

THE Messenger

VOLUME 39, NUMBER 9

SEPTEMBER, 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



Senior Center Summer Picnic

FRIDAY, SEPTEMBER 16, 4-6 PM

Celebrate the end of summer, and the beginning of autumn at our Annual Summer Picnic! There will be all the makings of a fun evening with courtyard games and camaraderie. Live music by the Sunshine Sisters at 4 pm and M Trane at 5 pm. The picnic will be outside, weather permitting. Meal includes brat, potato salad, baked beans, fresh fruit and dessert. The fee is \$5 a person. RSVP and payment due by Tuesday, September 13. *R*



Hispanic Heritage Month

SEPTEMBER 15 – OCTOBER 15

We celebrate Hispanic Heritage Month to recognize the achievements and contributions of Hispanic American champions who have inspired others to achieve success. National Hispanic Heritage Month celebrates the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America

The start of the month, September 15, is significant, as several Latin American countries celebrate their independence from Spain on this day, including Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively.

Watch for presentations, music and more through out the four weeks as we celebrate Hispanic Heritage Month. On page 5, check out *Coffee, Bananas & More from Latin America* on September 26, and on page 6 see our Hispanic Heritage film series.

Health & Resource Fair

TUESDAY, OCTOBER 11, 9-11:30 AM

Health Screenings | Resources | Presentations | Free Snacks

Presented by: Humana, Elite Hearing Centers and Cress Funeral & Cremation Service

Humana



FOR YOUR INFORMATION

Directory

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

SENIOR CENTER STAFF

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

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

Member of



MISSION STATEMENT

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

OUR VISION

Become known as an inclusive community where older adults thrive.

Program Format & Registration

Programs will be offered in person, virtually and sometimes both ways. Watch for the **"VIRTUAL"** after the program time. Classes that are both in person and virtual are referred to as **"Hybrid"**. **Register for the programs**, even if they are free. Almost all programs have a minimum number requirement. If a program is virtual or hybrid, you will receive the Zoom link in an email after you register. If there is a fee, payment is required at the time of registration. **To register for a program, email 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



Free DVD Check Out

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

Area Agency on Aging

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

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



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 isn't cheap to get a decent haircut. We can help you out! MSC will offer FREE haircuts once a month by a licensed cosmetologist. Hair must be clean. Please bring a towel. Call (608) 266-6581 to schedule an appointment.

LIFELONG LEARNING

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

Connecting Across Differences

MONDAYS, SEPT 12 – OCT 31, 1-3 PM


MEETS AT THE GOODMAN COMMUNITY CENTER



This series offers tools for reaching across differences, resolving conflicts, reducing criticism and misunderstandings and increasing respect and hope. In this series, we explore strategies for daily living that increase trust even when cannot meet everyone's needs in the moment. Each week, we will have a brief teaching on strategy or topic, followed by practice time, and discuss questions that come up. Our presenter, Jennifer Warnick, is a Certified Trainer with the International Center for Nonviolent Communication (CNVC) and a trainer with the NVC Educators Institute. The fee is \$20 plus the book if you want your own copy. Call Laura at (608) 267-8650 for information.

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. 



Voices of Color

THURSDAY, SEPTEMBER 15,
10-11 AM **VIRTUAL**

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

O. TRACEY WILLIAMS

Otistine Tracey Williams currently serves as the Director of Pupil Services for the Verona Area School District. This is her 30th year in education. She had the privilege of starting her educational career at Madison East High School under the direction of the AMAZING Mr. Milton McPike. She has served as a special education teacher, English as a Second Language teacher, and school principal. One of the things she is most proud of is the development of an alternative school within MMSD called the Transition Learning Center (TLC). She designed and implemented this program to support students that were struggling in a traditional school setting. TLC was housed in the Packers community center, and it served the entire community.



