGNOSIS

This is a quarterly support and educational series for people and families living with Mild Cognitive Impairment (MCI). The classes offer attendees support, guidance and science-backed strategies for living and coping with a diagnosis of MCI. Dr. Nathaniel Chin, a memory clinic doctor and the medical director of the Wisconsin Alzheimer's Disease Research Center directs the series. Before the presentation there will time for socializing and refreshments. The presentation will be virtual, and will be followed by an in-person facilitated discussion. *R*

» **Amplify Your Life, Sharpen Your Mind: How Managing Hearing Loss Can Help Your Memory**  
**Friday, December 13, 9:30 - 11:30 am**

Guest: Pamela Souza, PhD, CCC-A, FAAA

Over the past few years, there has been growing attention to the link between untreated hearing loss and cognitive impairment, but there are also many questions. How do your hearing and memory work together for communication? New management options such as over-the-counter hearing aids are available, but how well do they work? Will getting a hearing aid really help maintain your memory? Join this interactive event to learn more about hearing loss, and ways to improve your communication and hearing health.

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## Learn to Fall Safely

**MONDAYS, 9:30 - 10:30 AM,  
DECEMBER 2, 9, 16 & 23**

*Meets at Madison Circus Space, 2082  
Winnebago St*

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. Class fee is \$60; scholarships are also available.

## Vaccination Clinic

**MONDAY, DECEMBER 9, 9 AM - 12 PM |  
APPOINTMENT REQUIRED**

Pick 'n Save Pharmacy is coming to the Madison Senior Center to provide vaccines at no cost! Join us and get protected for the holidays. 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 at the front desk of the Madison Senior Center today!

## Movement for Every Body

**FRIDAY, DECEMBER 6, 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.



# 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!



## Spanish Conversation

WEDNESDAYS, 1:30 - 3 PM **VIRTUAL**

**NO CLASS DECEMBER 25**

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*

## Wii Wednesday

WEDNESDAYS, 12:30 - 2 PM

Join us in our Fitness Room for a round or two of Wii Bowling! It's fun and casual, and those new to the game are welcome to jump in and learn.

## Bridge Belles

MONDAYS, 9 - 11 AM

1-3 tables of women improving their duplicate bridge skills in a relaxed atmosphere; working knowledge of Bridge needed.

**VA**



U.S. Department  
of Veterans Affairs

## Downtown Veteran Social

TUESDAYS, 10 - 11:15 AM,

**CLOSED DECEMBER 24 & 31**

The Peer Support Program brings Veterans together to help build comradery and reduce isolation. Come *socialize* with other Veterans, *learn* about what your community has to offer, and *meet* new people. Veterans age 55 and up. Male, female, gender fluid. Socials are open to all Veterans and to their family members and supporters in the community. Registration is not required, and you can come as often or as little as you like. *To learn more contact Rhea Vacha, Local Recovery Coordinator with Madison VAMC Peer Support Program at (608) 256-1901 Ext. 18622*

## Spirit Days

MONDAYS, ALL DAY

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

**DECEMBER 2 NATIONAL SOCK DAY**

Wear fun socks!



**DECEMBER 9 LETTER WRITING DAY**

Write a letter. We will provide the supplies!

**DECEMBER 16 UGLY HOLIDAY SWEATER DAY**

Wear an ugly sweater or add our provided pins and bows to your own sweater to make one!



**DECEMBER 23 CROSSWORD PUZZLE DAY**

Contribute to our group crossword puzzle

**DECEMBER 30 NEW YEAR'S RESOLUTIONS**

Write a resolution for 2025



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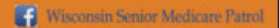
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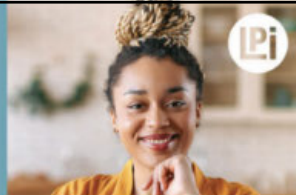
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Madison Senior Center, Madison, WI B 4C 01-1141



