

# THE Messenger

VOLUME 42, NUMBER 2

PROGRAMAS EN ESPAÑOL EN LA PAGINÁ 17.

FEBRUARY, 2025

## Inside this Issue

For Your Information .....	2
Lifelong Learning .....	4
Technology & Finance .....	5
Health & Wellness .....	8
Groups & Clubs .....	10
Program & Activity List.....	12
Calendar .....	13
Movies .....	14
LGBTQ 50+ Alliance .....	15
Empowering Black Older Adults ...	16
Programas en Español .....	17
Volunteer Opportunities .....	18
Community Resources .....	19
ePantry .....	21
News .....	22
Foundation.....	23

**Relevant, Inclusive,  
Enlightened**

**Madison Senior Center**  
330 W. Mifflin Street  
Madison, Wisconsin 53703  
(608) 266-6581  
[cityofmadison.com/senior-center](http://cityofmadison.com/senior-center)



## Celebrate Black History Throughout February and Beyond with the Madison Senior Center!

Interested in learning more about black figures in U.S. history? Or, are you wondering why it's important that we acknowledge Black History specifically? Then check out our Book Table, which for the month of February will feature books centered on Black History and the importance of engaging with it.

Then, join us for our Third Thursday Entertainment on February 20th, which this month will feature music that celebrates the rich musical traditions and contributions of the black community.

Last but certainly not least, join us for our first ever Black History Month Festival on Friday, February 28th. The Madison Senior Center will remain open beyond its usual 1pm closing time for program participants to enjoy some food, some fun, a bit of BINGO, and other entertainment from 1-4pm. This special event is designed for older adults and is being planned in partnership with NewBridge, Foundation of Black Women Wellness, African Center for Community Development Inc, and Wisconsin Alzheimer's Disease Research Center. It promises to be a magical time!

### Join us for our Black History Month Festival for Older Adults!

**FRIDAY, FEBRUARY 28,  
1 – 4 PM**

Join us in celebrating Black History Month with a day of fun, food, bingo, and entertainment! This special event is designed for older adults, and we'd love for you to be a part of it.



# 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 Boeoy (she, her)*  
(608) 266-6290, eboeoy@cityofmadison.com

*Facility Operations Assistant, Gary Flesher (he, him)*  
(608) 267-8651, gflesher@cityofmadison.com

*Custodian, Ricky Butler (he, him)*  
(608) 266-6581, rbutler@cityofmadison.com

*Front Desk Associate, Daryl Schenkatek (she, her)*  
(608) 266-6581, dschenkatek@cityofmadison.com

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

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

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

### Member of



Like us on Facebook:  
facebook.com/MadisonWISeniorCenter

## MISSION STATEMENT

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

## OUR VISION

*Become known as an inclusive community where older adults thrive.*

## Program Format & Registration

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

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

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

## SUBSCRIBE TODAY!

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

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](mailto:lhunt@cityofmadison.com)

## Endorsements

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

## Photography

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



## Health & Safety Precautions

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

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

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

## Key Cards – Checking-In

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

## Building Hours

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

## You Belong Here!

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

# LIFELONG LEARNING

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

## Craft With Kids

4TH WEDNESDAYS, 10 - 11 AM

Join our visiting preschool class for a craft and activities. Registration is required, and we are looking for older adults who can commit to attending multiple craft days. *R*

## Exploring Poetry

2ND WEDNESDAYS, 11 AM - 12:30 PM

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

## First Friday Music Hour

FRIDAY, FEBRUARY 7, 10 - 11 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 song or spoken word to share. Open to all styles of musical expression!

## Overture Community Ticket Program

The Overture Community Ticket Program makes the arts more accessible by offering a limited number of tickets costing less than \$5 to members of community organizations. Tickets are available for select shows. Go to [www.overture.org/engage/community-ticket-program](http://www.overture.org/engage/community-ticket-program) for more information, and call the Madison Senior Center to receive your discount code.

## Third Thursday

### Entertainment

THURSDAY, FEBRUARY 20, 12 - 1 PM

Join us on Third Thursdays for a movie or concert or other form of entertainment!



## Veteran's Museum Tour

FRIDAY, MARCH 21, 10 - 11 AM

The Veteran's Museum is a wonderful free resource just down the road from the Senior Center. Join us for a private group tour. Meet at the Madison Senior Center at 9:45 AM to walk up there together, or meet us at the museum entrance at 9:55 AM. Register by Monday, March 17, regardless of where you intend to meet up with the group. We need a minimum of 10 people. *R*

## Watercolor Painting

WEDNESDAYS, 10 - 11 AM

Paint to relax and express yourself while you chat and enjoy a coffee (or tea!) with other older adults. When available, one of our UW Madison student volunteers might join in. All supplies provided, and no advanced signup is needed.



# TECHNOLOGY & FINANCE

## Bridging the Digital Divide

Digital literacy is an important skill for people of all ages. Navigating the digital world impacts your ability to access services like healthcare, banking, and grocery shopping. Sign up for these free workshops, and learn about how you could be eligible for a free laptop. To sign up for a session at either location, contact Ericka at the Senior Center: 608-266-6290



### ANDROID PHONES

**TUESDAY, FEBRUARY 25, 9:30 – 11 AM, EMCC, 8 STRAUBEL CT**  
**THURSDAY, FEBRUARY 27, 1 - 2:30 PM, MADISON SENIOR CENTER**  
**FRIDAY, FEBRUARY 28, 9:30 – 11 AM, YWCA 101 W MIFFLIN ST**

Your phone is a miniature computer capable of doing a lot of helpful tasks. Learn more about navigating your device, common apps, and helpful settings. There are many tips and tricks that can help you get the most out of your phone. *R*

