

THE Messenger

VOLUME 39, NUMBER 6

JUNE, 2022

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Relevant, Inclusive, Enlightened

Madison Senior Center

330 W. Mifflin Street

Madison, Wisconsin 53703

(608) 266-6581

cityofmadison.com/senior-center

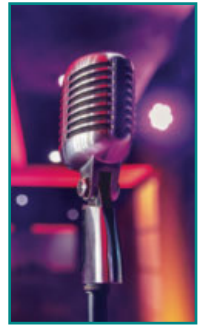


Karaoke Por El Día Del Padre (Karaoke for Father's Day)

WEDNESDAY, JUNE 22, 2-4 PM

Acompañenos a celebrar a los padres y/o figuras paternas de nuestras vidas ¡Celebraremos con música, karaoke, comida, entre otras cosas más! Si necesitan transporte llamen a Katia al 608.512.0000 anexo 3009. Hagánlo antes del 15 de Junio

Join us to honor dads, fathers and father figures in our lives. We will celebrate with music, karaoke, food and lots of fun. Register by Friday, June 17. *R*



Welcome Patricio

OUR NEW OUTREACH & MARKETING SPECIALIST

Patricio R. Ortiz, was born in Santiago, Chile, but has lived in the U.S. for a long time, as well as in several Latin American countries. He has worked in both radio and print media. Being trilingual in Spanish, English and French, he has worked with the Organization of American States/ United Nations in International Development in Haiti, Nicaragua, Colombia and the Dominican Republic. He was a High School Bilingual Teacher in Washington D.C. before earning his Doctorate in Education from The University of Texas at Austin (2007). He taught at several universities in the US, Chile and Guatemala. Patricio has two sons and a daughter. He is looking forward to building and expanding healthy aging programs for under-served older adults in our community.



Patricio R. Ortiz, nació en Santiago, Chile. Ha vivido muchos años en los Estados Unidos, como así también en varios países Latinoamericanos. Ha sido parte de la prensa escrita y radio. Siendo trilingüe en español, inglés y francés ha trabajado con la Organización de Estados Americanos/Naciones Unidas en Haití, Nicaragua, Colombia y República Dominicana. Patricio comenzó su carrera de educador como profesor bilingüe en una Escuela Superior en Washington D.C. y luego de obtener su Doctorado (Ph.D.) en Educación en la Universidad de Texas en Austin (2007), enseñó como catedrático en varias universidades en los EE.UU., Chile y Guatemala. Tiene dos hijos y una hija. Patricio está muy contento de tener la posibilidad de hacer una contribución al desarrollo del bienestar y de la salud de la población de adultos mayores en nuestra Comunidad.

FOR YOUR INFORMATION

Directory

Phone.....(608) 266-6581
FAX.....(608) 267-8684
Website..... madisonseniorcenter.org

SENIOR CENTER STAFF

Senior Center & Senior Services Manager,
Sally Jo Spaeni (she, her)
(608) 267-8652, sspaeni@cityofmadison.com
Office/Rental Manager, Karen Cator (she, her)
(608) 266-6290, kcator@cityofmadison.com
Program Coordinator, Laura Hunt (she, her)
(608) 267-8650, lhunt@cityofmadison.com
Volunteer Coordinator, John Weichelt (he, him)
(608) 267-2344, jweichelt@cityofmadison.com
Reception Coordinator, Gary Flesher (he, him)
(608) 267-8651, gflesher@cityofmadison.com
Custodian, Ricky Butler (he, him)
(608) 266-6581, rbutler@cityofmadison.com
Outreach & Marketing Specialist, Patricio Ortiz (he, him)
(608) 267-8683, portiz@cityofmadison.com

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

Member of



MISSION STATEMENT

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

OUR VISION

Become known as an inclusive community where older adults thrive.

Program Format & Registration

Programs will be offered in person, virtually and sometimes both ways. Watch for the **“VIRTUAL”** after the program time. Classes that are both in person and virtual are referred to as **“Hybrid”**. **Register for the programs**, even if they are free. Almost all programs have a minimum number requirement. If a program is virtual or hybrid, you will receive the Zoom link in an email after you register. If there is a fee, payment is required at the time of registration. **To register for a program, email gflesher@cityofmadison.com or (608) 267-8651.** **R** = Registration Required. **Purple** text or a purple **S** means the program will be in Spanish.

