

# THE Messenger

VOLUME 42, NUMBER 3

WOMEN'S HISTORY MONTH

MARCH, 2025

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



## Expanded Computer Lab Drop-in Hours for Technology Assistance

Stop by during these hours, or for more complex issues, book an appointment by calling (608) 267-8650 so we can pair you with a volunteer that has the expertise to assist you:

- » Mondays 8:30 – 10 AM
- » Tuesdays 10 – 11:30 AM & 12 – 2 PM
- » Wednesdays 8:30 – 10 AM
- » Thursdays 9:30 – 11:30 AM *S (inglés o español)*
- » Fridays – Coming soon!

*Please join us!*

### Let's CONNECT

Tuesdays March 4 - May 6, 10-11 am - more info on p. 9

### Third Thursday Entertainment: The Currach Tetrad

Thursday, March 20, 12-1 pm - more info on p. 5



### Photo Day with Dynae Saba

Friday, Mar 28, 9-11 am - more info on p. 5



### Vets Museum Tour

Friday, March 21, 10-11 am, more info on p. 5



# 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)*  
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*Custodian, Ricky Butler (he, him)*  
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*Front Desk Associate, Daryl Schenkatek (she, her)*  
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*The Madison Senior Center promotes successful aging. AA/EOC Employer and Service Provider*

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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!

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# 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)


## Coffee & Collage

FRIDAYS, 10 - 11 AM

Piece together a masterpiece while you chat and enjoy a coffee (or tea!) with other older adults, and when available, our UW Madison student volunteers. All supplies provided.

## Exploring Poetry

2ND WEDNESDAYS, 11 AM - 12:30 PM

This program is for anyone who enjoys poetry. There are 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. 

## First Friday Music Hour


FRIDAY, MARCH 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!




## Game Hour

FRIDAY, MARCH 14, 12 - 1 PM

Join the UW Pre-Dental Education and Community Service Club (PEACS) in a round of board games, card games, pool, or Wii. Club members will facilitate the game of your choice, selected from our game cabinet or other lounge area entertainment options. If you have been looking for a partner to enjoy these activities with, this is your chance. Join us for some casual fun, gaming, and conversation! 

## Imperative Stitches

FRIDAYS, APRIL 1 – MAY 2, 10 – 11 AM

Imperative Stitches is a project where we gather to process change using fabrics that hold important memories to us. We cut up and reuse those fabrics to create quilted objects, such as mini-quilts, to help us hold those memories close. Funded by UW-Madison's Arts for Healthy Minds grant. We will have fabric scraps, threads and needles, and scissors and pins for you to hand sew a mini-quilt, or any other object you want to create! Bring some of your own memory-filled fabrics, if possible, or use fabrics provided to practice your skills. 

## 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.

## Pi(e) Day

FRIDAY, MARCH 14, 9:30 – 10:30 AM

Pi Day or Pie Day? Celebrated on March 14, Pi Day celebrates the mathematical constant Pi. Often depicted as 3.14, Pi is an infinitely long, irrational number and its exact value cannot be known. Interestingly, legendary mathematician Albert Einstein's birthday falls on Pi Day. Pi is part of Egyptian mythology. It is said that the Pyramids of Giza are built with the principles of Pi. **Join us for a slice a pie on "Pi Day."** Try to figure out a variety of fun math puzzles while enjoying your pie.



# LIFELONG LEARNING


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

## Photo Day with Dynae Saba ~ Community Storyteller & Advocate Through the Lens

FRIDAY, MARCH 28, 9 – 11 AM



Based in Madison, WI, Dynae Saba is a native artist and passionate photographer dedicated to capturing the beauty, resilience, and authenticity of her community. Through her lens, she transforms everyday moments into powerful visual stories that amplify underrepresented voices and inspire change. Deeply committed to advocacy and social justice, Dynae uses her photography to shed light on social issues, foster connection, and celebrate diversity. Her work reflects her belief in the power of art to preserve stories and empower individuals. Dynae creates intimate portraits that honor identity and heritage. Whether documenting local events or community-driven movements, her photography resonates with authenticity and purpose. Dynae's art invites viewers to see the world through an empathetic lens—one that uplifts community spirit and highlights the stories that matter most.