Coffeehouse Sing-a-long

1ST & 3RD WEDNESDAYS, 10-11 AM

Clear your throats . . . join us for this series event that offers singing, fellowship, and fun! Would you like to sing some folk or traditional songs with your neighbors on a casual basis? Come one, come all, and let's revive the coffeehouse folk music experience! The menu is folk songs from the from American tradition, but we can add and expand as the group wishes.



LIFELONG LEARNING

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

“Body, Mind, Heart & Soul: Caregiving for Self and Others”


WEDNESDAY, SEPTEMBER 21, 10-11 AM VIRTUAL

It is estimated that, at any given time, one in four Americans is actively caregiving for someone. That estimate is likely to be conservative, depending upon how one defines caregiving. Yet it's really hard to give what one does not have to give, and that means caregiving to and for oneself is just as important. Please join Jody Curley in a conversation about the challenges of being a caring, giving and THRIVING human being.

A collaborative program with the Monona Senior Center, the Goodman Center, NewBridge Madison.

Writing Your Life

THURSDAYS, SEPT 15 – OCT 20, 10-11:30 AM

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

Democracy and Its Alternatives

WEDNESDAYS, OCTOBER 5 – DECEMBER 28 (NO CLASS NOV 23), 12–2 PM

What characteristics do democracies share? How do they differ? And what can *alternatives* to democracy—namely, authoritarianism and dictatorship—teach us about democracy itself? **Democracy and Its Alternatives** tackles these questions. It is an effort to understand democracy from all available angles—in theory and in practice, the good and the bad, its present and its future. A Great Courses program facilitated by Jim Lamal. Fee is \$10. Scholarships available.


Non-Traditional Doll Making & Fabric Art

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.

Coffee, Bananas & More from Latin America

MONDAY, SEPTEMBER 26, AT 10 AM

We are all familiar with the crops that are grown in our area. What about the foods that we consume regularly but come from a very different part of the world? Joe Fahey's business travels have taken him all over the world. In this presentation, he will take you behind the scenes throughout Latin America to learn about growing and harvesting crops such as coffee, bananas, sugar, cocoa and, yes, more. 



Great Courses to Check Out

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

LIFELONG LEARNING

Humana Health Series

Stretching Your Grocery Dollar

MONDAY, SEPTEMBER 12, 10-11 AM

With the increase in food prices we could all use some ideas on how to stretch our grocery budgets. Please join John Kreft from Humana for the educational program “Stretch Your Grocery Budget”. During this presentation, John will discuss how to eat healthy on a budget, tips on meal planning, grocery shopping strategies, practical eating habits, and how to stay healthy when dining out.

Compassionate Communication

MONDAYS, SEPT 12 – OCT 31, 1-3 PM

Meets at the Goodman Community Center.

Compassionate Communication offers tools for reaching across differences, resolving conflicts, reducing criticism and misunderstandings and increasing respect and hope. In this series, we explore strategies for daily living that are more likely to meet everyone’s needs, and increase trust even when cannot meet everyone’s needs in the moment. Each week, we will have a brief teaching on strategy or topic, followed by practice time, and discuss questions that come up. Our presenter, Jennifer Warnick, is a Certified Trainer with the International Center for Nonviolent Communication (CNVC) and a trainer with the NVC Educators Institute. Call Laura at (608) 267-8650 for information or questions.

Arts & Crafts

FRIDAY, SEPTEMBER 23, 10-11 AM

Our friend Jackie, from Vista West, returns to share her crafting magic with us. This month, we will make something special in honor of Hispanic Heritage Month. **Register by Monday 9/19** to ensure enough supplies.

