

THE Messenger

VOLUME 42, NUMBER 1

PROGRAMAS EN ESPAÑOL EN LA PAGINÁ 17.

JANUARY, 2025

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**Relevant, Inclusive,
Enlightened**

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



Reflections on 2024 and What's Ahead for 2025

by Alana LaBeaf, Facility Operations Supervisor

The Madison Senior Center went through a lot of changes this last year, and I am proud of what we accomplished. The addition of another Program Coordinator to our team put us back to our former staffing level and helped us expand our programming reach beyond the walls of the Madison Senior Center.



Our first floor received a facelift when a long-planned recarpeting occurred. Fresh paint, a new fish tank, and a Book Nook added to the coziness of the space, and new wainscoting, a welcome screen, and a fireplace made the entrance both more visible and more inviting to passersby. Behind the scenes, I worked with our dedicated interns to revise policies using an equity lens and to help prepare us as we seek re-accreditation through the Wisconsin Association of Senior Centers in 2025. I am excited to continue the good work we have started and to collaborate with staff, partners, volunteers, and stakeholders to make the Madison Senior Center a welcoming and responsive place for Madison's older adult population. Here's to a healthy and productive 2025!

MLK Day of Service

See pg. 16 for events in the community that honor MLK

The Madison Senior Center will be closed Monday, January 20th in observance of Martin Luther King, Jr. Day. MLK Day is a National Day of Service. We encourage everyone to use this day to reflect on the legacy of Civil Rights leader Dr. King, and to honor his legacy of volunteerism and service by considering how you can improve your community.



FOR YOUR INFORMATION

Directory

Phone (608) 266-6581

Websitemadisonseniorcenter.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)
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Facility Operations Assistant, Gary Flesher (he, him)
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Custodian, Ricky Butler (he, him)
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Front Desk Associate, Daryl Schenkatek (she, her)
(608) 266-6581, dschenkatek@cityofmadison.com

Social Work Intern, Mike Sungurtekin
(608) 267-8683, msungurtekin@cityofmadison.com

Social Work Intern, Nicky Benya
(608) 267-8673, nbenya@cityofmadison.com

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

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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

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

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

LIFELONG LEARNING

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

Craft With Kids

WEDNESDAY, JANUARY 22, 10 - 11 AM

Join in on craft-making with a visiting preschool group. Sign up is required so we can match our members with our visiting students.

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, JANUARY 3, 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!

