

THE Messenger

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Relevant, Inclusive, Enlightened

Madison Senior Center

330 W. Mifflin Street

Madison, Wisconsin 53703

(608) 266-6581

cityofmadison.com/senior-center





**Momentum Insurance Plans, Inc. Presents the
Madison Senior Center**

 **Health & Resource Fair** 

Tuesday, October 19, 9am - 11:30am

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in their field

Presenters

Sally Jo Spaeni, Senior Center &
Senior Services Director for the City
of Madison

Chris Schmidt, Attorney at Law for
BoardmanClark Attorneys

Dr. Dorothy Farrar, Principal
Investigator for All of Us Research
Program



**Premier Sponsors: Access to Independence, Cornerstone Caregiving, Hearing Life,
Humana, Quarry Ridge Retirement Community**

Covid-19 precautions will be in effect. Attendees will be expected to wear a mask at all times and social distance when possible. Expectations and guidelines may change based on the mandates and recommendations of the CDD and PHMDC.

**"Age is not the determining factor in health."
Seek out the information and assistance you need to age in place.**

FOR YOUR INFORMATION

Directory

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

SENIOR CENTER STAFF

Senior Center & Senior Services Manager,
Sally Jo Spaeni (she, her)
267-8652, sspaeni@cityofmadison.com
Office/Rental Manager, Karen Cator (she, her)
266-6290, kcator@cityofmadison.com
Program Coordinator, Laura Hunt (she, her)
267-8650, lhunt@cityofmadison.com
Volunteer Coordinator, John Weichelt (he, him)
267-2344, jweichelt@cityofmadison.com
Reception Coordinator, Gary Flesher (he, him)
267-8651, gflesher@cityofmadison.com
Custodian, Jeff Thompson (he, him)
266-6581, jathompson@cityofmadison.com
*"The Madison Senior Center promotes successful aging."
AA/EOC Employer and Service Provider*

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 **"V" for virtual** at the beginning of the program description. Classes that use both in person and virtual presentation methods are referred to as **Hybrid "H"**. **Register for the programs**, even if they are free. Almost all programs require a minimum number of people, and are subject to cancellation if there are not enough people registered. If there is a fee, payment is required at the time of registration. If you need assistance email or call Gary Flesher at gflesher@cityofmadison.com or (608) 267-8651. **R** = Registration Required.

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.

Member of



SUBSCRIBE TODAY!

If you prefer a paper copy of The Messenger, the monthly newsletter of the Madison Senior Center, it is only \$10. Drop off this form and a \$10 payment.

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

10-Digit Telephone Number Change in October



Beginning October 24, 2021, you must dial 10-digits (area code + phone number) for all local calls. Although it won't be required until October 24th, it would be good to get in the habit. You will need to update any numbers saved on your phone. Transitioning to 10-digit dialing, will not affect your current telephone number. Your phone number and area code will not change.

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 available for you to check out free of charge. Inquire at the Front Desk for more information or to see a list.

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.

Code of Conduct for Facility Usage

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

BEFORE LEAVING HOME

- ♥ Follow relevant guidance provided by your local health authority and the CDC. Public Health Madison and Dane County is the local health authority overseeing Madison. <https://publichealthmdc.com/>
- ♥ Evaluate your own health and that of people you are in close contact with.
- ♥ **Stay home if you feel sick.**

ON-SITE DURING THE EVENT

- ♥ Follow guidance from your local health authority for everyday preventative actions to help prevent the spread of the virus including:
 - o Wash hands often with soap and water for at least 20 seconds, or use an alcohol-based sanitizer with at least 60% alcohol.
 - o Avoid touching eyes, nose and mouth with unwashed hands.
 - o Use a tissue to cover a cough or sneeze, dispose of tissue and wash hands.
- ♥ Masks are required regardless of vaccination status.
- ♥ Highly encourage everyone to continue practicing social distancing by keeping six feet between yourself and others.
- ♥ Notify your instructor/staff if you feel unwell or are experiencing flu-like symptoms.