Scholarship Fund

Scholarships are available to people age 55 and older with annual income less than \$25,760 (one person) or \$34,840 (two people) for programs and events. The application is simple and all information is confidential. Call 267-8650 or email Laura at lhunt@cityofmadison.com.

SUBSCRIBE TODAY!

If you prefer a paper copy of *The Messenger*, our monthly newsletter, it is only \$10. The Weekly Window is only available electronically.

Register for *The Messenger* (PLEASE PRINT)

\$10 per year, check enclosed (Make check payable to Madison Senior Center.)

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Mail to the Madison Senior Center, 330 W. Mifflin Street, Madison, Wisconsin 53703.

FOR YOUR INFORMATION

Aging & Disability Resource Center (ADRC)

ADRC works with older adults, adults with disabilities and caregivers to connect them to community services that help keep them healthy and safe in the community. They provide a friendly, welcoming place where you can get unbiased information about aging or living with a disability. Their contact information is 2865 N. Sherman Ave, Madison, WI 53704; (608) 240-7400 or email ADRC@countyofdane.com.

NewBridge Madison

NewBridge is a not for profit agency that serves adults age 60+. Their phone number is (608) 512-0000 and their website is www.newbridgemadison.org. NewBridge provides programs and services throughout the community: Bridge Buddies - Friendly Callers, Case Management, Diversity & Inclusion Activities, Food Bridge Delivery, Foot Clinics, Home Chore Program – Outdoor Only, Loan Closet, Representative Payee & Guardianship Service and Zoom Classes & Activities



Free DVD Check Out

The Madison Senior Center has a wonderful collection of older movies. They are now available for you to check out free of charge. Inquire at the Front Desk for more information, and to see a list.

Area Agency on Aging

The Area Agency on Aging of Dane County serves individuals age 60 plus and their families in accessing services that will help older adults continue living in their own homes and communities. The amount of assistance provided depends on the needs of the older adult. Examples of community-based services include congregate and home-delivered meals, caregiver support, case management, and help with benefit questions. Contact Information: 2865 N Sherman Ave, Madison, WI 53704; 608-261-2995 or email AAA@countyofdane.com.

Like us on Facebook:
[facebook.com/MadisonWISeniorCenter](https://www.facebook.com/MadisonWISeniorCenter)



Code of Conduct for Facility Usage

To ensure the health and safety of all participants, we ask that all facility visitors agree to the following practices:

BEFORE LEAVING HOME

- ♥ Follow relevant guidance provided by the CDC and Public Health Madison and Dane County.
- ♥ Evaluate your own health and that of people you are in close contact with.
- ♥ **Stay home if you feel sick.**

ON-SITE DURING THE EVENT

- ♥ Follow everyday preventative actions:
 - Wash hands often with soap and water for at least 20 seconds, or use an alcohol-based sanitizer with at least 60% alcohol.
 - Avoid touching eyes, nose and mouth.
 - Use a tissue to cover a cough or sneeze, dispose of tissue and wash hands.
- ♥ The mask mandate has been lifted, but masks are welcomed and encouraged.
- ♥ Highly encourage everyone to continue practicing social distancing.
- ♥ Notify your instructor/staff if you feel unwell or are experiencing flu-like symptoms.

POST-EVENT

If you test positive for COVID-19 up to 10 days after returning home, please notify the Madison Senior Center staff.

Great Courses to Check Out

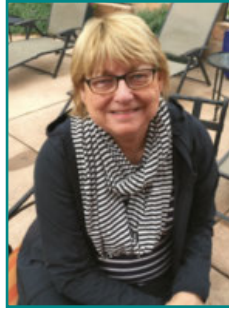
Over the last few years we have offered a number of courses that are produced by the company Great Courses. These are video-taped, semester long courses from professors all over the country. Past courses are available on DVD to check out and watch on your own at the senior center or at home. Inquire at the Front Desk if you are interested.

LIFELONG LEARNING

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

Meet the Author!

Do you ever wonder about what inspires authors to “pick up the pen” so to speak? You might be surprised at the number of talented authors that live right here in southern Wisconsin. *R*



BEV DAVIS, WINGING IT – A MONARCH LOVE STORY WEDNESDAY, JUNE 15, 10-11 AM

Winging It is a magical children’s book based on a true story about how a grandmother and granddaughter saved hundreds of Monarch butterflies in Chicago. *Winging It* has won several national awards. Davis also wrote a series of children’s books on bullying. The first book in the series is *Great Gray, Exceeding NO Expectations*.