# 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
Amplify Your Life, Sharpen Your Mind	Friday, Dec 13	9:30 am – 11:30 am	Free	MSC
Ballroom Basics for Balance	Tuesdays, Jan 7 – Feb 25	2:00 – 3:15 pm	\$56	TBD
Ballroom Basics for Balance - Inclusive	Fridays, Jan 24 – May 16	9:30 – 10:45 am	\$115	Virtual
Case Manager Drop-in	1st and 3rd Tuesdays	10:30 am – 12:30 pm	Free	MSC
Coffee & Collage	Fridays	9:30 – 11:00 am	Free	MSC
eFood Pantry	Place orders Monday, Dec 16 Pick-up orders Thursday, Dec 19	10:00 am – 12:00 pm	Free	MSC
Email Basics	Tuesday, Dec 3	10:00 – 11:00 am	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	Thursday, Dec 5	9:00 am – 12:00 pm	\$25	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays, no class Dec 26	2:00 – 4:00 pm	Free	MSC
Gentle Yoga	Tuesdays, closed Dec 24 and 31	10:00 – 11:00 am	Free	MSC
<b>Holiday Lights Tour</b>	Tuesday, Dec 3	5:00 – 7:30 pm	Free	Multiple
<b>Holiday Tree Decorating</b>	Monday, Dec 2	10:00 – 11:00 am	Free	MSC
Internet Basics	Tuesday, Dec 10	10:00 – 11:00 am	Free	MSC
Learn to Fall Safely	Mondays Dec 2-23	9:30 – 10:30 am	\$60	Madison Circus Space
Movement for Every Body	Friday, Dec 6	9:30 – 10:30 am	Free	MSC
NewBridge Case Manager – Drop-In	1st & 3rd Tuesdays	10:30 am – 12:30 pm	Free	MSC
<b>Sláinte Irish Dancers</b>	Friday, Dec 6	12:00 – 12:45 pm	Free	MSC
Spanish Conversation	Wednesdays, no meeting Dec 25	1:30 – 3:00 pm	Free	Virtual
Technology Assistance	Tuesdays, closed Dec 24 and Dec 31	10:00 – 11:30 am 12:30 – 2:30 pm	Free	MSC
<b>Vaccination Clinic</b>	Monday, Dec 9	9:00 am – 12:00 pm	Free	MSC
Watercolor Painting	Wednesdays, no program Dec 18 and Dec 25	10:00 – 11:00 am	Free	MSC
<b>Wii Wednesday</b>	Wednesdays, no program Dec 18 and Dec 25	12:30 – 2:00 pm	Free	MSC
<b>Wreath Making Workshop</b>	Wednesday, Dec 4	1:00 – 2:00 pm	Free	MSC
Writing Your Life	Thursday, Dec 5 & Dec 12	10:00 – 11:30 am	Free	MSC



