

THE Messenger

VOLUME 41, NUMBER 10

PROGRAMAS EN ESPAÑOL EN LA PAGINÁ 17.

OCTOBER, 2024

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*Relevant, Inclusive,
Enlightened*

Madison Senior Center

330 W. Mifflin Street

Madison, Wisconsin 53703

(608) 266-6581

cityofmadison.com/senior-center



Gallery Night

FRIDAY, OCTOBER 4, 5 - 8 PM

Gallery Night is a community-wide celebration of Madison’s vibrant art scene. We will have a photography exhibit featuring everyone who entered our Photo Affair. All photographers are from the area, and at least 55 years old. Our local talent is amazing. Be one of the first to see who some "Best of Show." While you are here, enjoy light refreshments.

Downtown Madison Family Halloween

WEDNESDAY, OCTOBER 30, 3 - 6 PM

All ages are welcome! "Maynard" of the Madison Mallards will be here for photo opportunities. Stop in at the Senior Center during our extended hours as we celebrate Halloween with games, treats, and activities. We will serve as a Trick-or-Treat location for the Downtown Madison Family Halloween event, which includes stops along State Street and around Capitol Square.



History of Halloween: Halloween has its roots in the ancient Celtic tradition of Samhain (pronounced sow-in), which marked the end of summer and the beginning of the cold, dark winter; a time frequently associated with death. The night before the Celtic new year of November 1st, they believed the division between the worlds of the living and the dead were blurred, and that the spirits of the dead returned to destroy crops and cause mayhem. Celtic priests, called Druids, would light bonfires to burn crops and animals as a sacrifice to the Celtic deities. Celts wore animal heads and skins as costumes around the bonfire, and at the end of the night, the hearth was re-lit as a symbol of protection to get them through the Winter. After the Romans conquered much of the Celtic territory, new traditions blended with the old. In early colonial America, the celebration of Halloween was limited to Maryland and the southern colonies, with protestant practices preventing more widespread celebration. As European immigrant traditions blended with Native American traditions, the uniquely American form of Halloween was born, and became widespread with the influx of Irish immigrants in the later part of the 19th Century.

FOR YOUR INFORMATION

Directory

Phone (608) 266-6581

Websitemadisonseniorcenter.org

SENIOR CENTER STAFF

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

Facility Operations Supervisor, Alana LaBeaf (she, her)
(608) 267-8652, alabeaf@cityofmadison.com

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

Program & Outreach Coordinator, Ericka Boeoy (she, her)
(608) 266-6290, eboeoy@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

Professional Aide, Daryl Schenkat (she, her)
(608) 266-6581, dschenkat@cityofmadison.com

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

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

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

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MISSION STATEMENT

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

OUR VISION

Become known as an inclusive community where older adults thrive.

Program Format & Registration

Programs are offered in person, virtually and hybrid. Watch for the “**VIRTUAL**” after the program time. Classes that are both in person and virtual are referred to as “**Hybrid**”.

R = Registration Required. **Purple** text or a purple **S** means the program will be in Spanish. If a program is virtual or hybrid, you will receive the Zoom link in an email after you register. If there is a fee, payment is required at the time of registration. **To register for a program, email seniorcenter@cityofmadison.com or call (608) 266-6581.**

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

SUBSCRIBE TODAY!

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

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

FOR YOUR INFORMATION

Scholarship Fund

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

Endorsements

The Madison Senior Center does not endorse or recommend private agencies or service providers. Presenters are selected for their subject matter expertise. Private companies also may provide donations for programs or allow employees to volunteer as part of their workday. Accepting these donations is not an endorsement of the business. Always do your own research before selecting a service provider.

Photography

All programs, events and daily activities may be photographed, and the pictures may be used in promotional materials or posted to social media. If you object to the use of your image, please inform the photographer.



Health & Safety Precautions

To protect the health and safety of all participants, volunteers, and staff in our building, we ask that all facility visitors agree to the following practices:

- » Follow guidance provided by the CDC and Public Health Madison and Dane County.
- » Stay home if you are sick. If you appear sick, you may be asked to leave the building.
- » Wash hands often with soap and water for at least 20 seconds.
- » Take advantage of hand sanitizer stations.
- » Use a tissue to cover a cough or sneeze.
- » Respect the personal space of others.

Masks are welcomed and free. Ask at the Front Desk.

Key Cards – Checking-In

When you visit the Senior Center, please make sure you check-in at the Front Desk with your key card. If you do not have a key card, stop at the Front Desk, fill out a Member Form, and we will give you a key card. This allows us to keep track of how many people use the Senior Center. Usage is directly connected to our funding. *Note: If you are at the Senior Center for lunch, you will also have to check-in at the NewBridge Nutrition Site.

Building Hours

- » **Tuesday - Wednesday - Thursday** 8:30 am - 4:00 pm
- » **Monday & Friday** 8:30 am - 1:00 pm

You Belong Here!

If you are age 55 or older you belong at the Madison Senior Center. If you don't see a program relevant to your needs or interests, let us know. Call us at (608) 266-6581 or email seniorcenter@cityofmadison.com.

Language Access Program

The City of Madison Language Access Program provides access to City services for people whose primary language is not English. We are committed to improving accessibility for all. If you would like more information, speak to a staff person or email us at seniorcenter@cityofmadison.com.

