Saturday, January 11th

Make your dinner reservations early. There is limited seating available for the dinner.
West Madison Senior Center, 602 Sawyer Terrace.
For Dinner reservations call 238-0196 before noon on January 10th.

DINNER BEGINS AT 5:30

**MENU:**
Pork Loin
Boiled Red Potatoes
Au Gratin Cabbage
Marble Rye Bread
Pie
MO: Veg. Hot Dog

Dinner cost is $7.50.
Anyone 60 and over may pay a donation: the suggested minimum donation is $4.00.

Please pay what you can afford.

ENTERTAINMENT BEGINS AT 6:30

Tim McNurlen, the Minstrel of Memories.
Tim plays guitar and sings old standards and humorous folk songs to bring the joy of music to all.
Suggested donation for this program is $1.00

Happy New Year

The West Madison Senior Coalition and Senior Center will be closed on:
**January 1:** New Years
**January 20:** Martin Luther King Jr.
No programs or meals on those days.

Senior Center Upcoming Events

Wednesday Evenings in February- “The Great Plagues from the Middle Ages.”

Sing Along Changes: The Sing Along is changing days and times in February to Friday the 14th and 28th from 12:00 to 1:30 p.m. The Sing Along will now begin with a potluck lunch starting at 12:00.

Friday afternoons in March- Tai Chi class will begin at the Senior Center at 2:00 p.m.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>WMSC: 5:00 PM</td>
<td>WMSC: NOON</td>
<td>LCEC: NOON</td>
<td>WMSC: NOON</td>
<td>LCEC: NOON</td>
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<tr>
<td>1 Happy New Year</td>
<td>2 Goulash</td>
<td>3 Scalloped Potatoes</td>
<td>4</td>
<td>5</td>
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<tr>
<td>Closed</td>
<td>Wax Beans</td>
<td>and Ham</td>
<td>Holiday Roll</td>
<td>Closed</td>
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<td></td>
<td>Onion Roll</td>
<td>Winter Vegetables</td>
<td>Hot Dog</td>
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<td></td>
<td>Fresh Orange</td>
<td>Multi-Grain Bread</td>
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<td></td>
<td>Choc. Chip Cookie</td>
<td>Carrot Cake</td>
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<td></td>
<td>MO: Soy Goulash</td>
<td>MO: Cheese Sand.</td>
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<tr>
<td>6 5:00 p.m.</td>
<td>7 Chili</td>
<td>8 Meatloaf</td>
<td>9 Turkey Tetrazzini</td>
<td>10 Pork Loin</td>
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<tr>
<td>Haddock/Cod</td>
<td>Corn Bread</td>
<td>Mashed Potatoes</td>
<td>Carrot Coin Salad</td>
<td>Boiled Red Potato</td>
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<tr>
<td>Baked Potato</td>
<td>Fruit Cocktail</td>
<td>Chuck Wagon Corn</td>
<td>Multi-Grain Bread</td>
<td>Au Gratin Cabbage</td>
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<tr>
<td>Harvard Beets</td>
<td>Cottage Cheese</td>
<td>Rye Bread</td>
<td>Cinnamon Apples</td>
<td>Marble Rye Pie</td>
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<tr>
<td>Rye Bread</td>
<td>Peanut Butter</td>
<td>Birthday Cake</td>
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<tr>
<td>Lemon Pudding</td>
<td>Cookie</td>
<td>MO: Soy Patty</td>
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<td>MO: Veg. Chili</td>
<td>MO: Soy tetrazzini</td>
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<td>MO: Soy Patty</td>
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<tr>
<td>13 5:00 p.m.</td>
<td>14 Tuna Casserole</td>
<td>15 Dijon Chicken</td>
<td>16 Poor Man’s Lobster</td>
<td>17 Roast Beef</td>
</tr>
<tr>
<td>Beef Stew</td>
<td>Peas &amp; Carrots</td>
<td>Scalloped Potatoes</td>
<td>Red Potatoes</td>
<td>Ch. Mash Potato</td>
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<tr>
<td>BP Biscuit</td>
<td>Bran Muffin</td>
<td>Green Beans</td>
<td>Peas</td>
<td>Glazed Carrots</td>
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<tr>
<td>Spinach Salad w/dr</td>
<td>Fruit Turnover</td>
<td>WW Bread</td>
<td>WW Dinner Roll</td>
<td>7 Grain Bread</td>
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<tr>
<td>Frosted Cupcake</td>
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<td>Ice Cream Sand.</td>
<td>Banana</td>
<td>Pears</td>
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<td>MO: Soy Casserole</td>
<td>MO: Red Beans/rice</td>
<td>Oat/Raisin Bar</td>
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<td>MO: Soy Patty</td>
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<td>MO: Soy Casserole</td>
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<tr>
<td>20 Closed</td>
<td>21 Chicken Alfredo</td>
<td>22 Pork Chops</td>
<td>23 Minestrone Soup</td>
<td>24 Oven Fried Chicken</td>
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<td></td>
<td>Noodles</td>
<td>Baked Potato</td>
<td>Soup</td>
<td>Sweet Potato</td>
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<td></td>
<td>Italian Beans</td>
<td>Corn</td>
<td>Meatball Sand.</td>
<td>Brussels Sprouts</td>
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<td>Italian Bread</td>
<td>7 Grain Bread</td>
<td>WW Bun</td>
<td>WW Dinner Roll</td>
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<td>Mixed Fruit Cup</td>
<td>Chunky Applesauce</td>
<td>Vegetable Salad</td>
<td>Tropical Fruit</td>
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<td></td>
<td>Lemon Cake</td>
<td></td>
<td>Spiced Pears</td>
<td>Angel Food Cake</td>
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<td></td>
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<td>MO: Red Beans/rice</td>
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<td>MO: Stuff Shell</td>
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<tr>
<td>27 5:00 p.m.</td>
<td>28 Mush/Steak/Gravy</td>
<td>29 Cheesy Chicken</td>
<td>30 Potato Leek</td>
<td>31 Sweet and Sour</td>
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<tr>
<td>Turkey A La King</td>
<td>Mashed Potatoes</td>
<td>Broccoli and Rice</td>
<td>Soup</td>
<td>Chicken</td>
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<tr>
<td>BP Biscuit</td>
<td>Gravy</td>
<td>Italian Vegetables</td>
<td>Ham &amp; Swiss on Rye</td>
<td>Brown Rice</td>
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<tr>
<td>WI Blend Vegies</td>
<td>Mashed Potatoes</td>
<td>Garlic Bread</td>
<td>Rye Toss Salad</td>
<td>Egg Roll</td>
</tr>
<tr>
<td>Apricots</td>
<td>Garden Vegetables</td>
<td>Pineapple</td>
<td>Pistachio Pudding</td>
<td>Oriental Vegetables</td>
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<tr>
<td>Molasses Cookies</td>
<td>Peaches</td>
<td>Oatmeal Cookie</td>
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<td>Mandarin Oranges</td>
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<td></td>
<td>Bread Pudding</td>
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<td>MO: Veg Lasagna</td>
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</table>
Senior Dining  
Food, fun, and fellowship are offered to older adults at an affordable cost. The cost of the meal is $7.50, anyone 60 and older may pay a donation, with the suggested minimum donation being $4.00. Transportation to daytime meals is available for $1.00 round trip. To reserve a meal and transportation call by noon on the preceding day.

