

THE Messenger

VOLUME 39, NUMBER 11

NOVEMBER, 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



November is Native American

Heritage Month, which provides an opportunity to recognize and honor the lives and the important contribution to our way of life by people of indigenous descent. Madison sits on land inhabited by the Ho-Chunk some 12,000 years before white settlers forced them out.

You many not remember learning about the Ho-Chunk in school. That is because they were formerly known as the Winnebago, but the term Winnebago is a misnomer derived from the Algonquian language family and refers to the marsh lands of the region. The Ho-Chunk are a Siouan-speaking Native American people more closely related to the Lakota.

American Indians represent diverse nations of people who flourished in North America for thousands of years before the arrival of Europeans. The Menominee, Ojibwe (Chippewa), Potawatomi, and Ho-Chunk (Winnebago) peoples are among the original inhabitants of Wisconsin. American Indian people are heterogeneous and their histories differ based on tribal affiliation. These groups have tribal councils, or governments, which provide leadership to the tribe.

For more than a century, Wisconsin tribes have fought to maintain their sovereignty and self-determination in the face of federal policies of assimilation, allotment, and termination. In the last generation, the tribes' legal status has been clearly defined, their traditional treaty rights guaranteed, and their economic base boosted by gaming and tourism.

Finally, the Native American people, invented many things we take for granted, long before the Europeans began to land on our shores. They invented corn, rubber, kayaks, and oral contraceptives just to name a few.

THE HO-CHUNK NATION

Although many different Native American tribes lived near Madison, during the influx of European settlers in the 18th and 19th centuries, the **Ho-Chunk Nation** was the primary group living around Madison, although other tribes, including the Fox (Meskwaki) and the Sauk, also lived in the area.

FOR YOUR INFORMATION

Directory

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

SENIOR CENTER STAFF

Interim Manager, Yolanda Shelton-Morris (she, her)
(608) 266-6563, yshelton-morris@cityofmadison.com

Program Coordinator, Laura Hunt (she, her)
(608) 267-8650, lhunt@cityofmadison.com

Office/Rental Manager, Karen Cator (she, her)
(608) 266-6290, kcator@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

“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 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 (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.

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!

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



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.

Free Mending Services

We will be starting a new free mending service for older adults. You will be able to drop off clothing items at the front desk, and pick them up in 2-3 weeks. All items must be clean when dropped off. More details will be available soon. If you are interested in the service, or in volunteering, call John at (608) 267-2344.



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 think you may have been exposed to COVID wear a mask, and get tested.
- ♥ Masks are welcome and encouraged (but not required).
- ♥ If you appear sick or are excessively coughing, you may be asked to leave the building.

TAKE PREVENTATIVE ACTIONS:

- ♥ Wash hands often with soap and water for at least 20 seconds.
- ♥ Take advantage of hand sanitizer station located in the building.
- ♥ Use a tissue to cover a cough or sneeze, dispose of tissue, and wash hands.
- ♥ Social distance when possible.

IF YOU TEST POSITIVE FOR COVID-19...

Please notify the Madison Senior Center, and tell us what days that you may have been here and been contagious. Follow CDC guidelines for isolation and wearing a mask.

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 is not 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.** Call (608) 266-6581 to schedule an appointment. *Next month haircuts will be December 20th due to the holidays.



LIFELONG LEARNING

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

Exploring Poetry

2ND & 4TH WEDNESDAYS,
11 AM - 12:30 PM



This program is for anyone who enjoys poetry. There will be 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. Exploring Poetry is led by Mark Kraushaar.

Money Matters

BY APPOINTMENT



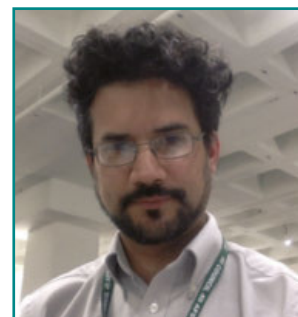
Do you struggle with knowing who to talk to or trust at a Financial Institution? Maybe you are having trouble paying your bills, or need to dispute a charge. Perhaps you want to save a little each month, and need help identifying how to make a change so there's something left to save. We are not financial experts, but we would like to match you up with someone we trust who can help you find the best person to talk to depending on your needs. Our Volunteer, Mike Fogle, spanned 43 years in the banking industry. He was President of Castle Bank in northern Illinois, and has experience in almost all areas of banking and investing. He can answer basic questions, and serve as liaison when the problem requires connecting with working professionals. We cannot give financial advice or counseling. Call John at (608) 267-2344 to schedule an appointment.