Join us at the Madison Senior Center to have your photo taken by Dynae. 



## Third Thursday Entertainment: The Currach Tetrad


THURSDAY, MARCH 20, 12 – 1 PM



Sit back and enjoy the sounds of traditional Irish music. The Currach Irish Tetrad is a group of four local, talented musicians who have performed all over southern Wisconsin, including at the Madison Irish Fest and the Milwaukee Irish Fest. Formerly known as a trio, their newest member Kara plays the concertina. 

## 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. 

## 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.

## Writing Your Life

THURSDAYS, MARCH 13 – APRIL 17, 10 – 11:30 AM

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



## 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. Public printing is not available. If you need 1:1 assistance, scheduling an appointment is recommended. Call (608) 267-6581 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.

**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.

## Bridging the Digital Divide

Digital literacy is an important skill for people of all ages. Confidence in navigating the digital world positively impacts your ability to access services like healthcare, banking and grocery shopping. Sign up for a free Workshop.

### ANDROID PHONES

**THURSDAY, MARCH 13, 3:30 – 5 PM, BRITTINGHAM APARTMENTS, 755 BRAXTON PL**

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*

### IPHONES

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

**THURSDAY, MARCH 6, 1 - 2:30 PM, MSC, 330 W MIFFLIN ST**

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

**THURSDAY, MARCH 20, 3:30 – 5 PM, BRITTINGHAM APARTMENTS, 755 BRAXTON PL**

iPhone uses its own unique operating system than other cell phones. 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*

### PROTECTING YOURSELF ON THE INTERNET

**THURSDAY, MARCH 6, 3:30 – 5 PM, BRITTINGHAM APARTMENTS, 755 BRAXTON PL**

This in-person workshop is for those who are interested in safety online and who want to protect themselves from fraudsters and scams. It will build your confidence about visiting websites, creating passwords, and responding to email. *R*

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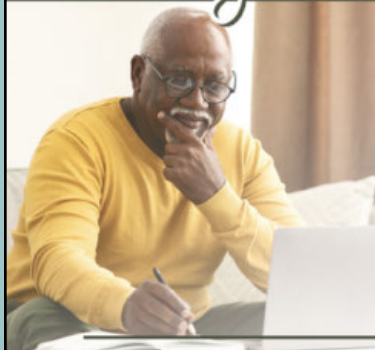
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# HEALTH & WELLNESS

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


## 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. 



## 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

**THURSDAY, MARCH 13TH, 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. 

## 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. 

## 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.

## Laughing Bodies, Dancing Minds

**WEDNESDAYS, JANUARY 22 – MARCH 19, 11 AM – 12 PM** (EXTENDED TO MARCH 19 TO MAKE UP FOR THE SNOW DAY)

**WEDNESDAYS, APRIL 2 – MAY 21, 11 AM – 12 PM**

\$54 for 8-week session (financial assistance available)

Classes focus on warm-up techniques, strength and stretching exercises, core work, breathing, and energy flow. No prior dance experience needed. Instructor Li-Chiao Ping is the Sally Banes Professor of Dance & Vilas Research Professor with the UW-Madison Dance Department. She has a special interest in working with older adults and demonstrating that dance is beautiful and rewarding at any age. 




# HEALTH & WELLNESS

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


## Learn to Fall Safely

**WEDNESDAYS, 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. 


## Let's CONNECT

**TUESDAYS, MARCH 4 – MAY 6, 10 – 11 AM**

Let's CONNECT! is a multi-week series of hands-on activities designed to stimulate the imaginations of older adults and promote human connection. The sessions include a wide range of activities, including physical exercise, music, seated dance, singing, storytelling, and sharing ideas. The activities are facilitated by the TNW Ensemble's co-founding artistic directors, Donna Peckett and Danielle Dresden, who have worked extensively with older adults since 2012. These activities are drawn from the workshop leaders' more than 39 years in theater and creative drama, and movement. National research has shown the improvisational approach of “Yes, and...” to be very effective in reaching people living with memory issues. 