<table>
<thead>
<tr>
<th>West Madison Senior Center 602 Sawyer Terrace</th>
<th>Meals Served: Monday 5:00pm, Tuesday Noon, Thursday Noon.</th>
<th>238-0196 by noon of the previous day. For Monday dinner reserve by Friday noon.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lussier Community Ed. Center 55 S. Gammon Road</td>
<td>Meals Served: Wednesday Noon, Friday Noon.</td>
<td>238-7368 by noon of the previous day.</td>
</tr>
</tbody>
</table>

Lechayim Meal Times Plus Program: NEW LOCATION  
Join us for great food, congenial conversation and stimulation programs

Monday, January 6:
11:30-12:00: Yoga from a chair.
12:00-1:00: Baked Cod, Baked Potato with Sour Cream, Spinach Salad, Peach Crisp.
1:00-2:00: Nan & Jim Youngerman, “Trip to Eastern Europe”

Monday, January 13:
11:30-12:00: Yoga from a chair.
12:00-1:00: Veggie Chili with Grated Cheese, Honey-Glazed Carrots, Citrus Slices, Cookie
1:00-2:00: Kimberly Hazen, “Outsmarting Investment Fraud”

Monday, January 27:
Lechayim commemorates Martin Luther King, Jr.’s birthday
11:00-12:00: Generation Rx/Med Drop Health Assessment with Wisconsin Society of Pharmacy Students
11:00-12:00: Free Blood Pressure Screening

Friday, January 3: Come hear about the many wonderful programs at the Lussier Community Education Center. Presented by Assistant Director Susan Ramspacher.

