

The Messenger

*in the heart
of Madison*




VOLUME 33, NUMBER 4

APRIL, 2016

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*Located in the heart
of Madison*

Madison Senior Center
330 W. Mifflin Street
Madison, Wisconsin 53703
(608) 266-6581
www.madisonseiorcenter.org

Thank You Volunteers! Annual Recognition Breakfast

THURSDAY, APRIL 14, 9-10:30 AM

April 10-16 is National Volunteer Week. Madison Senior Center volunteers are invited to breakfast so that we can publicly thank you and show our appreciation for all that you do. Our guest speaker, Stu Levitan, will talk about Madison in the 1920s. Levitan is a Madison historian, journalist, radio host, author, civic activist and former county supervisor. He is an award winning print and broadcast journalist; and currently hosts Books and Beats on The Mic 92.1 FM.



Breakfast is free, but your RSVP is important for ordering food. Call 266-6581 to register. ☎

*“Alone we do so little,
together we can do so much.”*

- Helen Keller



LGBT Spring Social – Retired Colonel Sheri Swokowski

THURSDAY, APRIL 28, 5:30 PM

The LGBT Senior Alliance presents Retired Colonel Sheri Swokowski, the highest ranking out transgender army officer. She will share with you her lifelong struggle to be her authentic self. She takes you from her childhood in a conservative Wisconsin town, through her enlistment in the military as a young man, a distinguished military career, and, finally, to where she is now.

Dinner is served at 5:30 pm and the presentation will start at 6:30 pm. A \$10.00 donation is requested from those who are able, to cover the cost of dinner. Call OutReach at 255-8582 for more information.

FOR YOUR INFORMATION

Directory

Phone.....(608) 266-6581
FAX.....(608) 267-8684
Website..... www.madisonseniorcenter.org
Hours..... Monday-Friday, 8:30 am-4 pm

Senior Center Staff

Director, Christine Beatty
267-8652, cbeatty@cityofmadison.com
Office/Rental Manager, Karen Cator
266-6290, kcator@cityofmadison.com

Program Coordinator, Laura Hunt
267-8650, lhunt@cityofmadison.com

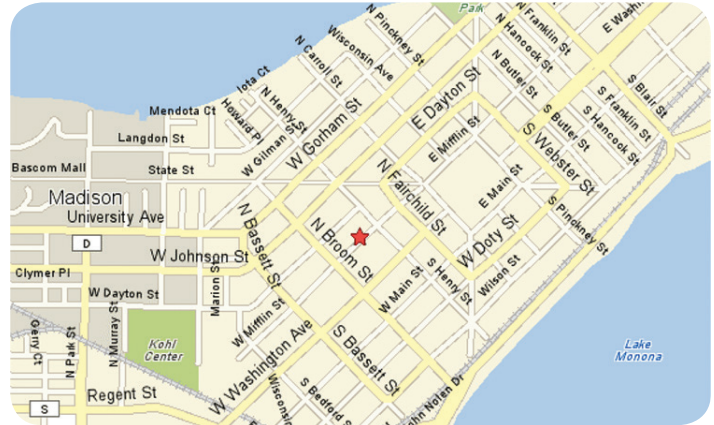
Volunteer Coordinator, John Weichelt,
267-2344, jweichelt@cityofmadison.com

Intergenerational Coordinator, Laurie Bibo
267-8673, lbibo@cityofmadison.com

Clerk/Typist, Gary Flesher
267-8651, gflesher@cityofmadison.com

Custodian, Jeff Thompson, 266-6581

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



MISSION OF THE MADISON SENIOR CENTER

The Madison Senior Center involves older adults as leaders, teachers and learners, and provides a balanced, diverse, and coordinated program that acts as an ideal model for aging.

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

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Mail to the Madison Senior Center, 330 W. Mifflin Street, Madison, Wisconsin 53703.

ARTS & ENTERTAINMENT

Tuesday Movie Matinees @ 1 pm

TUESDAY, APRIL 5 AT 1 PM

Night and Day (1946), starring Cary Grant and Alexis Smith. Biography, Drama, Musical. NR, 128 minutes. The fictionalized biography of composer Cole Porter from his days at Yale in the 1910s through the height of his success to the 1940s.



The film's attempted biography matches many public myths surrounding Cole at the time, despite its lack of relationship with truth.

TUESDAY, APRIL 19 AT 1 PM

Brooklyn (2015), starring Saoirse Ronan, Emory Cohen & Domhnall Gleeson. Drama, Romance. PG-13. 111 minutes. An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within.