LIFELONG LEARNING

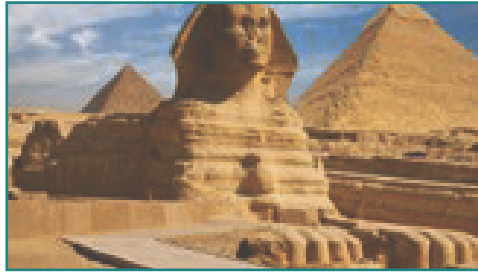
To register for programs, call (608) 266-6581 or email seniorcenter@cityofmadison.com

Travels, Traditions & Tales with Joe Fahey

THE GREAT PYRAMIDS OF GIZA

WEDNESDAY, OCTOBER 9, 1 - 2 PM

The Great Pyramids are the only remaining icons of the Seven Wonders of the Ancient World. Joe Fahey will share with you the history of the pyramids and how they were built, as well as the backstory of their protector, The Great Sphinx. *R*



THE LOST CITY OF MACHU PICCHU

WEDNESDAY, NOVEMBER 20, 1 - 2 PM

For centuries, Machu Picchu was considered merely a myth of the long-gone Incan Empire. Now, it is one of the world's greatest archeological finds. Joe Fahey will take you on a tour to the unimaginable and mysterious mountaintop retreat for the great Incan Emperors. *R*

Writing Your Life

THURSDAYS, SEPTEMBER 19 – OCTOBER 24, 10 - 11:30 AM

We all have stories to tell, stories about our life experiences, our friends, and our families. Some of those stories encompass the joys of achievement, celebration, milestone moments, and love. Others detail the harder parts of life, jealousy, betrayal, sadness, loss. Our stories define us. Through the Greater Madison Writing Project's "Writing Your Life" workshops, we help you find the stories you want to tell and give you writing strategies that help you craft them into stories that you want to share. Each 90-minute session includes exploration of different strategies and opportunities to write and seek feedback, in a welcoming community. Led by Mark Nepper. *R*



First Friday Music Hour

FRIDAY, OCTOBER 4, 10 - 11 AM

Hang out, drink some coffee, and enjoy this informal "jam" session. Bring your guitar or your instrument of choice, 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.

Exploring Poetry

2ND WEDNESDAYS, 11 AM - 12:30 PM

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

Overture Community Ticket Program

The Overture Community Ticket Program makes the arts more accessible by offering a limited number of tickets costing less than \$5 to members of community organizations. Tickets are available for select shows. Go to www.overture.org/engage/community-ticket-program/ for more information, and call the Madison Senior Center to receive your discount code. Keep an eye out for future group field trips to some of these performances!

LIFELONG LEARNING

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

October's Featured Volunteer: Gwen Kirk

We previously spotlighted volunteers in our newsletter, and with this issue we are bringing that feature back. We have also previously highlighted our longtime volunteer Gwen Kirk, but we think she deserves multiple shout-outs! Gwen is a friendly and reliable face here at the Madison Senior Center. She is a retired teacher, who has never lost her desire to help others learn and to spread some joy. She always carries an extra copy of The Messenger in her purse, in case she meets someone who she believes will enjoy or benefit from one of our programs. Lunch service is never the same on the rare occasion she doesn't walk the multiple blocks it takes her to get here. When asked what she likes most about volunteering at the Senior Center, Gwen said, "I love it here. I love the people here. I love to help!" Because she brightens our days and spreads the good word about the work we do here, we want to extend our wholehearted thanks to Gwen. We love having you in our world, Gwen!



Special thanks to our member Karen, who laid the final piece on the Community Jigsaw Puzzle! Because she contributed so much to this puzzle, she got to select the next Community Jigsaw Puzzle – check it out; everyone is welcome to contribute.



Technology & Finance

Computer Lab

The Computer Lab is open during normal building hours for general use. Volunteers are available at select times to provide **BOTH** basic and advanced tutoring, instruction, and tech support. Scheduling an appointment is recommended. Call (608) 267-6290 or email ebooey@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 follow sanitation procedures.

Printing: We do not have a printer available for public use.

Food and Beverages: Food is not allowed on top of computer desks, and eating is not permitted in the Computer Lab. Beverages with unsecured lids are not allowed in the Computer Lab.

CLUBS, GAMES & GROUPS

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

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.

VA



U.S. Department
of Veterans Affairs

Veteran Peer Support Social

TUESDAYS, 10 - 11:15 AM

The 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. Socials are open to ALL Veterans and to their family members and supporters. 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.*

B-I-N-G-O

THURSDAYS, 10:15 - 11:15 AM

It is free to play the standard BINGO rounds for a small prize. If you want to compete for the cash prize in the final Blackout round, each card costs 50 cents (max of four cards). If you don't pay for a card in the final round, you can still play, but it will be for a standard prize. We play to have fun and camaraderie. Join us!



Board Game Hour

FRIDAY, OCTOBER 18, 8:30 - 9:30 AM

Stop in to learn a new board game or to play your favorite with our UW Madison Golden Year volunteers!

Spanish Conversation

WEDNESDAYS, 1:30 - 3 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. Once you are registered, you will be sent the Zoom link. All levels welcome. Spanish Conversation meets via Zoom. *R*

Pool Tournament

WEDNESDAY, OCTOBER 16, 9 - 11 AM

Join us for a pool tournament! A working knowledge of pool is required. Play for prizes in this tournament that will be led by one of our passionate pool-playing members. *R*

Spirit Days!

