

THE Messenger

VOLUME 41, NUMBER 8

PROGRAMAS EN ESPAÑOL EN LA PAGINÁ 15.

AUGUST, 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



Meet Our New Older Adult Program & Outreach Coordinator!

We have another new face at the Madison Senior Center. Ericka Booy joined our team on June 24, and will be working with Laura Hunt to develop programs for older adults throughout the City. Ericka brings a wealth of valuable experience and passion with her, She worked at NewBridge Madison for several years as a Cultural Diversity Coordinator with a focus on doing outreach to Black older adults.



Her commitment to addressing health disparities, social isolation, and basic service needs among older adults is commendable. Her educational pursuit in social work will certainly complement her practical experience in enhancing the lives of older adults through supportive services.

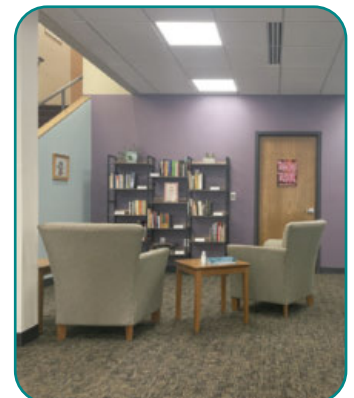
Outside of work, she loves movies and cooking, including cooking those big meals to bring her sons over for a visit. Ericka lives in Madison with her husband, and the youngest of her four sons.

Please welcome Ericka to our team!

Ribbon Cutting for “The Nook”

THURSDAY, AUGUST 1, 1 – 1:30 PM

Thanks to the generous donation of books from MSC participant, Ed Powe, we have a special area called “The Nook.” You will find a wide variety of books to peruse. On August 1 at 1 pm, we will have a ribbon cutting ceremony followed by lemonade and cookies.



FOR YOUR INFORMATION

Directory

Phone (608) 266-6581

Website madisonseniorcenter.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 Boeey (she, her)

(608) 266-8652, eboeey@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

Front Desk Associate, Daryl Schenkat (she, her)

(608) 266-6581, dschenkat@cityofmadison.com

Community Outreach & Engagement Intern, Isabel Hernandez-White

608-267-2344, ihernandez-white@cityofmadison.com

Social Work Intern, Mike Sungurtekin

608-267-8683, msungurtekin@cityofmadison.com

MISSION STATEMENT

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

OUR VISION

Become known as an inclusive community where older adults thrive.

Program Format & Registration

Programs are offered in person, virtually and hybrid. Watch for the **“VIRTUAL”** after the program time. Classes that are both in person and virtual are referred to as **“Hybrid”**. **Register for the programs**, even if they are free. Most programs require a minimum number. If a program is virtual or hybrid, you will receive the Zoom link in an email after you register. If there is a fee, payment is required at the time of registration. **To register for a program, email seniorcenter@cityofmadison.com or call (608) 266-6581.** **R** = Registration Required. **Purple** text or a purple **S** means the program will be in Spanish.

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

Member of



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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 Participant 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 Laura at (608) 267-8650 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

Math Magic


Connecting the history of the United States

- Think of an integer 1-9, say N
- Now triplicate as NNN
- If President Obama is our 44th President, what is the rank of President Lincoln?
- Now multiply this rank by NNN
- Finally divide this result by your original number N
- You will be amazed by outcome! A significant year in the history of this nation!



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. 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 they can say or almost say precisely what needs to be said. Exploring Poetry is led by Mark Kraushaar. 

Technology & Finance


Email Safety

WEDNESDAY, AUGUST 7, 1 - 2 PM

Email can be a great way to communicate and to receive information. It can also be a way to be scammed. Learn the ins and outs, the do and don'ts of having safe email account. If you have a laptop or smart phone, please bring it with you to class. 

Facebook Overview

WEDNESDAY, AUGUST 14, 1 - 2 PM

Facebook has had its ups and downs, but it is still going strong. Learn about his social media platform, and how to safely make posts, and interact with family and friends. If you have a laptop or smart phone, please bring it with you to class. 