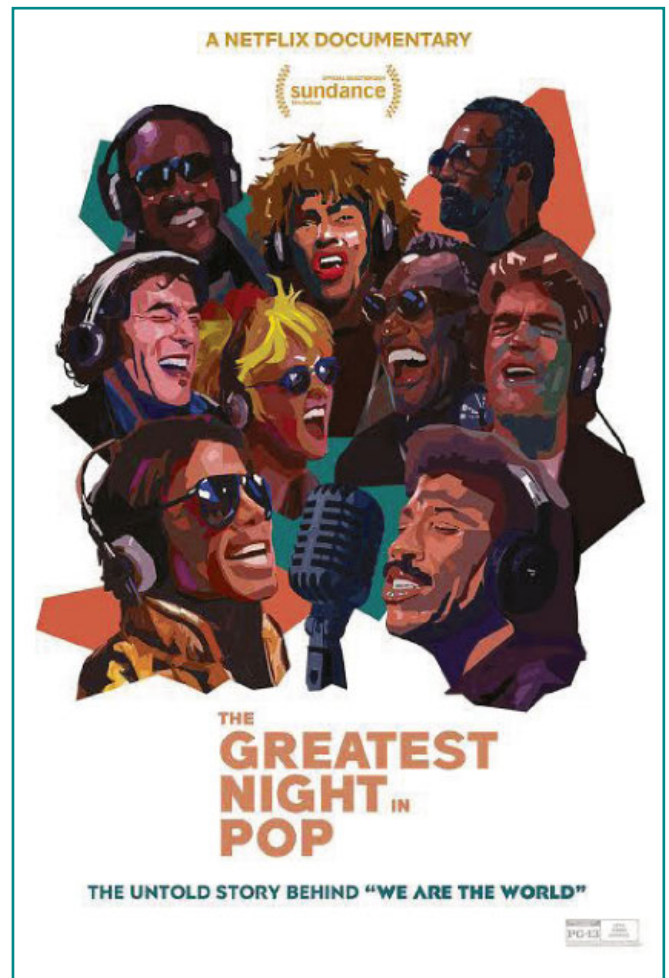
Overture Community Ticket Program

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 for more information, and call the Madison Senior Center to receive your discount code.

Third Thursday Entertainment: The Greatest Night in Pop

THURSDAY, JANUARY 16, 12 - 2 PM

Join us as we screen the documentary movie *The Greatest Night in Pop*. We'll have some POPcorn and soda POP to seal the deal! On a January *night* in 1985, music's biggest stars gathered to record "We Are the World." This documentary goes behind the scenes of the historic event.



LIFELONG LEARNING

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

Watercolor Painting

WEDNESDAYS, 10 - 11 AM, CLOSED JANUARY 1

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, JANUARY 16 - FEBRUARY 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 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. *R*



Silver Santa was a wonderful event to wrap up the year 2024 at MSC



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



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. **Participants who complete all three modules, and are at or below 200% of the federal poverty income level, will be able to apply to another program to receive a free laptop.**

CYBERSECURITY BASICS

DATES, TIMES, AND LOCATIONS TBD. CALL THE MADISON SENIOR CENTER FOR DETAILS.

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*

EMAIL BASICS

DATES, TIMES, AND LOCATIONS TBD. CALL THE MADISON SENIOR CENTER FOR DETAILS.

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

DATES, TIMES, AND LOCATIONS TBD. CALL THE MADISON SENIOR CENTER FOR DETAILS.

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*



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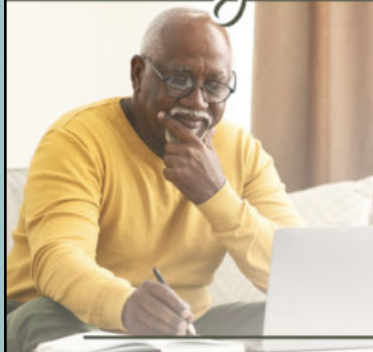
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Madison Senior Center, Madison, WI

A 4C 01-1141

HEALTH & WELLNESS

To register for programs, call (608) 266-6581 or email 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 

VIRTUAL

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

\$56 for 8 weeks (financial assistance available)

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**

\$115 (financial assistance available)

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

To register, use your smartphone camera to access the QR Code link:



OR contact one of the instructors: Atala – atalanicole@gmail.com or (608) 770-8763 or Krista – 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


**THURSDAY, JANUARY 9, 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). 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 JANUARY 1 & 20**

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

Laughing Bodies, Dancing Minds

WEDNESDAYS, 11 AM - 12 PM, JANUARY 22 – MARCH 12

\$54 for 8 weeks (financial assistance available)

Join us at the Madison Senior Center for a movement class with Li Chiao-Ping. Her classes focus on warm-up techniques, strength and stretching exercises, core work, breathing and energy flow. No prior dance experience needed.

Li Chiao-Ping is the Sally Banes Professor of Dance & Vilas Research Professor with the UW-Madison Dance Department. She is also the Artistic Director of Li Chiao-Ping Dance. She has a special interest in working with older adults and demonstrating that dance is beautiful and rewarding at any age.



Learn to Fall Safely

WEDNESDAYS, 9:30 - 10:30 AM, JANUARY 8, 15, 22 & 29

MADISON CIRCUS SPACE, 2082 WINNEBAGO ST

\$60 for 4 weeks (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.