FRIDAYS, ALL DAY

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

OCTOBER 4TH

Random Acts of Poetry – write a magnet poem at our poetry station

OCTOBER 11TH

Mad Hatter Day – wear a fun hat, or make one with supplies we will provide

OCTOBER 18TH

Sport Day – wear a jersey, hat, pin, or other item to celebrate your favorite sports team

OCTOBER 25TH

Pumpkin Day – decorate a pumpkin with supplies we will provide

NOVEMBER 1ST

Día de los Muertos – help us decorate an ofrenda to celebrate the lives of those we have lost this year



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Madison Senior Center, Madison, WI

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HEALTH & WELLNESS

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

Healthy Living with Mild Cognitive Impairment Education Series

HELPING PEOPLE ACROSS WISCONSIN LIVE AND COPE WITH A MCI DIAGNOSIS

This is a quarterly support and educational series for people and families living with Mild Cognitive Impairment (MCI). The classes offer attendees support, guidance and science-backed strategies for living and coping with a diagnosis of MCI. Dr. Nathaniel Chin, a memory clinic doctor with UW Health and the medical director of the Wisconsin Alzheimer's Disease Research Center, is medical director of the series. Before the presentation there will time for socializing and enjoying refreshments. The presentation will be virtual, and then it will be followed by an in-person facilitated discussion. *R*

» **Friday, December 13, 9:30 - 11:30 am**

Amplify Your Life, Sharpen Your Mind: How Managing Hearing Loss Can Help Your Memory

Guest: Pamela Souza, PhD, CCC-A, FAAA

Over the past few years, there has been growing attention to the link between untreated hearing loss and cognitive impairment, but there are also many questions. How do your hearing and memory work together for communication? New management options such as over-the-counter hearing aids are available, but how well do they work? Will getting a hearing aid really help maintain your memory? Join this interactive event to learn more about hearing loss, and ways to improve your communication and hearing health.

Foot Care Clinic – New Day & New Price

2ND THURSDAYS, 9 AM - 12 PM

COST IS \$25

Clinics are a great opportunity to get basic toenail care in addition to regular podiatry care. Savannah Stone is licensed Manicurist and a certified Medical Nail Technician and Advanced Nail Technologist. **Please bring 2 towels** and arrive 5 minutes early. Cash or check only.



HasFIT

MONDAY-FRIDAY, 9 - 9:30 AM

The HasFIT program is presented on YouTube by instructors who focus on strength, flexibility, and balance. Join us at our scheduled screening times or tune in at your convenience any time our television is not in use.

Blood Pressure Screening

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

Keep tabs on your blood pressure. Our volunteer is a medical professional, and would love to have you stop by!

New Program!

Movement for Every Body

2ND AND 4TH FRIDAYS, 9:30 - 10:30 AM

Movement is for all bodies and abilities! Join UW-Madison students in a movement class tailored to the needs and interests of each group. This class will include music and dance, stretching, breathing techniques, mobility exercises and fun for everyone.

Learn to Fall Safely

MONDAYS, 9:30 - 10:30 AM, OCTOBER 7, 14, 21, 28

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.

R

HEALTH & WELLNESS

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

October is Breast Cancer Awareness Month

This annual awareness month raises awareness about early detection of the disease. Nearly one in three of all new female cancer cases are breast cancer. There is about a one in eight chance for a woman living in the United States to get it in their lifetime.


There is a lot of misinformation out there resulting in common breast cancer myths. Make sure you know the truth behind these common misconceptions.

BREAST CANCER MYTHS

- » Myth: A breast injury can cause breast cancer.
- » Myth: Breast cancer is more common in women with bigger breasts.
- » Myth: Breast cancer only affects middle-aged or older women.
- » Myth: Breast pain is a definite sign of breast cancer.
- » Myth: Carrying a phone in your bra can cause breast cancer.
- » Myth: All breast cancers are the same.
- » Myth: Finding a lump in your breast means you have breast cancer.
- » Myth: Men do not get breast cancer.
- » Myth: A mammogram can cause breast cancer or spread it.
- » Myth: Antiperspirants and deodorants cause breast cancer.
- » Myth: If the gene mutation BRCA1 or BRCA2 is detected in your DNA, you will definitely develop breast cancer.

For more information about this important topic, go to nationalbreastcancer.org.

Ballroom Basics for Balance™

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

IN PERSON

Fridays, September 13 – December 6, 10 - 11:30 am (no class November 29)

Location: Madison Senior Center, 330 W Mifflin St

\$90 for 12 weeks (financial assistance available)

To register, contact Susan Frikken at (608) 692-8794

VIRTUAL AND INCLUSIVE

Fridays, September 20 - December 13, 9:30 - 10:45 am (no class November 29)


Location: Virtual via Zoom

\$87 for 12 weeks (financial assistance available)

To register, contact one of the instructors: Atala: atalanicole@gmail.com or (608) 770-8763 or Krista: kabultmannspiro@gmail.com or (608) 335-9252

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. No fee, but donations are welcome. 

MOVIES

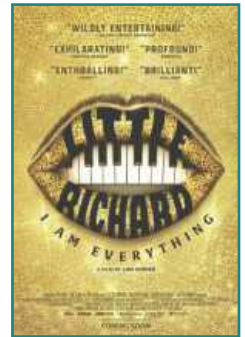
Movie Matinees

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).