### CYBERSECURITY BASICS

**TUESDAY, FEBRUARY 18, 9:30 – 11 AM, EMCC, 8 STRAUBEL CT**  
**THURSDAY, FEBRUARY 20, 1 - 2:30 PM, MADISON SENIOR CENTER**  
**FRIDAY, FEBRUARY 21, 9:30 – 11 AM YWCA, 101 W MIFFLIN ST**

Be safe online and protect yourself from fraudsters and scams. Build confidence about visiting websites, creating passwords, and responding to email. Learn what to look for to identify fraudulent emails, pop-ups, or websites. *R*

### EMAIL BASICS

**TUESDAY, FEBRUARY 11, 9:30 – 11 AM, EMCC, 8 STRAUBEL CT**  
**THURSDAY, FEBRUARY 13, 1 - 2:30 PM, MADISON SENIOR CENTER**  
**FRIDAY, FEBRUARY 14, 9:30 – 11 AM, YWCA, 101 W MIFFLIN ST**

Are you new to using email, or do you want to build more confidence? You will create a Gmail account if you don't have one already and learn how to perform basic email functions, such as sending, receiving, and replying to email. You will also learn how to recognize and deal with spam, organize and delete emails, and search for messages. *R*

### INTERNET BASICS

**TUESDAY, FEBRUARY 4, 9:30 – 11 AM, EMCC, 8 STRAUBEL CT**  
**THURSDAY, FEBRUARY 6, 1 - 2:30 PM, MADISON SENIOR CENTER**  
**FRIDAY, FEBRUARY 7, 9:30 – 11 AM, YWCA, 101 W MIFFLIN ST**

If you are new to using the internet, or want to build more confidence in finding information online and navigating websites, this is for you! Learn about web browsers and search engines, build skills to navigate the internet, and discover tips and tricks for basic and advanced searching online. *R*

# TECHNOLOGY & FINANCE

## IPHONES

TUESDAY, MARCH 4, 9:30 - 11 AM, EMCC, 8 STRAUBEL CT

THURSDAY, MARCH 6, 1 - 2:30 PM, MADISON SENIOR CENTER

FRIDAY, MARCH 7, 9:30 – 11 AM, YWCA, 101 W MIFFLIN ST

iPhone uses its own unique operating system. This workshop will help you learn basic functions, navigate your device, use common apps, and build confidence. There are many tips and tricks that can help you get the most out of your iPhone. *R*



## MYCHART TUTORIAL

WEDNESDAY, FEBRUARY 12, 10 – 11 AM

Join us at the Madison Senior Center for a demonstration of MyChart. Access your medical records, schedule appointments, and share important information with multiple providers all in one spot!

## 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. If you need 1:1 assistance, scheduling an appointment is recommended. Call (608) 266-6581 or email [seniorcenter@cityofmadison.com](mailto:seniorcenter@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.

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

# Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)



My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

**Visit us today:**  
[mychoicewi.org/LPI](http://mychoicewi.org/LPI)  
**1-800-963-0035**

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

DHS Approved 4/22/2021



**FREE DELIVERY**  
with \$40 Purchase

Open 7 a.m - Midnight 7 Days a week  
 111 N Broom St 608-255-2616  
[www.capcentremarket.com](http://www.capcentremarket.com)

## Planning isn't just for You



Pre-Arranging Service  
 Funeral Burial Plans  
 Funeral Cremation Plans



608-221-5420  
[gundersonfh.com](http://gundersonfh.com)

- |                                  |                               |                             |
|----------------------------------|-------------------------------|-----------------------------|
| • East / Madison<br>608-221-5420 | • Middleton<br>608-831-6761   | • Oregon<br>608-835-3515    |
| • Cross Plains<br>608-798-3141   | • Fitchburg<br>608-442-5002   | • Stoughton<br>608-873-4590 |
| • Black Earth<br>608-767-3684    | • Mount Horeb<br>608-437-5077 | • Lodi<br>608-592-3201      |

*Our Family Will Take Good Care of Your Family*



## HASKINS SHORT & BRINDLEY LLC

5113 Monona Drive, Monona, WI 53716  
 608-237-6673 | [www.HSBElderLaw.com](http://www.HSBElderLaw.com)

Areas of Practice  
 Estate Planning  
 Elder Law  
 Medicaid/Medicare  
 Guardianship  
 Special Needs Trusts  
 WisPACT Trust  
 Real Estate  
 Family Law

Attorneys  
 Brenda R. Haskins  
 Julie A. Short  
 Anne M. Brindley  
 Anna M. Dontje  
 Amy Devine

50+ years combined experience!

Live Confidently. At Home.



[tmgwisconsin.com](http://tmgwisconsin.com)

(844) 864-8987

Contact your local ADRC for more information.

## SENIOR 55+ APARTMENTS



**In Orchard Ridge  
 Neighborhood**

2 BR, 1, 1.5 or 2 BA, Rent Range \$1295 - \$2295 / month  
 Incl. HEAT, storage locker, & garage stall.  
 NO Pets, NO Smoking

Bob Keller (608) 577-2451 | [KellerApartments.com](http://KellerApartments.com)



*Honest, reasonably priced attorney*

**I Make House Calls!**

Wills • Trusts  
 Individual/Trust/Estate Income Tax  
 Powers of Attorney • Real Estate

**Paul O'Flanagan**  
 Attorney at Law

313 Price Place, Suite 110  
 Madison, WI 53705  
 608-630-5068

[Paul@oflanaganlaw.com](mailto:Paul@oflanaganlaw.com)




For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Madison Senior Center, Madison, WI

A 4C 01-1141

# HEALTH & WELLNESS

## Ballroom Basics for Balance™

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



### ESPAÑOL & ENGLISH

**FRIDAYS, FEBRUARY 28 - MAY 2,  
10 - 11:30 AM**

**MADISON PUBLIC LIBRARY, CENTRAL BRANCH, 201 W MIFFLIN ST**

\$75 for 10 weeks (financial assistance available)

To register, complete registration form or contact Susan Frikken at (608) 692-8794; registration deadline is February 21, 2025. Limited space but we will keep a waitlist.