## Movement for Every Body

**1ST & 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. 


## Rosen Method Movement

**MONDAYS, FEBRUARY 24 – MARCH 31, 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. Instructor Rebecca Wigg-Ninham is a Rosen Practitioner and a Social Worker for over 30 years. She is passionate about building a community of wellness. 

## Vaccination Clinic

**WEDNESDAY, APRIL 16, 9 AM - 12 PM**

Pick 'n Save Pharmacy is coming to the Madison Senior Center to provide vaccines at no cost! Join us and get protected and catch up on your booster shots. Available vaccines include Flu, COVID-19, Pneumonia, Shingles, Tetanus, and RSV. Got questions? Contact your local friendly Pick 'n Save or Metro Market Pharmacist, and they will be happy to assist you. Sign up today! 

## Welcome to Medicare Seminar – Free!

**SATURDAY, MARCH 15, 9 – 11:30 AM**

**FITCHBURG SENIOR CENTER, 5510 LACY RD, FITCHBURG**

What you need to know about enrolling in Medicare! If you are turning 64 this year, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options. Do you understand what Medicare is and isn't, how to avoid penalties for late enrollment in Medicare, and how to get the most out of your health and prescription benefit plans? Some decisions and actions about Medicare can take place 3-6 months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit. Want easy to understand answers to all these complex questions? Sign up to attend. You'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs. Email [AAA@danecounty.gov](mailto:AAA@danecounty.gov) by March 7th to register.

# 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 every week 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 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

1-3 tables of women improving their duplicate bridge skills in a relaxed atmosphere; working knowledge of Bridge needed.

## Spirit Days

FRIDAYS, ALL DAY

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

**MARCH 7TH Words Matter Week**

Add some words of encouragement to our magnet board



**MARCH 14TH Pi(e) Day**

See description on p. 4



**MARCH 21ST First Day of Spring**

Make a paper flower to welcome in more the more colorful days ahead!



**MARCH 28TH Wear a Hat Day**

Wear a hat, or decorate a provided paper hat





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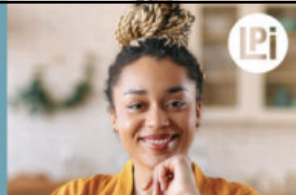
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Madison Senior Center, Madison, WI B 4C 01-1141