October 1

Little Richard: I Am Everything (2023)

This tells the story of the Black queer origins of rock n' roll, exploding the whitewashed canon of American pop music to reveal the innovator – the originator – Richard Penniman. Through a wealth of archive and performance that brings us into Richard's complicated inner world, the film unspools the icon's life story with all its switchbacks and contradictions. *Stars: Little Richard, Ralph Harper and Newt Collier. Documentary, Biography, History, Music. 1 hour 41 minutes. Rated TV-MA.*



October 8

The Fall Guy (2024)

A stuntman, fresh off an almost career-ending accident, has to track down a missing movie star, solve a conspiracy and try to win back the love of his life while still doing his day job. What could possibly go right? *Stars: Ryan Gosling, Emily Blunt and Aaron Taylor-Johnson. Action, Comedy, Drama, Romance. 2 hours 6 minutes. Rated PG-13.*



October 15

Greedy People (2024)

Follows the residents of a small island town who must navigate a sensational murder and the discovery of a million dollars; a series of increasingly bad decisions upend the once peaceful community. *Stars: Himesh Patel, Joseph Gordon-Levitt and Lily James. Comedy, Crime. 1 hour 52 minutes. Rated R.*



October 22

Pyscho (1960)

A secretary on the run for stealing \$40,000 from her employer is overcome by exhaustion during a heavy rainstorm. She takes refuge at the ramshackle Bates Motel owned by a repressed man, Norman Bates and his overbearing mother. *Stars Anthony Perkins, Janet Leigh and Vera Miles. Psychological Horror and Thriller, Suspense, Mystery. 1 hour 49 minutes. Rated R.*



October 29

Freaky (2020)

Seventeen-year-old Millie Kessler becomes the latest target of the Butcher, the town's infamous serial killer. When his mystical dagger causes them to swap bodies, The frightened high-school senior discovers that she has fewer than 24 hours before the change becomes permanent. *Stars: Vince Vaughn, Kathryn Newton and Celeste O'Connor. Dark Comedy, Supernatural Horror. 1 hour 42 minutes. Rated R.*





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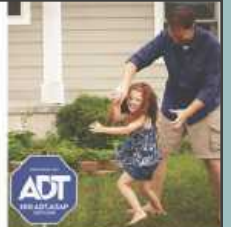
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MADISON SENIOR CENTER PROGRAM & ACTIVITY LIST

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

PROGRAM/ACTIVITY	DAY & DATE	TIME	COST	LOCATION
Ballroom Basics for Balance	Fridays, Sept 13 – Dec 6	10:00 – 11:30 am	\$90	MPL/MSC
Ballroom Basics for Balance - Inclusive	Fridays, Sept 20 – Dec 13	9:30 – 10:45 am	\$87	Virtual
BINGO	Thursdays	10:15– 11:15 am	Free	MSC
Blood Pressure Screening	1st & 3rd Tuesdays	11:15 am – 12:00 pm	Free	MSC
Board Game Hour	Friday, October 18	8:30 – 9:30 am	Free	MSC
Bridge Belles	Mondays	9:00 – 11:00 am	Free	MSC
Coffee & Collage	Fridays	9:30 – 11:00 am	Free	MSC
Downtown Madison Family Halloween	Wednesday, October 30	3:00 – 6:00 pm	Free	MSC and Downtown
eFood Pantry	Place orders Monday 10/14 Pick-up orders Thursday 10/17	9:00 am – 1:00 pm 9:00 am – 11:30 am	Free	MSC
Exploring Poetry	2nd Wednesdays	11:00 am – 12:30 pm	Free	MSC
First Friday Music Hour	1st Fridays	10:00 – 11:00 am	Free	MSC
Foot Care Clinic	Thursday, October 10	9:00 am – 12:00 pm	\$25	MSC
Gallery Night	Friday, October 4	5:00 – 8:00 pm	Free	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays	2:00 – 4:00 pm	Free	MSC
Gentle Yoga	Tuesdays	10:00 – 11:00 am	Free	MSC
Great Pyramids of Giza	Wednesday, October 9	1:00 – 2:00 pm	Free	MSC
Learn to Fall Safely	Mondays in October	9:30 – 10:30 am	\$60	MCS
HASfit	Monday – Friday	9:00 – 9:30 am	Free	MSC
Movement for Every Body	2nd and 4th Fridays	9:30 – 10:00 am	Free	MSC
Movies (titles on page 10)	Tuesdays	12:30 – 3:00 pm	Free	MSC
NewBridge Case Manager – Drop-In	1st & 3rd Tuesdays	10:30 am – 12:30 pm	Free	MSC
Pool Tournament	Wednesday, October 16	9:00 – 11:00 am	Free	MSC
Spanish Conversation	Wednesdays	1:30 – 2:30 pm	Free	Virtual
Technology Assistance	Tuesdays or by appointment	10:00 – 11:00 am	Free	MSC
Veterans' Social	Tuesdays	10:00 – 11:15 am	Free	MSC
Watercolor Painting	Wednesdays	10:00 – 11:00 am	Free	MSC
Writing Your Life	Thursdays, Sept 19 – Oct 24	10:00 – 11:30 am	Free	MSC

