

THE Messenger

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*Relevant, Inclusive,
Enlightened*

Madison Senior Center

330 W. Mifflin Street

Madison, Wisconsin 53703

(608) 266-6581

**cityofmadison.com/senior-
center**


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MSC

55+ MADISON SENIOR CENTER

Ice Cream Social

WEDNESDAY, JULY 17, 1 - 2 PM

Join us to celebrate National Ice Cream Month at our Annual Ice Cream Social! Enjoy upbeat music and maybe even dance a few steps. We will be serving up refreshing vanilla ice cream with a “sundae bar” of toppings to choose from. **Please Register.** If you have special dietary needs (sugar free, lactose free) you must indicate that when you register. 



MSC Spirit Days

Join Madison Senior Staff and friends in tapping into our silly side! On holidays, special days, for special causes, etc., let’s have some fun and dress-up and/or do fun activities.

Wednesday, July 3rd Celebrate the 4th of July by wearing red, white, and blue.



Friday, July 12th Celebrate **National Tape Measure Day** by playing a fun measuring game, and learning more about tape measures.

Friday, July 19th Celebrate **National Lollipop Day** by playing a trivia game

Friday, July 26th Celebrating **Day of the Cowperson** by wearing something western themed (cowboy hat, bandana, bolero tie, etc.)



FOR YOUR INFORMATION

Directory

Phone (608) 266-6581

Website madisonseniorcenter.org

SENIOR CENTER STAFF

Community Resources Manager, Yolanda Shelton-Morris (she, her)

(608) 266-6563, yshelton-morris@cityofmadison.com

Facility Operations Supervisor, Alana LaBeaf (she, her)

(608) 267-8652, alabeaf@cityofmadison.com

Program & Outreach Coordinator, Laura Hunt (she, her)

(608) 267-8650, lhunt@cityofmadison.com

Program & Outreach Coordinator, Ericka Boeey (she, her)

(608) 266-8652, eboeey@cityofmadison.com

Facility Operations Assistant, Gary Flesher (he, him)

(608) 267-8651, gflesher@cityofmadison.com

Custodian, Ricky Butler (he, him)

(608) 266-6581, rbutler@cityofmadison.com

Front Desk Associate, Daryl Schenkat (she, her)

(608) 266-6581, dschenkat@cityofmadison.com

Community Outreach & Engagement Intern, Isabel Hernandez-White

608-267-2344, ihernandez-white@cityofmadison.com

Social Work Intern, Mike Sungurtekin

608-267-8683, msungurtekin@cityofmadison.com

MISSION STATEMENT

The Madison Senior Center provides opportunities for older adults to engage in healthy living education and activities in a relevant and inclusive community.

OUR VISION

Become known as an inclusive community where older adults thrive.

Program Format & Registration

Programs are offered in person, virtually and hybrid. Watch for the **“VIRTUAL”** after the program time. Classes that are both in person and virtual are referred to as **“Hybrid”**. **Register for the programs**, even if they are free. Most programs require a minimum number. 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.** **R** = Registration Required. **Purple** text or a purple **S** means the program will be in Spanish.

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

Member of



Like us on Facebook:
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Public spaces (interior and exterior) at the Madison Senior Center are monitored by staff on video security cameras; participants and visitors may be recorded.

SUBSCRIBE TODAY!

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

Name _____

Address _____

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Phone _____

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

FOR YOUR INFORMATION

Scholarship Fund

Scholarships are available to people age 55 and older with annual income less than \$30,120 (one person) or \$40,880 (two people) for programs and events. The application is simple and all information is confidential. Call 267-8650 or email Laura at lhunt@cityofmadison.com.

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, available 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 Participant 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 Laura at (608) 267-8650 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

Free Summer Outings to Check Out

WISCONSIN STATE CAPITOL

Free tours offered daily; 6th Floor Observation Deck open in summer

Our stunning State Capitol building is the only one in the country with a granite dome and is designated as a National Historic Landmark. This building is home to the State Legislature, Supreme Court and Office of the Governor, and features ornate mosaics, marble and more.



CONCERTS ON THE SQUARE

JULY 3, 10, 17, 24 AND 31

Free to the general public, Wednesday night series.

Pack a picnic, place your blanket on the Capitol lawn and enjoy music from the Wisconsin Chamber Orchestra. Each season features guest artists and a guaranteed good time.