# December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>9:00 HASfit 9:00 Bridge Belles 9:30 Learn to Fall Safely <b>10:00 Holiday Tree Decorating</b></p> <p><b>Spirit Day: Sock Day</b> (wear fun socks)</p>	<p><b>3</b></p> <p>9:00 HASfit 10:00 Gentle Yoga 10:00 Veteran Social <b>10:00 Email Basics</b> 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>Black Friday</i> <b>5:00 Holiday Lights Tour</b></p>	<p><b>4</b></p> <p>9:00 HASfit 10:00 Watercolor Painting <b>12:30 Wii Wednesday</b> <b>1:00 Wreath Making Workshop</b> 1:30 Spanish Conv <b>V</b></p>	<p><b>5</b></p> <p>9:00 HASfit <b>9:00 Footcare Clinic</b> 10:00 Writing Your Life 10:15 BINGO 1:30 PLATO - Play's The Thing</p>	<p><b>6</b></p> <p>9:00 HASfit 9:30 Coffee &amp; Collage <b>9:30 Movement for Every Body</b> 9:30 BB4B <b>V</b> 10:00 BB4B <b>10:00 1st Friday Music Hour</b> <b>12:00 Sláinte Dancers</b></p>
<p><b>9</b></p> <p>9:00 HASfit 9:00 Bridge Belles <b>9:00 Vaccination Clinic</b> 9:30 Learn to Fall Safely</p> <p><b>Spirit Day: Letter Writing Day</b></p>	<p><b>10</b></p> <p>9:00 HASfit 10:00 Gentle Yoga 10:00 Veteran Social <b>10:00 Internet Basics</b> 12:30 Movie: <i>A Christmas Carol: The Musical</i></p>	<p><b>11</b></p> <p>9:00 HASfit 10:00 Watercolor Painting 11:00 Exploring Poetry <b>12:30 Wii Wednesday</b> 1:30 Spanish Conv <b>V</b></p>	<p><b>12</b></p> <p>9:00 HASfit 10:00 Writing Your Life 10:15 BINGO 2:00 Gay, Gray &amp; Beyond</p>	<p><b>13</b></p> <p>9:00 HASfit <b>9:30 Amplify Your Life, Sharpen Your Mind</b> 9:30 Coffee &amp; Collage 9:30 BB4B <b>V</b> 10:00 BB4B</p>
<p><b>16</b></p> <p>9:00 HASfit 9:00 Bridge Belles 9:30 Learn to Fall Safely</p> <p><b>*ePantry Ordering Day</b></p> <p><b>Spirit Day: Ugly Holiday Sweater Day</b></p>	<p><b>17</b></p> <p>9:00 HASfit 10:00 Gentle Yoga 10:00 Veteran Social 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>The Hebrew Hammer</i></p>	<p><b>18</b></p> <p><b>10:30 Silver Santa</b> 1:30 Spanish Conv <b>V</b></p>	<p><b>19</b></p> <p>9:00 HASfit <b>9:00 ePantry Pick-up</b> 10:15 BINGO</p>	<p><b>20</b></p> <p>9:00 HASfit 9:30 Coffee &amp; Collage 9:30 BB4B <b>V</b></p>
<p><b>23</b></p> <p>9:00 HASfit 9:00 Bridge Belles 9:30 Learn to Fall Safely</p> <p><b>Spirit Day: Crossword Puzzle Day</b></p>	<p><b>24</b></p> <p><b>Madison Senior Center Closed</b></p> <p><b>Happy Holidays!</b></p> 	<p><b>25</b></p> <p><b>Madison Senior Center Closed</b></p> <p><b>Happy Holidays!</b></p> 	<p><b>26</b></p> <p>9:00 HASfit 10:15 BINGO</p>	<p><b>27</b></p> <p>9:00 HASfit 9:30 Coffee &amp; Collage</p>
<p><b>30</b></p> <p>9:00 HASfit 9:00 Bridge Belles</p> <p><b>Spirit Day: New Years' Resolutions</b></p>	<p><b>31</b></p> <p><b>Madison Senior Center Closed</b></p> <p><b>Happy New Year!</b></p> 			

# MOVIES

## Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm. The fourth Tuesday of the month is reserved for a classic (a movie released before 1975).

### DECEMBER 3

#### Black Friday (2021)

On Thanksgiving night, group of disgruntled toy store employees begrudgingly arrive for work to open the store at midnight for the busiest shopping day of the year. They must protect each other from a horde of parasite infected shoppers. *Stars: Devon Sawa, Ivana Baquero and Ryan Lee. Dark Comedy, Zombie Horror, Comedy. 1 hour 24 minutes. Not Rated.*



### DECEMBER 10

#### A Christmas Carol: The Musical (2004)

The miserly and bad-tempered Ebenezer Scrooge encounters three spirits on Christmas Eve, each of which shows him the reasons, reality and future of his crabbed existence. *Stars: Kelsey Grammer, Jesse L. Martin and Jane Krakowski. Drama, Fantasy, Musical. 1 hour 37 minutes. Not Rated.*



### DECEMBER 17

#### The Hebrew Hammer (2003)

As a child, Mordechai Carver aka The Hebrew Hammer, was teased for his Jewish heritage. That has all changed. Mordechai is now a veteran of the Israeli Defense Forces, defending his people against those who seek to do harm. His main antagonist is would-be Hanukkah saboteur Damian Clause – the evil offspring of Santa Clause himself. *Stars: Adam Goldberg, Andy Dick and Judy Greer. Parody, Satire and Comedy. 1 hour 25 minutes. Rated R.*