### VIRTUAL AND INCLUSIVE

**FRIDAYS, JANUARY 24 – MAY 16,  
9:30 - 10:45 AM (VIRTUAL VIA ZOOM)**

\$115 (financial assistance available)

World Tour of Dance: Quadrielle, Bhangra, West African, Bachata, Norwegian, and Italian

To register, complete the registration form using the QR Code or contact one of the instructors:

Atala – [atalanicole@gmail.com](mailto:atalanicole@gmail.com), 608-770-8763.

Krista – [kabultmannspiro@gmail.com](mailto:kabultmannspiro@gmail.com), 608-335-9252





# HEALTH & WELLNESS

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

## Blood Pressure Screening

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

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

## Foot Care Clinic

**\$25 for all clients (including diabetic)**

THURSDAY, JANUARY 9, 9 AM - 12 PM |  
**APPOINTMENT REQUIRED**

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



## Learn to Fall Safely

WEDNESDAYS, FEBRUARY 5 - 26 &  
MARCH 5 - 26, 10:30 - 11:30 AM

MADISON CIRCUS SPACE, 2082 WINNEBAGO ST

\$60 per 4-class session (financial assistance available)

Learn to fall safely and to get back up without injury. Falls are a leading cause of death for older adults in Wisconsin. We will use thick "crash mat" for practicing. Classes are progressive. *R*

## Movement for Every Body

1ST AND 3RD FRIDAYS, 9:30 - 10:30 AM

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



## 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](http://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. *R*

## HASFIT Gentle Exercise

MONDAY-FRIDAY, 9 - 9:30 AM,

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

## Rosen Method Movement

THURSDAYS, FEBRUARY 6 & 13, 11 AM - 12 PM

Rosen Method Movement was created by Marion Rosen, a Physical Therapist. It is a class that helps us age gracefully. We move all the joints and stretch to music, and it is low-impact, lighthearted, attentive, and restorative.

# GROUPS & CLUBS

## B-I-N-G-O

**THURSDAYS, 10:15 - 11:15 AM**

It is free to play the standard BINGO rounds for a small prize.

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



## Spanish Conversation

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

Do you want to practice your Spanish? Our group meets weekly to chat in Spanish. Pop in when you can. There are no attendance requirements. Spanish Conversation meets via Zoom. Once you are registered you will be sent the Zoom link. All levels are welcome. *R*

## Wii Wednesday

**WEDNESDAYS, 12:30 - 2 PM**

Join us in our Fitness Room for a round or two of Wii Bowling! It's fun and casual, and those new to the game are welcome to jump in and learn.

## Bridge Belles

**MONDAYS, 9 - 11 AM**

4 tables of women improving their duplicate bridge skills in a relaxed atmosphere; working knowledge of Bridge needed. **Join us!**

## Spirit Days

**WEDNESDAYS, ALL DAY**

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

**FEBRUARY 5 WEAR RED DAY**

Wear something red!

**FEBRUARY 12 (ALMOST) VALENTINES DAY**

Make a Valentine's Day card!

**FEBRUARY 19 WISCONSIN DAY**

Share your favorite thing about Wisconsin!

**FEBRUARY 26 TOOTSIE ROLL DAY**

Show off your Tootsie Roll dance move (or any other favorite dance move)





**608-442-1898**

579 D' Onofrio Drive, Suite 10  
Madison WI 53718



**IN-HOME CARE**

- Companionship • Meal Preparation
- Light Housekeeping • Laundry
- Incidental Transportation
- Medication Reminders
- Grooming & Dressing Guidance

**PERSONAL CARE SERVICES**

- Bathing • Oral Hygiene
- Transferring & Positioning
- Incontinence Care & Toileting

**SPECIALIZING IN  
ALZHEIMER'S, PARKINSON  
AND DEMENTIA CARE**

**Comfort  
Keepers®**

[www.ckmadison.com](http://www.ckmadison.com)

An international network of independently owned and operated offices. ©2009 CK Franchising, Inc.

**ADT-Monitored  
Home Security**

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary • Flood Detection
- Fire Safety • Carbon Monoxide



SafeStreets

**833-287-3502**

**Do you know  
how to report Medicare fraud?**

**PROTECT** your personal information  
**DETECT** suspected fraud, abuse, or errors  
**REPORT** suspicious claims or activities

Contact  
Senior Medicare Patrol  
888-818-2611  
[www.smpwi.org](http://www.smpwi.org)



Preventing Medicare Fraud

**GOODMAN'S Jewelers**

*The Diamond Store of Madison for Generations*

220 State St. • Madison, WI

**608.257.3644**

Store Hours

Mon. - Fri. 10 AM - 5 PM

Saturday 10 AM - 4 PM

Sunday Closed

[www.goodmansjewelers.com](http://www.goodmansjewelers.com)



Beautiful and Spacious  
1 and 2 Bedroom Apartments  
Available for those age 55+

Call

**(608) 838-4248**

4809 Dale St.  
McFarland, WI 53558  
[wtb-mcfarland@oakbrookcorp.com](mailto:wtb-mcfarland@oakbrookcorp.com)  
[www.wtbmcfarland.com](http://www.wtbmcfarland.com)