Friday, January 10: You are invited to view the photo show of Ken and Claudia Miska trip to the Canadian Maritime Provinces. The first 10 days of the trip they were on a Caravan Tour and the last 4 days were spent with friends on Prince Edward Island.

Friday January 17: Cold winters make soup an inviting choice when planning meals. Join Nutrition Educator Alicia Haynes from Dane County UW Extension as we taste and celebrate savory soup.

Friday January 24: UW Pharmacy resident Albert Carbo will talk about Vitamins and Supplements to take as we age, with emphasis on Vitamin D and Calcium.

Friday January 31: BINGO with Carol Larsen. Please bring gifts to share.
I’m happy to report that Santa Claus visited the Senior Center over the holidays and brought us some brand new sound system components. One of our Coalition members contributed a new Audio Receiver and four new wall-mounted speakers for the Activity Room. This enhancement of our sound system will enable our instructors to better communicate with their class participants, especially for the well-attended Country Line Dancing and Zumba classes. We will once again be able to show movies on our “Dinner & A Movie” nights and our “Friday Movie Madness” days. We will also be able to broaden the scope of entertainment that we hire for the monthly Saturday Night Dinners.

I hope that all of you had a safe, rewarding and enjoyable holiday and are looking forward to the new opportunities that will present themselves in 2014. Read a good book, get your energy up by walking in the mall or learn a new board game. Don’t be afraid to reach beyond your comfort zone – there’s a big world out there!

Happy New Year,

Dick Ihlenfeld (Board Chair)
AGRACE TO OFFER GRIEF SUPPORT OPPORTUNITIES IN JANUARY

In January, Agrace will offer several grief support opportunities that are open to the public and provided without charge. All groups are held at Agrace, 5395 E. Cheryl Parkway, Madison unless otherwise noted.

**Family Series Support Group** will be held on Wednesdays, January 8 through February 19, from 5:30 p.m. to 7 p.m. Call Jessie Shiveler to register at (608) 327-7135.

**Journey Through Grief Support Group, Sun Prairie** will be held on Tuesdays, January 7 through February 18, from 6:30 p.m. to 8:30 p.m. at St. Albert the Great, 2420 St. Albert Drive, Sun Prairie. Call Noelle Penshorn to register at (608) 327-7118.

**Journey Through Grief Support Group, Baraboo** will be held on Thursdays, January 9 through February 20, from 10:00 a.m. to noon at Agrace Center for Hospice & Palliative Care, 1670 South Boulevard, Baraboo. Call Noelle Penshorn to register at (608) 327-7118.

**Bridges Weekly Support Group** is held every Wednesday from 9:30 to 11:00 a.m. Pre-registration is not required.

For details on all Agrace grief support groups, visit agrace.org.
Non-medical in-home services for Seniors by Seniors.

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Attorneys at Law

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Attorney
710 N. High Point Road
Madison, WI 53717
Phone 608-824-0150
Fax 608-824-0152
sonjalee@chorus.net

Alzheimer's Disease and Related Disorders Assoc. Inc.

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West Madison Senior Coalition, Madison, WI

FOR AD INFO CALL Dennis Thompson 1-800-950-9952 • WWW.4LPi.COM

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FOR的第一个副词是“Non-medical”。
DECEMBER MOVIES AT THE WEST MADISON SENIOR CENTER
602 Sawyer Terrace. Contact Will at 238-0196 with any questions.

Thank you!

We would like to thank BrightStar for their 2013 sponsorship of the West Madison Senior Center Movies Program.

Dinner And A Movie:
Every Monday Night In January
Dinner 5:00p.m., Movie 6:00 p.m.

Enjoy a meal at the West Madison Senior Center, before watching a movie. Dinner will be provided by Gaylord’s Catering. It is very important to reserve a meal by calling 238-0196 before noon on the preceding Friday. The suggested minimum donation for the meal is $4.00

If you simply wish to enjoy popcorn and a show, just drop in. No reservations are needed for the show.