**The Madison Senior Center is closed on DECEMBER 24 and 31. The next movie date will be JANUARY 7, 2025.**



# LGBTQ 50+ ALLIANCE

The **LGBTQ 50+ Alliance** is sponsored by *OutReach Community Center* and the *Madison Senior Center*. Its purpose is to create a better quality of life for LGBTQ older adults by building partnerships with senior service providers and providing social opportunities. Call (608) 255-8582 for more information or email [info@lgbt Outreach.org](mailto:info@lgbt Outreach.org); you can also check out our website, [lgbtq50plusalliance.org](http://lgbtq50plusalliance.org)

## LGBTQ 50+ Alliance is A 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. If you are interested in having a voice, please email [karenlkane13@gmail.com](mailto:karenlkane13@gmail.com)

## CQ, CQ, CQ

Morse Code: **“for all to join in the conversation”**

**1ST & 3RD THURSDAYS, 1 - 3 PM**

*Meets at OutReach, 2701 International Ln.*

“Exploring Spirituality” is now “CQ” (curious queers), same people, time, 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: We’ll learn where we are from you, and you can learn how we got there from us.**

## Gay, Gray & Beyond

**2ND & 4TH THURSDAYS, NO MEETING DECEMBER 26, 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.



## LGBTQ 50+ Alliance Steering Committee

AJ Hardie	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

## Share Your Ideas

We are in the process of planning programs and outings for 2025. Reach out to one of our committee members to share your ideas. Is there a program or group you would like to participate in?



# AGING WITH PURPOSE: EMPOWERING BLACK OLDER ADULTS

## Get Movin' in Motion - FREE!

TUESDAYS & THURSDAYS, 1 - 2 PM

Wisconsin Alzheimer's Disease Research Center  
Gentle exercise with Johnny Winston  
UW South Madison Partnership 2238 South Park  
Street Madison, WI 53713

Zoom option available, Registration: call (608)  
265-4790

## Hallelujah Holiday Shop

SUNDAY, DECEMBER 15, 12:30 - 3:30 PM

*Mt. Zion Baptist Church 2019 Fisher St, Madison,  
WI 53713*

It is like a traditional holiday market or holiday  
bizarre, but with a little more Jesus. Families will  
have the opportunity to spend time together by  
gathering over a meal, enjoying crafts and games,  
praying, and shopping for something they want,  
something they need, something to wear, and  
something to read! Registration:



## Holiday Black Bazaar - Madison Chamber of Commerce

SATURDAY, DECEMBER 14, 2 - 6 PM

The Orpheum Theater 216 State St, Madison WI  
53703-2215

Join us for a festive celebration of culture,  
community, and creativity at the inaugural  
Holiday Black Bazaar! Experience the magic of  
the season while supporting local Black-owned  
businesses. Registration:



## Mental Health Clinic

THURSDAYS IN DECEMBER, STARTING AT 1 PM

Mt. Zion Baptist Church 2019 Fisher St, Madison,  
WI 53713

Walk-ins are welcome

## 6th Annual Photos with Santa – FREE!

Santa is coming back to town for our annual  
event, and we don't want you to miss him!

All are welcome. Registration:



**DAY 1: SATURDAY, DECEMBER 7,  
9 AM - 3 PM**

Madison College – Goodman  
South Campus, 2429 Perry St, Madison, WI  
53713

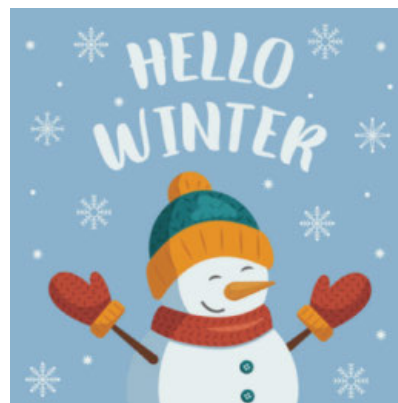
**DAY 2: SUNDAY, DECEMBER 8, 10 AM - 2 PM**

Madison Children's Museum, 100 N. Hamilton,  
Madison, WI 53703

## Winter Market at the Hub

SATURDAYS, NOVEMBER 30 – DECEMBER 21,  
12 - 5 PM

Black Business Hub  
2352 S Park St, Madison, WI 53713-1903  
Arts & Crafts, Food, Music & Dance, Pictures with  
Santa





# PROGRAMAS EN ESPAÑOL PARA ADULTOS MAYORES

## **La Cafeteria De La Memoria**

**TODOS LOS JUEVES, ZOOM/VIRTUAL, 2 - 3 PM**

*Centro de Recursos Para el Envejecimiento y la Discapacidad 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.