About the Author

Beverly Davis, Meriter Hospital chaplain, well known expert on anti-bullying and children’s author, says you can make life brighter for everyone around you as well as yourself if you choose to be kind. Originally from Chicago, Davis was bullied throughout childhood and is still impacted by the pain.

Want to have the last word?

WEDNESDAY, JUNE 8, 10-11 AM

You may have noticed that people have started to write their own obituary. Learn to highlight the little and big things that matter to YOU the most. Make sure people read what YOU think is important. You might decide to be serious, or let you sense of humor come out through your words. *R*



Exploring Poetry

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

This program is for anyone who enjoys poetry. There are opportunities to read, recite and write. *Best Words, Best Order* is the title of a collection of essays by the poet Stephen Dobyns which in just those four well-chosen words perfectly describes what a poet aspires to when putting a poem together. Writing poetry is spills and thrills for the beginner and expert too. There are countless small pitfalls but sometimes in the writing something happens, an ah ha moment where the poet feels he/she can say or almost say precisely what needs to be said. *R*

Voices of Color

THURSDAY, JUNE 16, 10-11 AM VIRTUAL

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

We are excited to be talking with

Chief of Police Shon Barnes

this month. Chief Barnes was hired by the Police and Fire Commission in February of 2021.

He is a nationally recognized leader in crime reduction and community-police relations, and a council member on the National Police Foundation’s Council

on Policing Reforms and Race.

Throughout his career Chief Barnes has implemented Neighborhood Oriented Policing which focuses on smaller police beat response, police neighborhood ownership, and community engagement at all levels within the organization.



MADISON SENIOR CENTER FOUNDATION

Support Efforts to “Friend” Raise by Joining the Foundation Board

We’re looking for talented people to assist with our fundraising and decision making processes on the Senior Center Foundation Board! Provide guidance, solicit and accept funds and other gifts in support of Madison Senior Center and its programs, policies and services for older adults in Madison and make decisions on the Board of Directors for the Madison Senior Center Foundation. Use your skills and talents to increase the amount of partnerships and financial stability of the Senior Center so it can better serve older adults and the community.

Madison Senior Center Foundation Amps up Partnership Grants

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.

Beginning in 2022, the MSC Foundation Partnership Fund Grant is set to increase the amount of support given to community non-profits. The goal is to promote successful aging amongst older adults (age 55+) living in the city of Madison by periodically awarding monetary support, through a competitive grant process, to nonprofit agencies that offer programs, activities, or events that follow the approved City of Madison Framework for Successful Aging.

Donations to the MSC Foundation given today will promote healthy aging not only at the Senior Center, but in the entire Madison community.

FEB, MARCH AND APRIL DONORS

- ♥ Kathryn Lederhause
- ♥ Carol Weidel
- ♥ Dr. Charles Miley & Sally Miley
- ♥ Robert Keller
- ♥ Sandra Ward & Patrick McDonnell
- ♥ Shirley Haidinger
- ♥ Christine Beatty
- ♥ JR & Patricia Smart
- ♥ Tom DeChant
- ♥ Inge Harris

IN MEMORY OF

- ♥ Yetta Sokolow by Harvey & Judith Sokolow

ENDOWMENT FUND AT MADISON COMMUNITY FOUNDATION

- ♥ Leon Lindberg

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-today.

LIFELONG LEARNING

Technology & Finance

Tablets2Go

Virtual programs and activities continue to be a great way to connect with friends and family, or take programs at the Madison Senior Center. If you do not have a computer borrow a tablet for FREE. If are an adult age 55+ who belongs to the Madison Senior Center (membership is free), call (608) 266-6581 to schedule an appointment and check out a tablet. Picture ID required.

Computer Lab

The Computer Lab is open during normal building hours for general use. This lab is not staffed. Users must be able to use the computers independently.

Computer/Technology Assistance

Basic Technology support including: smart phone basics, downloading apps, social media, virus protection, and email.

Digital Photography support including: photo editing, enhancements, HDR capture, storage, and online gallery presentations.

Website Design including: domain registration, website management, and working with web hosting companies.

Please feel free to share your computer challenges or questions with John Weichelt to schedule an appointment at (608) 267-2344 or jweichelt@cityofmadison.com. Understanding and advancing your use of technology is about your ambitions and not about your age.