MADISON MUSEUM OF CONTEMPORARY ART (MMOCA)


Free admission and educational programs

This modern and contemporary art museum was designed by world-renowned architect Cesar Pelli and provides learning opportunities for audiences of all ages, including exhibit openings, film screenings and special events.

Exploring Poetry

2ND WEDNESDAY,

11 AM - 12:30 PM

This program is for anyone who enjoys poetry. There will be opportunities to read, recite and write. Writing poetry is spills and thrills for the beginner and expert too. There are countless small pitfalls but sometimes in the writing something happens, an ah ha moment where the poet feels they can say precisely what needs to be said. Exploring Poetry is led by Mark Kraushaar. 



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. Volunteers are in the lab on **Tuesdays, 10:00 – 11:30 am** and **Thursdays, 12:30 – 2:30 pm**. Scheduling an appointment is recommended. Call (608) 267-8650 or email lhunt@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. **No printing.**

LIFELONG LEARNING

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

Technology & Finance

Math Magic

SUBMITTED BY SRI J.

Three Dice Trick

(Could be extended to any three-digit number)

Let the three dice be A, B, C (each die)



Step	Instruction	Equation
1	Double the number on the first dice	$2A$
2	Add 5	$2A + 5$
3	Multiply by 5	$10A + 25$
4	Add the number on the second dice	$10A + 25 + B$
5	Multiply by 10	$100A + 250 + 10B$
6	Add the number on the third dice	$100A + 250 + 10B + C$

Now subtract 250 from your final answer and you will notice the three digits on the three dice in that order!

2 Card Trick

This trick uses the following codes:

Card	Ace	2-10	Jack	Queen	King	Club	Diamond	Heart	Spade
Code	1	2-10	11	12	13	6	7	8	9

Step	Instruction	Equation
1	Card number/Code	N
2	Multiply by 2	$2N$
3	Add 1	$2N + 1$
4	Multiply by 5	$10N + 5$
5	Add the suit	$10N + 5 + S$
6	Subtract 5 from the final result	$10N + S$



In other words, you will notice, the last digit indicates the Suit S and the preceding digit(s) indicate the card! Isn't it amazing!!

GROUPS & CLUBS

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

Groups & Clubs

Downtown Veteran Social

TUESDAYS, 10 - 11:15 AM

Madison Veteran's 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 xx18622.*



Spanish Conversation

WEDNESDAYS, 1:30 - 2:30 PM **VIRTUAL**

Do you want to practice your Spanish? Our group meets every week to chat in Spanish. Pop in when you can. There are no attendance requirements. To register, email seniorcenter@cityofmadison.com. Once you are registered, you will be sent the Zoom link. All levels welcome. Spanish Conversation meets via Zoom. *R*

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. If interested, email Laura at lhunt@cityofmadison.com or call (608) 267-8650. *R*

Games

B-I-N-G-O

THURSDAYS, 10:15 - 11:15 AM

It is free to play. Any BINGO gets a small prize. The last round played is Blackout. Each BINGO card for the last round costs 50 cents (max of four cards). The first person to get a Blackout BINGO wins the kitty. We play to have fun and camaraderie. Join us!



Table Games & Cards

We have an array of table games, including Chess, Checkers, Rummikub and Cribbage. Our spacious lounge area has plenty of tables and chairs for you and your friends. There is a bookshelf with games, but if you don't see one you like talk to the staff.

Table Tennis or Billiards * Table Games * Chess-Checkers * Rummikub * And More

Looking for a place to relax with friends? The Madison Senior Center has a pool table and two ping-pong tables. Come with a friend, or make a new friend at the Senior Center.





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

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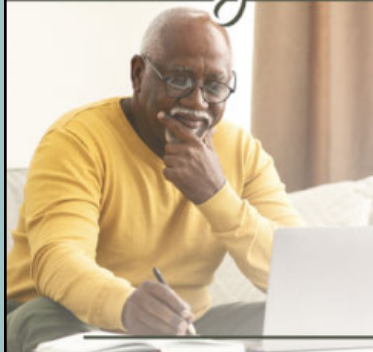
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MOVIES

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).