POST-EVENT

Based on current contact tracing advice from health authorities, if you test positive for COVID-19 up to 14 days after returning home, please contact the Madison Senior Center staff.



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.

EXERCISE MOTIVATOR

Take the lead on getting older adults in shape! Set up the morning instructional videos and greet guests as they arrive with enthusiasm. Can be daily or a few times a week.

POETRY WRITERS, READERS AND ADMIRERS

Poetry is one of the oldest forms of storytelling and creative expression. Are you the right person to help create a forum to share, write and hear poetry? Let's create a safe place to bounce ideas off others and ask questions, and share our poems.

LINE DANCE INSTRUCTOR

Line Dancing is a great example of one of MSC's new programs that has been successful in an online format. Dancers socialize online, practice advancing their skill and improve their mood (have fun!). Contact us to turn your love of line dancing into a great volunteer role!

MULTI-LINGUAL PROGRAM LEADERS

If you are a multi-lingual person, and would like to lead a program in an area in which you have expertise we would love to talk with you. Learning about healthy aging and making it happen, should be available to anyone. A few program ideas we have are yoga, tai-chi, art, and healthy eating. What ideas do you have?

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

"Never underestimate the difference you make and the lives you touch."

~ Unknown



B-I-N-G-O Caller

Have fun and meet great new people by calling Bingo. Shifts are 12:45pm to 2:15pm on the first or third Thursday of each month. Help set up, call out winning letters/numbers, and hand out prizes. Now THAT'S a good Bingo!

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



Oak Park Place Senior Golf Open was a "Hole in One"

The second annual Oak Park Place Senior Open was a huge success, despite being delayed a month due to the rain, 28 golfers came together on September 12th to support the Madison Senior Center. It was a fantastic day to hit the links, and \$11,000 was raised to support multicultural events and activities for older adults that promote healthy aging in underserved Madison communities.

ARTS & ENTERTAINMENT



NOW SHOWING

Movie Madness

TUESDAY, OCTOBER 5, 1 PM

The Last Black Man In San Francisco (2019)

The Last Black Man in San Francisco is about a the efforts of a young Black man (Jimmie Fails) to reclaim his childhood home, a now-expensive Victorian house in a gentrified neighborhood of San Francisco. A poignant and sweeping story of friendship, community, and the true meaning of home. *Stars: Jimmie Fails, Jonathan Majors, Rob Morgan. Drama, 121 minutes. Rated R.*

TUESDAY, OCTOBER 12, 1 PM

The Haunted Mansion (2003)

A realtor and his wife and children are summoned to a mansion, which they soon discover is haunted, and while they attempt to escape, he learns an important lesson about the family he has neglected. *Stars: Eddie Murphy, Marsha Thomason, Jennifer Tilly. Comedy, Family, Fantasy, 88 minutes. Rated PG.*

TUESDAY, OCTOBER 19, 1 PM

Ghostbusters (2016)

Following a ghost invasion of Manhattan, paranormal enthusiasts Erin Gilbert and Abby Yates, nuclear engineer Jillian Holtzmann, and subway worker Patty Tolan band together to stop the otherworldly threat. *Stars: Melissa McCarthy, Kristen Wiig, Kate McKinnon, Comedy, Fantasy. 117 minutes. Rated PG-13.*

NO MOVIE OCTOBER 26

Join us instead for a live performance by Jillian Gabrielle titled *Princess Di, Gone but still kicking!*



MONDAY-WEDNESDAY-FRIDAY, 12:30-2:30-PM

Gather round for some friendly competition. A great way to get a little exercise and meet other people. Join our Wii bowling league. Maximum 4 people sitting in chairs. Please stay in your chair if it isn't your turn. No spectators.