October 2024

Hispanic Heritage Month through October 15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Social 10:00 Tech Assist 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: Little Richard	2 9:00 HASfit 10:00 Watercolor Painting 1:30 Spanish Conv V	3 9:00 HASfit 10:00 Writing Your Life H 10:15 BINGO 1:30 PLATO - Play's The Thing	4 9:00 HASfit 9:30 Coffee & Collage 9:30 BB4B V 10:00 BB4B (MPL) 10:00 1st Friday Music Hour 10:00 PLATO - Shakespeare 5:00 Gallery Night
7 9:00 HASfit 9:00 Bridge Belles 9:30 Learn to Fall Safely (Madison Circus Space)	8 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Social 10:00 Tech Assist 12:30 Movie: The Fall Guy	9 9:00 HASfit 10:00 Watercolor Painting 11:00 Exploring Poetry 1:00 Great Pyramids of Giza 1:30 Spanish Conv V	10 9:00 HASfit 9:00 Footcare Clinic 10:00 Writing Your Life H 10:15 BINGO 1:30 PLATO - Play's The Thing 2:00 Gay, Gray & Beyond	11 9:00 HASfit 9:30 Coffee & Collage 9:30 Movement for Every Body 9:30 BB4B V 10:00 BB4B (MSC) 10:00 PLATO - Shakespeare
14 9:00 HASfit 9:00 Bridge Belles 9:30 Learn to Fall Safely (Madison Circus Space) *ePantry Ordering Day Indigenous People's Day	15 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Social 10:00 Tech Assist 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: Greedy People	16 9:00 HASfit 9:00 Pool Tournament 10:00 Watercolor Painting 1:30 Spanish Conv V	17 9:00 HASfit 9:00 ePantry Pick-up 10:00 Writing Your Life H 10:15 BINGO 1:30 PLATO - Play's The Thing	18 8:30 Board Game Hour 9:00 HASfit 9:30 Coffee & Collage 9:30 BB4B V 10:00 BB4B (MSC) 10:00 PLATO-Shakespeare
21 9:30 Learn to Fall Safely (Madison Circus Space) MSC Building Closed	22 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Social 10:00 Tech Assist 12:30 Movie: Psycho	23 9:00 HASfit 10:00 Watercolor Painting 1:30 Spanish Conv V	24 9:00 HASfit 10:00 Writing Your Life H 10:15 BINGO 1:30 PLATO - Play's The Thing 2:00 Gay, Gray & Beyond	25 9:00 HASfit 9:30 Coffee & Collage 9:30 Movement for Every Body 9:30 BB4B V 10:00 BB4B (MSC) 10:00 PLATO-Shakespeare
28 9:00 HASfit 9:00 Bridge Belles 10:00 Learn to Fall Safely (Madison Circus Space)	29 9:00 HASfit 10:00 Gentle Yoga 10:05 Vet Social 10:00 Tech Assist 12:30 Movie: Freaky	30 9:00 HASfit 10:00 Watercolor Painting 1:30 Spanish Conv V 3:00 Downtown Madison Family Halloween	31 9:00 HASfit 10:15 BINGO 1:30 PLATO - Play's The Thing Happy Halloween! 	

IN MEMORIAM

Kristi Mason

AUGUST 25, 1958 – AUGUST 25, 2024

We lost a dear friend and colleague unexpectedly on Sunday, August 25. Kristi Mason was the LGBTQ 50+ Elder Advocate at OutReach LGBTQ Center, and a tireless advocate for us all! She embodied the word advocate with every ounce of her being. With her kind heart and fierce spirit she consistently worked to create a better future not only for our LGBTQ+ elders but for generations to come.

Her warmth radiated through everything she did. Her smile was always there to greet you, and she was always quick to answer the phones to help those in need. Her true passion was working with the LGBTQ+ elders to ensure that they have the ability to live authentically happy and healthy lives. She worked tirelessly to ensure that no member of the LGBTQ+ family would ever feel alone again. Kristi was an incredible educator, mentor and friend to everyone. She leaves a legacy that will stand the test of time.



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.

Outreach Senior Advocate

The Outreach Senior Advocate coordinates educational trainings and workshop with the community, in addition to advocating for LGBTQ+ older adults and their wellness.



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 is 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.



1. **Activity Leader:** Interact with our members in our community spaces by engaging in conversation, playing games or puzzles, leading an art activity, etc. Or perhaps performing music or showcasing talents- this position is flexible to your interests and availability.
2. **Group or Class Leader:** Tell us what kind of group or class you would like to lead- Tai Chi, a book club, discussion group, arts & crafts, music- you name it! This can be a single meeting, or a recurring program.
3. **Technology Assistance:** Assist members with basic technology questions in using their smart phone or laptop, and also help in completing tasks in our computer lab.
4. **Service Provider:** Many of our older adults need hygiene and care services. We are always grateful for volunteers who would like to provide our members with haircuts, massages, alternative healing modalities, etc. If you have a licensed service you'd like to provide, we'd love to hear from you.
5. **Front Desk/Reception:** Greet people at the front entrance, answer and route telephone calls, provide general information (and conversation!). Must have computer, phone, and general office skills. Shifts are Tuesday, Wednesday or Thursday afternoons (1:30-4pm.) This is a great opportunity for students who can work on classwork and/or Senior Center projects during the down times.
6. **Volunteer Group Opportunities –**
 - **Client Focused:** We have a number of special events planned throughout the year, especially revolving around holidays and/or seasons. This is a great opportunity for your group to interact and socialize with our members, or help with decorating, wrapping presents, etc.
 - **Facility Focused:** We occasionally have a project in the works, such as painting, light construction, cleaning, decorating, etc. Please reach out to us directly to hear what we have on deck.

APPLY TO VOLUNTEER!

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

PROGRAMS FOR BLACK OLDER ADULTS

Get Movin' in Motion

TUESDAYS & THURSDAYS, 1 - 2 PM

Meet at UW South Madison Partnership, 2238 Park St. This is a gentle exercise class for both men and women, and for every fitness level. Classes are live and on Zoom and led by Johnny Winston. Sign up now at adrc.wisc.edu/get-movin or call (608) 265-4790.

Mt. Zion Church Counseling Center

OPEN EVERY TUESDAY FROM 10 AM - 2 PM & THURSDAY FROM 1 PM - 5 PM.

Services are FREE. Walk-ins are welcome.

2019 Fisher St, Madison, WI 53713
(608) 268-6530

www.mtzlife.com/programs

Rebalanced-Life Wellness Association

The new Perry Family Free Clinic (PFFC) is now accepting appointments. We're committed to providing primary care to uninsured and under-insured Black men in Dane County and surrounding areas. To schedule an appointment, please call (608) 841-1110 to leave a secure message. We look forward to providing you care.