*Enjoy popcorn and beverages.
Donations for refreshments
are gladly accepted.*

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Explore Art

**THURSDAYS, APRIL 7, 14, 21, 28:
12:45-2:15 PM**

Join Edgewood College Art student, Mandy Gallo, in exploring various art processes. March classes are planned but there will be opportunity for input on projects and mediums covered in later classes. Planned projects will be posted at the Senior Center.

Afternoon Dance

THURSDAYS, 1-3 PM

Dance to the big band sounds of the Senior Showcase Band (\$2). Bring a partner or find one at the dance. No charge for the last Thursday of the month.

Senior Beat

Madison City Channel and the Senior Center develop television programs "for, by and about seniors."

In April we will be joined by Mick Rusch and Nancy Senn from Madison Metro. Many seniors rely on public transportation to get around the city, and we will discuss what options there are, and what the future looks like.

Our second segment will highlight an event being held at the senior center on **Thursday, April 28** at 5:30 pm by the LGBT Senior Alliance. Larry Kneeland and Fay Ferrington from the Alliance will tell us about the guest speaker for that night, Retired Colonel Sheri Swokowski, the highest ranking out transgender army officer.

Watch *Senior Beat* all month: Wednesdays at 5 pm, Sundays at 8:30 am and 5:30 pm on Madison City Channel (Charter analog 98, Charter Digital 994 and AT&T U-verse, 99).

Midtown Jazz

WEDNESDAY, APRIL 6, 12 PM

This jazz group has designed a program of many tunes in its own eclectic jazz style, reaching from ragtime to today. Collectively, the group represents over 300 years of musical experience! Drop by and enjoy The Midtown Jazz at the senior center. **April is Jazz Appreciation Month.** Call 266-6581 to register.



Medicare Info Booth

SECOND MONDAY – APRIL 11, AT 10 AM

On the second Monday of every month, Donna Bryant will be at the senior center to answer your questions on Medicare, Medicaid, long term care, and anything related to these topics. Plan ahead, stay abreast of the annual changes in the law, and know your rights.

Maintaining Mobility

TUESDAY, APRIL 19, 10 AM

For many seniors the key to avoiding isolation is maintaining mobility. A new University of Florida study shows, “daily moderate physical activity may mean the difference between seniors being able to keep up everyday activities or becoming housebound.” Gain information and tips on what you can do now to increase your mobility later. Presented by Kim Zahasky, RN, and co-owner of Blue River Chiropractic.

Estate Planning

WEDNESDAY, APRIL 13, 10 AM

Estate planning sounds like something you would only do if you have a very large amount of money or property, and that is a common misconception. This presentation will take you through wills, trusts, power of attorney, medical directives and living will. Presented by Michael Rudie from Mutual of Omaha. Call 266-6581 to register.



Dental Hygiene As We Age

THURSDAY, APRIL 21, 10 AM

Dental Hygiene students from Madison College will present information on tooth brushing, dry mouth and denture care. In addition, they will answer these questions: “What is a periodontist?” and “When should I see a periodontist?” Call 266-6581 to register.



The Cathedral

WEDNESDAYS, MAY 11 – AUGUST 3, 12-1:15 PM

Since the Christianization of Europe in the 4th century, cathedrals have served as:

- centers of ecclesiastical authority;
- marvels of architectural genius and innovation;
- places to instruct communities about cherished Christian values and lessons, and
- sites of political, cultural, intellectual, and economic importance.

In this course, noted medieval historian and award-winning Professor William R. Cook has crafted an exciting, immersive, and multidimensional experience that will bring you closer to cathedrals like Notre Dame in Paris and those in Amiens, Chartres, and Canterbury than any on-site tour could hope to do. These 24 lavishly illustrated lectures make use of high-definition 3-D modeling and imagery to not just show you the world’s great Gothic cathedrals, but to take you around and inside them, revealing new perspectives you can’t enjoy anywhere else.

Facilitated by Jim Lamal. Cost is \$10. Register at the Madison Senior Center.

“Aging is not lost youth but a new stage of opportunity and strength.”