# 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>	Thursday, Mar 13th	3:30 – 5:00 pm	Free	BA
Ballroom Basics for Balance	Friday, 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
<b>Chimera</b>	Wednesdays, Mar 19th – Apr 9th	1:00 – 2:30 pm	Free	MSC
Craft with Kids	4th Wednesdays	10:00 – 11:00 am	Free	MSC
Exploring Poetry	2nd Wednesdays	11:00 am – 12:30 pm	Free	MSC
First Friday Music Hour	1st Fridays	10:00 – 11:00 am	Free	MSC
Foot Care Clinic	2nd Thursdays	9:00 am – 12:00 pm	\$25	MSC
<b>Game Hour with UW PEACS</b>	Friday, Mar 14th	12:00 – 1:00 pm	Free	MSC
Gentle Yoga	Tuesdays	10:00 – 11:00 am	Free	MSC
<b>Imperative Stitches</b>	Fridays, Apr 11th – May 2nd	10:00 – 11:00 am	Free	MSC
<b>iPhones</b>	Tuesday, Mar 4th Thursday, Mar 6th Friday, Mar 7th Thursday, Mar 20th	9:30 – 11:00 am 1:00 – 2:30 pm 9:30 – 11:00 am 3:30 – 5:00 pm	Free	EMCC MSC YWCA BA
Laughing Bodies, Dancing Minds	Wednesdays, Jan 22nd – Mar 19th (make up class for snow day) & Wednesday, Apr 2nd – May 21st	11:00 am – 12:00 pm	\$54	MSC
<b>Learn to Fall Safely</b>	Wednesdays, Mar 5th – 26th	10:30 – 11:30 am	Free	Madison Circus Space
<b>Let's CONNECT</b>	Tuesday, Mar 4th – May 6th	10:00 – 11:00 am	Free	MSC
Movement for Every Body	1st & 3rd Fridays	9:30 – 10:30 am	Free	MSC
NewBridge Case Manager – Drop-In	1st & 3rd Tuesdays	10:30 am – 12:30 pm	Free	MSC
<b>Photo Day with Dynae Saba</b>	Friday, Mar 28th	9:00 – 11:00 am	Free	MSC
<b>Pi(e) Day</b>	Friday, Mar 14th	9:30 – 10:30 am	Free	MSC
<b>Protecting Yourself on the Internet</b>	Thursday, Mar 6th	3:30 – 5:00 pm	Free	BA
Rosen Method Movement	Mondays through Mar 31st	11:00 am – 12:00 pm	Free	MSC
Spanish Conversation	Wednesdays	1:30 – 3:00 pm	Free	Virtual
Technology Assistance	Every Monday – Thursday am	Call for exact hours	Free	MSC
<b>Third Thursday Entertainment: The Currach Tetrad</b>	3rd Thursdays	1:00 – 2:00 pm	Free	MSC
<b>Veteran's Museum Tour</b>	Friday, Mar 21st	10:00 – 11:00 am	Free	MSC/VM
<b>Welcome to Medicare Seminar</b>	Saturday, Mar 15th	9:00 – 11:30 am	Free	Fitchburg SR
<b>Writing Your Life</b>	Thursdays, Mar 13th – Apr 17th	10:00 – 11:30 am	Free	MSC