Voices of Color

THURSDAY, NOVEMBER 17, 10-11 AM VIRTUAL

A monthly series presented on Zoom that gives you the opportunity to have engaging conversations with community leaders who are also People of Color. The program host is Melvin Hinton, who you may know from Radio Literature on WORT. Listen to our guests stories that speak to cultural differences, learn about Madison from a different perspective, and ask questions about what you hear and learn.

Join us in November to meet **Martin Alvarado**, Community Engagement Librarian for Business and Technology at the Madison Public Library. Martin was born in and grew up in Mexico City, and moved to Madison in the mid 1990's. He has had the fortune of growing up in a bicultural and bilingual household which has given him different perspectives on identity and what it means to belong in a community.



Martin's current work projects include working with entrepreneurs, promoting the worker cooperative businesses model, supporting the learning of digital skills, and helping the community collect oral histories through The Madison Living History Project. He has an Associate of Arts degree from Madison Area Technical College, a Bachelor of Science degree in geology and geophysics from UW-Madison, and Masters of Library and Information Science from the UW-Milwaukee.



LIFELONG LEARNING

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

Creative Writing

TUESDAYS, NOVEMBER 8, 15, 22
9:30-11 AM

Introduction to Creative Writing is a series of three workshops for writers of all levels, genres, and mediums


Anna Stover and Heidi Rosenberg will guide participants through creative writing foundations. In these workshops, participants will explore where they draw their inspiration from with exercises designed to turn that inspiration into a piece of writing. Participants will create either a poem or story through brainstorming, drafting, workshopping, and revising. The workshops will include time for teaching, writing, and sharing.

Anna Stover has been writing, reading, and performing stories for as long as she can remember. She decided to make a career out of this, receiving a bachelor's degree in writing directing and performance from the University of York and a master's degree in creative writing from the University of Oxford.

Heidi Rosenberg has been an instructor at Madison College teaching first-year writing, literature, and creative writing courses since 2015 and more recently has become the Coordinator for the Community Writing Center, which is part of Madison College's Writing Center.

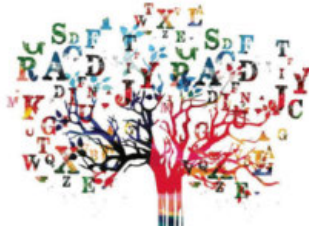
AARP Safe Driving

FRIDAY, NOVEMBER 11, 9 AM - 1 PM

The course teaches proven driving techniques to help keep you and your loved ones safe on the road. 

Additionally you will learn:

- ♥ Important facts about the effects of medication on driving.
- ♥ How to reduce driver distractions.
- ♥ How to maintain the proper following distance behind another car.
- ♥ Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- ♥ Techniques for handling left turns, right-of-way, and roundabouts.
- ♥ Age-related physical changes and how to adjust your driving to compensate.
- ♥ **Fee:** \$20 AARP Member and \$25 Non-Member. *Pay instructor with check or cash.*



Writing Your Holidays

THURSDAYS, NOV 10 – DEC 15
(5 WEEKS, NO CLASS 11/24)

Many find meaningful moments and opportunities for joy in the holiday season that is upon us. Those moments give us stories to share about our experiences, special traditions and times with loved ones. Enjoy the satisfaction you will get from capturing these moments and sharing them with family and friends. For five weeks we will explore writing prompts to trigger memories and discuss ways to develop those stories through use of different writing strategies. Each session will include time to write and share your stories with other participants in writing response groups to seek their reactions, comments and suggestions. The stories you develop will become keepsakes to share with others.

Our instructor, Mark Nepper worked as a newspaper reporter for eight years before becoming an English teacher. He taught many writing classes throughout his 30-year career at a Madison high school. He enjoys the beauty, joy, and meaning stories bring to our lives.