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. Volunteers are usually in the lab on **Tuesdays, 10 – 11:30 am** and **Thursdays, 12:30 – 2:30 pm**. Scheduling an appointment is recommended. Call (608) 267-8650 or email lhunt@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 leave a photo ID and follow sanitation procedures.

Printing: We do not have a printer available for public use. **No printing.**



LIFELONG LEARNING


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.

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

Vascular Risk Reduction and Impact on MCI, guest speaker is Cynthia Carlsson, MD, MS. 

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

Hearing Loss: Impact on Cognitive Function and Strategies to Improve Daily Living and Maintain Quality of Life, guest speaker is Pamela Souza, PhD. 

This is for the person with the diagnosis of dementia or mild cognitive impairment, and their caregivers or close family members. 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. Call Laura Hunt at (608) 267-8650 to register or to get more information.

IN MEMORY OF JUDY CAMPBELL

It is with sadness that we share with you the passing of Judy Campbell. Most of you know her as the friendly face that checked people in for lunch. In fact, when Judy started working for NewBridge at the Nutrition Site, she had already been coming to the Madison Senior Center for several years, eating lunch, participating in programs, and building friendships.

Judy was a beloved team member of both NewBridge and the Madison Senior Center. She treated everyone she met with kindness and respect. Staff, volunteers and participants feel her absence, and miss her twinkly eyes and big smile. Here are a few quotes from those folks:

- » "She was like a kid sister."
- » "She was like a foster mom to me."
- » "She was my best friend. Spiritual sister. It took one minute to fall in love as a friend."
- » "She got me."
- » "She was a good friend, a good listener."
- » "She was a brilliant soul, radiating love to everyone she met."
- » "She was a gentle, kind person, always said 'hi' when I walked in."

Watch for information on a Celebration of Life later this summer.



GROUPS & CLUBS

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. If interested, email Laura at lhunt@cityofmadison.com or call (608) 267-8650. *R*

Downtown Veteran Social

TUESDAYS, 10 - 11:15 AM

Madison Veteran's 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. Veterans age 55 and up. Male, female, gender fluid. Socials are open to all Veterans and to their family members and supporters in the community. Registration is not required, and 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.*

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

B-I-N-G-O

THURSDAYS, 10:15 - 11:15 AM

We play for fun and camaraderie. It's always free to play, and all BINGO's win a prize. The final round is Blackout and participants have the option of paying 50 cents a card to compete for the kitty. Join us!



Well Care presents the
MSC Health & Resource Fair!
Tuesday, September 24
10 am - 1 pm

First Friday Music Hour

FRIDAY, AUGUST 2, 10:15 - 11:15 AM

Join us as a performer or as a listener for an hour of live music performance (and a cup of coffee!) at our monthly, first Friday gatherings. If performing, bring an instrument and/or your voice, with songs or spoken word to share. Open to all styles of musical expression!





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For more information on your long-term care options, contact your local ADRC.

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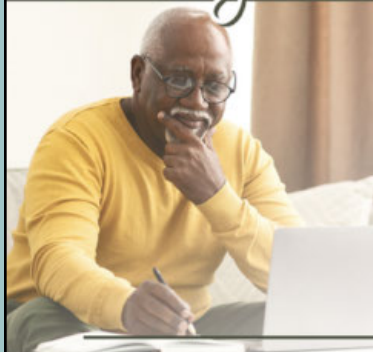
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MOVIES

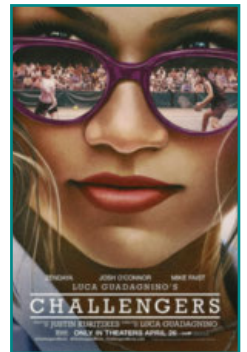
Movie Matinees

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).