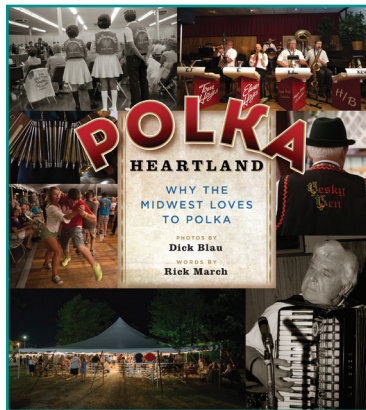
- Betty Friedan

ENRICHMENT

Meet the Author: Rick March

TUESDAY, APRIL 12 AT 1 PM

OOMPAH-PAH! The sound of middle America! The Midwest loves to Polka! Please join us to listen to Rick March, author of *Polka Heartland* tell us exactly why this is so!



Learn how the beloved polka music came to be through the people, places and history behind it. You will hear polka's surprising origin story continuing through today's modern day polka scene. *Polka Heartland*, including photographs by Dick

Blau, will take you on a joyful romp through this beloved, unique and richly storied genre.

Coming in May!
6th Grade Essay Contest
Wednesday, May 4, at 3:15 pm

Sudoku

Answers located on page 6.

4			2					9
	3	5						1
				4				6
			3		5			4
		3		9		1		
8			7		2			
	9			6				
	6					2	4	
1					4			3

Laughing Bodies/Dancing Minds, A Movement Class Series with Li Chiao-Ping

THURSDAYS, APRIL 7 - MAY 26,
2:15-3:15 PM

Li Chiao-Ping, internationally known Artistic Director of Li Chiao-Ping Dance, choreographer, performer, and Professor of Dance at UW-Madison, will lead an 8-week beginning movement class. Focus on warm-up techniques, stretch and strengthening exercises, core work, breathing and energy flow. No prior dance experience needed. Minimum of 10 students. \$70 fee. Scholarships available for those with a limited income. Advance registration is necessary: call 266-6581. ☎



Laughing Bodies/Dancing Minds is part of LCPD's Dancing Through Life mission, which is funded in part by Altrusa International of Madison, Inc., Alliant Energy Foundation, American Girl's Fund for Children, Wisconsin Arts Board, with funds from the State of Wisconsin and the National Endowment for the Arts, Dane Arts with additional funds from the Endres Mfg. Company, and LCPD's Circle of Friends.



Free Hearing Tests

WEDNESDAY, APRIL 20,
9:30-10:30 AM

UW-Madison graduate students in audiology will offer free hearing tests, and answer your questions about hearing loss prevention and treatment. Call 266-6581 to schedule an appointment.

HEALTH & WELLNESS

Support Groups

- ♥ AA (Alcoholics Anonymous)
Weekdays, 12 noon-1 pm
- ♥ TOPS (Take Off Pounds Sensibly)
Mondays, 9:30-11 am

Foot Care Clinic*

HOME HEALTH UNITED'S VISITING NURSE SERVICE

Bring two towels. Appointments are recommended; call 266-6581. ☎

*Blood Pressure Screening also available without an appointment.

1st Wednesday of Month:

- ♥ Everyone except diabetics. Cost is \$20.

2nd Wednesday of even Months:

- ♥ Reserved for Diabetics
(February, April, June, August, October & December)

Haircuts

2ND FRIDAY, 10 AM-12 PM

It's so nice to have a haircut, and they can be so expensive! Sign up for free a haircut from hair stylist and volunteer, Mary Aieta. Please arrive with clean, dry hair. Make your appointment at the Front Desk by calling 266-6581. ☎



Gentle Exercise

MONDAYS, TUESDAYS, THURSDAYS AND FRIDAYS, 9-10 AM

Exercise together by watching videotapes that increase strength, flexibility and balance. Everyone welcome! Participants choose appropriate exercises.



Education

TUESDAY, APRIL 19, 11 AM

Join Nutrition Educator Lyttonia Floyd from Dane County UW Extension.

Topic: *What makes a meal?*

Massage

3RD & 4TH WEDNESDAY AT 10 AM

Decrease your stress, prevent stress-related injuries and reduce the effects of depression and anxiety. Meet with Andrew Hanson LMT on the **3rd or 4th Wednesday of each month**. Cost is \$10 for 15 minutes. Choose between a chair massage or a foot massage. Call 266-6581 for a time. ☎

Gentle Yoga

TUESDAYS, APRIL 5, 12, 19, 26 AT 10 AM

Embrace the mind body connection fostered through yoga. Yoga will help you to increase flexibility and build strength. This hour long class is appropriate for all ability levels, including beginners. Poses will be modified to accommodate class participants. Taught by Pam Delifer. Yoga mat is recommended. Please register for this class monthly, call 266-6581.