BINGO

THURSDAY, OCTOBER 7 AND 21, 1-2 PM

1ST AND 3RD THURSDAYS

B-I-N-G-O is for fun everyone! Join us for an hour of light hearted fun and maybe even win a prize. It's free to play and each person can have up to two cards. Arrive 10 minutes early and be ready to start at 1 pm.

October 26, 1:30 pm

JILLIAN GABRIELLE AS PRINCESS DI, GONE BUT STILL KICKING!

The iconic figure of Princess Diana Spencer shocked the entire world with her untimely death in 1997. Jillian Gabrielle has her speaking from her grave as a spirit haunting the halls of Kensington Palace. And there is a twist...she has aged. She cut a deal with St. Peter at heaven's gate. She would be allowed to stay with her sons at the palace...but in return she would age.



Diana had a great sense of humor, played the piano, sang, and danced. All of these skills are utilized as Diana spins the story of her personal and public life and the British Royal Monarchy...then AND now!

EDUCATION & ENRICHMENT

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 don't have a computer we can lend you a tablet for FREE. Tablets2Go is available to you if are an adult age 55+ who belongs to the Madison Senior Center. Membership is free. Call 608-266-6581 to schedule an appointment and check-out a tablet. Picture ID required.

Computer Lab

The Computer Lab will only be open by appointment. Volunteers will also be available by appointment to provide tutoring and instruction on use of computers, tablets or smart phones. Call or email John Weichelt to schedule an appointment at (608) 267-2344 or jweichelt@cityofmadison.com.

Laboratorio de computadoras

El Laboratorio de computadoras no estará abierto para uso general hasta el 7 de septiembre. Los voluntarios estarán disponibles con cita para tutorías e instrucción sobre el uso de computadoras, tabletas o teléfonos inteligentes. Llame o envíe un correo electrónico a John Weichelt para programar una cita al (608) 267-2344 o jweichelt@cityofmadison.com.

October Tech Tip

You can have a Facebook account to enjoy posts and videos from your favorite places such as zoos and museums; and not post anything or accept any friends.



LGBTQ 50+ Alliance

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

Current Events Discussion Group

1ST WEDNESDAY OF MONTH, 2-4 PM

V - There is so much going on in the world and in our country that sometimes it's hard to make sense of it all. This is a safe place to ask questions, talk about impact and sort through it all. A facilitator will be at each meeting. Sponsored by the LGBTQ 50+ Alliance.

Gay, Gray & Beyond

2ND & 4TH THURSDAY, 2-4 PM

P - 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.

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.



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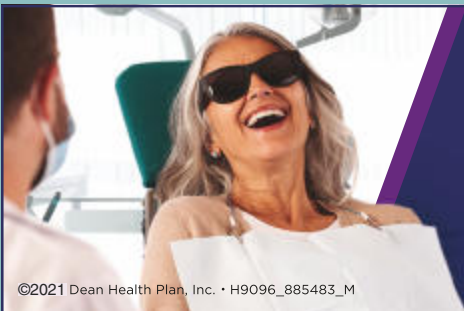
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A 4C 01-1141

EDUCATION & ENRICHMENT

Life During a Pandemic: A Photographic Exposé'

This has been a year-long intergenerational project about chronicling our daily lives during this pandemic through pictures taken from March 2020 to June 2021. The culmination of this project is Gallery Night exhibit on Friday, November 12, 5-9 pm.

Spanish Conversation

WEDNESDAYS, 1:30-3 PM **HYBRID**

Do you want to practice your Spanish? Our groups meets every week to chat in Spanish. Pop in when you can. There are no attendance requirements. To register, email gflisher@cityofmadison.com. Once you register, you will be sent an invite with a link to join the conversation. All levels welcome. Spanish Conversation meets via Zoom. They will start to meet at MSC every other week when the mask mandate is lifted. The opposite weeks it will continue to meet virtually. *R*