AUGUST 6

CHALLENGERS (2024)

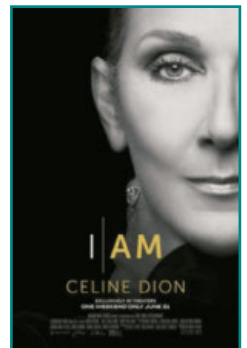
Tashi, a former tennis prodigy turned coach, turned her husband into a champion. But to overcome a losing streak, he needs to face his ex-best friend and Tashi's ex-boyfriend. *Stars: Mike Faist, Josh O'Connor and Zendaya. Comedy, Drama, Romance. 2 hours 11 minutes. Rated R.*



AUGUST 13

I AM: CELINE DION (2024)

This is a journey inside Celine Dion's life as she reveals her battle with Stiff Person Syndrome. *Stars: Céline Dion, Nelson Angélil and Eddy Angéil. Biography, Documentary, Music. 1 hour 43 minutes. Rated PG.*



AUGUST 20

ALL OF US STRANGERS (2023)

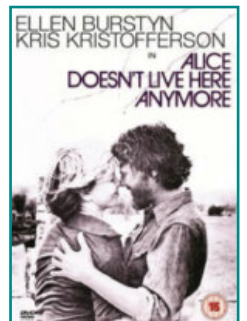
A screenwriter drawn back to his childhood home enters into a fledgling relationship with his downstairs neighbor while discovering a mysterious new way to heal from losing his parents 30 years ago. *Stars: Andrew Scott, Paul Mescal and Carter John Grout. Drama, Romance. 1 hours 45 minutes. Rated R.*



AUGUST 27

ALICE DOESN'T LIVE HERE ANYMORE (1974)

A recently-widowed woman is on the road with her precocious young son, determined to make a new life for herself as a singer. *Stars: Ellen Burstyn, Kris Kristofferson and Mia Bendixsen. Drama, Romance. 1 hour 52 minutes. Rated PG.*



HEALTH & WELLNESS

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

Blood Pressure Screening

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

2ND & 4TH MONDAYS, 10:30 - 11:30 AM


Keep tabs on your blood pressure. Our volunteers are medical professionals, and would love to have you stop by either one or both days.

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.


Gentle Yoga

TUESDAYS, 10 - 11 AM

Yoga improves balance, range of motion and flexibility, which are all important, especially as we age. Yoga Accessible for All (YAFA) teachers dedicate themselves to making yoga safe and inviting for anyone who is interested in gaining the benefits (yafayoga.org). We do a combination of seated and standing positions and will always suggest modifications if a pose is not working for you. Please register in advance. No fee, but donations are welcome. 


Foot Care Clinic

THURSDAY, AUGUST 13, 9 AM - 3:30 PM |
APPOINTMENT REQUIRED

Cost is \$30 (\$35 for diabetics) *cash or check*. Kelly has been a CNA for 30 years and is looking forward to meeting you. You must make an appointment. **Bring two towels** to your appointment. 




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, 2024 class dates and times, and registration forms can be found at www.ballroombasicsforbalance.org. 

BB4B - Virtual & Inclusive

Waltzes, Line Dances, Rumba and Swing

Our class is a welcoming Friday morning community that you can join from anywhere via Zoom. We have seated and standing variations, so you can dance as you recover from an injury or manage a chronic illness. Each week, we explore a balance tip like mindful movement, safe ways to get up and down from the floor, or winter safety along with dancing! Please check with your doctor or physical therapist to see if a balance class would be right for you. Beginners and continuing students welcome. **Location:** Zoom. \$58 for this 8-week class. Questions? Contact your instructors: Atala, atalanicole@gmail.com or (608) 770-8763 or Krista, kabultmannspi@gmail.com or (608) 335-9252. 

August is National Immunization Month!

Check in with your doctor about recommended vaccinations for the upcoming cold and flu season. It's never too early to be prepared.