<https://rebalanced-life.org/perry-family-free-clinic>

African American Opioid Coalition of Safe Communities

MEDDROG AND PRESCRIPTION TAKE BACK

AAOC RECOVERY COACHING

<https://safercommunity.net/aaocmdc/>

Lupus Support Group for Women of Color 10-Year Anniversary Celebration

MONDAY, OCTOBER 21, 5:30 - 7:30 PM

The Foundation for Black Women's Wellness, 6601 Grand Teton Plaza Suite A2

*Virtual options available after registration

REGISTER AT: FFBWW.ORG/LUPUSWARRIORS

Second Annual Wear Pink Day

SATURDAY, OCTOBER 26, 11 AM - 1:30 PM

Madison College - Goodman South Campus

The Foundation for Black Women's Wellness is honored to present the second Annual Wear Pink Day Breast Cancer Awareness & Prevention Luncheon. This vibrant, uplifting event serves as a platform to educate, inspire and unite individuals in the fight against breast cancer. On this day, we encourage you to wear your favorite pink attire to breast cancer.

Cancer Thriver Circle

3RD WEDNESDAY EACH MONTH, 6:30 - 8 PM

Foundation for Black Women's Wellness Center, 6601 Grand Teton Plaza Suite A2
The Cancer Thriver Circle is a Nationwide team of women and men who support, honor, guide and thrive with one another in the midst of various stages and types of cancer. National medical and wellness experts, such as oncologists, psychologists and nutritionists join the monthly conversations to provide education and empowerment. Founded in 2022, the Cancer Thriver Support Group not only brings women together in a joyful space of encouragement but provides the tools and resources to live their healthiest lives. Along with learning and supporting one another, the Thrivers create opportunities to laugh and have fun! Regular meetups are also scheduled at local venues and parks. Registration: www.ffbww.org/cancerthrivers. Virtual access provided after registration.

PROGRAMAS PARA ADULTOS MAYORES HISPAÑO HABLANTES

La Cafeteria De La Memoria

TODOS LOS JUEVES, ZOOM/VIRTUAL, 2 - 3 PM

Centro de Recursos Para el Envejecimiento y la Discapacidad del Condado de Dane (Aging and Disability Resource Center of Dane County)
Para registrarse, llame al (608) 512-0000 y marque '2' si habla español. Deje un mensaje y alguien se pondrá en contacto con usted con detalles adicionales.

Abuelos Latinos y Otros Parientes como Padres (Programa de Cuidador)

**EL CUARTO MIÉRCOLES DE CADA MES,
FITCHBURG SENIOR CENTER (5510 E. LACY RD),
5:30 - 8 PM**

El grupo de apoyo y educación se lleva a cabo en español; transporte limitado disponible y refrigerios ligeros ofrecidos. Para confirmar que el programa está programada, llame al (608) 512-0000 para hablar con alguien.

Gente Fuerte Clases de Ejercicios en Colaboración Con UW-Extensión

TODOS LOS MARTES Y JUEVES, MADISON LABOR TEMPLE (1602 S. PARK ST), 1:30 - 2:30 PM

Esta clase tiene como objetivo iniciar un cambio positivo, que provea el conocimiento y la inspiración para vivir fuertes y saludables a cualquier edad. Habrá transporte y cupos limitados. ¡Por favor llamar para registrarse! (608) 512-0000 Ext. 1007.

Charlas Semanales

**RAÍCES PARA EL CAMBIO
TODOS LOS MIÉRCOLES, FACEBOOK LIVE
ROOTS4CHANGE, 10 - 11:30 AM**

Únase a nosotros y a nuestros invitados especiales para nuestras charlas semanales. Para encontrar los temas más actualizados, consulte nuestra página de Facebook Live Roots4Change o póngase en contacto con nosotros (904) 385-8151 o soporte@rootsforchange.coop.

BINGO Bilingüe Primer

**VIERNES, 4 DE OCTUBRE 10:15 - 11:15 AM
WARNER PARK, 1625 NORTHPORT DR.**

Tercer Viernes, 18 de Octubre 11:00 am-Noon
Good Shepherd Church, 5701 Raymond Rd. Favor llamar para registrarse (608) 512-0000 Ext. 1007.

Bordado a Mano o Croche en Línea: Zoom TODOS LOS MIÉRCOLES, 10 - 11 AM

Aprenda las puntadas básicas para hacer un bordado. Si prefiere algo más avanzado, Alicia tiene la experiencia para enseñar a ponerle un toque personalizado a sus prendas. Lo único que necesita es una aguja, hilo y un tambor o bastidor.

CORTE Y CONFECCIÓN

**TODOS LOS JUEVES, 10 AM - 12 PM
ARTS + LIT LAB, 111 S. LIVINGSTON ST.**

Nuevo proyecto para todos. Aprenda cómo manejar las máquinas de coser, las puntadas básicas o si prefiere algo más avanzado, Alicia tiene la el conocimiento como empresaria y profesora universitaria de diseño y alta costura. Limitado número de participantes y transportación. Favor llamar al (608) 512-0000 Ext. 1007 para registrarse.

ESL – Inglés Básico y Avanzado

**TODOS LOS MARTES, 10 AM - 12 PM
GOOD SHEPHERD CHURCH, 5701 RAYMOND RD**

Esta clase provee la oportunidad de avanzar en el idioma desde el nivel donde se encuentre. Se proveerá el material de estudio y almuerzo. Transporte limitado para las personas que viven en el West y sur de Madison.

Yoga Suave: Zoom

**CLASES DE OTOÑO - EMPIEZA EL 9 DE SEPTIEMBRE,
TODOS LOS LUNES 10:15 - 11:15 AM**

Practique yoga de pie, sentado(a), y/o acostado(a) sobre un tapete o colchoneta, para aliviar el estrés, fortalecer el sistema inmunológico y mejorar su bienestar. ¡Favor llamar para el enlace si usted ya está registrado(a)! (608) 512-0000 Ext. 1007.