Sudoku Answers

4	8	6	2	3	1	7	5	9
9	3	5	6	7	8	4	1	2
7	1	2	5	4	9	3	6	8
6	7	1	3	8	5	9	2	4
5	2	3	4	9	6	1	8	7
8	4	9	7	1	2	5	3	6
2	9	4	1	6	3	8	7	5
3	6	8	9	5	7	2	4	1
1	5	7	8	2	4	6	9	3



Make Your Own Memories

The freedom to live without the worries of everyday life. Freedom to pursue your passions. Stay. Go. Do as you please. We'll take care of the details to make sure that you're free to make new memories. And our assisted living, memory care, rehabilitation and long term care services provide the full continuum of care should the need arise.

Getting more information about senior living options is easy. Call (608) 268-7009, or for Middleton, (608) 828-9600 to request an information packet or to schedule a personal tour. This isn't a place to retire – it's a place to live. **Welcome home.**

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Activity & Lunch Calendars - April, 2016

MONDAY	TUESDAY	WEDNESDAY
<p>Join us for lunch! Serving 11:30 am, Monday-Friday</p> <p>Enjoy a variety of healthy, delicious meals with friends. Reservations are required at least one day in advance by calling (608) 266-6416. The cost to provide a meal is \$7.50; guests over 60 are asked to pay what they can contribute, with a suggested donation of \$4. Vegetarian Option (VO) will be listed as the second option. Entrees with pork have an *.</p>		
<p>4</p> <p>8:30 Pool 9:00 Gentle Exercise 9:30 TOPS Meeting 10:00 PLATO 11:00 Open Computer Lab 11:00 Social Worker 11:45 Ping Pong 12:30 Wii Games 1:00 PLATO (2) 1:30 PLATO</p> <p>*MEATBALLS N GRAVY W/NOODLES VEGGIE NOODLE CASSEROLE (VO)</p>	<p>5</p> <p>8:30 Pool 8:30 Bridge 9:00 Gentle Exercise 10:00 GentleYoga 11:00 UW Ext - 11:45 Ping Pong 1:00 Movie Matinee: Night & Day 1:00 PLATO</p> <p>BAKED CHICKEN BAKED POTATO W/VEGGIE CHEESE SAUCE (VO)</p>	<p>6</p> <p>8:30 Pool 9:00 Foot Care Clinic 9:00 Rediscover Literature 10:00 PLATO 11:45 Ping Pong 12:00 Midtown Jazz 12:00 Eastern European History 1:30 PLATO (2) 1:30 Spanish Conversation 5:30 Herb Gardening (MC)</p> <p>BEAN SOUP OR GARDEN SALAD CHEESE SANDWICH (VO)</p>
<p>11</p> <p>8:30 Pool 9:00 Gentle Exercise 9:30 TOPS Meeting 10:00 PLATO 10:00 Medicare Info Booth 11:00 Knit 1, Purl 2 11:00 Open Computer Lab 11:00 Social Worker 11:45 Ping Pong 12:30 Wii Games 1:00 PLATO (2) 1:30 PLATO</p> <p>MAC & CHEESE</p>	<p>12</p> <p>8:30 Pool 8:30 Bridge 9:00 Gentle Exercise 10:00 Gentle Yoga 11:45 Ping Pong 1:00 Meet the Author: Rick March 1:00 PLATO</p> <p>*SCALLOPED POTATOES W/HAM SCALLOPED POTATO CASSEROLE (VO)</p>	<p>13</p> <p>8:30 Pool 9:00 Diabetic Foot Clinic 9:00 Blood Pressure Screening 9:00 Rediscover Literature 10:00 Estate Planning 10:00 PLATO 11:45 Ping Pong 12:00 Eastern European History 1:30 PLATO (2) 1:30 Spanish Conversation 5:30 Latino Discussion Group</p> <p>OPEN FACE HOT ROAST BEEF SANDWICH OR TACO SALAD VEGGIE BURGER (VO)</p>
<p>18</p> <p>8:30 Pool 9:00 Gentle Exercise 9:30 TOPS Meeting 10:00 PLATO 11:00 Open Computer Lab 11:00 Social Worker 11:45 Ping Pong 12:30 Wii Games 1:00 PLATO (2) 1:30 PLATO</p> <p>SWISS BURGER ON BUN VEGGIE BURGER (VO)</p>	<p>19</p> <p>8:30 Pool 8:30 Bridge 9:00 Gentle Exercise 10:00 Gentle Yoga 10:00 Maintaining Mobility 11:00 UW Ext – What makes a meal? 11:45 Ping Pong 1:00 Movie Matinee: Brooklyn</p> <p>POTATO CRUSTED FISH AU GRATIN POTATO CASSEROLE (VO)</p>	<p>20</p> <p>8:30 Pool 9:00 Rediscover Literature 10:00 Massage 10:00 PLATO 10:45 Book Club 12:00 Eastern European History 11:45 Ping Pong 1:30 PLATO (2) 1:30 Spanish Conversation</p> <p>MARINATED BONELESS CHICKEN BREAST OR CHEF’S TUNA SALAD HUMMUS WRAP W/VEGGIES (VO)</p>
<p>25</p> <p>8:30 Pool 9:00 Gentle Exercise 9:30 TOPS Meeting 10:00 PLATO 11:00 Open Computer Lab 11:00 Social Worker 11:00 Knit 1, Purl 2 11:45 Ping Pong 12:30 Wii Games 1:00 PLATO (2) 1:30 PLATO</p> <p>MEAT SAUCE/ WW MOSTACCIOLI VEGGIE SPAGHETTI SAUCE (VO)</p>	<p>26</p> <p>8:30 Pool 8:30 Bridge 9:00 Gentle Exercise 10:00 Gentle Yoga 11:00 Nutrition Education 11:45 Ping Pong 12:15 Red Hat Mamas</p> <p>CHILI VEGGIE CHILI (VO)</p>	<p>27</p> <p>8:30 Pool 9:00 Rediscover Literature 10:00 Massage 10:00 PLATO 11:45 Ping Pong 12:00 Eastern European History 1:30 PLATO (2) 1:30 Spanish Conversation 5:30 Latino Caregivers</p> <p>*MEATLOAF OR CHICKEN RANCH SALAD VEGGIE PATTY (VO)</p>