LGBTQ 50+ ALLIANCE

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

Gay, Gray & Beyond

2ND & 4TH THURSDAY, 2-4 PM

GG&B is a discussion group for those fortunate enough to have arrived, that is, for those who know the obstacles, but also recognize that there have been joys. Those who look beyond the closet. Let's get together consider our individual selves, our unique strengths and the nature of our ever-changing world.

Exploring Spirituality

1ST & 3RD THURSDAY, 1-3 PM / MEETS AT OUTREACH, 2701 INTERNATIONAL LANE

This discussion group discusses a wide variety of topics related to religion and spirituality. Sponsored by the LGBTQ 50+ Alliance.

Coffee, Tea or Smoothie Time

3RD FRIDAY, 1 PM / MEETS AT CARGO COFFEE, 750 E WASHINGTON AVE (FREE RAMP PARKING OFF LIVINGSTON)

Meet up with other friendly folks to talk and hang out. Old friends and new friends are welcome.

Sunset Pontoon Cruise

FRIDAY, JULY 22, 5-8 PM

Enjoy a boxed supper or just the company of friends, both old and new. Reservation information coming soon!

Lesbian Women's Social Group

3RD TUESDAYS, 10:30 AM

MCKEE FARMS PARK: 2930 CHAPEL VALLEY RD

Meet at the park shelter near the main parking lot. After a loop around the park, we will decide on at least one social event in the community to do together during the next month. Sponsored by Fitchburg Senior Center, (608) 270-4290.

OutReach Senior Advocate

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



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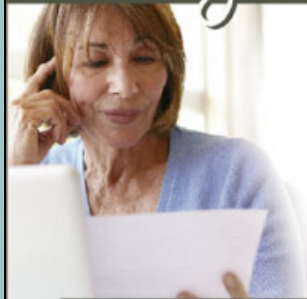
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Attorney at Law**

313 Price Place, Suite 110
Madison, WI 53705
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Paul@oflanaganlaw.com

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Madison Senior Center, Madison, WI

A 4C 01-1141

MADISON CENTER CENTER PROGRAM & ACTIVITY LIST

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

PROGRAM OR ACTIVITY	DAY & DATE	TIME	COST	LOCATION
Activate Bailando*	Tuesdays, June 21 – July 26	1:30 - 2:30 pm	Free	MSC
Alcoholics Anonymous	Mondays	12:15 - 1:15 pm	Free	MSC
Ballroom Basics for Balance	Fridays, June 24 - Aug 12 or Thursdays, June 2 - Aug 4	9:30 - 10:45 am	\$45	Virtual Yahara Park
Bev Davis, Author	Wednesday, June 15	10:00 - 11:00 am	Free	MSC
Blood Pressure Screening	Every Other Tuesday	11:00 am - 12:00 pm	Free	MSC
Brain Boot Camp	Monday, June 13	10:00 - 11:00 am	Free	MSC
Cardio Dancing	Fridays	1:00 - 1:45 pm	Free	MSC
Computer Lab	Monday - Friday	8:30 am - 4:00 pm	Free	MSC
eFood Pantry	Pick-up orders 3rd Thursday	10:00 am - 12:00 pm	Free	MSC
Euchre	E/O Monday, June 13 & 27	1:00 - 2:00 pm	Free	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays	2:00 - 4:00 pm	Free	MSC
Gentle Exercise	Mon, Wed, Thu, Fri	9:00 - 9:45 am	Free	MSC
Gentle Yoga	Tuesdays	9:30 - 10:30 am	Free	MSC
Have the Last Word	Wednesday, June 8	10:00 - 11:00 am	Free	MSC
"Hippy" Days Jam Session	Wednesday, June 15	10:00 - 11:00 am	Free	MSC
Karaoke Por El Dia Del Padre*	Wednesday, June 22	2:00 - 4:00 pm	Free	MSC
Line Dancing	Wednesdays	1:00 - 2:15 pm	Free	MSC
Make Music Madison	Tuesday, June 21	10:00 am - 2:00 pm	Free	MSC
Movies	Tuesdays	12:30 - 2:30 pm	Free	MSC
Painting	Fridays, May 20 - June 24	11:00 am - 1:00 pm	\$30 + Supplies	MSC
Poetry (Exploring)	2nd & 4th Wednesdays	11:00 am - 12:30 pm	Free	MSC
Spanish Conversation	1st Wednesday in Person Other Wednesdays Virtual	1:30 - 3:00 pm	Free	Virtual MSC
Tablets2Go	Ongoing	Varies	Free	MSC
Technology Assistance	By appointment	Varies	Free	MSC
Ticks & Tick-Borne Diseases	Wednesday, June 8	12:00 - 1:00 pm	Free	Monona Terrace or Virtual
Voices of Color	3rd Thursday	10:00 - 11:00 am	Free	Virtual

*Purple text means the program will be in Spanish.