I, Claudius

WEDNESDAYS, 12-1:30 PM | NOVEMBER 10 - DECEMBER 22

I, Claudius ranks among the most acclaimed productions in BBC history. Tracing the lives of several Roman emperors, it's an epic of ruthless ambition, shocking debauchery and murderous intrigue set in one of history's most fascinating eras. View two episodes each week, followed by a discussion lead by Jim Lamal. *R*

Preschool Buddies

THURSDAY, OCTOBER 14, 9:30-11:15 AM

This delightful intergenerational program is starting its 25th year. Two to three Adult volunteers are matched up with two to three preschool children, and they do a project together. All preparation is done by the teachers, MSC staff and our lead volunteer, Dee Wylie. Usually there will also be a story and/or songs to accompany the project. Call John Weichelt, 267-2344 for more information. *R*

Non-Traditional Doll Making & Fabric Art

WEDNESDAYS, 1-4 PM

Express yourself in Wendy Fern Hutton's class using simple sewing techniques. Create something that speaks to your soul- an animal totem, a medicine doll or maybe a spirit guide. Use fabrics, beads, feathers, ribbons, sequins, or whatever else you can think of. The cost is \$50 for the first four classes and then \$25 for every four classes thereafter. Please pay the instructor. *R*



MSC Book Club

MEETS THE 3RD THURSDAY OF EACH MONTH, 1-2 PM

V - Looking for a fun way to enjoy books and meet new people? Join our Book Club! Each month we will read a different book and rotate facilitators. Books are often available at the library, and can be reserved in advance. Many books have audio versions* for those with vision impairments. Email gflisher@cityofmadison.com to register. *This group has been meeting virtually but will begin to meet at MSC when the mask mandate is lifted.* *R*

- ♥ October: **Transcendent Kingdom** by Yaa Gyasi
- ♥ November: **Hidden Valley Road: Inside the Mind of an American Family** by Robert Kolker



NEW Anti-Racist Book Club

2ND FRIDAYS AT 10 AM – STARTS OCTOBER 8

The new *Equity Book Club* will be led by volunteer, Elle Winters. Elle describes herself as “a proud Wisconsin native. As a biracial citizen, I am passionate about social justice and racial equity issues in our community and believe everyone has a voice to make a difference.” The October book will be *Just Mercy: A Story of Justice and Redemption*, by Bryan Stevenson. Future titles will be announced after the first meeting. *R*

EDUCATION & ENRICHMENT


Voices of Color (V)

THURSDAY, OCTOBER 21, 10-11 AM

Featuring Alder Barbara Harrington-McKinney


Alder Harrington-McKinney was elected to the Madison Common Council in 2015, and is currently serving in her fourth term. She was one of the first African American women elected to the Common Council. Alder Harrington-McKinney moved to Madison in 2005 to support her son, NBC News Anchor Mike McKinney. She has degrees in Special Education, Urban Planning & Public Policy Analysis, and an MBA; but her role as Diversity Outreach Coordinator for the Alzheimer's and Dementia Alliance of Wisconsin is one of her current passion. She also focuses on identifying indicators of neighborhood vitality and opportunities for residents to work together to define common priorities and set future goals. Public safety, employment opportunities, challenging systemic racism, gerrymandering and collaborations are all priorities that she has identified as the District 1 Alderperson.



A monthly series that gives you the opportunity to have engaging conversations with community leaders of color. Listen to their stories that speak to cultural differences, learn more about Madison's history from a POC's (person of color) perspective, ask questions and have an experience. To register and receive the Zoom link, email gflisher@cityofmadison.org or call (608) 266-6581. 

Latino Wisconsin: Migration, Settlement and Social Impact

DAY OF WEEK, OCTOBER 6, 10-11 AM

There are over 30,700 Latinx people living in Dane County, and almost 70% live in Madison and Fitchburg. Almost half of the Latinx people in Dane County were born in Wisconsin. They work, go to school, run businesses, and spend time with their families; and they are an integral part of our community. What do you really know about the Latinx community? What brought them, or their ancestors to Wisconsin? They may all be Spanish speaking, but they are not all from the same country. In celebration of **National Hispanic Heritage Month**, we invite you to attend this presentation by **Professor Armando Ibarra** from the **UW-Madison**. Learn about and embrace the diversity of our community. Call 266-6581 to register. 