**Included In  
The Rent:**  
Heat, Water  
& Sewer,  
Parking & Storages,  
Same Floor  
Laundry,  
Small Pets Welcome,  
Beautiful  
Com. Room  
& Resident  
Activities

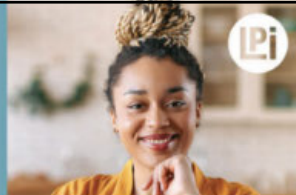
Income restrictions may apply.  
Professionally managed by Oakbrook Corporation

**WE'RE HIRING!**

**AD SALES EXECUTIVES**

BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at  
[careers@4pi.com](mailto:careers@4pi.com) or  
[www.4pi.com/careers](http://www.4pi.com/careers)

**SKY RIDGE APARTMENTS  
BRAND NEW - OPENS MARCH 2025**

**1- & 2-BEDROOM APARTMENTS 55+**  
Includes heat, water, sewer, and trash

**INQUIRE ABOUT FREE RENT IN APRIL!**  
**CALL 608-333-1167 TO SCHEDULE AN APPOINTMENT**

1050 E Main St, Sun Prairie, WI 53590

[skyridge@accmanagementgroup.com](mailto:skyridge@accmanagementgroup.com)



\*Income Restrictions Apply, must move in by 3/31/25 for special\*



**WE APPRECIATE OUR  
ADVERTISERS!**



**EDEN VISTA  
MADISON**

A SENIOR LIVING COMMUNITY

Personalized Care  
Tailored To Your Needs

- ☎ (608) 249-5558 *Call to schedule a tour*
- 📍 1601 Wheeler Rd. • Madison, WI 53704
- 🌐 [edenvistamadison.com](http://edenvistamadison.com)



For ad info. call 1-800-950-9952 • [www.lpiconmunities.com](http://www.lpiconmunities.com)

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

# 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
<b>Android Phones</b>	Tuesday, Feb 25th Thursday, Feb 27th Friday, Feb 28th	9:30 - 11:00 am 1:00 - 2:30 pm 9:30 - 11:00 am	Free	EMCC MSC YWCA
Ballroom Basics for Balance - Español and English	Fridays, Feb 28th - May 2nd	10:00 - 11:30 am	\$75	MPL
Ballroom Basics for Balance - Inclusive	Fridays, Jan 24th – May 16th	9:30 – 10:45 am	\$115	Virtual
BINGO	Thursdays	10:15 – 11:15 am	Free	MSC
<b>Black History Month Festival</b>	Friday, Feb 28th	1:00 - 4:00 pm	Free	MSC
Blood Pressure Screening	1st & 3rd Tuesdays	11:15 am – 12:15 pm	Free	MSC
<b>Craft with Kids</b>	4th Wednesdays	10:00 - 11:00 am	Free	MSC
<b>Cybersecurity Basics</b>	Tuesday, Feb 18th Thursday, Feb 20th Friday, Feb 21st	9:30 - 11:00 am 1:00 - 2:30 pm 9:30 - 11:00 am	Free	EMCC MSC YWCA
ePantry	Place orders Monday, Feb 17th Pick-up orders Thursday, Feb 20th	9:00 – 11:30 am	Free	MSC
<b>Email Basics</b>	Tuesday, Feb 11th Thursday, Feb 13th Friday, Feb 14th	9:30 - 11:00 am 1:00 - 2:30 pm 9:30 - 11:00 am	Free	EMCC MSC YWCA
Exploring Poetry	2nd Wednesdays	11:00 am – 12:30 pm	Free	MSC
First Friday Music Hour	1st Fridays	10:00 – 11:00 am	Free	MSC
Foot Care Clinic	2nd Thursdays	9:00 am – 12:00 pm	\$25	MSC
Gay, Gray & Beyond	2nd & 4th Thursdays	2:00 – 4:00 pm	Free	MSC
Gentle Yoga	Tuesdays	10:00 – 11:00 am	Free	MSC
<b>Internet Basics</b>	Tuesday, Feb 4th Thursday, Feb 6th Friday, Feb 7th	9:30 - 11:00 am 1:00 - 2:30 pm 9:30 - 11:00 am	Free	EMCC MSC YWCA
<b>Learn to Fall Safely</b>	Wednesdays	10:30 – 11:30 am	\$60	Madison Circus Space
Movement for Every Body	1st and 3rd Fridays	10:30 - 11:30 am	Free	MSC
<b>MyChart Tutorial</b>	Wednesday, Feb 12th	10:00 - 11:00 am	Free	MSC
NewBridge Case Manager – Drop-In	1st & 3rd Tuesdays	10:30 am – 12:30 pm	Free	MSC
Rosen Method Movement	Thursdays, Feb 6th & 13th	11:00 am - 12:00 pm	Free	MSC
Spanish Conversation	Wednesdays	1:30 – 3:00 pm	Free	Virtual
<b>Third Thursday Entertainment</b>	3rd Thursdays	12:00 - 1:00 pm	Free	MSC
Watercolor Painting	Wednesdays	10:00 – 11:00 am	Free	MSC
<b>Writing Your Life</b>	Thursdays, Feb 6th & 13th & 20th	10:00 – 11:30 am	Free	MSC