You are Invited!








Sally Jo Spaeni is retiring from the City of Madison after 21 years of service!

Tuesday, May 31, 2022

1:30 – 3:30 pm, Program at 2:00 pm

Refreshments

June 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
<p>30</p> 	<p>31</p> <p>11:00 Blood Pressure Screening 1:00 Euchre 1:30 Retirement Party</p>	<p>1</p> <p>9:00 Gentle Exercise 1:00 Line Dancing 1:30 Spanish Conversation @ MSC</p>	<p>2</p> <p>9:00 Gentle Exercise 9:00 BB4B-Next Steps</p>	<p>3</p> <p>9:00 Gentle Exercise 11:00 Painting 1:00 Cardio Dancing</p>	<p>4/5</p>  <p>June 4 National Cheese Day</p>
<p>6</p> <p>9:00 Gentle Exercise</p>	<p>7</p> <p>9:30 Gentle Yoga 12:30 Movie: Pay It Forward</p>	<p>8</p> <p>9:00 Gentle Exercise 10:00 Have the Last Word 11:00 Exploring Poetry 12:00 Tick Presentation at Monona Terrace 1:00 Line Dancing 1:30 Spanish Conversation - Virtual</p>	<p>9</p> <p>9:00 Gentle Exercise 9:30 BB4B-Next Steps 2:00 pm Gay, Gray & Beyond</p>	<p>10</p> <p>9:00 Gentle Exercise 11:00 Painting 1:00 Cardio Dancing</p>	<p>11/12</p>  <p>June 12 National Red Rose Day</p>
<p>13</p> <p>9:00 Gentle Exercise 10:00 Brain Boot Camp 1:00 Euchre</p>	<p>14</p> <p>9:30 Gentle Yoga 11:00 Blood Pressure Screening 12:30 Movie: Batman *ePantry Orders Due</p>  <p>Flag Day</p>	<p>15</p> <p>9:00 Gentle Exercise 10:00 MTA: Bev Davis 10:00 Jam Session 1:00 Line Dancing 1:30 Spanish Conversation - Virtual</p>	<p>16</p> <p>9:00 Gentle Exercise 9:30 BB4B-Next Steps 10:00 Voices of Color - Virtual 10:00 ePantry Pick Up</p>	<p>17</p> <p>9:00 Gentle Exercise 11:00 Painting 1:00 Cardio Dancing</p>	<p>18/19</p>  <p>June 19 Juneteenth Father's Day</p>
<p>20</p> <p>Juneteenth Celebrated Madison Senior Center Closed</p>	<p>21</p> <p>9:30 Gentle Yoga 10:00 Harmonica Hour 11:30 Mtrane Plus 1:00 Bear in the Forest 1:30 Activate Bailando First Day of Summer </p>	<p>22</p> <p>9:00 Gentle Exercise 11:00 Exploring Poetry 2:00 Karaoke Por El Dia Del Padre 1:30 Spanish Conversation - Virtual</p>	<p>23</p> <p>9:00 Gentle Exercise 9:30 BB4B-Next Steps 2:00 pm Gay, Gray & Beyond</p>	<p>24</p> <p>9:00 Gentle Exercise 9:45 BB4B - Virtual 11:00 Painting 1:00 Cardio Dancing</p>	<p>25/26</p> <p>National Catfish Day June 25th</p> 
<p>27</p> <p>9:30 Gentle Exercise 1:00 Euchre</p>	<p>28</p> <p>9:30 Gentle Yoga 10:00 Haircuts 11:00 Blood Pressure Screening 12:30 Movie: Death on the Nile</p>	<p>29</p> <p>9:00 Gentle Exercise 1:00 Line Dancing 1:30 Spanish Conversation</p>	<p>30</p> <p>9:00 Gentle Exercise 9:30 BB4B-Next Steps</p>		

GROUPS & CLUBS

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

Spanish Conversation

WEDNESDAYS, 1:30-3 PM **VIRTUAL** / IN PERSON

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 gflasher@cityofmadison.com. Once you are registered you will be sent the Zoom link. All levels welcome. Spanish Conversation meets via Zoom every other week, and in person on the opposite weeks. *R*



MONDAYS E/O 1-2 PM

**June 13 & 27, July 11 & 25,
August 8 & 22**

If you aren't already a euchre player, you don't know what you are missing. It is a fun card game that moves along quickly. Every other Monday join us at the Senior Center to play. Not sure how to play, or feeling a little rusty? No Problem, instruction is available.