## **Abuelos Latinos y Otros Parientes como Padres (Programa de Cuidador)**

**EL CUARTO MIÉRCOLES DE CADA MES,  
FITCHBURG SENIOR CENTER (5510 E. LACY RD),  
5:30 - 8 PM**

El grupo de apoyo y educación se lleva a cabo en español; transporte limitado disponible y refrigerios ligeros ofrecidos. Para confirmar que el programa está programada, llame al (608) 512-0000 para hablar con alguien.

## **Charlas Semanales**

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

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.

## **BINGO Bilingüe Primer**

**VIERNES, 6 Y 20 DICIEMBRE 10:15 - 11:15 AM  
WARNER PARK, 1625 NORTHPORT DR.**

Tercer Viernes, 15 de noviembre 11:00 am-Noon  
Good Shepherd Church, 5701 Raymond Rd. Favor llamar para registrarse (608) 512-0000 Ext. 1007.

## **Bordado a Mano o Croche en Línea: Zoom TODOS LOS MIÉRCOLES, 10 - 11 AM**

Aprenda las puntadas básicas para hacer un bordado. Si prefiere algo más avanzado, Alicia tiene la experiencia para enseñar a ponerle un toque personalizado a sus prendas. Lo único que necesita es una aguja, hilo y un tambor o bastidor.

## **CORTE Y CONFECCIÓN**

**TODOS LOS JUEVES, 10 AM - 12 PM  
ARTS + LIT LAB, 111 S. LIVINGSTON ST.**

Nuevo proyecto para todos. Aprenda cómo manejar las máquinas de coser, las puntadas básicas o si prefiere algo más avanzado, Alicia tiene la el conocimiento como empresaria y profesora universitaria de diseño y alta costura. Limitado número de participantes y transportación. Favor llamar al (608) 512-0000 Ext. 1007 para registrarse.

## **ESL – Inglés Básico y Avanzado**

**TODOS LOS MARTES, 10 AM - 12 PM  
GOOD SHEPHERD CHURCH, 5701 RAYMOND RD**

Esta clase provee la oportunidad de avanzar en el idioma desde el nivel donde se encuentre. Se proveerá el material de estudio y almuerzo. Transporte limitado para las personas que viven en el West y sur de Madison.

# VOLUNTEER OPPORTUNITIES

## Volunteers Needed!

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

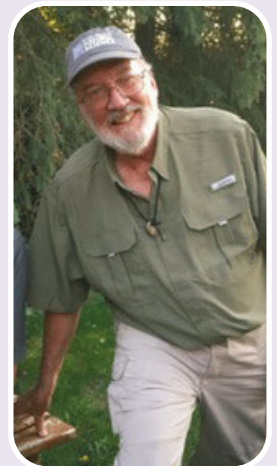
<https://www.cityofmadison.com/senior-center/volunteer/apply-to-volunteer>



1. **Activity Leader:** Interact with our members in our community spaces by engaging in conversation, playing games or puzzles, leading an art activity, etc.
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.

## December Volunteer Spotlight: Dale Sproule

Dale grew up on a wheat farm “up North” and has worked a range of exciting jobs in Canada, France, Egypt, and in the US: in an underground mine and an oil refinery, as a highway surveyor, K-12 school teacher (art & French), ESL job teacher, literacy teacher to refugees, and more. Dale landed in the Midwest because he was interested in a linguistics program at UW and his wife studied for her Master's at UW. He has an interest in making children's books, and as part of a zine art collective made 1-6 page graphic booklets on themes ranging from drawing bears, old trucks from the farm, nature, and human rights. Dale also enjoys carving walking sticks, scouring lakes for interesting rocks, and making men's jewelry and hand-stitched deer hide bags.