Friday Movie Madness at the West Madison Senior Center

Calendar Girls
Friday, Jan. 3rd
1:00 p.m.
Rated: PG-13
Time: 108 Minutes

To Kill A Mockingbird
Friday, Jan. 10th
1:00 p.m.
Not Rated
Time: 129 Minutes

Inception
Friday, Jan. 17th
1:00 p.m.
Rated: PG-13
Time: 148 Minutes

Elysium
Friday, Jan. 24th
1:00 p.m.
Rated: R
Time: 109 Minutes

“Red”
Monday, Jan. 6th
Dinner 5:00 p.m.
Movie: 6:00 p.m.
RSVP by Jan. 3rd

“Superman: Man of Steel”
Monday, Jan. 13th
Dinner 5:00 p.m.
Movie: 6:00 p.m.
RSVP by Jan. 10th

“Enough Said”
Monday, Jan. 27th
Dinner 5:00 p.m.
Movie: 6:00 p.m.
RSVP by Jan. 24th

If you simply wish to enjoy popcorn and a show, just drop in. No reservations are needed for the show.

If you simply wish to enjoy popcorn and a show, just drop in. No reservations are needed for the show.
All Senior Center Activities are located at 602 Sawyer Terrace, unless otherwise noted in the program description.

**SENIOR CENTER ACTIVITIES: CONTACT WILL 238-0196.**

**Winter Walking Club**  
Tuesdays and Fridays  
1:30-2:30 p.m.  
Hilldale Mall  
Meet in the coffee shop

Even though it is winter, you can still get the exercise you need, and walking is perhaps the best way to do so. 2 and 3 pound weights will be available if you choose to walk with them.

Meet us at the coffee shop in Metcalf's on Tuesday and Friday at 1:30 p.m. We will walk for one hour inside the mall.

**Sing-Along Group**  
Wednesdays, January 8th & 22nd  
6:30-7:30 p.m.

Come sing Holiday songs at the West Madison Senior Center! What better way to get into the holiday spirit than through song.

It's not just for choir-quality singers, but also for everyone who loves to sing! If you play an instrument, by all means, please bring it. We will provide the words and music. Come sing old and new favorites.

Call Will at (608) 238-0196 if you are interested in participating.

**“Knits & Bits” Knitting Club**  
Cost: FREE  
Mondays in January  
12:00-3:00 p.m.

This month we will be re-starting our knitting group. It will meet on Monday afternoons. Instructors will be available. This club will be for beginners and proficient knitters. Plan on coming each Monday afternoon and having a good time. Call if interested, 238-0196.

**Poetry Group**  
Thursday, January 23rd  
1:00-3:00 p.m.  
Meeting at Ashman Library

Calling all aspiring poets. Become a better poet! Meet new people!

Class participants should come to the group meeting with some of their poetry. Plan on reading your poetry to the class and having it critiqued by other members. If you have any questions, give us a call. This poetry group has been meeting for over 10 years, but would love to welcome you as a new member!

**BINGO**  
Wednesday  
Jan. 8th & 22nd  
2:00-4:00 p.m.  
West Madison Senior Center

ARE YOU READY FOR SOME BINGO

We’ve got the game, we’ve got the prizes, we’ve got the caller, now all we need is you!

Come join the fun and excitement and a chance to win some prizes.

**Ice Cream Sundae Monday**  
“The Virtues of Aging”  
Monday, January 6th  
3:15 to 4:00 p.m.

Join us every month for an ice cream sundae and a presentation about senior health. This month’s presentation: A video by ex-president Jimmy Carter speaking on the virtues of aging. This was part of a presentation Mr. Carter presented to Emory University.

**Sponsored by:**

Home Instead  
Senior Care  
to us, it's personal.
Sleep Disorders in Older Adults:
Tuesday, Jan. 28th
10:00-11:00 a.m.
West Madison Senior Center
Cost: Free
Research on Aging

As we age, our sleep patterns change. In fact, 50% of older adults complain about the quality of their sleep. Join expert Dr. Jose Loredo as he explains why getting a good night’s sleep is vital to maintaining good health. Disrupted sleep is an important risk factor for conditions such as cardiovascular disease and metabolic disorders. Snoring, obstructive sleep apnea, restless leg syndrome, and certain medications can all be culprits in keeping you up at night. There are many solutions to your sleeping problems so don’t let a poor night’s sleep stand in the way of your good health. Research on Aging

The Biology of Aging:
Why our Bodies Grow Old
Tuesday, January 7th
10:00-11:00 a.m.
West Madison Senior Center
Cost: Free
Lecture by Dr. Janko Nikolich-Zugich at the University of Arizona.