THURSDAY	FRIDAY
	<p>1</p> <p>9:00 Gentle Exercise 10:00 Gardening 10:00 Ballroom Basics for Balance 11:45 Ping Pong 12:30 Wii Games 1:00 Open Computer Lab 1:00 PLATO</p> <p>*PORK ROAST BROWN RICE & BEANS (VO)</p>
<p>7</p> <p>8:30 Pool 9:00 Gentle Exercise 10:00 Blood Pressure Screening 10:00 PLATO (2) 11:45 Ping Pong 12:45 Explore Art 1:00 Afternoon Dance 1:00 Mahjong 1:30 PLATO 2:15 LB/DM Li Chiao-Ping</p> <p>PEPPER STEAK VEGGIE PEPPER MIXTURE (VO)</p>	<p>8</p> <p>9:00 Gentle Exercise 9:00 AARP Tax Aide 10:00 Gardening 10:00 Haircuts 11:45 Ping Pong 12:30 Wii Games 1:00 Open Computer Lab 1:00 SOS Senior Council 1:00 PLATO</p> <p>*BBQ RIB VEGGIE SAUSAGE (VO)</p>
<p>14</p> <p>8:30 Pool 9:00 Annual Mtg / Vol Appreciation 9:00 Gentle Exercise 10:00 PLATO (2) 11:45 Ping Pong 12:45 Explore Art Gay & Gray Discussion 1:00 Afternoon Dance 1:30 PLATO 2:15 LB/DM Li Chiao-Ping</p> <p>LASAGNA VEGETARIAN LASAGNA (VO)</p>	<p>15</p> <p>9:00 Gentle Exercise 10:00 Gardening 10:00 Ballroom Basics for Balance 11:45 Ping Pong 12:30 Wii Games 12:30 Open Computer Lab 1:00 PLATO</p> <p>CHICKEN & DUMPLINGS HUMMUS WRAP W/VEGGIES (VO)</p>
<p>21</p> <p>8:30 Pool 9:00 Gentle Exercise 10:00 PLATO (2) 10:00 Dental Hygiene 11:45 Ping Pong 12:45 Explore Art 1:00 Afternoon Dance 1:30 PLATO 2:15 LB/DM Li Chiao-Ping</p> <p>*BBQ PORK ON WW BUN VEGGIE BBQ ON BUN (VO)</p>	<p>22</p> <p>9:00 Gentle Exercise 10:00 Gardening 10:00 Ballroom Basics for Balance 11:45 Ping Pong 12:30 Wii Games 12:30 Open Computer Lab 1:00 PLATO</p> <p>BEEF STEW VEGETARIAN CASSEROLE (VO)</p>
<p>28</p> <p>8:30 Pool 9:00 Gentle Exercise 10:00 PLATO (2) 11:45 Ping Pong 12:45 Explore Art 1:00 Gay & Gray Discussion Afternoon Dance 1:30 PLATO 2:15 LB/DM Li Chiao-Ping 5:30 Ret. Colonel Swokowski</p> <p>*ROAST PORK VEGGIE BBQ (VO)</p>	<p>29</p> <p>9:00 Gentle Exercise 10:00 Gardening 10:00 Ballroom Basics for Balance 11:45 Ping Pong 12:30 Wii Games 12:30 Open Computer Lab 1:00 PLATO</p> <p>CHICKEN-ALA-KING VEGGIE-ALA-KING (VO)</p>