# March 2025

## WOMEN'S HISTORY MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>9:00 Bridge Belles 11:00 Rosen Method Movement</p> <p>Every Day at 9:00</p> 	<p><b>4</b></p> <p>10:00 Gentle Yoga 10:00 Let's CONNECT 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>Dune: Part Two</i></p>	<p><b>5</b></p> <p>10:00 Watercolor Painting <b>10:30 Learn to Fall Safely (MCS)</b> 11:00 LBDM 1:00 PLATO - Writing Life Stories 1:30 Spanish Conv <b>V</b></p>	<p><b>6</b></p> <p>10:15 BINGO <b>1:00 iPhones</b> 1:30 PLATO - Play's The Thing</p>	<p><b>7</b></p> <p>9:30 Movement for Every Body 9:30 BB4B <b>V</b> 10:00 BB4B - MPL <b>10:00 1st Friday Music Hour</b> 10:00 PLATO - Shakespeare</p> <p><b>Spirit Day: Words Matter</b></p>
<p><b>10</b></p> <p>9:00 Bridge Belles 11:00 Rosen Method Movement</p>	<p><b>11</b></p> <p>10:00 Gentle Yoga 10:00 Let's CONNECT 12:30 Movie: <i>The Substance</i></p>	<p><b>12</b></p> <p>10:00 Watercolor Painting <b>10:30 Learn to Fall Safely (MCS)</b> 11:00 LBDM 11:00 Exploring Poetry 1:00 PLATO - Writing Life Stories 1:30 Spanish Conv <b>V</b></p>	<p><b>13</b></p> <p><b>9:00 Footcare Clinic</b> 10:00 Writing Your Life 10:15 BINGO 1:30 PLATO - Play's The Thing 2:00 pm Gay, Gray &amp; Beyond</p>	<p><b>14</b></p> <p><b>9:30 Pi (Pie) Day</b> 9:30 BB4B <b>V</b> 10:00 BB4B - MPL 10:00 PLATO - Shakespeare <b>12:00 Game Hour with UW PEACS Club</b></p> <p><b>Spirit Day: Pi (Pie) Day</b></p>
<p><b>17</b></p> <p>9:00 Bridge Belles 11:00 Rosen Method Movement</p> <p><b>*ePantry Ordering Day</b></p>	<p><b>18</b></p> <p>10:00 Gentle Yoga 10:00 Let's CONNECT 10:30 Case Manager Drop-In 11:15 BP Screening 12:30 Movie: <i>Anora</i></p>	<p><b>19</b></p> <p>10:00 Watercolor Painting <b>10:30 Learn to Fall Safely (MCS)</b> 1:00 PLATO - Writing Life Stories 1:00 Chimera 1:30 Spanish Conv <b>V</b></p>	<p><b>20</b></p> <p><b>9:00 ePantry Pick-Up</b> 10:00 Writing Your Life 10:15 BINGO <b>1:00 3rd Thursday: The Currach</b> 1:30 PLATO - Play's The Thing</p>	<p><b>21</b></p> <p>9:30 Movement for Every Body 9:30 BB4B <b>V</b> 10:00 BB4B - MPL <b>10:00 Veteran's Museum Tour</b> 10:00 PLATO - Shakespeare</p> <p><b>Spirit Day: 1st Day of Spring</b></p>
<p><b>24</b></p> <p>9:00 Bridge Belles 11:00 Rosen Method Movement</p>	<p><b>25</b></p> <p>10:00 Gentle Yoga 10:00 Let's CONNECT 12:30 Movie: <i>The Brutalist</i></p>	<p><b>26</b></p> <p>10:00 Craft with Kids 10:00 Watercolor Painting <b>10:30 Learn to Fall Safely (MCS)</b> 1:00 PLATO - Writing Life Stories 1:00 Chimera 1:30 Spanish Conv <b>V</b></p>	<p><b>27</b></p> <p>10:00 Writing Your Life 10:15 BINGO 1:30 PLATO - Play's The Thing 2:00 pm Gay, Gray &amp; Beyond</p>	<p><b>28</b></p> <p><b>9:00 Photo Day with Dynae Saba</b> 9:30 BB4B <b>V</b> 10:00 BB4B - MPL 10:00 PLATO - Shakespeare</p> <p><b>Spirit Day: Wear a Hat Day</b></p>

# MOVIES

## Movie Matinees

Movies are on Tuesday afternoons at 12:30 pm. The 2025 Oscars will air on March 2, 2025. All of this month's movies have been nominated for Best Picture.

### MARCH 4TH

#### DUNE: PART TWO (2024)

Paul Atreides unites with Chani and Fremen while seeking revenge against the conspirators who destroyed his family. Facing a choice between the love of his life and the fate of the universe, he endeavors to prevent a terrible future only he can foresee. *Stars: Timothee Chalamet, Zendaya, and Rebecca Ferguson. Action, Adventure, Drama, Sci-Fi. 2 hours 45 minutes. Rated PG-13.*



### MARCH 11TH

#### THE SUBSTANCE (2024)

Elisabeth Sparkle, renowned for an aerobics show, faces a devastating blow on her 50th birthday as her boss fires her. Amid her distress, a laboratory offers her a black-market drug: a cell-replicating substance that temporarily creates a younger, better version of herself. *Stars: Demi Moore, Margaret Qualley, and Dennis Quaid. Drama, Horror, Sci-Fi. 2 hours 21 minutes. Rated R.*



### MARCH 18TH

#### ANORA (2024)

Anora, a young woman from Brooklyn, gets her chance at a Cinderella story when she meets and impulsively marries the son of a Russian oligarch. Once the news reaches Russia, her fairy tale is threatened as his parents set out for New York to get the marriage annulled. *Stars: Mikey Madison, Paul Weissman, and Yura Borisov. Comedy, Drama, Romance. 2 hours 19 minutes. Rated R.*