Smart Driver

**MONDAY, OCTOBER 19,
9 AM - 1 PM**



When you take the AARP Smart Driver™ online course, you could be eligible for a multi-year discount on your auto insurance.* Plus safer driving can save you more than just money. 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.*

Lost Treasures of the Maya

**FRIDAY, SEPTEMBER 30, 10-11:30 AM
EPISODES 1 & 2**

**FRIDAY, OCTOBER 7, 10-11:30 AM
EPISODES 3 & 4**

In this four episode series, “explorer Albert Lin ventures into the Guatemalan jungle to explore how a new high-tech treasure map is revealing tens of thousands of ancient ruins. Dozens of archaeologists head out on a voyage of discovery, exploring lost ruins for the time in 1,500 years. What they are finding is rewriting the history of one of the world’s most mysterious ancient civilizations.” This is a National Geographic documentary.



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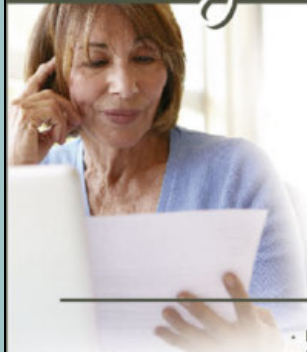
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Madison Senior Center, Madison, WI

A 4C 01-1141

LIFELONG LEARNING

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 you 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.

Share your computer challenges or questions with John Weichelt and schedule an appointment at (608) 267-2344 or jweichelt@cityofmadison.com.

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

2ND & 4TH THURSDAYS, 2-4 PM

GG&B is a discussion group for those fortunate enough to have arrived, that is, for those who know the obstacles, but also recognize that there have been joys. Those who look beyond the closet. Let's get together consider our individual selves, our unique strengths and the nature of our ever-changing world. Sponsored by the LGBTQ 50+ Alliance.

Exploring Spirituality

1ST & 3RD THURSDAYS, 1-3 PM

MEETS AT OUTREACH, 2701 INTERNATIONAL LANE

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

Coffee, Tea or Smoothie Time

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

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

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 Kristin 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.

The Misfits (2021)

SEPTEMBER 6

Even a federal maximum-security prison can't hold Richard Pace (Pierce Brosnan), a brilliant international thief. But his daring escape and high-octane car chase, eluding the FBI and police, ends with him being scooped up by The Misfits, a band of modern-day Robin Hoods. The skilled group convinces Pace to join them to pull off the heist of the century from one of the most secure prisons on earth, owned by rogue businessman Schultz (Tim Roth), and used for funding terrorist groups worldwide. *Stars: Pierce Brosnan, Tim Roth, Nick Cannon. Action, Comedy, Thriller. 1 hour 34 minutes. Rated PG-13.*



Thirteen Lives (2022)

SEPTEMBER 13

Thirteen Lives recounts the incredible true story of the tremendous global effort to rescue a Thai soccer team who become trapped in the Tham Luang cave during an unexpected rainstorm. A team of the world's most skilled and experienced divers -- join with Thai forces and more than 10,000 volunteers to attempt a harrowing rescue of the twelve boys and their coach. *Stars: Viggo Mortensen, Colin Farrell, and Joel Edgerton. Action, Adventure, Biography. 2 hours 27 minutes. Rated PG-13.*



McFarland USA (2015)

SEPTEMBER 20

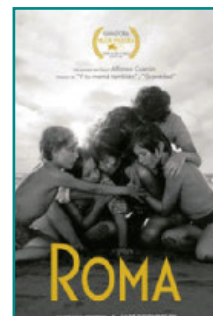
Track coach Jim White (Kevin Costner) is a newcomer to a predominantly Latino high-school in California's Central Valley. Coach White and his new students find that they have much to learn about one another, but things begin to change when White realizes the boys' exceptional running ability. More than just physical prowess drives the teens to succeed; their strong family ties, incredible work ethic and commitment to their team all play a factor in forging these novice runners into champions. *Stars: Kevin Costner and Maria Bello. Drama, Biography. 2 hours 9 minutes. Rated PG.*



Roma (2018)

SEPTEMBER 27

Cleo is one of two domestic workers who help Antonio and Sofia take care of their four children in 1970s Mexico City. Complications soon arise when Antonio suddenly runs away with his mistress and Cleo finds out that she's pregnant. When Sofia decides to take the kids on vacation, she invites Cleo for a much-needed getaway to clear her mind and bond with the family. *Stars: Yalitza Aparicio, Marina de Tavira, Fernando Grediaga. Drama. 2 hours 15 minutes. Rated R.* (This is a highly acclaimed film however some scenes contain graphic nudity, disturbing images and language.)