April...



COMMUNITY PROGRAMS & INFORMATION

Madison College Classes

Register at (608) 258-2301 or visit <http://madisoncollege.edu/> and click MyMadisonCollege, login to your account, and use the Student Center to add your 5-digit class number(s). First time users need to activate an account. Register EARLY; classes are cancelled if there are fewer than 10 participants registered one week prior to the beginning date.



Class Title	Day	Start Time	End Time	Wks	Start Date	End Date	Location
Herb Gardening	W	5:30 PM	8:30 PM	1	4/6/2016	4/6/2016	Senior Center
Digital Cameras Macro & Close	T	1:00 PM	3:00 PM	2	5/3/2016	5/10/2016	Senior Center
Wine Tasting Fundamentals	R	5:30 PM	8:30 PM	1	5/12/2016	5/12/2016	Senior Center



Representative Chris Taylor Listening Session

**FRIDAY, APRIL 8,
10 AM-12 PM**

Rep. Chris Taylor (D-Madison) from the 76th Assembly District, will be holding a listening session at the Madison Senior Center. Rep. Taylor's Office Hours are open to the public and constituents are encouraged to attend and ask questions or share their concerns.

"Simply put, my job is to represent the views of my constituents. Nothing beats face-to-face communication! These Office Hours are another way that I can learn more about issues facing our community and work with my constituents at the local, state and federal level, to best address their concerns," said Rep. Taylor.

Farmers' Market Moves Outside

The Dane County Farmers' Market, the largest producer-only farmers' market in the US is held indoors at the Senior Center through Saturday, April 9 from 8 am-12 pm. It opens on the Capitol Square on **Saturday, April 16** from 6 am-2 pm, rain or shine. The Wednesday Market opens on **April 20** from 8:30 am-2 pm on the 200 block of Martin Luther King, Jr. Blvd.



Games Worth Playing

Get Ready! It's coming! The Wisconsin Senior Games offers competitive events for seniors age 50 and older. Events are held in Madison and the surrounding area from June 4-18. Competitive events are divided by age brackets with men and women categories. Participants may enter unlimited events. Team events include volleyball, basketball and softball. Visit: www.wiseniorgames.org for registration information.

Scholarship Fund

Scholarships are available to people over age 55 with annual income less than \$23,340 (one person) or \$31,460 (two people). Scholarships are used for Senior Center events or classes. A simple application is required from the office and all information is confidential. Submit an application before making a payment. Applications usually processed within 48 hours.



KNOW YOUR RESOURCES

April is Alcohol Awareness Month

ALCOHOL AND MEDICINES

Many medicines—prescription, over-the-counter, or herbal remedies—can be dangerous or even deadly when mixed with alcohol. Many older people take medications every day, making this a special worry. Before taking any medicine, ask your doctor or pharmacist if you can safely drink alcohol. Here are some examples of problems caused by mixing alcohol with some medicines:

- ♥ If you take aspirin and drink, your risk of stomach or intestinal bleeding is increased.
- ♥ When combined with alcohol, cold and allergy medicines (the label will say antihistamines) may make you feel very sleepy.
- ♥ Alcohol used with large doses of acetaminophen, a common painkiller, may cause liver damage.
- ♥ Some medicines, such as cough syrups and laxatives, have high alcohol content. If you drink at the same time, your alcohol level will go up.
- ♥ Alcohol used with some sleeping pills, pain pills, or anxiety/anti-depression medicine can be deadly.