"Our Story" Photo Event

TUESDAY, NOVEMBER 2, 9 AM - 2 PM

Photos tell a story and allow us to share a part of ourselves with others. They capture moments in time and in our hearts.

Submit up to three photographs and have your work exhibited in a community wide art event, *Gallery Night*. The **2021 Gallery Night is Friday, November 12**.






"Our Story" is open ages 55+ and is a great opportunity to show your talent and creativity and to connect with other adults who share your passion for photography.

Entries must be framed for hanging. For more information, email Laura, lhunt@cityofmadison.com or call (608) 266-6581. Entry fee is \$20. If you can't afford the entry fee, scholarships are available. This is not a professional show. People of all skill levels are encouraged to participate.

Prize Categories

- Best of Show Overall
- Best of Show – New Participant
- Award of Excellence
- Judge's Choice
- Best Connection to Community
- Best Connection to Nature
- Best Landscape Picture
- Best Pet Picture
- Honorable Mention

 = Registration Required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
				1 9:00 Gentle Exercise 9:30 BB4B (V) 10:00 BB4B 11:30 Lunch 12:30 Wii Bowling 1:00 PLATO	2/3 Sunday National Techies Day 
4 9:00 Gentle Exercise 10:00 PLATO 11:30 Lunch 12:30 Wii Bowling	5 9:00 Gentle Exercise 11:30 Lunch 1:00 Movie: Last Black Man in San Francisco 1:00 PLATO 6:00 BB4B	6 9:00 Gentle Exercise 10:00 Latino Wisconsin 11:30 Lunch 12:30 Wii Bowling 1:00 Doll Making 1:30 Spanish Conversation (MSC) 2:00 Current Events	7 9:00 Gentle Exercise 9:30 Gentle Yoga 11:30 Lunch 1:00 BINGO	8 9:00 Gentle Exercise 9:30 BB4B (V) 10:00 Anti-Racism Book Club 11:30 Lunch 12:30 Wii Bowling 1:00 PLATO	9/10 Saturday National Chess Day 
11 9:00 Gentle Exercise 10:00 Mike Leckrone (Hybrid) 11:30 Lunch 12:30 Wii Bowling	12 9:00 Gentle Exercise 10:00 Adopt-a-Block 11:30 Lunch 1:00 Movie: The Haunted Mansion 6:00 BB4B	13 9:00 Gentle Exercise 11:30 Lunch 12:30 Wii Bowling 1:00 Doll Making 1:30 Spanish Conversation (V)	14 9:00 Gentle Exercise 9:30 Gentle Yoga 10:00 Preschool Buddies 11:30 Lunch 1:00 Senior Showcase Band 2:00 Gay, Gray & Beyond	15 9:00 Gentle Exercise 9:30 BB4B (V) 11:30 Lunch 12:30 Wii Bowling 1:00 PLATO 1:00 Cardio Dancing	16/17 Saturday National Dictionary Day 
18 9:00 Gentle Exercise 10:00 PLATO 11:30 Lunch 12:30 Wii Bowling	19 9:00 Health & Resource Fair 11:30 Lunch 1:00 Movie: Ghostbusters 6:00 BB4B	20 9:00 Gentle Exercise 11:30 Lunch 12:30 Wii Bowling 1:00 Doll Making 1:30 Spanish Conversation (MSC)	21 9:00 Gentle Exercise 9:30 Gentle Yoga 10:00 Voices of Color (V) 11:30 Lunch 1:00 Book Club (V) 1:00 BINGO	22 9:00 Gentle Exercise 9:30 BB4B (V) 10:00 BB4B 11:30 Lunch 12:30 Wii Bowling 1:00 PLATO	23/24 Sunday United Nations Day 
25 9:00 Gentle Exercise 10:00 PLATO 11:30 Lunch 12:30 Wii Bowling	26 9:00 Gentle Exercise 11:30 Lunch 1:00 PLATO 1:00 Jill Gabrielle as Princess Di	27 9:00 Gentle Exercise 11:30 Lunch 12:30 Wii Bowling 1:00 Doll Making 1:30 Spanish Conversation (V)	28 9:00 Gentle Exercise 9:30 Gentle Yoga 11:30 Lunch 2:00 Gay, Gray & Beyond	29 9:00 Gentle Exercise 9:30 BB4B (V) 10:00 BB4B 11:30 Lunch 12:30 Wii Bowling 1:00 PLATO	30/31 Sunday Halloween 