Gather round for some friendly competition. A great way to get a little exercise and meet other people. You can fire up the Wii anytime the TV is available.

"Hippy Days" Jam Session

WEDNESDAY, JUNE 15, 10-11 AM

Ahem....Clear your throats... and join us for some singing and camaraderie. Would you like to sing some folk or popular songs along with your neighbors on a casual basis? Come one, come all and let's create some fun. The menu is folk songs from the American Songbook, but we can add and expand as the group wishes. If you have an instrument, please bring it!



COMMUNITY

eFood: Food Pantry Online Ordering System

The Madison Senior Center is now a pick-up location for orders placed through the River Food ePantry. That means that if you order food through the ePantry, you can pick it up at the MSC. Our pick-up day is the 3rd Thursday of each month. Orders can be picked 10 am - 12 pm. The ePantry may only be used one a month.



Based on household size, families select from a variety of healthy and nutritious food, including fresh produce, meat, dairy, culturally relevant offerings, and special dietary options, such as vegetarian and gluten-free items.

To learn about ordering and eligibility, call John at (608) 267-2344.

Haircuts

4TH TUESDAY OF THE MONTH, 10 AM - 12 PM. APPOINTMENT REQUIRED

We all know how difficult it is to keep your hair trimmed and looking neat. There is the scheduling, and the transportation, and we all know that it isn't cheap to get a decent haircut. We can help you out! MSC will offer FREE haircuts once a month by a licensed cosmetologist. Hair must be clean. Please bring a towel. Call (608) 266-6581 to schedule an appointment. *R*



Program support provided by:





IN-HOME CARE

- Companionship • Meal Preparation
- Light Housekeeping • Laundry
- Incidental Transportation
- Medication Reminders
- Grooming & Dressing Guidance

PERSONAL CARE SERVICES

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ENTERTAINMENT

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

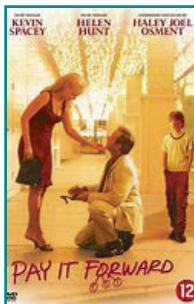
Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm.

PAY IT FORWARD (2000)

TUESDAY, JUNE 7

A young boy, troubled by an alcoholic mother and abusive, albeit absent, father, is inspired by a social studies assignment about change. He attempts to make the world a better place with a pay it forward idea. A national news writer picks up the story and it goes global. *Stars: Kevin Spacey, Haley Joel Osment and Helen Hunt.* Drama. 2 hours 3 minutes. Rated PG-13.



BATMAN (2022)

TUESDAY, JUNE 14

When the Riddler, a sadistic serial killer, begins murdering key political figures in Gotham, Batman is forced to investigate the city's hidden corruption and question his family's involvement. *Stars: Robert Pattinson, Zoe Kravitz, and Jeffrey Wright.* Action, Crime, Drama. 2 hours 56 minutes. Rated PG-13



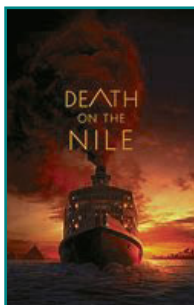
NO MOVIE ON TUESDAY, JUNE 21

Celebrate summer and join us outside for Make Music Madison!

DEATH ON THE NILE (2022)

TUESDAY, JUNE 28

While vacationing on a glamorous river steamer on the Nile, Belgian sleuth Hercule Poirot must investigate the murder of a young heiress. This tale features a cosmopolitan group of impeccably dressed travelers, and enough wicked twists and turns to leave you guessing until the final shocking finale. *Stars: Tom Bateman, Annette Bening and Kenneth Branagh.* Crime, Drama, Mystery. 2 hours 7 minutes. Rated PG-13.



Make Music Madison

TUESDAY, JUNE 21

MSC is excited to be a participant in this year's Make Music Madison. Join us in the courtyard for three distinct sounds. If it rains, we will move inside the center.