*Reprinted from National Institute on Aging:
www.nia.nih.gov/health/publication/alcohol-use-older-people*

Open Computer Lab

Mondays: 11:30 am-1 pm
Tuesdays: 10-11:30 am
Fridays: 1-3 pm



Experienced volunteers are available to assist with computer questions. Volunteers needed to expand hours. Call John at 267-2344.

AARP Foundation Tax Aide

FRIDAY, APRIL 8

Trained volunteers help to low- to moderate-income taxpayers to have more discretionary income for everyday essentials, such as food and housing, by assisting with tax services and ensuring they receive applicable tax credits and deductions. Priority given to those 60 and older.

Art Space – Best Kept Secret

Did you know that the Madison Senior Center has an art gallery on the second floor devoted to artists age 55 and older? If you or someone you know is artistic and would like an opportunity for a showing, contact Laura at 267-8650 or lhunt@cityofmadison.com.

Organic Gardening for Beginners

FRIDAY, APRIL 1, 8, 15, 22 & 29
AT 10-11:30 AM

Our instructor will take you step by step through setting up your garden for success. The cost is \$15 or 5 Dane County Time Bank Hours. Call 266-6581 to register.

- ♥ Week 1: Layout & Garden Planning
- ♥ Week 2: Soil Preparation/Composting
- ♥ Week 3: Fruit & Vegetable Selection/Planting by the Moon Signs
- ♥ Week 4: Herb Companion Planting (Culinary & Medicinal)
- ♥ Week 5: Fertilizing/Secondary & Fall Planting





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ONGOING ACTIVITIES

Ping Pong

MONDAY-FRIDAY, 11:45 AM

Play ping pong everyday 11:45 am-12:45 pm unless a large activity is scheduled.

Play Pool!

MONDAY-THURSDAY, 11:30 AM

8:30-11 am Monday through Thursday, unless a large activity is scheduled. \$4 per hour.

Rediscover Literature

WEDNESDAYS, 9:00

Read aloud the words of the masters with facilitator Brian Knight.

Knit 1, Purl 2

2ND & 4TH MONDAY, 11 AM-12:30 PM

Do you like to knit or crochet? We meet twice a month at the Madison Senior Center and work on service projects for RSVP. Yarn and needles are provided, or you may use your own.

Wii Games

MONDAYS & FRIDAYS, 12:30-2:30 PM

Gather round for some friendly competition. This is a great way to get exercise and meet other people. The most popular game is bowling.

Play Bridge

TUESDAYS, 8:30-11 AM

Want to play Bridge? New players welcome.

Book Club

3RD WEDNESDAY, 10:45 AM

This informal group of seniors usually reads one book a month and meets once a month to discuss the book.

Medicare Info Booth

SECOND MONDAY-APRIL 11, 10 AM

Donna Bryant answers your questions on Medicare, Medicaid, long-term care, and anything related to these topics. Plan ahead and stay abreast of the annual changes.

Mahjong

1ST THURSDAY, 1 PM

Mahjong is a game of Chinese origin that is usually played by four people with 144 tiles that are drawn and discarded until one player secures a winning hand. Depending on the day, we play either the American or Chinese version.

Grupos de apoyo

WEDNESDAYS, 5:30-8 PM

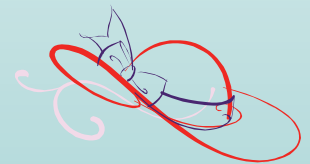
Latino Discussion Group meets April 13. *Offered in Spanish only.* Se Ofrece Solo en español.

Latino Caregivers meet on Wednesday, April 27. *Offered in Spanish only.* Se Ofrece Solo en español.

Red Hat Mamas

LAST TUESDAY OF THE MONTH, 12:15 PM

The Red Hat group meets after the Nutrition Site meal. New members are always welcome. Enjoy lunch and meeting monthly with a vivacious group of women. For more information, call Marie at 241-5628.



Gay & Gray Discussion Group

2ND & 4TH THURSDAY, 1-3 PM

Senior adults from the lesbian, gay, bisexual and transgendered community meet on April 14 & 28. These are friendly conversations that are informal, open dialogues. LGBT persons, their friends, and families are welcome. Participants determine the topics based on current interests; a facilitator attends each meeting.

The SOS Senior Council

2ND FRIDAY, 12 PM

SOS Senior Council is an advocacy group for citizens regardless of age. We advocate on health care, social security, environment, welfare and affordable housing issues.