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FIND YOUR ADRC: <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>*



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- Do you live in Jefferson County?
- You may be eligible for Care Wisconsin Medicare Dual Advantage.

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

HEALTH & WELLNESS

National Breast Cancer Awareness Month

Breast cancer is the second most common cancer in women after skin cancer. A woman's risk of getting breast cancer increases as she gets older. Avoiding risk factors may help prevent certain cancers. Risk factors include smoking, being overweight, and not getting enough exercise.

Some risk factors are beyond a person's control such as age, inherited risk of breast cancer, dense breast tissue, reproductive history resulting in greater exposure to estrogen, and a personal history of breast cancer or benign breast disease.

According to the current report, from the National Cancer Institute, the risk that a woman will be diagnosed with breast cancer during the next 10 years, starting at the following ages, is as follows:

- ♥ Age 30 0.49% (or 1 in 204)
- ♥ Age 40 1.55% (or 1 in 65)
- ♥ Age 50 2.40% (or 1 in 42)
- ♥ Age 60 3.54% (or 1 in 28)
- ♥ Age 70 4.09% (or 1 in 24)

Screening for breast cancer is critical so that it can be found at an early stage when it can be treated and may be cured. Mammography is the most common screening test for breast cancer. A mammogram is a picture of the inside of the breast. .

Women aged 50 to 69 years who have screening mammograms have a lower chance of dying from breast cancer than women who do not have screening mammograms. Fewer women are dying of breast cancer in the United States, but we do not know whether the lower risk of dying is because they are finding cancer early by screening or whether the treatments are better.


Information obtained from NIH National Cancer Institute.

Like us on Facebook:
facebook.com/MadisonWISeniorCenter



Gentle Yoga

THURSDAYS, 9:30-10:30 AM

Do you want to improve your balance, range of motion and flexibility? Do you want to strengthen your bones and muscles, quiet your mind? Then GENTLE YOGA is for YOU! All abilities and levels welcome. **YAFA: Yoga Accessible for All** teachers dedicate themselves to making yoga safe and inviting for anyone who is interested in gaining the benefits of yoga (yafayoga.org). We will do a combination of seated and standing positions, and will always suggest modifications if a pose isn't working for you. Call (608) 266-6581 for registration information. 

Gentle Exercise

MONDAY – FRIDAY, 9 - 9:45 AM

Exercise together by watching the Hasfit exercise program for older adults. It focuses on strength, flexibility and balance. Everyone welcome! Register.

Top 5 Reasons to Get Vaccinated

- ♥ It's far less likely you'll get sick.
- ♥ You can help protect others and help support businesses.
- ♥ If someone close to you gets COVID-19 and you don't have symptoms, you won't have to quarantine.
- ♥ You can do things that people who are unvaccinated can't do safely.
- ♥ You can worry less.




HEALTH & WELLNESS

Ballroom Basics for Balance™ (BB4B)


FRIDAYS, 9:30-10:45 AM, OCT 29 – DEC 10 (NO CLASS NOV 26) / 6 WEEKS ON ZOOM.