Rosen Method Movement

THURSDAYS, JANUARY 2 – FEBRUARY 13,
11 AM – 12 PM

Free 7-week class

Rosen Method Movement was created by Marion Rosen, a Physical Therapist. It is a class that helps us age gracefully. In class, we move all the joints and stretch the muscles to music. It is low impact, lighthearted, attentive and restorative. The movements are simple yet enable greater body awareness and increased flexibility that help prevent physical difficulties. The music is carefully chosen to enhance the essence of the movement and create a connection to the spirit.

Rebecca Wigg-Ninham YOUR PRACTITIONER AND TEACHER

Rebecca has been working as a Social Worker with individuals and families for over 30 years. She has been passionate about building a community of wellness throughout her career. She has been blessed by the knowledge of diverse paradigms by listening to her clients and their stories. Her work has been extraordinary because of her curiosity and openness to other ways of thinking. She found success through opening the door to the mind body spirit connection first for herself and then her clients. She asks the question "What was your possibility when you came into this world and how can you heal your body mind and spirit from what life has thrown at you." She believes that Health and Wellness are within you through embodied self-awareness.



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!



Bridge Belles

MONDAYS, 9 - 11 AM, CLOSED JANUARY 20

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

Spanish Conversation

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

CLOSED JANUARY 1

Do you want to practice your Spanish? Our group meets weekly 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 are welcome. *R*

Wii Wednesday

WEDNESDAYS, 12:30 - 2 PM, CLOSED JANUARY 1

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.

Spirit Days

WEDNESDAYS, ALL DAY

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

JANUARY 8 TRIVIA DAY

Answer one of our trivia questions!

JANUARY 15 RUBBER DUCKY DAY

Race a rubber ducky!



JANUARY 22 POLKA DOT DAY

Wear polka dots or add some provided dots to make a DIY polka dot outfit!

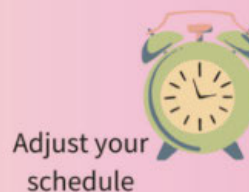
JANUARY 29 PUZZLE DAY

Complete one of our provided puzzles or brain teasers!



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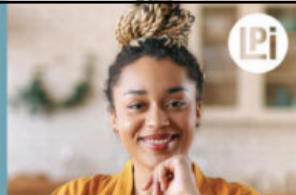
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Madison Senior Center, Madison, WI B 4C 01-1141

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
Ballroom Basics for Balance	Tuesdays, Jan 7th – Feb 25th	2:00 – 3:15 pm	\$56	TBD
Ballroom Basics for Balance - Inclusive	Fridays, Jan 24th – May 16th	9:30 – 10:45 am	\$115	Virtual
BINGO	Thursdays	10:15 – 11:15 am	Free	MSC
Blood Pressure Screening	1st & 3rd Tuesdays	11:15 am – 12:15 pm	Free	MSC
Bridge Belles	Mondays, closed Jan 20th	9:00 – 11:00 am	Free	MSC
Bridging the Digital Divide	Individual class dates vary	TBD	Free	Varies
Craft With Kids	Wednesday, Jan 22nd	10:00 – 11:00 am	Free	MSC
ePantry	Place orders Monday, Jan 13th Pick-up orders Thursday, Jan 16th	9:00 – 11:30 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	2nd Thursdays	9:00 am – 12:00 pm	\$25	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays	2:00 – 4:00 pm	Free	MSC
Gentle Yoga	Tuesdays	10:00 – 11:00 am	Free	MSC
HASfit	Monday – Friday, closed Jan 1st & 20th	9:00 – 9:30 am	Free	MSC
Laughing Bodies, Dancing Minds	Wednesdays, Jan 22nd – Mar 12th	11:00 am – 12:00 pm	\$54	MSC
Learn to Fall Safely	Wednesdays, Jan 8th – 29th	9:30 – 10:30 am	\$60	Madison Circus Space
Line Dancing with the Dairyland Dancers	Tuesday, Feb 25th	5:30 – 8:00 pm		MSC
Movies (titles on page 14)	Tuesdays	12:30 – 3:00 pm	Free	MSC
NewBridge Case Manager – Drop-In	1st & 3rd Tuesdays	10:30 am – 12:30 pm	Free	MSC
Rosen Method Movement	Thursdays, Jan 2nd – Feb 13th	11:00 am – 12:00pm	Free	MSC
Spanish Conversation	Wednesdays, closed Jan 1st	1:30 – 3:00 pm	Free	Virtual
Technology Assistance	Tuesdays	10:00 – 11:30 am 12:30 – 2:30 pm	Free	MSC
Third Thursday Entertainment	3rd Thursdays	12:00 – 2:00 pm	Free	MSC
Watercolor Painting	Wednesdays, closed Jan 1st	10:00 – 11:00 am	Free	MSC
Wii Wednesday	Wednesdays, closed Jan 1st	12:30 – 2:00 pm	Free	MSC
Writing Your Life	Thursdays, Jan 16th – Feb 20th	10:00 – 11:30 am	Free	MSC