# February 2025

# BLACK HISTORY MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 9:00 HASfit 9:00 Bridge Belles	<b>4</b> 9:00 HASfit 10:00 Gentle Yoga 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>Ride or Die</i>	<b>5</b> 10:00 Watercolor Painting 10:30 Learn to Fall Safely 12:30 Wii Wednesday 1:30 Spanish Conv <b>V</b>  <b>Spirit Day: Wear Red Day</b>	<b>6</b> 9:00 HASfit 9:30 PLATO - Fictional Detectives 10:00 Writing Your Life 10:15 BINGO 11:00 Rosen Method Movement <b>1:00 Internet Basics</b>	<b>7</b> 9:00 HASfit 9:30 Movement for Every Body 9:30 BB4B <b>V</b> <b>10:00 1st Friday Music Hour</b>
<b>10</b> 9:00 HASfit 9:00 Bridge Belles	<b>11</b> 9:00 HASfit 10:00 Gentle Yoga 12:30 Movie: <i>Black Panther</i>	<b>12</b> 9:00 HASfit 10:00 Watercolor Painting <b>10:00 MyChart Tutorial</b> 10:30 Learn to Fall Safely 11:00 Exploring Poetry 12:30 Wii Wednesday 1:30 Spanish Conv <b>V</b>  <b>Spirit Day: (Almost) Valentine's Day</b>	<b>13</b> 9:00 HASfit <b>9:00 Footcare Clinic</b> 10:00 Writing Your Life 10:15 BINGO 11:00 Rosen Method Movement <b>1:00 Email Basics</b> 2:00 pm Gay, Gray & Beyond	<b>14</b> 9:00 HASfit 9:30 BB4B <b>V</b>
<b>17</b> 9:00 HASfit 9:00 Bridge Belles  <b>*ePantry Ordering Day</b>	<b>18</b> 9:00 HASfit 10:00 Gentle Yoga 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>Black Panther: Wakanda Forever</i>	<b>19</b> 9:00 HASfit 10:00 Watercolor Painting 10:30 Learn to Fall Safely 12:30 Wii Wednesday 1:00 PLATO – Writing Life Stories 1:30 Spanish Conv <b>V</b>  <b>Spirit Day: Wisconsin Day</b>	<b>20</b> 9:00 HASfit <b>9:00 ePantry Pick-Up</b> 10:00 Writing Your Life 10:15 BINGO <b>12:00 Third Thursday Entertainment</b> <b>1:00 Cybersecurity Basics</b> 1:30 PLATO – Play's The Thing	<b>21</b> 9:00 HASfit 9:30 Movement for Every Body 9:30 BB4B <b>V</b> 10:00 PLATO - Shakespeare
<b>24</b> 9:00 HASfit 9:00 Bridge Belles	<b>25</b> 9:00 HASfit 10:00 Gentle Yoga 12:30 Movie: <i>Car Wash</i>	<b>26</b> 9:00 HASfit <b>10:00 Craft with Kids</b> 10:00 Watercolor Painting 10:30 Learn to Fall Safely 12:30 Wii Wednesday 1:00 PLATO – Writing Life Stories 1:30 Spanish Conv <b>V</b>  <b>Spirit Day: Tootsie Roll Day</b>	<b>27</b> 9:00 HASfit 10:15 BINGO <b>1:00 Android Phones</b> 1:30 PLATO – Play's The Thing 2:00 pm Gay, Gray & Beyond	<b>28</b> 9:30 BB4B <b>V</b> 9:00 HASfit <b>10:00 BB4B</b> 10:15 BINGO <b>1:00 Black History Month Festival</b>

# MOVIES

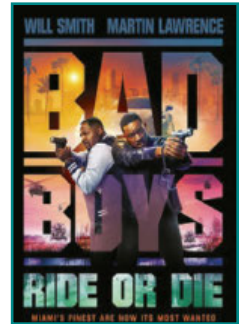
## Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm. The fourth Tuesday of the month is reserved for a classic (a movie released in the 1970s or prior).

### FEBRUARY 4

#### **BAD BOYS: RIDE OR DIE (2024)**

When their late police captain gets linked to drug cartels, wisecracking Miami cops Mike Lowrey and Marcus Burnett embark on a dangerous mission to clear his name. *Stars: Will Smith, Martin Lawrence, and Vanessa Hudgens. Action, Adventure, Comedy, Crime. 1 hour 55 minutes. Rated R.*



### FEBRUARY 11

#### **BLACK PANTHER (2018)**

Prince T'Challa, heir to the reclusive but technologically advanced kingdom of Wakanda, must step forward to lead his people into a new future. He soon finds that he is challenged for the throne from factions within his own country. *Stars: Chadwick Boseman, Michael B. Jordan, and Lupita Nyong'o. Action, Adventure, Sci-Fi. 2 hours 14 minutes. Rated PG-13.*



### FEBRUARY 18

#### **BLACK PANTHER: WAKANDA FOREVER (2022)**

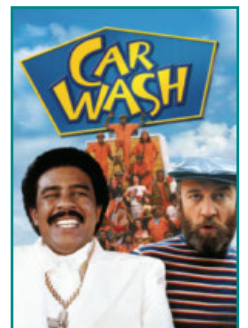
The people of Wakanda fight to protect their home from intervening world powers as they mourn King T'Challa's death. As the Wakandans strive to embrace their next chapter, the heroes must band together with the help of War Dog Nakia and Everett Ross and forge a new path for their nation. *Stars: Letitia Wright, Lupita Nyong'o, and Danai Gurira. Action, Adventure, Sci-Fi. 2 hours 41 minutes. Rated PG-13.*



### FEBRUARY 25

#### **CAR WASH (1976)**

A comedic take on the daily life of car-wash employees, chronicling their hopes, fears, joys, dreams, and tribulations, and meeting some eccentric customers along the way. *Stars: Richard Pryor, Franklyn Ajaye, and Sully Boyar. Comedy, Drama, Romance. 1 hour 37 minutes.*