Dances to be determined. Fee \$33

Don't let the name fool you! We also do line dances, salsa, tango, tap, meringue, rumba, Chicago Steppin' and more. This class is for you if you want to get better at walking or moving around on various surfaces and in various environments, both inside and outside. A completed Registration Form and payment in advance is REQUIRED to attend, and to have a spot held for you. Please send a check to **Madison Senior Center, 330 West Mifflin St, Madison, WI 53703**. *Credit card payment can be over the phone or in person. Cash payment can be made in person. If you need a scholarship email Laura at lhunt@cityofmadison.com.* 

Cardio Dancing for 55+

FRIDAY, OCTOBER 15, 1-2 PM

Come in and check it out! This is your chance to try it out and tell us what you think. The instructor, Mark Tusler, teaches this class at the YMCA and the Princeton Club. He has been passionately teaching since 2008. This is for active older adults who would enjoy a cardio 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! Call (608) 266-6581 to register! 

Be Active: Local Activity Resources

We hope you enjoyed the Be Active Series! If you're interested in joining a class or finding a place to be active, here are some local resources available to you:

Ballroom Basics for Balance: MSC offers this program Friday mornings virtually and in person, and Tuesday evenings in person. Call 266-6581 for registration information.

Cardio Dancing: This new and exciting program is a great way to have fun and meet people all while getting a work out in. Exercise at your own pace. Call 266-6581 for the class schedule.

Gentle Yoga: Yoga is taught by certified teachers who belong to TAFE: Yoga Accessible for All. No matter what your ability level, we can help you with accommodations. Meets Thursdays at 9:30 a.m. Call 266-6581 to register.



Find more tips or learn more about the Physical Activity for Lifelong Success (PALs) program at wihealthyaging.org/PALS
 **PALS: Physical Activity for Lifelong Success | WIHA**

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

COMMUNITY UPDATE



Joe Parisi
County Executive

County Of Dane
Office Of The County Executive



Help Our Health Care Heroes in Midst of Covid Resurgence

By Dane County Executive Joe Parisi

We are naturally a hopeful people. It's one of the qualities of this community I appreciate most. Not that many weeks ago, we had every reason to feel renewed optimism. Our vaccination rate was among the best in the country. We saw precipitous declines in the numbers of Covid cases, hospitalizations, and deaths. Life as we knew it seemed more "normal," and the start of summer brought a renewed sense of living.

The anxiety and worry we thought was in the rear view is now back front and center, magnified by the return of kids to school and a change of seasons that results in us gathering once again indoors.

For many of us the resurgence of Covid has meant more changes in plans, readjusting daily routines, and a resumption of anxieties that come with the countless unknowns of this unrelenting virus. Moms and dads with kids too young to be eligible for vaccines face renewed, understandable angst as classes resume.

Unfortunately, this virus has a staying power that's outlasted our hopes and a resiliency that's putting our science and medical communities to the test.

As we rally once again, it is important we be mindful of the many faces of human sacrifice, those who go to work day after day uncertain of the difficulties they will face, but well aware they're the last line of defense separating a family from a painful loss to celebrating a joyous recovery. For the countless health care workers across our community, every new iteration of this virus brings new trauma. For 18 months they've had to console, guiding patients and families through the uncertainty and sometimes loss that comes with combating Covid-19.

To everyone thrust back into the front lines of this pandemic, you are not forgotten, your sacrifice is recognized, and your patience, persistence, and dedication are appreciated.

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Mike Leckrone
**Moments of Happiness:
My History of the UW Marching Band**

MONDAY, OCTOBER 11, 10-11 AM

Hear the story of how Mike Leckrone transformed the UW Marching Band to be "The greatest band in the land." He will share an overview, including funny anecdotes and stories. Call (608) 266-6581 to register. 

Where: Madison Senior Center
330 W. Mifflin St.
(608) 266-6581

**Information on live streaming will be available closer to the date.*



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