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
Arts & Crafts	Friday, September 23	10:00 - 11:00 am	Free	MSC
Ballroom Basics for Balance	Fridays, Sept. 16 – Dec. 6 12 weeks	9:30 - 10:45 am	\$78	MPL - Central
Ballroom Basics for Balance	Fridays, Sept. 16 – Dec. 6 10 weeks	9:30 - 10:45 am	\$65	Virtual
Blood Pressure Screening	E/O Tuesday	11:00 am - 12:00 pm	Free	MSC
Body, Mind, Heart & Soul: Caregiving for Self & Others	Wednesday, September 21	10:00 - 11:00 am	Free	Virtual
Cardio Dancing	Fridays	1:00 - 1:45 pm	Free	MSC
Chess	Wednesdays	1:00 - 3:00 pm	Free	MSC
Computer Lab	Monday – Friday	8:30 am - 4:00 pm	Free	MSC
Coffee, Bananas & More ...	Monday, September 26	10:00 - 11:00 am	Free	MSC
Coffeehouse Sing-a-long	1st & 3rd Wednesdays	10:00 - 11:00 am	Free	MSC
Connecting Across Differences	Mondays, Sept. 12 – Oct. 31 8 weeks	1:00 - 3:00 pm	\$20	Goodman CC
eFood Pantry	Pick-up orders 3rd Thursday	10:00 am - 12:00 pm	Free	MSC
Euchre		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	10:00 - 12:00 by Appt	Free	MSC
Lost Treasures of the Maya	Friday, September 30	10:00 - 11:30 am	Free	MSC
Movies	Tuesdays	12:30 - 3:00 pm	Free	MSC
Red Hat Mamas	Tuesday, September 27	11:15 - 3:15	Free	MSC
Sistema Inmune	Friday, September 16	10:00 - 11:30 am	Free	MSC
Spanish Conversation	1st Wednesday in Person Other Wednesdays Virtual	1:30 - 3:00 pm	Free	MSC/Virtual
Stretching Your Grocery Dollars	Monday, September 12	10:00 - 11:00 am	Free	MSC
Summer Picnic	Friday, September 16	4:00 - 6:00 pm	\$5	Courtyard
Tablets2Go	Ongoing	Varies	Free	MSC
Technology Assistance	By appointment	Varies	Free	MSC
Voices of Color	3rd Thursday, September 15	10:00 - 11:00 am	Free	Virtual
Non-Traditional Doll Making	Wednesdays	1:00 - 4:00 pm	Supplies	MSC
Wii Bowling	Weekdays	12:30 - 2:30 pm	Free	MSC
Writing Your Life	Thursdays, Sept. 15 – Oct. 20	10:00 - 11:30 am	Free	MSC