HARMONICA HOUR

10 - 11 AM

Like an old radio show with songs, stories, and jokes! From Americana folk, blues, old country, to Bob Dylan and The Beatles. Dewayne Keyes plays harmonica and Doug Barrette guitar, and they have performed over 1000 shows in the area.

MTRANE PLUS

11:30 AM - 12:30 PM

Mtrane Plus plays a blend of jazz and rhythm & blues with percussion overtones. All band members play multiple instruments. They are the house band for Spoken Word, played at four Kwanzaa celebrations at Olbrich Gardens, and have played at religious events in Madison, Milwaukee and Chicago.

BEAR IN THE FOREST

1 - 2 PM

The songs of Bear In The Forest (BITF) howl with spiritualism. They are built around folk music in the oldest, barest sense: joy and pain and a guitar coming together to produce sounds that resonate with ancestral memory.

VOLUNTEER VIEW

Volunteer Opportunities

FRONT DESK RECEPTION

This is the focal point of the Madison Senior Center. If you like to know what's going on and when, and have office skills, this may be the spot for you. MUST have computer/phone/office skills and experience. Shifts are 4 hours, weekly and Mon - Fri.

FINANCIAL LITERACY FACILITATOR

Use your extensive knowledge of finance and savings to impart wisdom on seniors looking to learn more about how to manage their money.

GARDENING

Get out that green thumb. Assist with plant selection, planting, weeding, watering, and deadheading throughout the growing season.



GREAT COURSES FACILITATOR

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

MODERATOR/HOST FOR BOOK CLUB

Are you a person of color who is excited about advancing racial equity and social justice? Help MSC pick books, formulate questions, and lead a monthly hour long book club. This new book club will offer different perspectives. A minimum of 5-6 month commitment is required. This is a grassroots program, and it will be dependent on input from the facilitator.

SEWING AND KNITTING

Do you like to help others? Many older adults either don't sew or are no longer physically able to do even basic mending. This would be a new service at the Senior Center, and would include things like sewing on buttons, hemming pants/skirts, replacing zippers, and making alterations. We have three sewing machines, but you could use your own. The plan is to have this be a social experience at the Senior Center, but we will adapt for as needed for the pandemic.



GAMES VOLUNTEER

Bolster older adult socialization by facilitating card games, board games, and strategy games. Learn the rules, teach others, and organize prizes.

EXERCISE FACILITATOR

MSC wants to expand exercise AND fitness classes with new ideas such as cardio drumming, ball cardio and interesting forms of dance. Keep seniors moving and active by encouraging exercise on a weekly basis.

ARTIST OF THE MONTH

We have a wonderful space to display your artwork on the first floor of the Madison Senior Center. Tracking is already in place and we provide hooks and line for hanging. Invite your friends and family to see your work anytime during our hours of 8:30am to 4pm; M-F.

MARKETING ASSISTANCE


Have a chance to expand our offerings and participants at the Madison Senior Center by assisting with outreach and marketing efforts. Specifically looking at expanding into diverse areas. Provide assistance in preparing promotional material for events and performing necessary tasks to make sure the event or program goes over as smoothly as possible. This may include contacting potential vendors, speakers or presenters, and assisting in set-up prior to the program's start.

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

HEALTH & FITNESS

Gentle Yoga


TUESDAYS, 9:30-10:30 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 until fall, but donations are welcome. 



Brain Boot Camp

MONDAY, JUNE 13, 10-11 AM

Your brain has everything to do with who you are and what you do. It's important to challenge your mind to keep it fit and healthy. 

Blood Pressure Screening

TUESDAYS, 11 AM - 12 PM, EVERY OTHER WEEK

An EMT will be at the Senior Center on Tuesdays to do blood pressure checks.

HASFIT Gentle Exercise

MONDAY, WEDNESDAY, THURSDAY, FRIDAY, 9-9:45 AM

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.

Alcoholics Anonymous

MONDAYS, 12:15-1:15 PM AT MSC

Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem.