January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Every Day: 9:00 HASfit</p> 		<p>1</p> <p>CLOSED</p> <p>HAPPY NEW YEAR</p>	<p>2</p> <p>10:15 BINGO 11:00 Rosen Method Movement</p>	<p>3</p> <p>10:00 1st Friday Music Hour</p>
<p>6</p> <p>9:00 Bridge Belles</p>	<p>7</p> <p>10:00 Gentle Yoga 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>Twisters</i> 2:00 BB4B ✓</p>	<p>8</p> <p>9:30 Learn to Fall Safely 10:00 Watercolor Painting 11:00 Exploring Poetry 12:30 Wii Wednesday 1:30 Spanish Conv ✓</p> <p>Spirit Day: Trivia Day</p>	<p>9</p> <p>9:00 Footcare Clinic 9:30 PLATO - Fictional Detectives 10:15 BINGO 11:00 Rosen Method Movement 2:00 Gay, Gray & Beyond</p>	<p>10</p>
<p>13</p> <p>9:00 Bridge Belles</p> <p>*ePantry Ordering Day</p>	<p>14</p> <p>10:00 Gentle Yoga 12:30 Movie: <i>Conclave</i> 2:00 BB4B ✓</p>	<p>15</p> <p>9:30 Learn to Fall Safely 10:00 Watercolor Painting 12:30 Wii Wednesday 1:30 Spanish Conv ✓</p> <p>Spirit Day: Rubby Ducky Day</p>	<p>16</p> <p>9:00 ePantry Pick-up 9:30 PLATO - Fictional Detectives 10:00 Writing Your Life 10:15 BINGO 11:00 Rosen Method Movement 12:00 3rd Thursday Entertainment</p>	<p>17</p>
<p>20</p> <p>CLOSED</p> <p>Martin Luther King, Jr. Day</p> 	<p>21</p> <p>10:00 Gentle Yoga 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>Blink Twice</i> 2:00 BB4B ✓</p>	<p>22</p> <p>9:30 Learn to Fall Safely 10:00 Craft with Kids 10:00 Watercolor Painting 11:00 Laughing Bodies, Dancing Minds 12:30 Wii Wednesday 1:30 Spanish Conv ✓</p> <p>Spirit Day: Polka Dot Day</p>	<p>23</p> <p>9:30 PLATO - Fictional Detectives 10:00 Writing Your Life 10:15 BINGO 11:00 Rosen Method Movement 2:00 Gay, Gray & Beyond</p>	<p>24</p> <p>9:30 BB4B ✓</p>
<p>27</p> <p>9:00 Bridge Belles</p>	<p>28</p> <p>10:00 Gentle Yoga 12:30 Movie: <i>The Odd Couple</i> 2:00 BB4B ✓</p>	<p>29</p> <p>9:30 Learn to Fall Safely 10:00 Watercolor Painting 11:00 Laughing Bodies, Dancing Minds 12:30 Wii Wednesday 1:30 Spanish Conv ✓</p> <p>Spirit Day: Puzzle Day</p>	<p>30</p> <p>9:30 PLATO - Fictional Detectives 10:00 Writing Your Life 10:15 BINGO 11:00 Rosen Method Movement</p>	<p>31</p> <p>9:30 BB4B ✓</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).