# 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 social opportunities. Call (608) 255-8582 for more information or email [info@lgbt Outreach.org](mailto:info@lgbt Outreach.org); you can also check out our website, [lgbtq50plusalliance.org](http://lgbtq50plusalliance.org)

## SAGECollab

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](mailto:karenlkane13@gmail.com) or [kristim@outreach.org](mailto:kristim@outreach.org)

## LGBTQ 50+ Alliance Steering Committee

Lynn Currie	OutReach Staff
Laura Hunt	MSC Staff
Karen Kane	Co-Chair, Volunteer
Shelley Hansen-Blake	Co-Chair, Volunteer
Graham Smith	Volunteer
Mimi Millen	Volunteer
Mary Beth Wilk	Volunteer

## CQ, CQ, CQ

Morse Code: **“for all to join in the conversation”**

**1ST & 3RD THURSDAYS, 1 - 3 PM, 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: Older generations can share the accomplishments they have made, and younger generations can help them learn what still needs to be done.*

## Gay, Gray & Beyond

**2ND & 4TH THURSDAYS, 2 - 4 PM, MSC**

GG&B is a discussion group for those fortunate enough to have arrived; that is, for those who know the obstacles, but also recognize the 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.

## Line Dancing with the Dairyland Dancers

**WEDNESDAY, FEBRUARY 25, 5:30 - 8 PM, MADISON SENIOR CENTER**

The Dairyland Dancers are a country and modern dance group based in Madison. Group dance styles include line dance, 2-Step, circle, swing, and Waltz. Previous experience, partners, and western wear are not required—only a desire to have a great time. Register with OutReach: (608) 255-8582

## Radical Love: LGBTQ+ Inclusion Theology Series

**SUNDAY, FEBRUARY 23, 11:30 AM - 1:30 PM, GRACE CHURCH VILAS HALL, 116 W WASHINGTON**

**Session 2: The Word of God: What Does the Bible Really Say?**

Dr. Jimmy Hoke, New Testament and early Christianity scholar, author, and educator will lead this session. For information and registration, email [inclusiontheology@gmail.com](mailto:inclusiontheology@gmail.com)



# AGING WITH PURPOSE: EMPOWERING BLACK OLDER ADULTS

## **The Black Freedom Struggle and Palestine**

**SATURDAY, FEBRUARY 22, 2 – 4 PM**

**GOODMAN SOUTH LIBRARY, 2222 S PARK ST**

Participants at this educational event will discuss the historical solidarity between the Black Freedom Struggle and Palestinians in occupied Palestine and in the diaspora. Various updates from worker and community campaigns will also be discussed. Panel speakers (either in person or online) will be from Madison, Milwaukee, Detroit, Denver and other locations. This event is free and open to the public, ADA accessible, LGBTQIA+ and family friendly. Bus stops and free lot and street parking will be available.

## **Black Men's Health & Wealth Summit**

**SATURDAY, FEBRUARY 8, 10 AM – 3 PM**

**MADISON AREA TECHNICAL COLLEGE, 1701 WRIGHT ST**

Prepare to be inspired! Featured Speakers: James B. Bell, Jr. – Co-Founder/Partner Bell & Wright Financial Group & Judge Everett Mitchell – Circuit Court Judge Dane County. Register at Eventbrite



## **Calming Computer Jitters**

**3RD WEDNESDAYS, 12 - 2 PM**

**MT ZION BAPTIST CHURCH, 2019 FISHER ST**

Are you an older adult who would like to learn more about using computers? MTZ Charitable Organization will be hosting computer training courses for older adults. Transportation is available and lunch will be served. Bring your laptop and become computer savvy! Registration: call (608) 264-3468

## **Get Movin' in Motion - FREE!**

**TUESDAYS & THURSDAYS, 1 - 2 PM**

**UW SOUTH MADISON PARTNERSHIP, 2238 S PARK ST**

Gentle exercise with Johnny Winston. Zoom option available, Registration: call (608) 265-4790

## **Heritage In Motion: A Burlesque Storytelling of Black History**

**SATURDAY, FEBRUARY 8, 7 – 10 PM**

**CRUCIBLE, 3116 COMMERCIAL AVE**

Celebrate Black History Month with an all-Black cast bringing stories to life through the art of burlesque storytelling, music, and dance. Register at Eventbrite. Cost: \$15-\$25



## **Mental Health Clinic**

**TUESDAYS & WEDNESDAYS, 10 AM – 2 PM**

**2206 UNIVERSITY AVE**

Walk-ins are welcome. Anesis works alongside Mt. Zion Baptist Church to provide weekly walk-in services. The primary goal is to provide free mental health care services for the Madison community. Each location has a mental health counselor, substance abuse counselor and a crisis stabilization case manager. Our drop-in clinics are open to anyone who lives in Dane County.

## **Moonshine 2025**

**FRIDAY, FEBRUARY 28, 3:30 PM**

**MARGARET H'DOUBLER PERFORMANCE SPACE – LATHROP HALL, 1050 UNIVERSITY AVE**

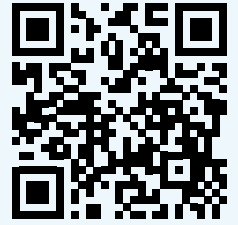
The University of Wisconsin-Madison Dance Department and Professor Chris Walker are delighted to present Moonshine! This free event is a coming together of campus, community, alumni and students in performance to celebrate Black History Month, with live music, contemporary theater and dance.