September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
			1 9:00 Gentle Exercise	2 9:00 Gentle Exercise 1:00 Cardio Dancing	3/4
5 Madison Senior Center CLOSED 	6 9:00 Gentle Exercise 11:00 Blood Pressure 12:30 Movie: "The Misfits"	7 9:00 Gentle Exercise 10:00 Coffeehouse Sing-a-long 1:00 Non-Traditional Doll Making 1:00 Chess 1:30 Spanish Conversation - MSC	8 9:00 Gentle Exercise 2:00 Gay, Gray & Beyond	9 9:00 Gentle Exercise 1:00 Cardio Dancing	10/11
12 9:00 Gentle Exercise 10:00 Stretch Your Grocery Dollars 1:00 Connecting Across Differences (@Goodman)	13 9:00 Gentle Exercise 10:00 Gentle Yoga 12:30 Movie - "Thirteen Lives" *ePantry Orders due	14 9:00 Gentle Exercise 11:00 Exploring Poetry 1:00 Non-Traditional Doll Making 1:00 Chess 1:30 Spanish Conversation - Virtual	15 9:00 Gentle Exercise 10:00 Writing Your Life 10:00 Voices of Color - Virtual 10:00 ePantry Pick-Up Hispanic Heritage Month Begins	16 9:00 Gentle Exercise 9:30 BB4B - Virtual 9:30 BB4B - MPL 10:00 Sistema Immune 1:00 Cardio Dancing 1:00 PLATO 1:30 Death Cafe 4:00 Summer Picnic	17/18
19 9:00 Gentle Exercise 10:00 PLATO 1:00 Connecting Across Differences (@Goodman) 1:30 PLATO	20 9:00 Gentle Exercise 10:00 Gentle Yoga 11:00 Blood Pressure 12:30 Movie - "McFarland USA"	21 9:00 Gentle Exercise 10:00 Coffeehouse Sing-a-long 10:00 Caregiving for Self & Others - Virtual 1:00 Chess 1:00 Non-Traditional Doll Making 1:30 Spanish Conversation - Virtual 1:30 PLATO	22 9:00 Gentle Exercise 10:00 Writing Your Life 2:00 Gay, Gray & Beyond  First Day of Autumn	23 9:00 Gentle Exercise 9:30 BB4B - Virtual 9:30 BB4B - MLP 10:00 Arts & Crafts 1:00 PLATO 1:00 Cardio Dancing	24/25 Sept. 25 Rosh Hashanah Begins at Sunset
26 9:00 Gentle Exercise 10:00 Coffee, Bananas & More 10:00 PLATO 1:00 Connecting Across Differences (@Goodman) 1:30 PLATO	27 10:00 Gentle Yoga 10:00 Haircuts 11:15 Red Hat Mamas 12:30 Movie - "Roma"	28 9:00 Gentle Exercise 11:00 Exploring Poetry 1:00 Non-Traditional Doll Making 1:00 Chess 1:30 Spanish Conversation - Virtual 1:30 PLATO	29 9:00 Gentle Exercise 10:00 Writing Your Life 1:30 PLATO	30 9:00 Gentle Exercise 9:30 BB4B - Virtual 9:30 BB4B - MPL 10:00 Treasures of the Maya (Part 1) 1:00 Cardio Dancing 1:00 PLATO	



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PUMPKIN

FOOTBALL

SWEATER

NOVEMBER

SEPTEMBER

SUNFLOWER



VOLUNTEER VIEW

Volunteer Opportunities

FRONT DESK RECEPTION

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

FINANCIAL LITERACY FACILITATOR

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



GREAT COURSES FACILITATOR

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

MODERATOR/HOST FOR BOOK CLUB

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

SEWING AND KNITTING

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



GAMES VOLUNTEER

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



EXERCISE FACILITATOR

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

ARTIST OF THE MONTH

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

MARKETING & SPECIAL EVENT ASSISTANCE

Have a chance to expand our community reach at the Madison Senior Center by assisting with outreach and marketing efforts. Assist in preparing promotional material and perform necessary tasks to ensure events and programs go as smooth as possible. This may include contacting potential vendors, arranging speakers or presenters, assisting in set-up on take-down, and sharing your ideas and feedback.

“There are many wonderful things that will never be done if you don't do them.” – Charles Gill

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

FOUNDATION

Join the Foundation Board for a Chance to Change Lives

We're looking for talented people to assist with our fundraising and decision making processes on the Senior Center Foundation Board! Provide guidance, solicit and accept funds and other gifts in support of Madison Senior Center and its programs and services for older adults in Madison. Use your skills and network to increase the number of partnerships and the financial stability of the Senior Center so it can be known as an inclusive community where all older adults thrive. Contact John Weichelt at jweichelt@cityofmadison.com or (608) 267-2344 to learn more.