All organisms age, but we really do not have a clear explanation how and why. Do we have to grow old? Can we identify processes that can impact aging of particular parts of our bodies or, even better, of our entire bodies? Where do we stand with anti-aging interventions? This lecture will address theories of aging, emphasizing those that show most potential promise. The incredible promise of research on aging to extend health span and lifespan will be contrasted with the vast unregulated world of anti-aging supplements and with the incredibly small investment we are making in developing credible anti-aging interventions.

Volunteer at Helping Hands Food Pantry
Thursday, January 9th from 9:00 a.m. to 1:00 p.m.
7475 Mineral Point Road, Suite 35
(Next to Pier One behind the West Towne Mall)

Everyone benefits from volunteering and this is your chance to help

The West Madison Senior Center will be volunteering once a month (on the 2nd Thursday) at Helping Hands Food Pantry. We will be cleaning the facility and helping distribute food.

We would love for you to join us in giving back to the community at Helping Hands Food Pantry. If you are only able to volunteer once or multiple times, fantastic, we would love to have you. We want to make this volunteer opportunity as easy as possible.

The rewards of volunteering are many, and extend far beyond the good feeling you get from helping others. Over time, many people may find themselves on both sides of a volunteer exchange. For example, a senior may be a volunteer at a local food pantry and also benefit from volunteer transportation services for medical appointments. This kind of mutual assistance is one of many great reasons to volunteer.
Euchre & Bridge
Thursdays in January
1:00 to 3:15 p.m.
West Madison Senior Center
RSVP Before Thursday to 238-0196
Learn how to play Bridge or Euchre or simply refine your skills. All skill levels are invited to come and play. If you don’t know how to play, we have beginning tables. Decaf coffee provided, any coffee donations accepted. Call us if you are interested in playing and we will do our best to pair you with a partner.

Cribbage before lunch
Thursdays in January
11:00 a.m. to 12:00 p.m.
West Madison Senior Center
Cribbage: A weekly gathering all about cribbage. Play a casual game or two, learn to play or brush up your skills. Then if you wish, stay for lunch. Lunch will be provided by Gaylord’s Catering. It is very important to reserve a meal by calling 238-0196 before noon on Wednesdays. Lunch cost is $7.50. Anyone over 60 may pay donation. Suggested minimum donation is $4.00

Ping Pong
Mondays
In January
1:00-4:00 p.m.
FREE
We will be bringing out the Ping-Pong table on Monday afternoons. Bring a partner and play some table tennis.

Comparative Religion (Final Lecture)
Wednesday, Jan. 29th
2:00-3:30 p.m.
West Madison Senior Center
Jehovah’s Witness
Have you ever wanted to know more about various types of religions? For example, what is the difference between Catholics and Protestants? Or, what does the religion of Sikh believe? This final presentation, (Jehovah’s Witness), will be followed by a question and answer session. For questions regarding this program call the West Madison Senior Center at 238-0196.
The West Madison Senior Coalition and Center has teamed up with eight (8) other senior/outreach &
coalition centers in presenting ‘joint’ trip offerings to you for 2014 travel. They are: Fitchburg, McFarland,
Stoughton Area, Oregon Area, Verona, Northwest Dane, North/Eastside, Southwest Dane. This is extremely
exciting because it will bring together more local seniors who love to travel with the idea of also making
new friends & traveling companions!

Our 2014 Extended Travel Trip ‘Playbill’ is set and five (5) trips are being showcased. They are detailed
below. Trip presentation of our ‘Playbill’ is **Tuesday, January 21st from 10:00-11:00 a.m.** and will be held at
the **West Madison Senior Center**.

Family members, friends or work associates interested in joining you on one or more of the trips? Pass
along this information and ask them to join you at one of our presentations.

### January 18—February 11, 2014
**TRAIN TO HAWAII**
Presented by Uncommon Journeys @ 1-877-710-8812

**Highlights:**
- Home pickup w/RT transfers to Amtrak Chicago Union Station
- 1st class sleeper berth on train
- Pre-sailing luxury hotel in San Diego
- Post tour hotel & farewell dinner in Chicago
- 10 days total cruising aboard Holland America ship
- 4 Island stops including: Hawaii, Maui, Oahu & Kauai with private tours of Pearl Harbor & USS Arizona Memorial, Volcano National Park, Nepali Coastline & Waiamea Canyon, Maui Plantation.
- 65+ Meals
- 25 Days
- From: $3995

### April 18—26, 2014
**TEXAS COWBOY COUNTRY**
(Enjoy the colorful San Antonio Fiesta)
Presented by Mayflower Tours @ 1-800-728-0724 x 525