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Ballroom Basics for Balance™

Ballroom Basics for Balance™ (BB4B) is a fun way to improve balance through the basics of dance! This class is for you if you want to get better at moving about your world with more confidence and you want to have fun in the process! No partner or dance experience required. Details at www.ballroombasicsforbalance.org. *R*



THURSDAYS, 9:30-10:45 AM, JUNE 2 - AUGUST AT YAHARA PLACE PARK ON LAKE MONONA

This is “Next Steps”, for an intermediate level experience! \$45. Pay for 8 sessions, get up to 10 (2 inclement weather dates worked it)

FRIDAYS, 9:30-10:45 AM, JUNE 24 - AUGUST 12 (8 WEEKS) - VIRTUAL

Join us this Summer Session for: **Ballroom Line Dance, Country Line Dance, & More.** This class is for new and continuing students. There are sitting and standing ways to dance. 8 week class, cost is \$45. Fill out the registration form and then mail your payment to *Madison Senior Center, 330 W. Mifflin St., Madison, 53703.*

How does exercise affect your brain?

Regular physical activity is an important part of a healthy lifestyle. Not only is exercise good for your muscles and bones, but it is also an important part of keeping your brain healthy too.

What counts as “regular exercise”? According to experts, the recommended amount of exercise to keep your mind sharp is about an hour a day. One of the best ways to get exercise is to play sports. Being on a team can build self-confidence, and regular practice schedules are good for your health. If you don’t like sports or competition, that’s ok too! Exercise doesn’t only mean playing sports, it just means moving your body and being active. A few other examples of exercise are dancing, walking, biking, swimming, or throwing a Frisbee.

What is happening in the body and brain during exercise? As your heart rate increases during exercise, blood flow to the brain increases. As blood flow increases, your brain is exposed to more oxygen and nutrients. Exercise also induces the release of beneficial proteins in the brain. These nourishing proteins keep brain cells (also known as neurons) healthy, and promote the growth of new neurons. Neurons are the working building blocks of the brain. As a result, individual neuron health is important to overall brain health.

Exercise boosts your mood and reduces stress. When you exercise, your body releases chemicals such as dopamine and endorphins in your brain that make you feel happy. Not only is your brain dumping out feel-good chemicals, but exercise also helps your brain get rid of chemicals that make you feel stressed and anxious. People who exercise tend to be happier and less stressed than those who don’t exercise. Regular exercise can also help you control your emotions when you do feel angry or upset.

Information obtained from The Dana Foundation. Brain Awareness Week was founded by the Dana Alliance for Brain Initiatives and the European Dana Alliance for the Brain.

Fit for Life Cardio Dancing for 55+

FRIDAYS, 1-1:45 PM

Start out the weekend with an energizing cardio class that will get the blood pumping. This class is for you if you can move around freely without assistance, and would enjoy a class that recreates the dance moves to songs you love at an easily modified intensity to fit your comfort range. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! *R*

Line Dancing

WEDNESDAYS IN MAY, 1-2:15 PM

This is a beginner Basic Line Dance Step Class, but don’t let the word beginner fool you. This class will be equivalent to an invigorating walk. You will learn new dance steps, and get a workout in. Line dancing is great for balance, mental health and exercise. Join us for an hour of dancing, laughing and fun. *R*

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It's Tick Season Again! What to Know and How to Stay Tick Free

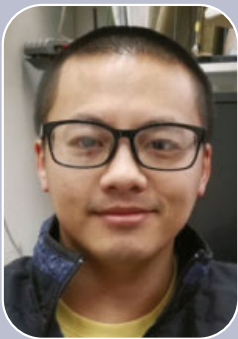
Wednesday, June 8, 12 - 1 PM

Presented by Dr. Xia Lee, UW-Madison Department of Entomology

Hybrid – Zoom Option (Advance registration required.) MSC Zoom Webinar Registration:

https://mononaterrace.zoom.us/webinar/register/1316528911892/WN_Ex0wxB62Q-GZnd8Zqn7bdg

Come learn about the biology of ticks along with the pathogens that they transmit from Public Health Entomologist, Dr. Xia Lee. He will provide tips and advice on how to best avoid and prevent tick bites.



Xia Lee is a Public Health Entomologist and an expert on ticks and tick-borne diseases in Wisconsin. He has a Master's and PhD from UW-Madison in Entomology where he directs and manages projects to investigate the effectiveness of host targeted interventions, mowing and acaricides, in reducing ticks and the prevalence of the Lyme disease agent in host-seeking ticks. Dr. Lee works for the Upper Midwestern Center of Excellence for Vector-Borne Disease at the UW-Madison. He is interested in the host-seeking behavior of the blacklegged tick and has collaborated with other institutions to investigate two newly emerging disease pathogens.



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