DONATIONS

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Cassandra Neff
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REMEMBRANCE

In Honor of Sally Jo Spaeni by Margie Zutter

MSC'S ENDOWMENT FUND AT MCF

Arlene Hart

Remembrance Gifts Supports Center Efforts

Honoring the memory of those special to you by giving to the Madison Senior Center can be a comforting and thoughtful way to memorialize family and friends. This is an excellent way to ensure that Senior Center programs and services remain available into the future. Your gift amount is not disclosed, and a letter can be sent to the family or individual so honored informing them about your kind contribution. These gifts are noted in the monthly newsletter and serve to highlight very special people.

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.*

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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, 1:30-3 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. To register email gflsher@cityofmadison.com. Once you are registered you will be sent the Zoom link. All levels welcome. Spanish Conversation meets via Zoom. 



Euchre

If you aren't already a euchre player, you don't know what you are missing. It is a fun card game that moves along quickly. Every other

Monday join us at the Senior Center to play. Not sure how to play, or feeling a little rusty? No Problem, instruction is available.



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!

Chess

WEDNESDAYS AT 1-3 PM

Chess is a board game of abstract strategy that is played all over the world. Whether you are just learning or have been playing for years, drop in on Wednesdays to learn more about the game, meet new players or sharpen your skills.



Red Hat Mamas

4TH TUESDAY, 11:15 AM - 3:15 PM

This fun group of sassy but sweet women meet once a month to socialize, do projects, learn new things, and more. They usually wear red or purple, but it is not required. If you want to join them for lunch, call NewBridge, (608) 512-0000. to register a week in advance.

Death Cafe

FRIDAY, SEPTEMBER 16, 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.

Help Our Community In Your Own Creative Way!

Do you enjoy sewing, crocheting or knitting? Join our efforts in keeping local community members warm, safe and comforted! As an RSVP (Retired & Senior Volunteer Program) 'Group Projects & Homemaker' volunteer, you can make quilts, mittens, shawls, tote bags, cotton dishcloths, face masks, fidget quilts and other creations that help local families in need. There is an ongoing need for these handcrafted items in Dane County! A pending group is being developed; meetings are likely to be monthly at the Madison Senior Center. Contact Kate Seal, RSVP Group Projects Coordinator at kseal@rsvpdane.org or (608) 310-7280 to inquire about registering and for more details!

Program support provided by: 

HEALTH & FITNESS

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

Gentle Yoga

TUESDAYS, 10 - 11 AM

No class September 6th

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. *R*



HASFIT Gentle Exercise

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

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 and registration forms can be found at www.ballroombasicsforbalance.org. *R*



Fit for Life Cardio Dancing for 55+

FRIDAYS 1-1:45 PM

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

- ♥ Fall virtual class dates: Fridays, 9:30-10:45 am, September 16 - December 9 (no class on November 25) 12 weeks, \$78
What: Argentine tango, Foxtrot, Swing, Halloween fun and more
- ♥ Fall in-person class dates: September 16 - December 9 (no class October 14, November 4 & 25), 10 weeks, \$65

Fill out the registration form and then mail your payment to the *Madison Senior Center, 330 W Mifflin St, Madison, 53703*.

Pasos Simples Para Mejorar Su Sistema Inmune

FRIDAY, SEPTEMBER 16, 10-11:30 AM



COMMUNITY

eFood: Food Pantry Online Ordering System



PLACE ORDERS SEPTEMBER 13

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 (September 15). Orders can be picked 10 am - 12 pm.

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.



Mark your calendar for RSVP's 50th Anniversary Volunteer Appreciation Event on October 6th at The Fields Reserve in Stoughton.

We will recognize all our volunteers, AND those who have given 4,000 volunteer hours will be presented with a Presidential Lifetime Achievement Award

AND those with 20 years of service will receive RSVP's Length of Service Award. The program will include entertainment by Universal Sound, wonderful door prizes, and a delicious lunch.