**Highlights:**
- Pickup at FSC or Park’n Ride
- 3 Nights at Y.O. Ranch Hotel (Old West Style)
- Visits to: National Cowboy & Western Heritage Museum San Antonio Inc. Mission San Jose, El Mercado, narrated river cruise on San Antonio’s River Walk Inc. river parade w/reserved seating, Alamo, Y.O. Ranch 40,000 acres of exotic wildlife, National Museum of the Pacific War (Fredericksburg), Lyndon B. Johnson Ranch State Park & Texas White House, LBJ’s boyhood home (Johnson City) Tour of Fort Worth & Texas Civil War Museum, Fort Worth Stockyards, Dinner at Cooper’s Old Time Pit Bar-B-Que.
- 13 Meals
- 9 Days Value Trip
- $1399

Future trips include:
- **Cruising The Best of Scandinavia**, presented by Collette Vacations @ 1-800-852-5655 x3272, May 28-June 9, 2014;
- **Pacific Coast Adventure**, presented by Globus @ 1-866-306-1431, August 6-15, 2014;
- **Discover Panama**, presented by Collette Vacations @ 1-800-852-5655 x3272, October 9-17, 2014.

*Look for more information in upcoming West Madison Senior Coalition Newsletters.*
Zumba
Mondays & Fridays
In January
11:00-11:45 a.m.
West Madison Senior Center
$5 a class if you pay for the month
$7 per class for drop-ins

Join our Zumba group. We have added a 2nd class on Fridays, same time. A Zumba workout mixes body sculpting movements with dance steps derived from cumbia, merengue, salsa, reggae ton, hip hop, mambo, rumba, flamenco, and some Bollywood and belly dance moves. If you are looking for a fun way to get fit, this is the class for you. If you love to dance, this is the class for you.

AARP Driver Safety
Friday
January, 31st
12:00-4:00 p.m.
Cost: $12 members
$14 non members

You will learn:
* Defensive driving techniques, new traffic laws and rules of the road
* How to deal with aggressive drivers
* Techniques to handle driving situations such as left turns, right-of-way and blind spots
* How to safely use anti-lock brakes, air bags and safety belts. Consult your insurance agent as you may be eligible for a insurance discount.

Identity Theft and Current Scams
Tuesday, Jan. 14th
10:00-11:00 a.m.
West Madison Senior Center
Cost: Free

Learn how to protect yourself from scams and identity theft. The presentation will detail how some of the more effective con artists are getting your information and money. The presentation will conclude with a Q & A. The speaker will be from the Office of Privacy Protection here in Madison.

Watercolor Class
Winter Session
Tuesday
Jan. 6 thru Mar. 25
1:00-4:00 p.m.
West Madison Senior Center

Watercolor Painting All Levels Winter Session. We will be escaping the dull winter blues and trading them for bright warm colors in the company of friendly watercolor painters of all skill levels.

This winter we will explore many fun mixed media techniques in our paintings. Instructor Kathy Esch will have projects to work on or you may paint your own subjects and styles.
Class runs 12 weeks. January 7 thru March 25

You may come for the entire session or just a portion of the session.
4 weeks $60
8 weeks $120
12 weeks $180

Join us for a fun and easy creative writing workshop for beginner and experienced writers. We will begin promptly at 2:15.

Three words are chosen at random. Participants will write about one or all of these words for 20 minutes. There no rules. Any style of writing is welcome. Try not to stop for mistakes. Just keep writing! When the time is up, everyone will be encouraged (but not forced) to share what they wrote.
Please call ahead if you plan to attend, 238-0196.
To provide you with the best possible programs, we need your input. Once complete, mail to: WMSCenter, 602 Sawyer Terrace, Madison, WI 53705

**TAKE OUR SURVEY**

What group activities would you like to see at the West Madison Senior Center offer in the future?