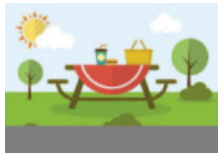


MADISON SENIOR CENTER PROGRAM & ACTIVITY LIST

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, June 21 – August 9	9:30 – 10:45 am	\$58	Virtual
BB4B “Next Steps”	Thursdays, June 13 – August 15	9:30 – 10:45 am	\$65	Yahara Place Park
BINGO	Thursdays	10:15 – 11:15 am	Free	MSC
Blood Pressure Screening	1st & 3rd Tuesdays 2nd & 4th Mondays	11:15 am – 12:15 pm 10:30 – 11:30 am	Free	MSC
Computer Lab	Monday and Friday Tuesday-Wednesday-Thursday	8:30 am – 12:45 pm 8:30 am – 3:45 pm	Free	MSC
Email Basics	Wednesday, August 7	1:00 – 2:00 pm	Free	MSC
FaceBook Basics	Wednesday, August 14	1:00 – 2:00 pm	Free	MSC
eFood Pantry	Place orders Tuesday 8/12 Pick-up orders Thursday 8/15	10:00 am – 12:00 pm	Free	MSC
Foot Care Clinic	Tuesday, August 13	9:00 am – 3:00 pm	\$30/ \$35	MSC
Exploring Poetry	2nd Wednesdays	11:00 am – 12:30 pm	Free	MSC
First Friday Music Hour	Friday, August 2	10:15 – 11:15 am	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
HASfit	Monday - Friday	9:00 – 9:45 am	Free	MSC
Movies (titles on page 8)	Tuesdays	12:30 – 3:00 pm	Free	MSC
NewBridge Case Manager – Drop-In	1st & 3rd Tuesdays	10:30 am – 12:30 pm	Free	MSC
Nook Ribbon Cutting	Thursday, August 1	1:00 – 1:30 pm	Free	MSC
Spanish Conversation	Wednesdays	1:30 – 2:30 pm	Free	Virtual
Technology Assistance	Tuesdays Thursdays	10:00 – 11:30 am 12:30 – 2:30 pm	Free	MSC
Veterans’ Social	Tuesdays	10:00 – 11:15 am	Free	MSC

August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
			1 9:00 HASfit 9:30 Next Steps 10:15 BINGO 1:00 "The Nook" Ribbon Cutting	2 9:00 HASfit 9:30 BB4B V	3/4 August 3 National Watermelon Day 
5 9:00 HASfit 9:00 Bridge Belles	6 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: Challengers	7 9:00 HASfit 1:00 Email Basics 1:30 Spanish Conv	8 9:00 HASfit 9:30 Next Steps 10:15 BINGO 2:00 Gay, Gray & Beyond	9 9:00 HASfit 9:30 BB4B V	10/11 August 10 National Bowling Day 
12 9:00 HASfit 9:00 Bridge Belles 10:30 BP Screening *ePantry Ordering Day	13 9:00 HASfit 9:00 Footcare Clinic 10:00 Gentle Yoga 10:00 Vet Social 12:30 Movie: I Am: Celine Dion	14 9:00 HASfit 11:00 Exploring Poetry 1:00 Facebook 1:30 Spanish Conv V	15 9:00 HASfit 9:00 ePantry Pick- up 9:30 Next Steps 10:15 BINGO	16 9:00 HASfit 9:30 BB4B V	17/18 August 17 National I Love My Feet Day 
19 9:00 HASfit 9:00 Bridge Belles	20 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Social 11:15 BP Screening 10:30 Case Manager Drop-In 12:30 Movie: All of Us Strangers	21 9:00 HASfit 1:30 Spanish Conv V	22 9:00 HASfit 10:15 BINGO 2:00 Gay, Gray & Beyond	23 9:00 HASfit 9:30 BB4B V	24/25 August 24 National Waffle Day 
26 9:00 HASfit 9:00 Bridge Belles 10:30 BP Screening	27 9:00 HASfit 10:00 Gentle Yoga 10:00 Vet Social 11:15 Blood Pressure 12:30 Movie: Alice Doesn't Live Here Anymore	28 9:00 HASfit 11:00 Exploring Poetry 1:30 Spanish Conv V	29 9:00 HASfit 10:15 BINGO	30 9:00 HASfit 9:30 BB4B V	31 August 31 National Eat Outside Day 