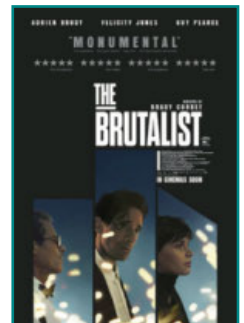


### MARCH 25TH

#### THE BRUTALIST (2024)

**\*Note that start time will be 12:00**

A visionary architect and his wife flee post-war Europe in 1947 to rebuild their legacy, marriage, and to witness the birth of a modern United States. They settle in Pennsylvania where their lives are forever changed by a mysterious wealthy client. *Stars: Adrien Brody, Felicity Jones, and Guy Pearce. Epic, Drama. 3 hours 34 minutes. Rated R.*



### Be a Movie Sponsor

There are many ways to help out! You can bring popcorn, drinks, or other snacks.

A financial sponsorship would go towards snacks or the movie rentals.

Call Laura at (608) 267-8650 to learn more.

# 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 offering social opportunities. Call (608) 255-8582 for more information or email [info@lgbtoutreach.org](mailto:info@lgbtoutreach.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 [lynnc@outreach.org](mailto:lynnc@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

## Share Your Ideas

We are continually planning programs and outings. Reach out to one of our committee members to share your ideas. Is there a program or group you would like to participate in?

## 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.*

## Chimera

**WEDNESDAYS, MARCH 19 – APRIL 9,  
1 – 2:30 PM, MADISON SENIOR CENTER**

Chimera (ky-MEER-ah) is a fun inclusive, trauma-informed Empowerment Self-Defense program. You’ll learn to navigate your life and safety the way YOU want through:

- » Simple, easy-to-remember techniques
- » Recognizing violence before it begins
- » Non-violent defenses and grab escapes
- » Boundary-setting & assertive communication with strangers, friends, and partners
- » Learning with and building a supportive community

In addition to presenting accurate information about sexual assault, Chimera teaches effective responses to violence, both verbal and physical, with the goal of avoiding or stopping an attack. Register by calling (608) 266-6581. ALL GENDERS WELCOME. 

## 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.



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

# AGING WITH PURPOSE: EMPOWERING BLACK OLDER ADULTS

## **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

## **Fitness & Wellness with Johnny Winston and NewBridge**

**1ST & 3RD MONDAYS, 1:30 – 2:30 PM  
WARNER PARK COMMUNITY CENTER, 1625  
NORTHPORT DR**

Join us for this strength training series for older adults. We'll help you maintain muscle mass, improve mobility and balance, and reduce the risk of falls. Instructor Johnny Winston and NewBridge will help teach you new exercises using dumbbells and resistance bands along to your favorite music! Registration: call (608) 512-0000 Ext 2007

## **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

## **Let's Bowl at Schwoegler's with NewBridge!**

**FRIDAY, MARCH 28, 11:30 AM – 1:30 PM  
SCHWOEGLER'S BOWLING ALLEY, 444 GRAND  
CANYON DR**

Come on out for a great time of bowling, food and friendship! Bowl as many games as you can in 2 hours. Very limited space; registration is required. Registration: call (608) 512-0000 Ext 2007

## **Mental Health Clinic**

**TUESDAYS & WEDNESDAYS, 10 AM – 2 PM  
2206 UNIVERSITY AVE**

Walk-ins are welcome. Anesis works 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 manager. Our drop-in clinics are open to anyone in Dane County.