# PROGRAMAS EN ESPAÑOL PARA ADULTOS MAYORES

## ¡Bienvenidos a Literacy Network!

Las inscripciones para las clases de inglés y ciudadanía empiezan el 14 de Enero. Las registraciones serán en nuestro edificio localizado en el 701 Dane St, Madison, WI. Inscribese para una de nuestras secciones de registró! Usa este enlace o el código QR para empezar: <https://tinyurl.com/RegSpring2025>. Durante la sesión de registración: Usted tendrá la oportunidad de hablar con nosotros acerca de sus metas. Se le hará un examen de inglés corto para ayudarlo a escoger el programa mas adecuado para usted. Todos nuestros programas son gratuitos. Durante la registración se paga una cuota para materiales de \$10, \$20, o \$40 dependiendo del programa. Se aceptan efectivo, tarjetas de crédito o cheques. Becas disponibles. Para más información, llame al 608-244-3911.



### Bingo Bilingüe

PRIMER VIERNES, 7 DE FEBRERO, 10:15 AM

WARNER PARK, 1625 NORTHPORT DR

Habrà Transportación limitada. Favor registrarse

TERCER JUEVES, 20 DE FEBRERO, 11:00 AM

MEADOWWOOD NEIGHBORHOOD CENTER, 5740  
RAYMOND RD

Habrà Transportación limitada. Favor registrarse

### 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

Para registrarse, llame al (608) 512-0000 y  
marque '2' si habla español. Deje un mensaje  
y alguien se pondrà en contacto con usted con  
detalles adicionales.

### Charlas Semanales

TODOS LOS MIÉRCOLES, FACEBOOK LIVE  
ROOTS4CHANGE, 10 - 11:30 AM

RAÍCES PARA EL CAMBIO

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.

### Corte y Confección

TODOS LOS JUEVES, 10 AM - 12 PM

ARTS + LIT LAB, 111 S LIVINGSTON ST

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

### ESL – Inglés Básico y Avanzado

TODOS LOS MARTES, 10 AM - 12 PM

GOOD SHEPHERD CHURCH, 5701 RAYMOND RD

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

### Yoga Suave en Colaboración con MSCR (Zoom)

TODOS LOS LUNES 10:15 – 11:15 AM

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

# VOLUNTEER OPPORTUNITIES

## Volunteers Needed!

Volunteers are the heart of the Madison Senior Center. **APPLY TO VOLUNTEER:**

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



1. **Activity Leader:** Interact with our members in our community spaces by engaging in conversation, playing games or puzzles, leading an art activity, etc.
2. **Group or Class Leader:** Tell us what kind of group or class you would like to lead- Tai Chi, a book club, discussion group, arts & crafts, music- you name it!
3. **Technology Assistance:** Assist members with basic technology questions in using their smart phone or laptop, and also help in completing tasks in our computer lab.
4. **Service Provider:** Many of our older adults need hygiene and care services. If you have a licensed service you'd like to provide, we'd love to hear from you.
5. **Front Desk/Reception:** Greet people at the front entrance, answer and route telephone calls, provide general information (and conversation!).
6. **Volunteer Group Opportunities –**
  - **Client Focused:** This is a great opportunity for your group to interact and socialize with our members, or help with decorating, wrapping presents, etc.
  - **Facility Focused:** Please reach out to us directly to hear what we have on deck.

## February Volunteer Spotlight: Asher (& Osvi)

If you have visited the Senior Center on a Monday over the last several months, you might have already had a chance to meet Asher. Asher is a huge Packers fan and loves word searches and cooking fun snacks! He is also part of Madison Metropolitan School District's Career and Community Program. School District staff – such as Karyn, who accompanies Asher at the Madison Senior Center – assist adult students with disabilities as they gain work skills and prepare for independent living. Asher helps inventory our soda and keeps our popular soda machine stocked, he waters our many houseplants, and he makes our popcorn machine spick-and-span for those Tuesday Movie Matinees. All of this contributes to a cleaner and more pleasant environment for our members, while also giving him practical work skills that he can transfer to a permanent job opportunity later. In fact, we initially had Osvi assisting us, too, but he found a job and is no longer helping out at the Senior Center. We want to recognize these young men and thank them for the great job they have done and continue to do here! Keep an eye out for Shawn, another student from the program who is joining us soon.



# 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 at [info@svpdane.org](mailto:info@svpdane.org)

## 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](mailto: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](mailto: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 \$5.00. If you are under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost \$13.56. 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.

When life offers the gift of time...

*how will you spend it?*

We'll help you every step of the way. 

**Offering a continuum of care for seniors:**

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

Call 608-663-8600 or email [madisonsales@oakparkplace.com](mailto:madisonsales@oakparkplace.com)  
718 Jupiter Dr., Madison, WI 53718  
[oakparkplace.com/madison](http://oakparkplace.com/madison)



# LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Nick Palasini**

[npalasini@lpicommunities.com](mailto:npalasini@lpicommunities.com)

(800) 950-9952 x2162

## SUPPORT OUR PARISH

Local business ads sponsor the printing of our bulletin.  
[4lpi.com/adcreator](http://4lpi.com/adcreator)

**FREE**  
AD DESIGN  
with purchase of this space

**CALL 800-950-9952**

# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter emailed to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)



# E P A N T R Y

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

The Madison Senior Center is a pick-up location for orders placed through the River Food Pantry ePantry. That means that if you order food through the ePantry, you can pick it up at the MSC. Orders may be placed as early as the Friday before pick-up day. If you need assistance placing your order, staff will be available on the Monday morning of our pick-up week. Our pick-up day is the 3RD THURSDAY of each month. **Orders can be picked up 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 WITH ASSISTANCE	FOOD PICK UP DATE
Monday, February 17	Thursday, February 20
Monday, March 17	Thursday, March 20
Monday, April 14	Thursday, April 17

## Facility Updates

### FITNESS ROOM ADDITION: NEW RECUMBENT BIKE!

We have traditionally relied on donations of hand-me-downs for our fitness equipment, but after months of putting out a call for a recumbent bike donation, we decided to purchase one new. The Madison Senior Center Foundation provided the funds needed for it, so we want to extend a warm thank you to them. It helps make our fitness room more accessible and friendly to our older adult members. The Fitness Room is where we host our daily HASFit Gentle Exercise class, as well as Movement for Every Body every other Friday. Outside of those programs, the Fitness Room is open for walk-in use any time the Madison Senior Center is open. With a treadmill, weight bench (added last year), stationary bike, and now a recumbent bike, there is plenty to help get you moving! The room also includes dumbbells, medicine balls, tension bands, hula hoops, and jump ropes – all you need to keep your healthful 2025 resolutions going strong.