Dale learned about MSC during the COVID pandemic when he was looking for another way to be of service to the community. He is drawn to the culture, coffee, and art available downtown. While he started volunteering at our front desk, he can now be found out among our members, playing cribbage, contributing artistically to our displays, and being an overall social liaison! What's on the horizon for this world traveler? Dale hopes to visit the California and Oregon coast where his wife, Deborah, is from in the coming year.

# COMMUNITY RESOURCES

## RSVP of Dane County

For 50 years, the Retired and Senior Volunteer Program (RSVP) has been matching volunteers age 55+ with community service opportunities across Dane County. In addition, RSVP has several volunteer service programs of their own such as Driver Services, Vets Helping Vets and Foster Grandparents. There is even a group that does sewing, knitting and crocheting for various not-for-profit agencies. For more information, call them at (608) 238-7787 or email them at [info@svpdane.org](mailto:info@svpdane.org)

## Area Agency on Aging

The Area Agency on Aging of Dane County serves individuals age 60+ and their families in accessing services that help older adults continue living in their own homes and communities. Examples of community-based services include congregate and home-delivered meals, caregiver support, case management, and help with benefit questions. Contact them at (608) 261-2995 or [AAA@countyofdane.com](mailto:AAA@countyofdane.com)

## Freedom, Inc.

Freedom, Inc. (FI) is a Black and Southeast Asian non-profit organization that works with low to no income communities of color. They create programs focused on the needs of elders, refugees, immigrants, differently abled, and homeless people. Their mission is to achieve social justice through coupling direct services with leadership development and community organizing that will bring about change resulting in the end of violence against women, gender-non-conforming and transgender people within communities of color.

## Aging & Disability Resource Center (ADRC)

The 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. It is a friendly, welcoming place for unbiased information about aging or living with a disability. Contact them at (608) 240-7400 or [ADRC@countyofdane.com](mailto:ADRC@countyofdane.com)

## Hmong Institute

The Hmong Institute is a community builder and educator for those serving the Hmong and other underserved communities in Wisconsin and a voice and hope for them. They offer resources for advancing Hmong and other underserved community heritages. Our services include culturally competent direct service, advocacy, cultural training, technical assistance and 1-on-1 consultation.

## 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 \$4.50. If you are under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost \$17.20. Meal and transportation reservations are required. Reservations & cancellations are due by Noon, two business days in advance. Contact **Candice (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:**

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- > Assisted Living
- > Memory Care
- > Rehabilitation

Call 608-663-8600 or email [madisonsales@oakparkplace.com](mailto:madisonsales@oakparkplace.com)  
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[oakparkplace.com/madison](http://oakparkplace.com/madison)



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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 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, December 16	Thursday, December 19
Monday, January 13	Thursday, January 16
Monday, February 17	Thursday, February 20

## Facility Updates

Have you enjoyed the vibrant, cool hues on our first floor? A bit of paint—along with some staff plants that are overwintering here and bringing some life to the building as the days shorten—goes a long way towards making the Madison Senior Center feel welcoming and calm. If you haven't stopped by lately, it's worth checking out!



# Word Search

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

ANGEL  
 CANDLES  
 CANDY  
 CHESTNUT  
 CHRIST  
 CHRISTMAS  
 DASHER  
 EGGNOG  
 ELVES  
 FAMILY

FROSTY  
 FRUITCAKE  
 GREEN  
 GREETINGS  
 HAPPY  
 HOLIDAY  
 HOLLY  
 ICICLE  
 SNOWMAN  
 STAR



# 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  
Mary Berryman-Agard  
Jan Cliff  
Sally Miley

### DONATIONS

- ♥ Lauren Blough
- ♥ Marilyn Haynes
- ♥ Mary Boyd

### Senior Center Wish List

- » Cases of bottled water
- » Individually wrapped snacks
- » Gift cards to use as game prizes (\$10, market cards are most appreciated)
- » BINGO Game
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