Fabric Art Doll Making

WEDNESDAYS, 1-4 PM

Express yourself using simple sewing techniques. Local artist, Wendy Fern Hutton, guides you through the process of creating something that speaks to your soul—an animal, a medicine doll or maybe a spirit guide. Use fabrics, beads, feathers, ribbons, or anything else you can think of. Call Laura at (608) 267-8651 if you interested in joining this ongoing class.


20th Century American Short Stories

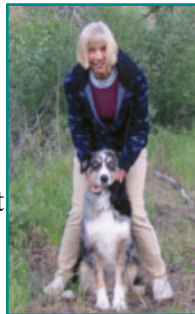
TUESDAYS (EVERY OTHER) NOVEMBER 15 & 29,
DECEMBER 13, 10-11:30 AM

Most avid readers are familiar with the short stories of O. Henry, John Steinbeck, and Ernest Hemingway, to name a few. There are many other authors, known chiefly for the novel form, who have written wonderful short stories. We will explore many: Porter, Salinger, Runyon, Wharton, Malamud, Carver, etc.! Let's meet every other week and discuss 2-3 short stories of the same author, or the same time period, or the same topic—any commonality to lend a perspective beyond the writers style, content and message. Our first session will be devoted to a discussion (led by me) on the genesis of the form and then move on to Mark Twain's, "The Celebrated Jumping Frog of Calaveras Country". We will decide on future selections as a group. 

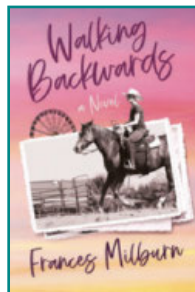
Walking Backwards

MEET AUTHOR FRANCES MILBURN
FRIDAY, NOVEMBER 18, 10-11 AM

This touching story is about an older woman whose children declare her no longer able to live in the family home. As Irene relives her past, we learn about a life her children never dreamed she lived... and the tragedies that tore apart two cherished friendships. 



Frances Milburn, a retired teacher, has just released a novel entitled *Walking Backwards*, centered on a common current theme about living situations and care for senior parents. She previously wrote six children's serials published in newspapers around the country, and they are now in book form. She has also written four other books and many short stories which she is still getting ready for publication.



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



Technology & Finance

Tablets2Go

Virtual programs and activities will 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 we can lend you a tablet for FREE. Tablets2Go is available to you 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. Volunteers are also available by appointment to provide **BOTH** basic and advanced tutoring, instruction, and tech support. We will find a volunteer to best fit your technology voyage.

Computer/Technology Assistance

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

我们提供免费的，一对一的技术指导。UW-Madison 的学生将解答您关于电子设备的任何问题，比如如何避免诈骗，买卖二手物品，使用社交软件，等等。

请携带您自己的电子设备，我们也提供台式电脑。如您有兴趣参与，请致电周紫艳：(608) 977-3802.

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.



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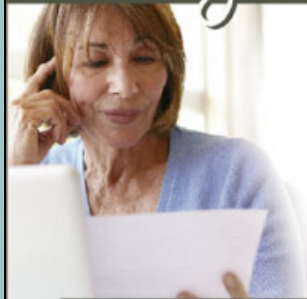
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Madison Senior Center, Madison, WI

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LIFELONG LEARNING

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.

“Greet and Eat”

NOVEMBER 16, 5:30 - 8 PM

Madison Senior Center, 330 W. Mifflin St. Madison

Make new friends, share a meal, have a few laughs and generally get into the holiday spirit! Be sure to keep your eyes open for special notices from OutReach and the 50+ Alliance so you don't miss your chance to join us for this fun and food filled event! Seating is limited, so reserve your spot as soon as you get the information. Suggested donation of \$10/person. Be a friend for someone you don't know yet, and donate a meal if you are able. **Joint venture with MATA and LGBTQ 50+ Alliance**

The Sappho Group

A 50+LESBIAN WOMEN'S' SOCIAL GATHERING

**HELD AT THE FITCHBURG SENIOR CENTER,
5510 LACY RD, FITCHBURG**

3RD WEDNESDAYS, 1:30 – 3:00 PM

This confidential group is open to 50+ lesbian women - out, in, single, partnered, married with all sorts of family definitions and beliefs. The social group will include a chance to talk, meet new people, and connect with old friends. Activities will include outings to gay events, group events we create ourselves, and community building projects. If more information is needed, call (608) 270-4290.