### 7 Benefits of Recumbent Bikes for Seniors & Rehab Patients

1. Gentle on joints
2. Regain your strength and mobility
3. Less stress on the back and hips
4. Comfortable riding position
5. Exercises the lower body
6. Step-through design for easy access
7. Safe and stable riding position



## Celebrating Madison’s first African American Poet Laureate for Black History Month

*By Ericka Boeey, Program Coordinator*

Dr. Fabu Phillis Carter truly exemplifies the power of creativity and advocacy through art. As Madison’s first African American Poet Laureate, she laid the groundwork for future generations of writers and artists to find their voices. Her dedication to creating spaces for Black people and marginalized communities to express themselves, particularly through poetry, has had a profound impact on the cultural landscape of Madison.

Fabu’s work as a writer, educator, and program manager is a testament to her commitment to not just fostering artistic talent, but also lifting the spirits of others—whether by inspiring children, encouraging women, or offering a platform for African American voices to be heard. Her role as the head of initiatives like the Poetry in Common Council, Bus Lines, and the Youth Poet Laureate program speaks to her leadership in making poetry a communal experience.

Fabu’s embrace of multicultural perspectives and encouragement of writing in multiple languages is especially impactful, broadening the scope of artistic expression in Madison. In addition, her current work at the Alzheimer’s Disease Research Center, where she uses poetry to engage individuals and spark memories, reflects her ongoing dedication to using art for healing and connection.

Her impact goes beyond her own creative work; it extends into the lives of those she touches through teaching, mentorship, and her outreach efforts. Whether through helping older adults with gentle exercise or leading poetry programs, Fabu continues to inspire and uplift the Madison community. Her influence has transcended the arts, and she remains an invaluable resource and beacon of hope for many.

This Black History Month, we celebrate Dr. Fabu Phillis Carter not only for her groundbreaking role as Madison’s first African American Poet Laureate but for her enduring legacy as a bridge between art, community, and empowerment. She has indeed given Madison—and the world—a voice.



## Common Council Approves Grants for Older Adult Services

Scan the QR code using your mobile phone camera to read the full press release.

In its instructions to applicant agencies last year, the City indicated it was looking to fund efforts that focus on low-income older adults, with a priority on making sure programs and activities are culturally and linguistically responsive to all residents – including those who identify as BIPOC, LGBTQIA+, or who may not be proficient in English.

The Community Development Division recommended that the Council fund 13 of the 15 agencies that applied. Of those, seven have not previously received City funding to serve older adults, and five of the new agencies are led by and serve people of color.

The Madison Senior Center looks forward to collaborating with the Older Adult Services funding recipients. The Black History Month Festival is being planned in collaboration with several of them, and Senior Center staff are meeting with all of the agencies in February. We are excited to continue the good work we do at the Senior Center, while expanding our reach to historically under-served communities.



# 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 at [mscfoundation@gmail.com](mailto:mscfoundation@gmail.com)

### FOUNDATION BOARD OF DIRECTORS

Tom DeChant – President  
Mary Berryman-Agard  
Jan Cliff  
Eve Galanter  
Sally Miley

### Senior Center Wish List

- » Coffee grounds, sugar packets, and coffee creamer
- » Cases of bottled water
- » Individually wrapped snacks
- » Gift cards to use as game prizes (\$10; market cards are most appreciated)
- » BINGO Game
- » Musical instruments in good condition

### DONATIONS

- ◆ Andrew & Denis Halada
- ◆ Alice Hubert
- ◆ Andrea Kaminski
- ◆ Kim Knorr
- ◆ Jim & Pat Moore
- ◆ Jane Smith
- ◆ Helen Stoneman

-----  
**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](http://www.cityofmadison.com/senior-center/donate/donate-today).

Madison Senior Center  
Foundation, Inc.

330 WEST MIFFLIN STREET  
MADISON WI 53703

ADDRESS SERVICE REQUESTED

NON PROFIT ORG  
PRSR STD  
US POSTAGE PAID  
PERMIT 1132  
MADISON, WI

## Valentine's Day Word Search

V	M	W	L	F	R	L	O	V	E
F	A	Y	J	Z	H	E	A	R	T
L	R	L	L	Q	H	F	K	P	A
C	F	I	E	E	U	U	Q	O	R
E	R	L	E	N	T	S	G	E	O
R	P	U	O	N	T	X	G	M	M
K	I	S	S	W	D	I	M	A	A
R	A	C	Y	H	E	Z	N	I	N
C	R	A	Z	Y	S	R	U	E	C
G	P	C	U	P	I	D	S	C	E

Word list:  
CRAZY  
CRUSH  
CUPID  
FLOWERS  
FRIEND  
HEART  
HUG  
KISS  
LOVE  
POEM  
ROMANCE  
VALENTINE



Find us on Facebook: [MadisonWISeniorCenter](#)



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