JULY 2

THE BOYS IN THE BOAT (2023)

This true story follows the University of Washington's rowing team, from their Depression-era beginnings to winning gold at the 1936 Berlin Olympics. *Stars: Joel Edgerton, Callum Turner and Peter Guinness. Biography, Drama and Sport. 2 hours 3 minutes. Rated PG-13.*



JULY 9

THE IDEA OF YOU (2024)

Solene, a 40 year-old single mom, begins an unexpected romance with a 24 year-old Hayes Campbell, the lead singer of August Moon, the hottest boy band on the planet. *Stars: Anne Hathaway, Nicholas Galitzine and Ella Rubin. Comedy, Drama, Romance. 1 hour 55 minutes. Rated R (profanity, sexual content).*



JULY 16

ALL DIRT ROADS TASTE OF SALT (2023)

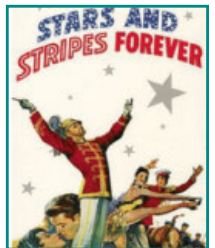
A decades-spanning exploration of a woman's life in Mississippi and an ode to the generations of people, places and ineffable moments that shape us. *Stars: Kaylee Nicole Johnson, Chris Chalk and Jayah Henry. Biography, Documentary and Music. 1 hour 32 minutes. Rated PG.*



JULY 23

STARS AND STRIPES FOREVER (1952)

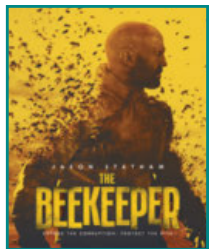
A film biography of the composer John Philip Sousa, from his early days in the Marine Corps Band through the Spanish-America War in 1898. *Stars: Clifton Webb, Robert Wagner and Debra Paget. Biography, Comedy, Music. 1 hour 30 minutes. Not Rated.*



JULY 30

THE BEEKEEPER (2024)

A retired military operative, who now serves as a Beekeeper in a secret organization that protects the world like bees in a hive, is forced in to a campaign of revenge when his neighbor's finances are wiped out after a phishing scam. *Stars: Jason Statham, Emmy Raver-Lampman and Bobby Naderi. Action, Thriller. 1 hour 45 minutes. Rated R (violence, language, sexual references, drug use).*



HEALTH & WELLNESS

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

Blood Pressure Screening

1ST & 3RD TUESDAYS, 11:15 AM - 12:15 PM

2ND & 4TH MONDAYS, 10:30 - 11:30 AM


Keep tabs on your blood pressure. Our volunteers are medical professionals, and would love to have you stop by one either or both days.

HASFIT Gentle Exercise

The HasFit program is available on YouTube. When our TV is not in use, tune in at your convenience to complete an exercise session. Instructors for the senior sessions focus on strength, flexibility and balance.


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. 


Foot Care Clinic

THURSDAY, JULY 9, 9 AM - 3:30 PM |
APPOINTMENT REQUIRED

Cost is \$30 (\$35 for diabetics) *cash or check*. Kelly has been a CNA for 30 years and is looking forward to meeting you. You must make an appointment. **Bring two towels** to your appointment. To schedule an appointment, call Kelly at (608) 669-8215. 



Ballroom Basics for Balance™

Ballroom Basics for Balance™ (BB4B) is a fun way to improve balance through the basics of dance! This class is for you if you want to get better at moving about your world with more confidence and you want to have fun in the process! No partner or dance experience required. More information on fall 2024 class dates and times, and registration forms can be found at www.ballroombasicsforbalance.org. 

WE HAVE CLASSES THAT FIT DIFFERENT ABILITIES. ASK WHICH CLASS IS BEST FOR YOU.

Ballroom Basics for Balance™ (BB4B) – This is our original, core curriculum! A mix of levels from beginner to experienced. You move independently, with or without the help of a device like a cane or walker. You may want a spotter every once in a while, or you may not need one at all.


BB4B: Inclusive – These classes are tailored to specific groups or specific locations, such as assisted living, adults with developmental disabilities, or all-seated experiences!

BB4B: Next Steps – If you feel you are an experienced mover or have taken a few of our classes before, this one is for you!

Learn to Fall Safely

MONDAYS, 9:30 – 10:30 AM, JULY 1, 8, 15, 22

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 mats” for practicing. Classes are progressive. \$60 fee – scholarships available. 