JANUARY 7

TWISTERS (2024)

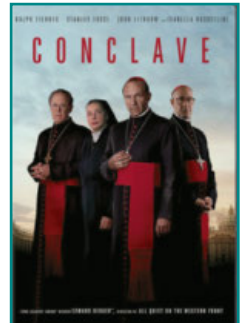
Kate Carter, a retired tornado-chaser and meteorologist, is persuaded to return to Oklahoma to work with a new team and new technologies. She and reckless social-media superstar Tyler Owens collide when terrifying phenomena never seen before are unleashed. The pair and their competing teams find themselves squarely in the paths of multiple storm systems converging over central Oklahoma in the fight of their lives. *Stars: Daisy Edgar-Jones, Glen Powell, and Anthony Ramos. Action, Adventure, Thriller. 2 hours 2 minutes. Rated PG-13.*



JANUARY 14

CONCLAVE (2024)

When Cardinal Lawrence is tasked with leading one of the world's most secretive and ancient events, selecting a new Pope, he finds himself at the center of a conspiracy that could shake the very foundation of the Catholic Church. *Stars: Ralph Fiennes, Stanley Tucci, and John Lithgow. Drama, Thriller. 2 hours. Rated PG.*



JANUARY 21

BLINK TWICE (2024)

When tech billionaire Slater King meets cocktail waitress Frida at his fundraising gala, he invites her to join him and his friends on a dream vacation on his private island. As strange things start to happen, Frida questions her reality. *Stars: Naomi Ackie, Channing Tatum, and Alia Shawkat. Mystery, Thriller. 1 hour 42 minutes. Rated R.*



JANUARY 28

THE ODD COUPLE (1968)

Felix, a New Yorker newly separated from his wife moves in with his best friend Oscar, a divorced sportswriter. The two of them are like chalk and cheese. Oscar is fun-loving, gregarious and slovenly. Felix is a shy, stay-at-home, obsessive-compulsive neat freak. *Stars: Jack Lemmon, Walter Matthau, and John Fiedler. Comedy. 1 hour 45 minutes. Rated G.*



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; you can also check out our website, lgbtq50plusalliance.org

LGBTQ 50+ Alliance Steering Committee

AJ Hardie	OutReach Program Director
Lynn Currie	OutReach Elder Advocate
Laura Hunt	MSC Program Coordinator
Karen Kane	Co-Chair, Volunteer
Shelley Hansen-Blake	Co-Chair, Volunteer
Graham Smith	Volunteer
Mimi Millen	Volunteer
Mary Beth Wilk	Volunteer

Radical Love: LGBTQ+ Inclusion Theology Series

Grace Church's Pride Committee is launching a 4 part educational series led by leaders from OutReach. Many LGBTQ+ people have been deeply wounded by communities of faith that have rejected, ridiculed or ignored them.

Session 1: LGBTQ+ 101

**JANUARY 26, 2025, 12 - 1:30 PM, GRACE CHURCH
VILAS HALL, 116 W WASHINGTON AVE**

Learn about what all the letters mean, explore how Christianity has treated people who identify as LGBTQ+ and discuss how to be a good ally. Advance registration is required: inclusiontheology@gmail.com

CQ, CQ, CQ

Morse Code: **"for all to join in the conversation"**

**1ST & 3RD THURSDAYS, 1 - 3 PM, 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: 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, MADISON
SENIOR CENTER**

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.