**CIRCLE ALL THAT APPLY:**

<table>
<thead>
<tr>
<th>Volunteering</th>
<th>Canasta</th>
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<tbody>
<tr>
<td>at food pantries w/ children</td>
<td>Computer Tutoring</td>
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<tr>
<td>other:____________</td>
<td>Canasta</td>
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<td>Educational Courses</td>
<td>Dominoes Dances</td>
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<td>History</td>
<td>Scrabble</td>
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<td>Science</td>
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<td>Economics</td>
<td>Poker</td>
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<td>Psychology</td>
<td>Reminiscence Writing</td>
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<td>Religion</td>
<td>Education classes</td>
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<tr>
<td>Mental disorders</td>
<td>Drawing and Painting</td>
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<tr>
<td>Generational Studies</td>
<td>Walking Clubs</td>
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<tr>
<td>other:____________</td>
<td>Health and Wellness Classes</td>
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<tr>
<td>Blackjack</td>
<td>Pinochle</td>
</tr>
<tr>
<td>Bunco</td>
<td>Square Dancing</td>
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</tbody>
</table>

What do you like best about the West Madison Senior Center? ____________________________

__________________________________________________________________________________

__________________________________________________________________________________

What do you like least about the West Madison Senior Center? ____________________________

__________________________________________________________________________________

__________________________________________________________________________________

Why do you come to the Senior Center? (circle one)

a) For the activities
d) For lunch
b) To socialize
e) To get out of the house
c) To learn about health and wellness f) None of the above
What Does a Meal Cost?

By Angela Velasquez, Aging Program Specialist, Area Agency on Aging of Dane County

As many of you have noticed, and as our new signs now indicate, the cost for a meal at Dane County meal sites and in our home-delivered meal program have increased. I’d like to share with you how the cost of a meal is determined.

Let’s start with some important numbers. In the past 12 months, through 28 different senior dining sites and our home-delivered meal program throughout Dane County, we served 235,403 meals to seniors. I often hear the meal program described as a “free” meal program, when nothing could be further from the truth. The cost to prepare, deliver, and serve these 235,403 meals was $1,724,738, or an average of $7.32 per meal. Yet, if you recall, for the past 12 months we posted a meal cost of $6.15 per meal. So why the difference?

In prior years, the Area Agency on Aging of Dane County only posted the cost to Dane County for the meal ($6.15), not the total cost required by the site to serve the meal and operate the meal site ($7.32). Effective October 1, 2013 the posted cost of the meal at $7.50 reflects the average total cost to provide the meal at a meal site, not just the amount paid by Dane County. It includes the cost of raw food and materials, preparation, and delivery of the meal to the meal sites by the caterer, to include fuel. It further includes the staffing and other costs incurred by the site to serve the meal at the senior dining site. For home-delivered meals it includes the additional packaging, supplies, and delivery equipment needed to safely provide home delivered meals to the homebound.

We’ve all seen rising costs in groceries and gasoline for our family budgets. This program is no different. That it only actually increased 18 cents this year is really quite remarkable. I know this is due to the hard work done by the nutrition staff at all of our sites in reducing wasted food in the program and creating efficiencies wherever possible. Please take time to congratulate them on a job well done! While our average cost per meal in Dane County is $7.50 at dining sites and $7.75 for home-delivered meals, the average cost across the State of Wisconsin is presently $8.98 per meal.

So where does the money for the Senior Nutrition Program come from?

It might surprise you to know that of the $1,829,738 budgeted to serve more than 235,000 meals in the coming year, twenty-four percent (24%) or $452,410 comes from you and the generous contributions you make toward the cost of your or a loved one’s meal. The remainder comes from the following sources: Federal and State, $885,672; County General Purpose Revenue, $186,520; and local municipalities and agency fundraising, $305,136.

So why set a suggested minimum contribution amount?

First and foremost, this is what it says: a suggestion. We understand that individual finances will determine the amount, if any, a person can contribute. We set this for those that would simply like a guide. If half of the persons served a meal contribute this amount, while others contribute a little more, a little less, or none at all based upon what their finances will allow, we could continue the program at the current level of service. While you are asked to anonymously contribute what you can to the program for your meal, if your circumstances do not allow for this, a contribution is not required. Regardless of your contribution, you are always welcome at our table or to receive a home-delivered meal.
Support Our Advertisers

Check the ads on this page before you check the yellow pages.

Cancer Information Service

1-800-4 CANCER

Trained staff member or volunteer gives confidential answers to caller questions on a variety of subjects from cancer detection and treatment to coping with this disease.
Living in Wisconsin in the winter can be challenging for senior citizens, especially after a snowfall. Some of our senior citizen clients find it very difficult and sometimes impossible to perform home maintenance responsibilities such as snow shoveling sidewalks and driveways.

Our volunteers make a difference in the lives of our senior citizen clients by helping them with their snow removal responsibilities. The volunteers commit to shovel from the first snowfall to the last.