Gay, Gray & Beyond

2ND & 4TH THURSDAYS, 2-4 PM

Meets at 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 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. Sponsored by the LGBTQ 50+ Alliance. Does not meet Nov. 24.

Exploring Spirituality

1ST & 3RD THURSDAYS, 1-3 PM

Meets at OutReach, 2701 Independence Lane

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

Queer Faith

2ND & 4TH TUESDAYS, 7-8:30 PM

Meets at OutReach, 2701 Independence Lane

Join us for our drop-in spiritual space welcoming to all across the spiritual spectrum. We will discuss the joy of Queering of faith/philosophy or other topics as they come forward. Vica-Etta, the convener of this space, is a woman, Queer, transgender who believes deeply that the most important truths of any faith or Philosophy is that we are already wonderful and loved. Join for all or part of the 90 minutes.

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



ENTERTAINMENT

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

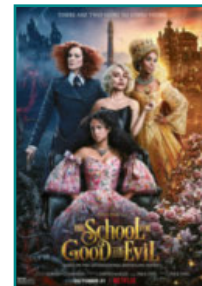
Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm.

November 1

THE SCHOOL FOR GOOD AND EVIL (2022)

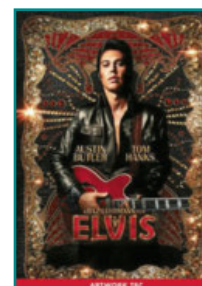
Best friends Sophie and Agatha find themselves on opposing sides of an epic battle when they're swept away into an enchanted school where aspiring heroes and villains are trained to protect the balance between Good and Evil. *Stars: Rachel Bloom, Charlize Theron and Cate Blanchett (voice). Action, Drama, Fantasy. 2 hours 27 minutes. Rated PG-13.*



November 8

ELVIS (2022)

The movie explores the life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950's. The story delves into the complex relationship between Presley and his enigmatic manager, Colonel Tom Parker. Central to Elvis' story is Priscilla Presley, one of the most significant and influential people in his life. *Stars: Tom Hanks, Austin Butler and Olivia DeJonge. Documentary, Drama, Music. 2 hour 39 minutes. Rated PG-13.*



November 15

TOP GUN: MAVERICK (2022)

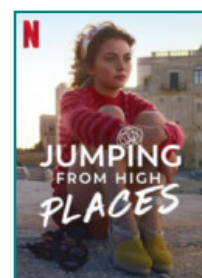
After thirty years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads Top Gun's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it. *Stars: Tom Cruise, Jennifer Connelly and Miles Teller. Drama, Action. 2 hours 10 minutes. Rated PG-13.*



November 22

JUMPING FROM HIGH PLACES (2022)

Inspired by the novel of the same name. To honor her best friend's last wish, Sole, a young woman with severe anxiety confronts her greatest fears to try and reclaim her life – and perhaps find love. *Stars: Cristiano Caccamo, Valentina Carnelutti and Nicoletta Di Bisceglie. Comedy, Drama, Romance. 1 hour 28 minutes. Rated TV-14*



November 29

LITTLE WOMEN (2019)

A coming of age period dram film that chronicles the lives of the March sisters – Jo, Meg, Amy, and Beth – four young women, each determined to live life on her own terms. *Stars: Saoirse Ronan, Emma Watson and Florence Pugh. Drama, Romance. 2 hours 15 minutes. Rated PG.*