E PANTRY

ePantry: Food Pantry Online Ordering System with Pick-up at MSC

The Madison Senior Center is a pick-up location for orders placed through the River Food Pantry ePantry. That means that if you order food through the ePantry, you can pick it up at the MSC. Orders may be placed as early as the Friday before pick-up day. If you need assistance placing your order, staff will be available on the Monday morning of our pick-up week. Our pick-up day is the 3rd Thursday of each month. **Orders can be picked 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, October 14	Thursday, October 17
Monday, November 18	Thursday November 21
Monday, December 16	Thursday, December 19

Facility Updates

Have you seen our new fish tank? Our old fish tank was falling apart at the seams and had not been replaced since it was donated several decades ago. The new tank looks modern, sleek, and it fits in perfectly in The Nook! Special thanks to the Madison Senior Center Foundation for providing us with the upgrade. Both the fish and our members appreciate the updated scenery and the new location, where everyone can greet the fish as they wait for the elevator.

MSC CLOSED October 21st for Recarpeting of the Stairs

The Nutrition Site will also be closed at the MSC location. MSC and the Nutrition Site will reopen on October 22nd, but please be aware that the carpet installers will be finalizing their work. Disturbance should remain minimal, but there may be a lingering odor from the glue application on Monday. The stairs may be inaccessible for some of Tuesday, October 22nd. Thank you for your patience as we get this needed upgrade!

NEW Paper Shredding Service!

We get occasional questions about paper shredding events, so we decided to offer a confidential paper shredding service that is available whenever you visit the Madison Senior Center. If you have documents with confidential information such as account numbers, billing information, social security numbers and the like, just drop them into our secure collection box, located by our community info board. Pellitteri will collect these periodically for on-site confidential data destruction & document shredding service. They are AAA certified by the National Association for Information Destruction. Please use this box only for confidential papers, and not for general paper recycling. This service is limited to one handful of papers a day for each of our members.



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 & cancelations are due by Noon, two business days in advance. Contact **Candice (608) 512-0000, Ext. 4006**. Menus and additional information are available.

CASE MANAGEMENT – EXPANDED HOURS!

NewBridge case managers will now have expanded drop-in hours at the Madison Senior Center on the first and third Tuesday of the month from 10:30 am - 12:30 pm.

When life offers the gift of time...

how will you spend it?

We'll help you every step of the way.



Offering a continuum of care for seniors:

- > Independent Living
- > Assisted Living
- > Memory Care
- > Rehabilitation

Call 608-663-8600 or email
madisonsales@oakparkplace.com

718 Jupiter Dr., Madison, WI 53718
oakparkplace.com/madison



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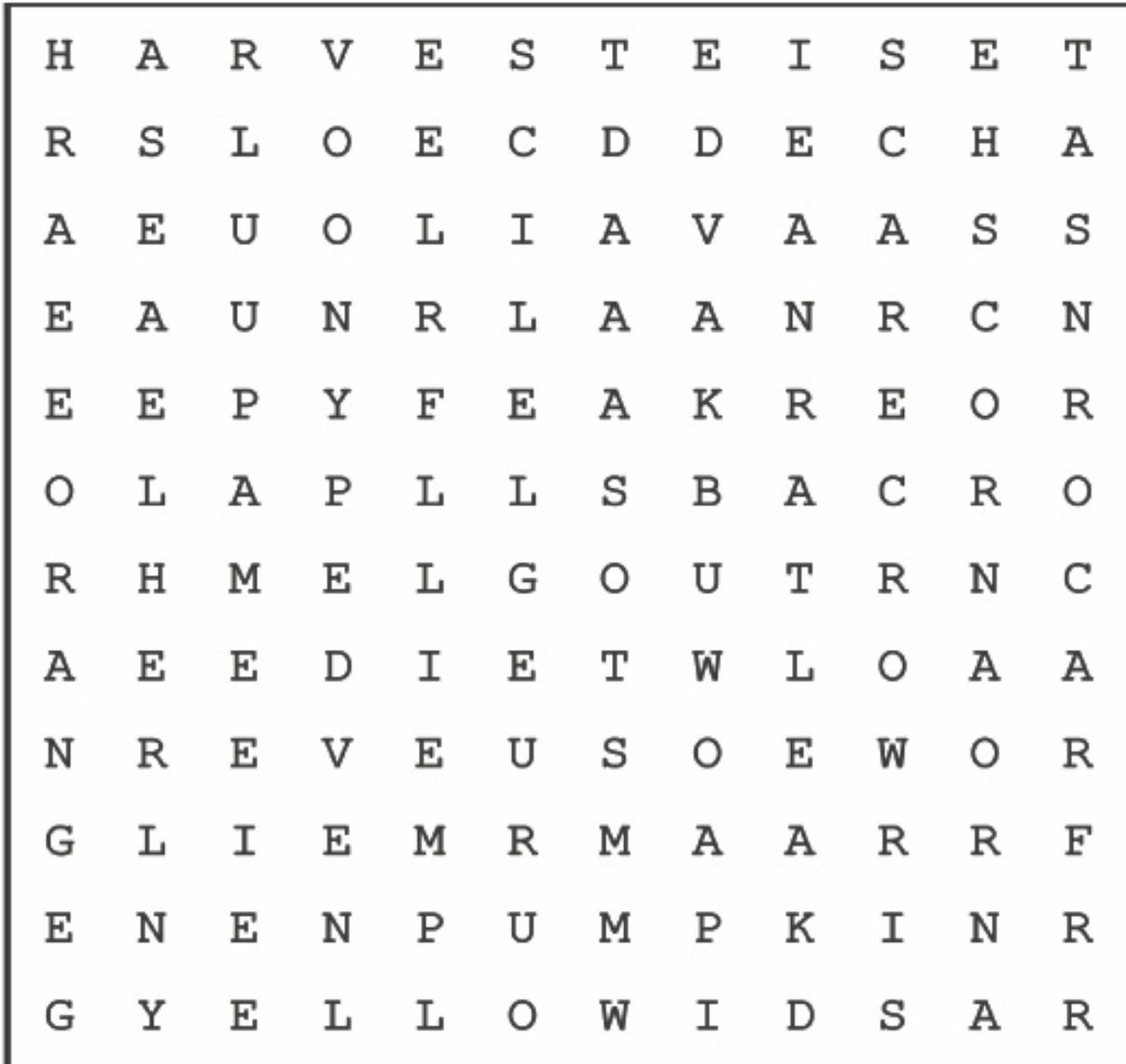
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FUN FALL WORD SEARCH

