



Giving Matters

DONOR NEWSLETTER OF THE MADISON SENIOR CENTER FOUNDATION, INC.

SPRING, 2018

“Consuming Happiness” ... and a Hot Breakfast

Join Senior Center leaders and staff for a breakfast buffet on Thursday, April 19 from 9:00 to 10:30 am. Participants and volunteers are invited to this special event during National Volunteer Recognition Week.

Our guest, **Professor Christine Whelan**, presents “*Consuming Happiness: Research & Application.*” You CAN buy happiness, if you know how to spend your money right. (Think experiences, relationships and time—not the latest gadget!) Dr. Christine B. Whelan’s motto is “not for school but for life we learn.”



Professor Christine Whelan

Dr. Whelan is the author of four applied research books and is a frequent guest on national and local television and radio.

Director Christine Beatty premieres the 2017 Senior Center Annual Report, with highlights of accomplishments for the Senior Center, its leaders, staff, and volunteers.

Mingle at 9:00 am, enjoy a hot breakfast, and participate in the program at 9:30 am. The presentation will end at 10:30 am. Please call 266-6581 to RSVP.

Your contributions provide this exceptional event celebrating the people who help make the Senior Center great.

Thank you
for your support!

Upcoming Events

- ♥ **Tuesday, April 10:**
MTA Sagashus Levingston,
Infamous Mothers
12:00 pm
- ♥ **Wednesday, April 18:**
Cognition: What is it and
Why is it Important?
Lisa Bratzke, Associate
Professor in the School of
Nursing at UW-Madison
Monona Terrace
12:00 pm
- ♥ **April / May:**
Artful Affair Art Drop Off
is April 24 and Gallery
night is May 4
- ♥ **Tuesday, May 8:**
MTA Chris Hill
“Into the Mystic: the
Visionary and Ecstatic
Roots of 1960’s Rock and
Roll”
- ♥ **Tuesday, May 29:**
Duwayne Keys,
Harmonica Hour



Celebrating 35th Anniversary

In late June of 1983, the Madison Senior Center opened with a week-long celebration. This one million dollar facility was the first building in Madison designed specifically as a center for older people and built as a public and private collaboration.

Mayor Paul Soglin first proposed the massive Capitol Centre project, which replaced two surface parking lots with elderly housing, a senior center, a parking ramp and a supermarket. Mayor Joel Skornicka sought additional funding for senior center furnishings and equipment.



Multigenerational Photo and Story Project Wins National Award

The Madison Senior Center conceptualized the idea for “Who Matters” and created a partnership with the Madison Public Library to accomplish the project. Designed as a multigenerational program, “Who Matters” served as a means to bring people in our community together who are important to each other. Participants shared their relationships through their stories and the interactive photographs.

There was only one rule: One person in the photo had to be 55 years of age or older and another had to be from a different generation. No other limitations were placed on ages, number of people, silly or serious, or anything else. The resulting photos and story narratives were displayed at the Madison Senior Center and the Madison Public Library for two months.

The National Council on Aging (NCOA) announced that **“Who Matters” A Multigenerational Photo & Story Project** had won first place in the Special Events category for the 2017 National Institute of Senior Centers Programs of Excellence!

Donations to the Madison Senior Center Foundation made this project possible.



The PreSchool Craft Program celebrates 21 years of helping bring smiles to children and older adults!

Ballroom Basics Helps Decrease Falls and is Lots of Fun!

Integrating dance and exercise into one, the *Ballroom Basics for Balance* (BB4B) class combines the fun of dance with the practical application of practicing balance! The Madison Senior Center invites individuals to this unique 12-week class where they learn several types of dance while simultaneously improving their balance and preventing falls. Dance participants can learn: merengue, waltz, foxtrot, line dance, tango, swing, hula and Indian style dancing!

Instructor/co-founder/Physical Therapist Susan Frikken was inspired with the idea of the *Ballroom Basics for Balance* when she was working with a patient and noticed their lack of enthusiasm for exercise. She thought, “if only we had some music—we’d be doing the rumba!”

In addition to learning ballroom basics, the overall goal of the program is to promote healthy and safe engagement for participants by encouraging them to be actively confident about exercise.

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It was beyond excellent. I loved how it was “intergenerational,” as the PT and OTs were students. Participants got the best of both worlds—seniors to visit with about senior issues and young people keep abreast of what’s happening in the world. The instructor had a very deep fund of knowledge and was also a fun person to lead the class.

~ Colette Corbin, who recently had right hip replacement, shared her experience.

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Engage at Every Age

to Enrich Your Mental and Physical Wellness

In May, the Administration on Aging leads the observance of Older Americans Month. The 2018 theme, Engage at Every Age, emphasizes that you are never too old (or young) to take part in activities that enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.



Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—just a few examples of being engaged. No matter where you are in life, there is no better time than NOW to start. During the month of May, a display of the Artful Affair Exhibit celebrates the outstanding artistic talent of adults age 55 and older in Dane County. Join in and Engage at Every Age!