## **Movies at Marcus with NewBridge!**

**FRIDAY, MARCH 7TH, TIME TBD  
MARCUS POINT CINEMA, 7825 BIG SKY DR**

Who doesn't love the movies? Come on out as we enjoy a trip to the theater to see something new. Time of the event will be dependent on showtimes, but feel free to call to sign up. There is very limited space so please call and sign up ASAP. Registration: call (608) 512-0000 Ext 2007

## **Rebalanced-Life Wellness Association MEN'S HEALTH & EDUCATION CENTER**

African American males today are experiencing a health crisis. Many of these health issues are preventable and treatable through proper exercise and diet. Our motivation is to help decrease these numbers and make Madison a place where not only African American men are healthy, but the African American community as a whole is thriving. The RLWA Men's Health & Education Center, located inside of Madison's largest Black barbershop JP Hair Design, is a new innovative health model for reducing health disparities, and improving the social and health Conditions of Black men in Dane County. In building a solid foundation for this health model, we hope to replicate this type of facility nationwide. To request an appointment: <https://rebalanced-life.org/appointment-request>



# 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>. Para más información, llame al (608) 244-3911.

## Bingo Bilingüe

**PRIMER VIERNES, 7 DE MARZO, 10:15 AM**  
**WARNER PARK, 1625 NORTHPORT DR**  
Habrá Transportación limitada. Favor registrarse

**TERCER JUEVES, 20 DE MARZO, 11:00 AM**  
**MEADOWWOOD NEIGHBORHOOD CENTER,**  
**5740 RAYMOND RD**

Habrá 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 (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.

## 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](mailto:soporte@rootsforchange.coop)

## Corte y Confección

**TODOS LOS MIÉRCOLES, 10 AM – 12 PM**  
**ARTS + LIT LAB, 111 S LIVINGSTON ST**

Aprenda cómo manejar las máquinas de coser, las puntadas básicas o si prefiere algo más avanzado, Alicia tiene la experiencia y el conocimiento como empresaria y profesora universitaria de diseño y alta costura. Limitado número de participantes y transportación. *Favor llamar para registrarse 608-800-1316.*

## ESL – Inglés Básico y Avanzado

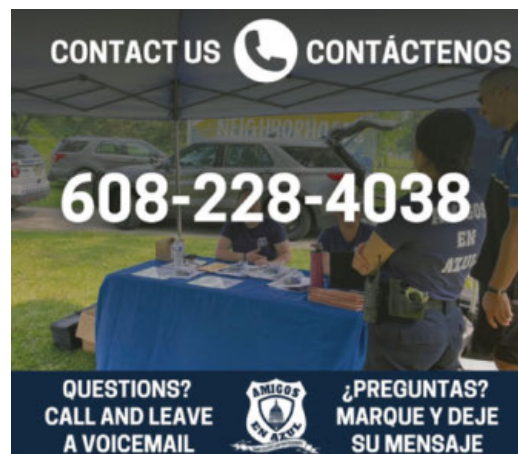
**TODOS LOS MARTES, 10 AM – 12 PM**  
**MEADOWWOOD NEIGHBORHOOD CENTER, 5740**  
**RAYMOND RD**

Esta clase provee la oportunidad de avanzar en el idioma desde el nivel donde se encuentre. El programa está diseñado para adultos mayores de habla hispana, gracias a la experiencia y trayectoria de docente. Se proveerá el material de estudio y almuerzo. Hay transporte limitado.

## Yoga Suave en Colaboración con MSCR

**TODOS LOS LUNES 10:15 – 11:15 AM | ZOOM**

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:

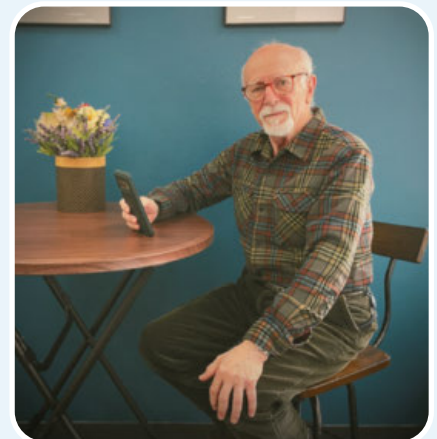
<https://www.cityofmadison.com/senior-center/volunteer/apply-to-volunteer>



1. **Craft With Kids Participant:** Join our intergenerational craft meetup on the 4<sup>th</sup> Wednesday of each month. Kids from St. Joseph's Preschool will come to the Senior Center to work on a craft with older adults.
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.