MADISON SENIOR CENTER PROGRAM & ACTIVITY LIST


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

PROGRAM OR ACTIVITY	DAY & DATE	TIME	COST	LOCATION
Ballroom Basics for Balance	Fridays, June 21 - August 9	9:30 - 10:45 am	\$58	Virtual
BB4B "Next Steps"	Thursdays, June 13 - August 15	9:30 - 10:45 am	\$65	Yahara Place Park
BINGO	Thursdays	10:15 am - 1:15 pm	Free	MSC
Blood Pressure Screening	1st & 3rd Tuesdays 2nd & 4th Mondays	11:15 am - 12:00 pm 10:30 - 11:30 am	Free	MSC
Bridge Belles	Mondays	9:00 - 11:00 am	Free	MSC
Computer Lab	Monday and Friday	8:30 am - 12:45 pm	Free	MSC
Computer Lab	Tues-Wed-Thur	8:30 am - 3:45 pm	Free	MSC
eFood Pantry	Place orders Monday 7/15 Pick-up orders Thursday 7/18	9:00 am - 11:30 pm	Free	MSC
Exploring Poetry	2nd Wednesdays	11:00 am - 12:30 pm	Free	MSC
Foot Care Clinic	Tuesday, July 9	By appointment	\$30	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	9:00 - 9:45 am	Free	MSC
Ice Cream Social	Wednesday, July 17	1:00 - 2:00 pm	Free	MSC Park
Learn to Fall Safely	Mondays, July 1, 8, 15, 22	9:30 - 10:30	\$60	Madison Circus Space
Morning Open Mic	Friday, July 5	10:30 - 11:15 am	Free	MSC
Movies (titles on page 8)	Tuesdays	12:30 - 3:00 pm	Free	MSC
NewBridge Case Manager	1st & 3rd Tuesdays	10:30 am - 12:30 pm	Free	MSC
Spanish Conversation	Wednesdays	1:30 - 2:30 pm	Free	Virtual
Technology Assistance	Tuesdays & Thursdays	Varies	Free	MSC
Veterans' Social	Tuesdays	10:00 - 11:15 am	Free	MSC



July 2024

July is National Ice Cream Month!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
1 9:00 HASfit 9:00 Bridge Belles 9:30 Learn to Fall @MSC	2 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Social 10:00 Tech Assistance 10:30 Case Manager Drop-In Hours 11:15 Blood Pressure 12:30 Movie: The Boys in the Boat	3 9:00 HASfit 1:30 Spanish Conversation ✓ *Wear Red, White & Blue*	4 Madison Senior Center Closed 	5 9:00 HASfit 9:30 BB4B ✓ 10:30 Open Mic	6/7 July 6 National Fried Chicken Day 
8 9:00 HASfit 9:00 Bridge Belles 9:30 Learn to Fall @MSC 10:30 Blood Pressure	9 9:00 HASfit 9:00 Foot Care Clinic 10:00 Gentle Yoga 10:00 Vet Social 10:00 Tech Assistance 12:30 Movie: The Idea of You	10 9:00 HASfit 11:00 Exploring Poetry 1:30 Spanish Conversation ✓	11 9:00 HASfit 9:30 Next Steps @ YP 10:15 BINGO 12:30 Tech Assistance 2:00 Gay, Gray & Beyond	12 9:00 HASfit 9:30 BB4B ✓	13/14 July 14 National Tape Measure Day 
15 9:00 HASfit 9:00 Bridge Belles 9:30 Learn to Fall @MSC *ePantry Ordering Day	16 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Social 10:00 Tech Assistance 10:30 Case Manager Drop-In Hours 11:15 Blood Pressure 12:30 Movie: All Dirt Roads Taste of Salt	17 9:00 HASfit 1:00 Ice Cream Social 1:30 Spanish Conversation ✓	18 9:00 HASfit 9:00 ePantry Pick-up 9:30 Next Steps @ YP 10:15 BINGO 12:30 Tech Assistance	19 9:00 HASfit 9:30 BB4B ✓	20/21 July 20 National Lollipop Day 
22 9:00 HASfit 9:00 Bridge Belles 9:30 Learn to Fall @MSC 10:30 Blood Pressure	23 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Social 10:00 Tech Assistance 12:30 Movie: Stars and Stripes Forever	24 9:00 HASfit 1:30 Spanish Conversation ✓	25 9:00 HASfit 9:30 Next Steps @ YP 10:15 BINGO 12:30 Tech Assistance 2:00 Gay, Gray & Beyond	26 9:00 HASfit 9:30 BB4B ✓ *Wear something Western*	27/28 July 27 National Day of the Cowboy 
29 9:00 HASfit 9:00 Bridge Belles	30 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Social 10:00 Tech Assistance 12:30 Movie: The Beekeeper	31 9:00 HASfit 1:30 Spanish Conversation ✓			



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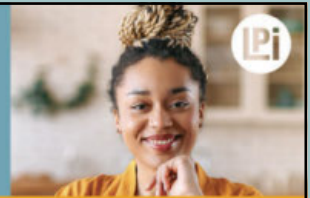
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UNIVERSITY OF WISCONSIN-MADISON



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give us a call: **608-800-2899** or send us an email:

BrainHealthResearch@medicine.wisc.edu



For ad info. call 1-800-950-9952 • www.lpcommunities.com

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

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 provide social opportunities. Call (608) 255-8582 for more information or email info@lgbtoutreach.org. You can also check out our website, lgbtq50plusalliance.org.