GIVING MATTERS—HELP OUR FOUNDATION

The Madison Senior Center Foundation, Inc. is a 501(c) 3 organization. Your contributions are tax deductible as allowed by law. Donations to the Foundation are a primary financial resource that provides programs and activities. Your generosity makes things happen here! Please consider a regular contribution.

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♥ Sophie and Chester Wang *by Hildy Feen*

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Giving Back to the Earth

FRIDAY, APRIL 22 IS EARTH DAY!

Let's make a promise to give back to the Earth this year. Some ways to help the Earth in 2016 are planting a tree, making a pledge to recycle more, not using plastic water bottles, turning off the lights when leaving the room and so much more! Our seniors like to help the Earth as much as you do, and try to be as sustainable as possible. While the Earth needs help to stay healthy, so do senior citizens. Your gift to the Senior Center will help seniors improve their lives and thrive as citizens.



DONATE TODAY! MADISON SENIOR CENTER FOUNDATION, INC.

Send to: **330 W. Mifflin Street, Madison, Wisconsin 53703**

Your personal donation provides programs, activities and services for adults over 55. Please make checks payable to: *Madison Senior Center Foundation, Inc.*

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Your donation is tax deductible as allowed by law and will be acknowledged publicly.

For credit card gifts visit: www.cityofmadison.com/seniorcenter/donations.

THE VOLUNTEER VIEW

Volunteer Roles: Front Desk Reception

Volunteers at the front desk are an integral part of the Senior Center. They answer phone calls, sign participants up for classes, and greet guests with a friendly smile. Front desk volunteers work 4 hour shifts Monday through Friday. They typically have a weekly schedule, but there are also a number of substitute volunteers that can fill in as needed. Volunteers enjoy the front desk because:

“It gives me a chance to meet a lot of people and introduce them to the Senior Center.” ~ Steve

“It provides me the opportunity to be involved with the community in Madison and meet people.” ~ Pam



“I enjoy the opportunity to represent the Senior Center. Greeting people coming through the door, and helping with phone calls make my duties here worthwhile.” ~ Audrey

VOLUNTEER JOBS

Volunteers at the front desk must be flexible. On any given day they might be bagging bread donations, selling greeting cards, making reminder phone calls, and filling reports. They have vast knowledge regarding Senior Center activities and functions, since they are often signing participants up for programs and helping supply seniors with information on housing, county services, transportation, and much more.

BY THE NUMBERS

There are **11** weekly front desk volunteers along with **6** additional substitutes. They log an average of **160** hours per month helping check in the nearly **40,000** visitors to the Senior Center each year.



Annual Recognition Breakfast

THURSDAY, APRIL 14, 9 AM

April 10-16 is National Volunteer Week. Madison Senior Center volunteers are invited to breakfast so that we can publicly thank you and show our appreciation for all that you do. Our guest speaker, Stu Levitan, will talk about Madison in the 1920s. Levitan is a Madison historian, journalist, radio host, author, civic activist and former county supervisor. He is an award winning print and broadcast journalist; and currently hosts Books and Beats on The Mic 92.1 FM. Breakfast is free, but your RSVP is important for ordering food. Call 266-6581 to register. ☎



Volunteer Opportunities

♥ Preschool Arts & Crafts

Encourage and guide preschool children on monthly craft projects, January-May. Hours: 9:45 am-11:30 am, second Thursday of month.



♥ Nutrition Site Kitchen Volunteer

Help older adults maintain their health. Deliver or serve meals, help clean up. Friday, 10:30 am-2:30 pm.

♥ Garden Volunteer

Help with spring gardening projects. Planting, weeding, and watering of pots and beds. Training provided. Dates of spring planting are typically mid/late May. Must be physically able to work outside. No experience necessary.

If interested in these opportunities, call or e-mail John at 267-2344, jweichelt@cityofmadison.com.

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www.madisonseniorcenter.org



Artful Affair: Calling All Artists!

An Artful Affair is an opportunity for Dane County artists to display their artwork and compete for cash prizes. Enter works in watercolor, pastels, oils, ink/pencil, chalk, acrylics or mixed media. All entries must be dropped off on Tuesday, April 26 between 9 am and 3 pm. The Artful Affair is open to all artists age 55+ who live in Dane County. The Opening Show will be part of downtown Madison's Gallery Night on Friday, May 6. Call 266-6581 for a brochure, or visit www.madisonseniorcenter.org to print an entry form.