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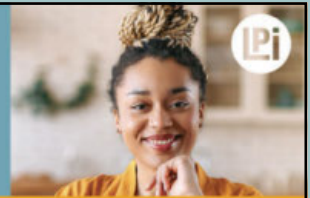
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<https://www.dhs.wisconsin.gov/adrc/index.htm>

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BrainHealthResearch@medicine.wisc.edu



For ad info. call 1-800-950-9952 • www.lpcommunities.com

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

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 or kristim@outreach.org.



Magic Pride Festival

SUNDAY, AUGUST 18, 1 – 6 PM

OutReach LGBTQ+ Community Center will host its 6th Annual Magic Pride Festival LIVE in person at Warner Park. It will include a stage show with local LGBTQ+ identified performers, a large vendor area, games and activities for youth and families, food and beverages and more! Stop at the OutReach table for information about the LGBTQ 50+ Alliance.

Outreach Senior Advocate

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



OutReach
SOUTH CENTRAL WISCONSIN'S LGBT COMMUNITY CENTER
To promote equality and quality of life for LGBT people.

PROGRAMS FOR BLACK OLDER ADULTS

NewBridge Summer Party

WEDNESDAY, AUGUST 14, 12 - 3 PM

Join Arielle at the Warner Park Community Recreation Center for an afternoon of fun, food and friends. There will be lunch, a raffle, games, and a DJ & dancing. Free but RSVP required. RSVP by August 7 to Arielle Hold, (608) 512-000 ext. 2007.

Mt. Zion Church Counseling Center

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

Services are FREE. Walk-ins are welcome.

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

www.mtzlife.com/programs

Benevolent Fund

The purpose of this fund is to help individuals financially during their time of need.

Questions? Email: 1mtzlife@mtzlife.com
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.

As an advocate for Black men's health, I believe that everyone has a right to healthcare regardless of their ability to pay. The PFFC is dedicated to the legacy of my late parents, Albert Perry Sr. and Mattie Lou Perry who embodied the African proverb, "It Takes a Village".

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>



16th Annual BLACK Women's Wellness Day

SATURDAY, SEPTEMBER 28, 2024

Don't miss this curated and awe-inspiring lineup of speakers and experiences that invite you into a space to live in true transparency and self-reflection for personal growth. This is a celebration of the beauty, magic, and power of Black women and girls.

Monona Terrace Community & Convention Center

www.blackwomenswellnessday.org/

African American Opioid Coalition (AAOC) of Safe Communities

A coalition of Black leaders representing organizations with a role to play to prevent drug harm in Dane County's Black community. AAOC programs include Med Drop and Prescription Take Back and AAOC Recovery Coaching.

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

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 - 8:00 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.

Curso Especial de Nutrición en Colaboración con WiseFood Education

Todos los jueves, Good Shepherd Church (5701 Raymond Rd), 10:30 - 11:30 am

El curso proveerá los ingredientes y las recetas para armar un platillo saludable y delicioso que se disfrutará al final de cada clase. Transportación y cupos limitados (608) 512-0000 Ext. 1007.

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.

La Movida Radio 94.5 FM y 1480 AM – WLMV

La primera y única estación de radio en español en el área de Madison, Wisconsin, transmitiendo las 24 horas del día, los siete días de la semana.

Charlas Semanales

Raíces Para el Cambio

Todos los miércoles, Facebook Live Roots4Change, 10 am - 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.

Centro Hispano (2403 Cypress Way)

Cómo recibir servicios generales: Cualquiera y todos pueden recibir los servicios generales ofrecidos por Centro Hispano. Puede llamar a nuestra oficina al (608) 255-3018 para programar una cita.

Algunos servicios especializados incluyen una tarifa, pero la mayoría no lo exige.

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 may be 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 if that is easier.