Gay, Gray & Beyond (GGB)

2ND & 4TH THURSDAYS, 2 - 4 PM

GGB 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.

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.

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 or kristim@outreach.org.



Outreach Senior Advocate

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

Pontoon Boat Cruise

FRIDAY, JULY 12, 5 - 8 PM

A relaxing three-hour tour of Lake Monona. Enjoy supper and conversation with friends, and maybe stop for a treat. Call OutReach, 608-255-8582, for more information about cost and registration.



PROGRAMS FOR BLACK OLDER ADULTS

PROGRAMS OFFERED THROUGH NEWBRIDGE MADISON

Tech Masters: Getting Comfortable with Computers – In Person [Educational]

JULY 3RD, 1 - 3 PM

MADISON LABOR TEMPLE, 1602 S PARK ST

If you are interested in learning more about computers and getting more comfortable with them, this is the place for you! With a little bit of practice, you'll become a Tech Master! Very Limited Space.

Registration is required. Call Arielle Holt 608-512-0000 ext. 2007 *R*

Game Day – In Person [Social]

4TH WEDNESDAY OF EVERY MONTH, 1 - 3 PM

WARNER PARK, 1625 NORTHPORT DR

Let the games begin! Join us every 2nd Wednesday for cards and board games! Bring your own games and teach others, learn a new game or just come to meet new people and socialize.

Writing Warriors – In Person [Education]

JULY 11TH , 10 – 11 AM

2001 FISH HATCHERY RD

Elevate your writing skills at this fun workshop lead by local poet Christopher Holt!

Lets Bowl at Schwoeglers! – In Person [Health + Wellness]

JULY 19TH , 11 AM – 1 PM

SCHWOEGLERS BOWLING ALLEY, 444 GRAND CANYON DRIVE, MADISON

Come on out for a great time of bowling, food and friendship! Bowl as many games as you can in 2 hours! **Very limited space. Registration is required.**

Call Arielle Holt 608-512-0000 ext. 2007 *R*

PROGRAMS OFFERED BY FREEDOM, INC.

50 Plus and Fabulous

A program for Black elders. For more info, contact: Jessica Williams, jwilliams@freedom-inc.org

People Like Us (PLUS)

For Black and Southeast Asian people who identify as LGBTQ+. For more info, contact: M Adams, madams@freedom-inc.org



PROGRAM OFFERED BY THE RAINBOW PROJECT

Grandparents & Other Relatives as Parents Caregiver Program

Provides support, education, and resources for caregivers who are grandparents and other relatives as parents. Support group meets 2nd Saturday/month, 9-11 am at The Rainbow Project (831 E Washington Avenue, Madison) with free childcare.

For more information, contact either Serena Breining, Group Facilitator, at 608-255-7356 x 324 or sbreining@therainbowproject.net or Madison Solomon, Referral & Community Programs Coordinator, at 608-255-7356 x 316 or referrals@therainbowproject.net.

Website: www.therainbowproject.net

Phone: 608-255-7356

COMMUNITY

Cafeteria de la Memoria: Zoom

TODOS LOS JUEVES, 2:00-3:00 PM

Entrene su memoria, percepción, atención, concentración y más a través de retos y actividades divertidas. Las hojas de práctica se enviarán todos los viernes.

Latinx Grandparents & Other Relatives as Parents Caregiver Program

NEWBRIDGE MADISON

Provides support, education, and resources for Spanish-speaking caregivers who are grandparents raising their grandchildren living throughout Dane County. Support and education group is conducted in Spanish; limited transportation available and light refreshments offered. Support group meets 4th Wednesday/most months, 5:30-8 pm at Fitchburg Senior Center (5510 E Lacy Road).

Website: www.newbridgemadison.org

Phone: 608-512-0000

INTERESTED IN WORKING WITH KIDS?

WANT TO SERVE YOUR COMMUNITY?