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
AARP Safe Driving	Friday, November 11	9:00 am – 1:00 pm	\$20/25	MSC
American Short Stories	E/O Tuesday, starts November 15	10:00 – 11:30 am	Free	MSC
Ballroom Basics for Balance	Fridays, November 11 & 18	10:00 – 11:30 am	Closed	MSC
Ballroom Basics for Balance	Fridays, Sept 16 – Dec 6 10 weeks	9:30 – 10:45 am	Closed	MPL
Blood Pressure Screening	E/O Tuesday	11:00 am – 12:00 pm	Free	MSC
Cardio Dancing	Fridays	1:00 – 1:45 pm	Free	MSC
Caregiver Survival Tips	Monday, November 14	10:00 – 11:00	Free	MSC
Computer Lab	Monday – Friday	8:30 am – 4:00 pm	Free	MSC
Creative Writing	Tuesday, November 8, 15, 22	9:30 – 11:00 am	Free	MSC
Death Café	Friday, October 21	1:30 – 3:00 pm	Free	MSC
Democracy & It's Alternatives	Wednesday Oct 5 – Dec 28	12:00 – 2:00 pm	\$10	MSC
eFood Pantry	Pick-up orders November 17	10:00 am – 12:00 pm	Free	MSC
Euchre	Mondays	1:00 – 2:00 pm	Free	MSC
Exploring Poetry	2nd & 4th Wednesdays	11:00 am – 12:30 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	10:00 – 11:00 am	Free	MSC
Haircuts	4th Tuesday, November 22	10:00 – Noon By Appt.	Free	MSC
LGBTQ 50+ Social	Wednesday, November 16	5:30 – 8:00 pm	\$10	MSC
Movies	Tuesdays	12:30 – 3:00 pm	Free	MSC
Non-Traditional Doll Making	Wednesdays	1:00 – 4:00 pm	Supplies	MSC
Preschool Arts & Crafts	Tuesday, November 10	9:45 – 11:00 am	Free	MSC
Spanish Conversation	1st Wednesday in Person Other Wednesdays Virtual	1:30 – 3:00 pm	Free	MSC/Virtual
Tablets2Go	Ongoing	Varies	Free	MSC
Technology Assistance	By appointment	Varies	Free	Virtual
Voices of Color	3rd Thursday	10:00 – 11:00 am	Free	Virtual
Walking Backwards	Friday, November 18	10:00 – 11:00 am	Free	MSC
Wii Bowling	Weekdays	12:30 – 2:30 pm	Free	MSC
Writing Your Holidays	Thursdays, Nov 10 – Dec 15	10:00 – 11:30 am	Free	MSC



November 2022

NATIVE AMERICAN HERITAGE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
	1 9:00 Gentle Exercise 11:00 Blood Pressure 12:30 Movie - The School for Good and Evil	2 9:00 Gentle Exercise 12:00 Democracy 1:00 Fabric Art Dolls 1:30 Spanish Conv. @ MSC 1:30 PLATO	3 9:00 Gentle Exercise 1:30 PLATO	4 9:00 Gentle Exercise 9:30 BB4B - <i>Virtual</i> 1:00 Cardio Dancing 1:00 PLATO 5:00 Gallery Night	5/6 Nov. 6 Daylight Savings Time Ends 
7 9:00 Gentle Exercise 10:00 Medicare D Appointments 10:00 PLATO 1:00 Euchre 1:30 PLATO	8 9:00 Gentle Exercise 9:30 Creative Writing 10:00 Gentle Yoga 12:30 Movie - Elvis  Election Day No Lunch Served	9 9:00 Gentle Exercise 11:00 Exploring Poetry 12:00 Democracy 1:00 Fabric Art Dolls 1:30 Spanish Conversation - <i>Virtual</i> 1:30 PLATO	10 9:00 Gentle Exercise 9:45 Preschool Arts & Crafts 10:00 Writing Your Holidays 1:30 PLATO 2:00 Gay, Gray & Beyond	11 9:00 Gentle Exercise 9:00 Safe Driving 9:30 BB4B - <i>Virtual</i> 10:00 BB4B @MPL 1:00 Cardio Dancing 1:00 PLATO  Veteran's Day	12/13  Nov. 13 World Kindness Day
14 9:00 Gentle Exercise 10:00 PLATO 10:00 Caregiver Survival Tips 1:00 Euchre 1:30 PLATO	15 9:00 Gentle Exercise 10:00 Gentle Yoga 10:00 Short Stories 11:00 Blood Pressure 12:30 Movie - Top Gun: Maverick *ePantry Orders due	16 9:00 Gentle Exercise 12:00 Democracy 1:00 Fabric Art Dolls 1:30 Spanish Conversation - <i>Virtual</i> 1:30 PLATO 5:30 LGBTQ 50+ Social	17 9:00 Gentle Exercise 10:00 Writing Your Holidays 10:00 Voices of Color - Virtual 10:00 ePantry Pick-Up 1:00 Spirituality 1:30 PLATO	18 9:00 Gentle Exercise 9:30 BB4B - <i>Virtual</i> 10:00 BB4B @MPL 10:00 Walking Backwards 1:00 Cardio Dancing 1:00 PLATO 1:30 Death Café	19/20
21 9:00 Gentle Exercise 10:00 PLATO 1:00 Euchre	22 9:00 Gentle Exercise 9:30 Creative Writing 10:00 Gentle Yoga 10:00 Haircuts 12:30 Movie - Jumping From High Places	23 9:00 Gentle Exercise 1:00 Fabric Art 1:30 Spanish Conversation - <i>Virtual</i>	24 Happy Thanksgiving MSC Closed 	25 MSC Closed 	26/27  Small Business Saturday
28 9:00 Gentle Exercise 10:00 Medicare D Appointments 1:00 Euchre	29 9:00 Gentle Exercise 10:00 Gentle Yoga 10:00 Short Stories 11:00 Blood Pressure 11:15 Red Hat Mamas 12:30 Movie - Little Women Giving Tuesday	30 9:00 Gentle Exercise 12:00 Democracy 1:00 Fabric Art Dolls 1:30 Spanish Conversation - <i>Virtual</i> 1:30 PLATO		National Family Caregiver Month	