Find each of the fall words hidden below.



WORDS TO FIND:

- | | |
|-----------|--------------|
| pumpkin | harvest |
| yellow | apples |
| scarecrow | hayride |
| autumn | red |
| leaves | Thanksgiving |
| sunflower | football |
| acorns | orange |
| corn | |



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. The Foundation covers scholarships for any fee-based programs. If you are interested in learning more about the foundation contact Thomas DeChant, mscfoundation@gmail.com

FOUNDATION BOARD OF DIRECTORS

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

DONATIONS

- ♥ Robert Cleasby
- ♥ Red Hat Mamas (*In memory of Judy Campbell*)
- ♥ Madison Community Foundation

IN-KIND DONATION

- ♥ Esther Anderson (*In memory of Edna Anderson*)

Senior Center Wish List

Please contact us to arrange drop-off.

- » Unused cleaning and hygiene products
- » Individually wrapped snacks
- » Recumbent exercise bike
- » Weight bench
- » Ping Pong table



PLEASE DONATE TODAY! MADISON SENIOR CENTER FOUNDATION, INC.

Send to: **330 W. Mifflin Street, Madison, Wisconsin 53703**

Your personal donation provides programs, activities and services for adults over 55. Please make checks payable to: *Madison Senior Center Foundation, Inc.*

Donor Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Email _____ Amount Enclosed \$ _____

In Honor of: _____ In Memory of: _____

In Appreciation of: _____ Other: _____

Send Acknowledgement to (Name and Address): _____

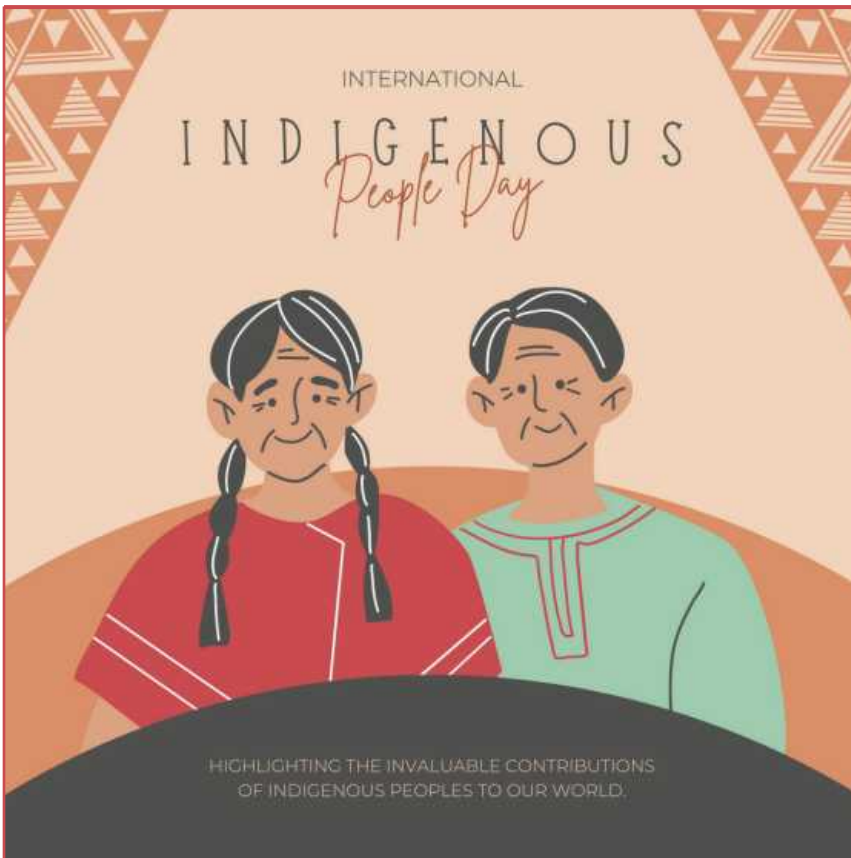
Your donation is tax deductible as allowed by law. Donations are publicly acknowledged. Please indicate if you wish to remain anonymous. For credit card gifts visit: www.cityofmadison.com/senior-center/donate/donate-today.

Madison Senior Center
Foundation, Inc.

330 WEST MIFFLIN STREET
MADISON WI 53703

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MADISON, WI



**OCTOBER 14TH IS
INDIGENOUS
PEOPLE'S DAY!**

Check out the Book Table at the Madison Senior Center throughout the month to learn more about indigenous traditions and culture, history to present day.



Find us on Facebook: [MadisonWISeniorCenter](#)



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