Are you or someone you know, looking for part-time work? Are you responsible, dependable, enjoy kids and the outdoors? Then we want you for the 2024-25 school year! As a Crossing Guard, you will be providing a great community service and a friendly face for students each morning and afternoon.

- \$20.26 per hour (appx. \$800+/month) plus regular raises.
- 10-15 hours/ week, Monday-Friday (morning and afternoon shifts) *Flexibility is required for early release dates (including early release every Monday afternoon).*
- Paid Holidays and earned sick leave
- No nights or weekends
- Summer, winter, and spring breaks OFF
- Also seeking substitute Crossing Guards

This is a great job for anyone: the retiree, grandparent, stay-at-home parent, college students or those with another remote job looking to get outside more.

Beginning in late June/early July, a job description and application will be available at: <https://www.cityofmadison.com/jobs>

Please be sure to list on your application any experience you have directing/controlling children (including your own children or grandchildren). Interviews will begin mid-August; **employment begins approximately Wednesday, August 21, 2024.**

For information, contact the City of Madison Crossing Guard Supervisors at 266-4703 or crossingguards@cityofmadison.com



VOLUNTEER OPPORTUNITIES

Volunteers Needed!

Volunteers are the heart of the Madison Senior Center. Whether you are older and enjoy helping your peers, or younger and enjoy interacting with older adults, there may be a place for you here. You can apply to be a volunteer on our website. If you have questions, call us at (608) 266-6581 or email seniorcenter@cityofmadison.com if that is easier.

1. **Front Desk/reception:** Greet and help people by at the front desk. Answer and route telephone calls. Provide information and register participants. **MUST** have computer, phone, and office skills. Shifts are Tuesday, Wednesday or Thursday afternoons.
2. **Computer Lab volunteer:** Troubleshoot issues in our computer lab, assist seniors in completing their identified tasks. Answer questions regarding tech resources and computer functions. Schedule a regularly recurring 1.5 – 2 hour time block.
3. **Group or Class Leader:** Tell us what kind of group or class you would like to lead! A book Club, current events discussion group, the art of drawing, watercolor painting, knitting, gardening – you name it! This can be a onetime only event or a recurring class.
4. **Service Provider:** Many of our older adults are in need of services such as haircuts, massage, blood pressure screening and foot care.u.
5. **Volunteer group opportunities –**
 - **Client Focused:** Wrapping gifts around the holidays, sing-a-longs, board games, special events. Let us know what interests you.
 - **Facility focused:** Gardening, beautifying spaces, painting? Give Alana (608-267-8652 a call to discuss current needs and scheduling.

APPLY TO VOLUNTEER!

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

NewBridge Volunteer Opportunities

FOOD BRIDGE

Food Bridge was created to help battle food insecurity among Older Adults. With the help of volunteers, NewBridge connects adults, age 60+, who fall under the federal poverty line, have no transportation, or physical limitations that keep them from going to the food pantry on their own to a local food pantry. Volunteers deliver to one or two individuals, up to two times per month. Volunteers create their own schedule.

HOME CHORE

The Home Chore Program helps older adults remain independent in their own home. Home Chore is for adults, age 60+, who fall below the federal poverty line, have limitations that prevent them from doing certain cleaning tasks, and have little or no help from family or friends. Volunteers are paired with a senior to help with light cleaning 1-2 times per month. Tasks might include, laundry, dusting, sweeping, doing dishes.

Volunteers can also sign up to do **Outdoor Home Chore**, which includes: lawn care, mowing, raking, trimming bushes, pulling weeds, and snow shoveling during the winter months.

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.

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.

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. All orders must be placed on the Monday or Tuesday of the same week you pick the food up. 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*	FOOD PICK UP DATE
Monday, July 15	Thursday, July 18
Monday, August 12	Thursday, August 15
Monday, September 16	Thursday, September 19

**If you are able to place your own order, you may do so the Friday before the pick-up date.*

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rschlitz@lpicommunities.com

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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, MSCFoundationBoard@gmail.com.

FOUNDATION BOARD OF DIRECTORS

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



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.

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Foundation, Inc.

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MORNING OPEN MIC

FRIDAY, JULY 5, 10:30 – 11:15 AM



Come hang out, drink some coffee, and enjoy this informal “jam” session. Bring your guitar or whatever you play, and your singing voice. We will focus on artists like Bob Dylan, Joni Mitchell and John Prine. Bring your own music if you want to sing a specific song. We will take turns singing and choosing songs.



Find us on Facebook: [MadisonWISeniorCenter](#)



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