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Thanksgiving

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S	U	N	P	W	U	F	R	T	G	Q	D	E	A	S
E	B	I	L	U	M	F	U	A	F	Z	I	L	E	R
V	A	V	S	T	M	R	K	H	T	R	L	O	J	E
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- | | | |
|----------|------------|--------------|
| FALL | THANKFUL | NOVEMBER |
| GATHER | TURKEY | PLYMOUTH |
| HOLIDAY | CORNUCOPIA | STUFFING |
| PILGRIMS | FAMILY | THANKSGIVING |
| PUMPKIN | GOBBLE | CRANBERRIES |
| CORN | GRATITUDE | POTATOES |
| FEAST | PIE | TRADITION |



VOLUNTEER VIEW

Volunteer Opportunities

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.



MARKETING ASSISTANCE (HYBRID)

Use your technology skills to assist in promoting the Madison Senior Center and its programs. Under direction of the Program Coordinator you will create Facebook events, posts, posters, and calendar postings. We offer a ton of great programs, but often need extra push to let people know about them.

OUTREACH (EVENTS/ACTIVITIES)

Expand our offerings and participants at the Madison Senior Center by assisting with outreach into underserved communities. If you enjoy spending time with older adults this may be for you. Work with the Program Coordinator to plan and implement activities in the community. This may include contacting potential vendors, speakers or presenters, and being in present to make sure things run smoothly. Help older adults gain access to services, programs and wellness activities at various community centers and housing complexes.

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.



FOOT CARE PROFESSIONAL

MUST be Licensed RN or CNA. Provide proper foot care education and perform: inspection; warm foot soak; nail trimming; foot rub with lotion; physician referral (if needed). Looking to schedule once per month at the Madison Senior Center.



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.

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



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 John Weichelt, (608) 267-2344.

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TRIPLE The Impact of Your Donation!

An anonymous donor will triple your gift, until the end of the year. Your financial support will make a difference in the life of an older adult who is feeling isolated, experiencing loneliness and/or living on a fixed income. The Madison Senior Center also goes out to Senior Housing to identify needs and offer programs. Our programs touch over 7500 participants a year. **DONATE NOW** to TRIPLE your impact.



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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.

GROUPS & CLUBS

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

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 gflasher@cityofmadison.com. Once you are registered you will be sent the Zoom link. All levels welcome. Spanish Conversation meets via Zoom. 



Euchre

MONDAYS, 1-2 PM

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. Join us at the Senior Center to play. Not sure how to play, or feeling a little rusty? No Problem, instruction is available. Drop in and check it out.

Wii Bowling

MONDAY – FRIDAY, 12:30-2:30 PM



Gather round for some friendly competition. A great way to get a little exercise and meet other people. This is drop-in. New players welcome!