Line Dancing with the Dairyland Dancers

**WEDNESDAY, FEBRUARY 25, 5:30 - 8 PM,
MADISON SENIOR CENTER**

The Dairyland Dancers are a country and modern dance group based in Madison. Group dance styles include line dance, 2-Step, circle, swing, and Waltz. Previous experience, partners, and western wear are not required—only a desire to have a great time. Register with OutReach: (608) 255-8582

New Elder Advocate

Stay tuned for a formal introduction to our new Elder Advocate, Lynn Currie, who starts in January. Lynn has a lot of experience in non-profit work, fundraising and advocacy. We are excited to learn more about Lynn, and to find out what ideas she has for our 50+ programming and advocacy work.



OutReach
SOUTH CENTRAL WISCONSIN'S LGBT COMMUNITY CENTER
To promote equality and quality of life for LGBT people.

AGING WITH PURPOSE: EMPOWERING BLACK OLDER ADULTS

2025 MLK Symposium

TUESDAY, JANUARY 28, 5:30 - 7 PM (DOORS OPEN AT 5 PM)

WISCONSIN UNION THEATER'S SHANNON HALL AT MEMORIAL UNION (+ VIRTUAL)

The MLK Symposium celebrates the legacy of Martin Luther King Jr. with a relevant and thought-provoking speaker who connects their speech/performance to the teachings, lessons, and the legacy of MLK. The annual event provides an opportunity for the campus to remember, learn, and act on lessons from King's legacy of activism, equity, social justice, and community building. The MLK Symposium is jointly sponsored by the Division of Diversity, Equity & Educational Achievement and Student Affairs in partnership with the Wisconsin Union Theater.

Calming Computer Jitters

3RD WEDNESDAYS, 12 - 2 PM

MT ZION BAPTIST CHURCH, 2019 FISHER ST, MADISON

Are you an older adult who would like to learn more about using computers? MTZ Charitable Organization will be hosting computer training courses for older adults. Transportation is available and lunch will be served. Bring your laptop and become computer savvy!
Registration: call (608) 264-3468

Get Movin' in Motion - FREE!

Wisconsin Alzheimer's Disease Research Center

TUESDAYS & THURSDAYS, 1 - 2 PM

UW SOUTH MADISON PARTNERSHIP, 2238 S PARK ST, MADISON

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

I AM a Man: The Re-humanization of Black Men

SATURDAY, JANUARY 18, 1 PM

GOODMAN SOUTH MADISON LIBRARY, 2222 S PARK ST (VILLAGE ON PARK), MADISON

I AM a Man: The Re-humanization of Black Men is a deeply personal and necessary reflection on the ongoing dehumanization of Black men in America. This exhibit was born out of Sharon Bjyrd's emotional experience visiting the Dr. Martin Luther King Memorial at the Civil Rights Museum in Memphis. Standing in the presence of history, she was moved to tears by the indignities Black people have endured; indignities that persist today, rooted solely in the color of our skin.

Mental Health Clinic

TUESDAYS & WEDNESDAYS, 10 AM – 2 PM

NEW LOCATION: 2206 UNIVERSITY AVE, MADISON (NO LONGER AT MT ZION BAPTIST CHURCH)

Walk-ins are welcome

PROGRAMAS EN ESPAÑOL PARA ADULTOS MAYORES

La Cafetería 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, 5:30 - 8 PM

FITCHBURG SENIOR CENTER, 5510 E LACY RD

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

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.

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.

January Volunteer Spotlight: Sharon & Steve

Sharon and Steve have been volunteering at the MSC/NewBridge meal site for about 8 years. Sharon used to work as a clinic administrator in Waupaca, as well as for (what is now) NewBridge after moving to Madison. Steve was a long-term care social worker for the county, and also worked as project manager for Wisconsin Partnership Program (Family Care).

After retirement the couple lived in Chino Valley, Arizona, but then returned to Madison. Steve and Sharon were looking for a volunteer gig and settled into their NewBridge meal site roles. What makes the volunteering enjoyable for them is that they love the people here. They know most everybody by name and appreciate seeing people socializing over a meal.