## March Volunteer Spotlight: Gil

Gil wears a lot of hats around the Madison Senior Center. He has been volunteering at MSC for 10+ years. Currently, he volunteers in our Computer Lab, he picks up ePantry orders from the River Food Pantry for our members to collect at the Senior Center, and he plays music at our First Friday Music program. His past efforts at MSC include leading a small sing-a-long group, hosting virtual art museum tours, and teaching technology classes about phones, photography, and the like. He eventually discovered that 1:1 assistance in our Computer Lab was a better long-term role for him, as it allows him to cater his technology assistance to the unique needs of our members.



Outside of the Senior Center, Gil also served as a docent at MMoCA for a time. He finds MSC to be a consistently fun place to volunteer, and he loves that the members here have become friends. He says that everyone has been hospitable and welcoming, and he feels helpful and valued here; with staff being supportive and encouraging. We love to hear such positive feedback, and we love all that Gil does to pass along that support to our members!

# COMMUNITY RESOURCES

## RSVP of Dane County

For 50 years, the Retired and Senior Volunteer Program (RSVP) has been matching volunteers age 55+ with community service opportunities across Dane County. In addition, RSVP has several volunteer service programs of their own such as Driver Services, Vets Helping Vets and Foster Grandparents. There is even a group that does sewing, knitting and crocheting for various not-for-profit agencies. For more information, call them at (608) 238-7787 or email them 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 & cancelations are due by Noon, two business days in advance. Contact **(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

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madisonsales@oakparkplace.com

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



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**Nick Palasini**

npalasini@lpicommunities.com

(800) 950-9952 x2162

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# EPANTRY

## 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, March 17	Thursday, March 20
Monday, April 14	Thursday, April 17
Monday, May 12	Thursday, May 15

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## Facility Updates

### POOL TABLE UPGRADE

Our pool table is old, but it has good bones, as they say. Rather than waste an otherwise fine table, we opted to upgrade what we had. The scuffed green felt has been replaced with lovely, new sand-toned felt. The table was leveled and our repair people removed a bothersome seam. New bumpers along the edge ensure a smooth game.

Finally, some artwork next to the bar tables in the corner seal the deal and make the area feel very intentionally like a place to shoot pool. Walk-in play is almost always an option, so come on in! Special thanks to the Madison Senior Center Foundation for funding the upgrades, and to Midwest Billiards for the fine workmanship.





# Spring Showers



Word list:

- |           |          |
|-----------|----------|
| BOOTS     | SHOWERS  |
| DOWNPOUR  | SOAKED   |
| LIGHTNING | SPRINKLE |
| MUDDY     | STORM    |
| PUDDLE    | THUNDER  |
| RAINBOW   | UMBRELLA |
| RAINCOAT  | WEATHER  |
| RAINDROP  | WET      |

# 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  
Sally Miley – Vice President  
Jan Cliff – Treasurer  
Mary Berryman-Agard – Member-at-Large  
Eve Galanter – Member-at-Large

### DONATIONS

- ◆ Robert Keller (Family Charitable Trust)
- ◆ Kim Knorr
- ◆ Wisconsin Senior Games

### 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



**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  
PRSRT STD  
US POSTAGE PAID  
PERMIT 1132  
MADISON, WI

## Tax Time Resources for Older Adults

### AARP FOUNDATION TAX AIDE

Locations include Madison Public Library locations, the Monona Senior Center, the Fitchburg Senior Center, the Middleton Senior Center, and more. Search for locations and details here:



### IRS VOLUNTEER INCOME TAX ASSISTANCE (VITA) AND TAX COUNSELING FOR THE ELDERLY (TCE)

Locations include the Madison Public Library Central Branch, multiple Goodwill Industries sites, and more. Search for locations and details here:



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