Nimble Thimbles

DAY & TIME TBD

Sewing seems to be a lost art. It's not taught in the school's any more, and many older men never had the opportunity to learn this life skill. Join our Nimble Thimbles group to meet other sewers, help others with mending, meet new friends, and potentially do a group project. MSC has four sewing machines for the group to use, or you are of course welcome to bring your own. If you want to learn more, contact John Weichelt, (608) 267-2344 or jweichelt@cityofmadison.com.

Death Cafe

FRIDAY, NOVEMBER 18, 1:30 - 3 PM

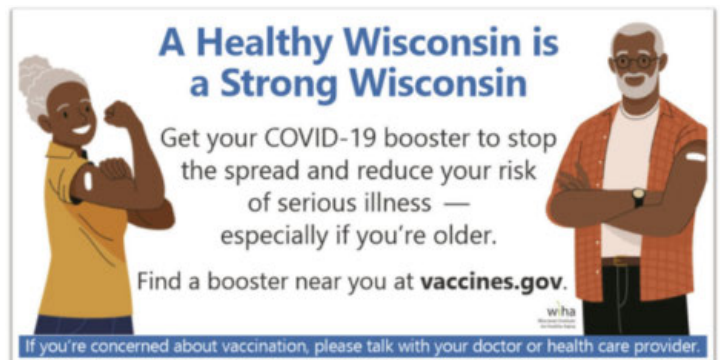


At a Death Café people, often strangers, gather to eat a snack, drink tea or coffee and discuss death. It is a directed discussion of death with no agenda, objectives or themes. It is not a grief support group or a counseling session. Interested? Death Cafés have spread quickly across Europe, North America and Australasia. Since 2011 there have been 13,972 Death Cafés in 81 countries. Please register.

Red Hat Mamas

LAST TUESDAY EVERY MONTH, 11 AM

This is MSC's informal version of the Red Hat Society. We meet once a month for camaraderie at the Madison Senior Center, and we always try to wear red. Most people bring a lunch or register to receive a meal at the congregate meal seat operated by NewBridge. After lunch, we plan an activity or just socialize. In between meetings, we plan get togethers for birthdays, movies or local events. This free (and fun) group is open anyone age 55+. You are responsible for your own meal and activity fees when we go out.



HEALTH & FITNESS

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

Caregiver Survival Tips

MONDAY, NOVEMBER 14, 10 - 11 AM

Being a caregiver can be rewarding yet hard. It is important to take time to also care for yourself. Please join John Kreft from Humana for “Caregiver Survival Tips.” In this educational program John will discuss the basics of informal caregiving and will share tips on taking care of yourself and how to stay positive while still caring for others.

National Family Caregiver Month


Celebrated every November, National Family Caregivers Month (NFCM) is a time to recognize and honor

family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers. This year’s there is “Caregiving Around the Clock.” There are over 53 million Americans who are unpaid caregivers to family, friends and neighbors. Twenty-seven percent of those are helping someone with a mental illness.

Caregiving can often have a significant impact on the life of the caregiver in more ways than one. It can make maintaining your physical and mental health more difficult and may put a strain on work and social life. It’s important for caregivers to take care of their own mental health. Supporting caregivers with information and resources can help them maintain their mental health and better serve loved ones with mental illness.

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 until fall, but donations are welcome. 

HASFIT Gentle Exercise

MONDAY – FRIDAY, 9 - 9:30 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.

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, 2023 class dates and times, and registration forms can be found at www.ballroombasicsforbalance.org.



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! 

COMMUNITY

eFood: Food Pantry Online Ordering System



PLACE ORDERS NOVEMBER 15

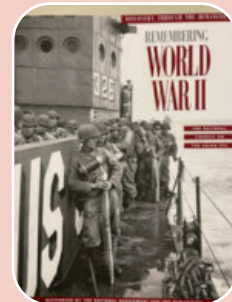
The Madison Senior Center is now a pick-up location for orders placed through the River Food Pantry ePantry. That means that if you order food through the ePantry, you can pick it up at the MSC. Our pick-up day is the 3rd Thursday of each month. **Orders can be picked 10am-12pm on Thursday, November 17.**

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.

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

We Salute All Veterans And Thank You For Your Service!