1. **Front Desk/Reception:** Greet and help people at the front desk. Answer and route telephone calls. Provide information and register participants. MUST have computer, phone, and office skills. Shifts are Tuesday, Wednesday or Thursday afternoons.
2. **Computer Lab volunteer:** Troubleshoot issues in our computer lab, assist seniors in completing their identified tasks. Answer questions regarding tech resources and computer functions. Schedule a regularly recurring 1.5 – 2 hour time block.
3. **Group or Class Leader:** Tell us what kind of group or class you would like to lead! A book Club, current events discussion group, the art of drawing, watercolor painting, knitting, gardening – you name it! This can be a onetime only event or a recurring class.
4. **Service Provider:** Many of our older adults are in need of services such as haircuts, massage, blood pressure screening and foot care.
5. **Volunteer group opportunities –**
 - **Client Focused:** Wrapping gifts around the holidays, sing-a-longs, board games, special events. Let us know what interests you.
 - **Facility focused:** Gardening, beautifying spaces, painting? Call Alana at (608) 267-8652 to discuss current needs and scheduling.

APPLY TO VOLUNTEER!

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

NewBridge Volunteer Opportunities

FOOD BRIDGE

Food Bridge was created to help battle food insecurity among Older Adults. With the help of volunteers, NewBridge connects adults, age 60+, who fall under the federal poverty line, have no transportation, or physical limitations that keep them from going to the food pantry on their own to a local food pantry. Volunteers deliver to one or two individuals, up to two times per month. Volunteers create their own schedule.

HOME CHORE

The Home Chore Program helps older adults remain independent in their own home. Home Chore is for adults, age 60+, who fall below the federal poverty line, have limitations that prevent them from doing certain cleaning tasks, and have little or no help from family or friends. Volunteers are paired with a senior to help with light cleaning 1-2 times per month. Tasks might include, laundry, dusting, sweeping, doing dishes.

Volunteers can also sign up to do **Outdoor Home Chore**, which includes: lawn care, mowing, raking, trimming bushes, pulling weeds, and snow shoveling during the winter months.

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 & cancellations 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.

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. All orders must be placed on the Monday or Tuesday of the same week you pick the food up. 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, August 12	Thursday, August 15
Monday, September 16	Thursday, September 19
Monday, October 14	Thursday, October 17
Monday, November 18	Thursday November 21

**If you are able to place your own order, you may do so the Friday before the pick-up date.*

NEVER MISS OUR NEWSLETTER!

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Have our newsletter emailed to you.

Visit www.mycommunityonline.com

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

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rschlitz@lpicommunities.com

(800) 950-9952 x2671



FOUNDATION

What Does The MSC Foundation Do?

The Madison Senior Center Foundation, a 501 c 3 organization, pays for programs and activities, including a multitude of educational classes, wellness activities, and performances. Associated expenses include instructors, refreshments, volunteer recognition and advertising. The Foundation covers scholarships for any fee-based programs. If you are interested in learning more about the foundation, contact Thomas DeChant, MSCFoundationBoard@gmail.com.

FOUNDATION BOARD OF DIRECTORS

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

Senior Center Wish List

- » Cases of Bottled Water
- » Individually Wrapped Snacks
- » Markers for Coloring
- » BINGO Game

Donations

- » Lawrence & Sylvia Kruger
- » PLATO
- » Sandra Ward
- » William Rufenacht - *In memory of Suzanne Smith*
- » Ione Potter- *In memory of Suzanne Smith*



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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MSC is Getting a Face Lift

We hope that you are liking our redesigned program areas, fresh paint and new carpeting on the first floor. The Nook is a cozy reading area with a wide variety of books to choose from. Many of the books were donated by MSC participant Ed Powe (see more page 1). The Fitness Room (formerly the Game Room) has new equipment, a clean, fresh look, and more open space. You will also find a puzzle table, and small café area. We have free coffee 8:30 - 10:30 am. The rooftop patio has some new native plants and chair cushions. Read a book, work your muscles, mingle or relax in the sun.



Find us on Facebook: [MadisonWISeniorCenter](#)



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