Volunteers hours must be submitted to RSVP for 2021 and/or 2022 to receive an invitation. Proof of vaccination will be checked at the door. Masks will be required, except when eating. Box lunches will be served at the end of the program. If you need transportation, please contact RSVP. For questions, please call Margie Zutter at (608) 663-7536.

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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.

BIENVENIDOS AL CENTRO PARA PERSONAS DE LA TERCERA EDAD DE MADISON

Estamos muy emocionados de ampliar nuestro alcance comunitario hasta los adultos de la tercera edad que hablan español. Va a ser un comienzo bastante lento, por lo tanto, ténganos un poco de paciencia, pero no dude en comunicarse con nuestro Especialista en Mercadeo y Alcance Comunitario, Patricio Ortiz, y déjenos saber cuáles son las cosas que le gustaría que pasaran en el Centro. Usted puede llamar al (608) 267-8683 o enviar un correo electrónico a portiz@cityofmadison.com. Nosotros también contamos con intérpretes disponibles a través de citas.



El propósito de esta página es la de empezar a informarle acerca del Centro para Personas de la Tercera Edad de Madison, y de nuestro compromiso con el envejecimiento sano para todos los adultos de la tercera edad en Madison.

MES DE LA HERENCIA HISPANA – DEL 15 DE SEPTIEMBRE AL 15 DE OCTUBRE

Celebramos el Mes de la Herencia Hispana para reconocer los logros y contribuciones de campeones Hispanoamericanos quienes han inspirado a otros a alcanzar el éxito. El Mes de la Herencia Hispana Nacional celebra las historias, las culturas y las contribuciones de ciudadanos Americanos cuyos ancestros vinieron desde España, México, el Caribe y América Central y del Sur. Esté pendiente ya que tendremos más información acerca de un baile celebratorio que estamos planeando durante el Mes de la Herencia Hispana.

TOME LAS RIENDAS DE SU PROPIA SALUD

Cada mes, en colaboración con NewBridge Madison y Humana, ofreceremos una presentación de una hora de un tema de salud diferente cada vez. El 2do Lunes del mes se ofrecerá en inglés y el 4to Viernes del mes se ofrecerá en español (la semana está sujeta a cambios). Las presentaciones son imparciales y estrictamente acerca de mantenerse sano física, cognitiva y psicológicamente a medida que envejece. Vea el Mensajero para conocer los temas de cada mes.

PLANEACIÓN AVANZADA

La planeación avanzada para su atención médica, sus finanzas y sus últimos deseos es muy importante. Hace que las cosas sean más fáciles para sus seres queridos durante los momentos de duelo, o cuando ellos tengan que tomar decisiones difíciles a nombre suyo. El Centro para Personas de la Tercera Edad de Madison está colaborando con NewBridge Madison, y con UW Health, DeanHealth Plan para ofrecer una serie de tres partes donde usted aprenderá acerca del proceso, lo que usted necesita, y luego en el último día, llenará todo el papeleo. Comuníquese con Katia en NewBridge llamando al (608) 512-0000 ext. 3009 para registrarse.

SE NECESITAN LÍDERES DEL PROGRAMA

Si usted o alguien que conozca le gustaría liderar un programa en el Centro para Personas de la Tercera Edad de Madison en el idioma español, por favor déjenos saber. Tenemos oportunidades disponibles tanto pagadas como de voluntario. Comuníquese con Patricio (en español) llamando al (608) 267-8683 o con John (en inglés) llamando al (608) 267-2344.



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STRENGTHENING COMMUNITY CONNECTIONS

National Senior Center Month



Senior Centers have strengthened community connections for older adults since the 1940's. The past two and a half years we learned and adapted to new technology and we are applying these new strategies to reach people where and how they are most comfortable.

Research shows older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being.



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