Steve and Sharon also enjoy reading, taking walks, and attending their local fitness center. They are very involved in their church and have participated in a plastic bag recycling program (in conjunction with Goodman Community Center) that has collected over 3300 pounds of material, which is then turned into decking, benches and lawn furniture. Their plans for 2025? No big ambitions other than to stay active, healthy, and hopeful!



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

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

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

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:

- > 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



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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, January 13	Thursday, January 16
Monday, February 17	Thursday, February 20
Monday, March 17	Thursday, March 20

Facility Updates

A NEW FIREPLACE TO WARM THE SPIRIT AND THE TOES!

An electric fireplace now warms and welcomes our members as they enter the Madison Senior Center. It adds a welcoming glow to our entrance and makes us a little more noticeable from the street. It also offers a bit of additional warmth on cold days as our members await their rides. Come on in to relax both body and mind!



PUZZLE



January Word Search

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

SNOW

SLED

COAT

FROSTY

COLD

SCARF

FIREPLACE

EARMUFFS

MITTENS

BLANKET

BLIZZARD

PENGUIN

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

FOUNDATION BOARD OF DIRECTORS

Tom DeChant – President
Mary Berryman-Agard
Jan Cliff
Sally Miley

DONATIONS

- ◆ Jane Smith
- ◆ Kathleen Heimann
- ◆ Kathy Poi

Senior Center Wish List

- » Cases of bottled water
- » Individually wrapped snacks
- » Coffee (ground) and tea
- » Gift cards to use as game prizes (\$10, market cards are most appreciated)
- » BINGO Game
- » Musical instruments in good condition

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.

Madison Senior Center
Foundation, Inc.

330 WEST MIFFLIN STREET
MADISON WI 53703

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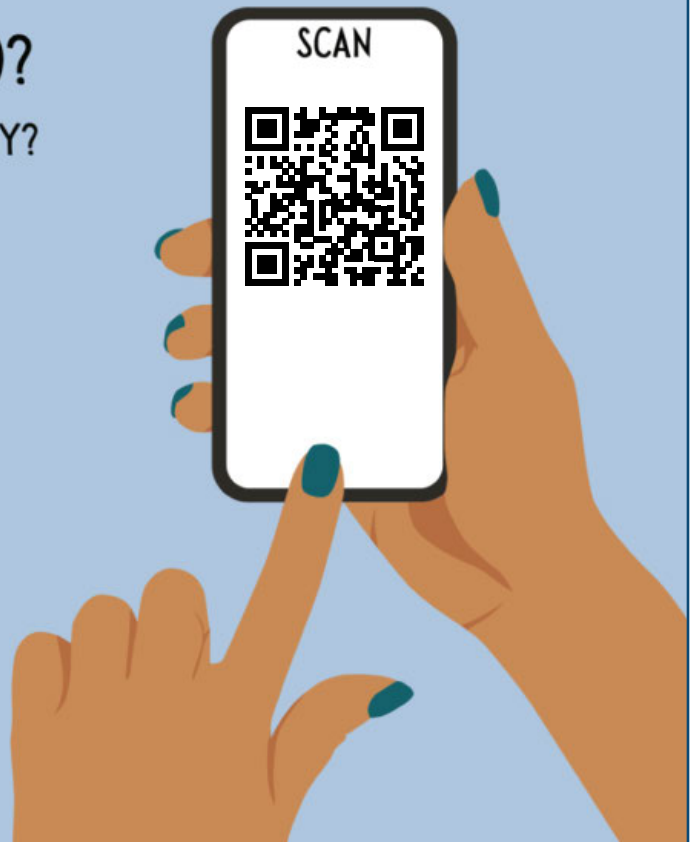
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INSTRUCTIONS:

1. OPEN YOUR PHONE'S CAMERA
2. POINT IT AT THE QR CODE
3. TAP THE NOTIFICATION TO OPEN



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