As a special thank, please stop by the Senior Center for your FREE copy of "Remembering World War II,"



a 222-page book published by The National Council on The Aging, Inc. while supplies last.

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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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BIENVENIDOS AL CENTRO PARA ADULTOS MAYORES DE LA CIUDAD DE MADISON (MSC)

Noche de la Galería presentará en MSC ganadores de concurso fotográfico

(Viernes 4 de noviembre de 5-9 pm) - La Noche de Galería (Gallery Night) es una celebración comunitaria de la vibrante escena artística en la ciudad de Madison. Organizada por el Museo de Arte Contemporáneo de Madison (MMoCA), esta velada es una antigua tradición que presenta el trabajo de muchos artistas locales y que se lleva a cabo en muchos centros comunitarios de la ciudad. Mostrando con esto la creciente y diversa escena artística en la ciudad de Madison.

Este año la Noche de Galería también será celebrada en el MSC (4 de noviembre de 5-9 pm) y además de la exhibición de otras formas de arte, el centro contará también con una exposición de fotografías hechas por adultos mayores. Incluyendo las fotografías de los cuatro ganadores del Concurso Fotográfico del MSC realizado en octubre. Será un evento muy entretenido y la entrada será gratis. Esperamos contar con su participación en este evento artístico en el MSC (330 W Mifflin Street) 608.266.6581) cityofmadison.com/senior-center.



Clínicas sobre consultorías legales sobre leyes de familia en Centro Comunitarios de Vera Court –

Si usted es un adulto mayor y tiene dudas y consultas respecto a asuntos legales relacionados con la Ley de Familia y quiere asesoría sin costo alguno y con abogados especializados que le podrían ser de mucha ayuda, visite las clínicas legales gratis que ofrece una vez al mes, el Centro Comunitario de Vera Court, ubicado en el 614 Vera Court Street en Madison, WI 53704. Para hacer una cita y reservación para este evento, contacte a Oliver Trousdale (Coordinador Bilingüe) al 608.246.8372 o escríbale a su correo olivert@veracourt.org. Contamos con traductores e intérpretes en español y toda información será reservada. Esta es una colaboración del Centro de Adultos Mayores de Madison (MSC) y el Centro Comunitarios de Vera Court (<https://www.veracourt.org>).

Reciba asistencia para el uso de la tecnología de computación

El MSC ofrece sesiones de enseñanza de tecnología de computación, llevadas a cabo por voluntarios que trabajan en forma directa con los usuarios de nuestro centro a través de proporcionarles una instrucción directa en nuestro laboratorio de computación. Los instructores voluntarios responderán a sus preguntas respecto a las computadoras y sus programas digitales, como así también sobre el uso de las redes sociales y otros programas. Si usted no tiene computadora, nosotros en el MSC tenemos un laboratorio de computación bastante bien equipada que Ud., podrá usar durante el proceso de instrucción. Es necesario estar matriculado con anticipación para poder participar en este programa, que funciona de lunes a viernes en diferentes horas en que el centro se encuentra abierto (entre las 8:30 am y las 4 pm). Para matricularse en inglés llame a John Weichelt (Coordinador de Voluntarios) al 608.267.2344 o envíele un correo a jweichelt@cityofmadison.com.

Voluntarios para Reclutar

El MSC necesita líderes de programas y actividades en el Centro de Adultos Mayores. Si usted o alguien que conozca le gustaría crear y liderar en español, un programa o diferentes actividades en el Centro para Adultos Mayores de la Ciudad de Madison, haga el favor de informarnos al respecto. Tenemos oportunidades disponibles tanto pagadas como de voluntario. Comuníquese con John (en inglés) llamando al 608-267-2344.

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Silver Santa

The planning for our second annual Silver Santa event is underway! **Capri Living Communities** has graciously agreed to sponsor the event again, and we are thankful for their support. What is "Silver Santa"? It means that older adults who are likely to be alone and not receive a gift, can enjoy a holiday celebration at the Madison Senior Center. ***Pre-registration by November 11 is required.***

Gifts will be distributed at a holiday celebration on Thursday, December 15. Call (608) 266-6581 for more information.



Find us on Facebook: [MadisonWISeniorCenter](#)



Follow us on Twitter: [@MadisonSrCenter](#)