One of our clients receiving help this year stated: “The young man who shovels for me does such a nice job and he is very kind. I am able to get to the grocery store and to my doctor appointments during these harsh months which means a lot to me. Whenever I know he is coming over to shovel, I try to have some hot chocolate ready for him.”

WMSC Snow Shoveling Corps . . . YOU ARE APPRECIATED!!!

Wherever there is a human in need, there is an opportunity for kindness and to make a difference. - Kevin Heath

If you are interested in becoming a Home Chore Volunteer, contact our Volunteer Coordinator Diane Jones at 608-238-7368 or dianej@westmadisonseniorcoalition.org and she can help connect you with a volunteer opportunity.
No one likes the piles of papers that we all accumulate over the course of a lifetime, but it’s hard to know how long you should hang onto certain documents and when it’s safe to destroy them. Following is a good rule of thumb for managing your personal documents:

**Tax Information and Returns:** Generally there is a three-year statute of limitations for the IRS auditing a tax return. This means the IRS has a period of three years from the time you file your tax return to complete an audit. However, there is no limit for fraudulent returns and the IRS has six years to challenge your return if it thinks you failed to report income that amounts to more than a quarter of your total income. Therefore, you should keep your documentation for at least six years.

**Credit Card Receipts:** If the credit card receipts serve as evidence for tax-related purposes, refer to the tax information and returns paragraph above. If not, it is recommended that you keep your credit card receipts until you have received your credit card statement and are able to compare the two.

**Insurance:** Policy and claim information should be kept for as long as the policy is in place.

**Bills:** In most instances, bills can be shredded once the canceled check from a paid bill has been returned. However, bills will need to be kept longer if claiming household expenses as a tax deduction. Also, one may want to keep bills for larger items for proof of value in the event of loss or damage.

**Retirement/Savings Plan Statements:** Statements from plans should be kept until you receive your annual summary. Once you verify the numbers, you can shred the quarterly statements. The annual summaries should be kept until you retire or the account is closed.

**Pay Stubs:** You should keep your pay stubs until you receive your W-2 form. Once you receive this form, ensure that the information matches. If it does, you can shred your pay stubs. Note that you may need to have at least three months of pay stubs if applying for a loan.

**Permanent Files:** You should keep wills, powers of attorney, birth certificates, marriage documents, military records, and social security cards forever.

Published with permission from the Legal Services Team at the Greater Wisconsin Agency on Aging Resources’ Elder Law & Advocacy Center.
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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<td><strong>6</strong></td>
<td><strong>7</strong></td>
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<tr>
<td>8:30-9:30 a.m. Exercise Class</td>
<td>10:00-11:00 a.m. The Biology of Aging: Why our Bodies Grow Old</td>
<td><strong>Happy New Year</strong></td>
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<tr>
<td>9:45-10:45 a.m. Exercise Class</td>
<td>12:00 p.m. Lunch</td>
<td><strong>Closed for the holiday</strong></td>
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<tr>
<td>11:00-11:45 a.m. Zumba</td>
<td>1:00-4:00 p.m. Watercolor Class</td>
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<tr>
<td>1:00-4:00 p.m. Ping Pong</td>
<td>1:30-2:30 p.m. Walk &amp; Talk (Hilldale Mall)</td>
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<tr>
<td>3:00 p.m. Video, Virtues of Aging by Jimmy Carter. With Ice Cream Sundae</td>
<td>5:00 p.m. Dinner and a Movie: “Red”</td>
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<tr>
<td>5:00 p.m. Dinner and a Movie: “Red”</td>
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<td><strong>13</strong></td>
<td><strong>14</strong></td>
<td><strong>8</strong></td>
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<tr>
<td>8:30-9:30 a.m. Exercise Class</td>
<td>10:00-11:00 a.m. Identity Theft and Current Scams</td>
<td>8:30-9:30 a.m. Exercise Class</td>
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<tr>
<td>9:45-10:45 a.m. Exercise Class</td>
<td>11:30-12:00 p.m. Blood Pressure Screening</td>
<td>9:45-10:45 a.m. Exercise Class</td>
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<td>11:00-11:45 a.m. Zumba</td>
<td>12:00 p.m. Lunch</td>
<td>11:00 a.m.—12:00 p.m. TOPS</td>
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<td>1:00-4:00 p.m. Ping Pong</td>
<td>1:00-4:00 p.m. Watercolor Class</td>
<td>11:00 a.m.—12:00 p.m. English Class</td>
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<tr>
<td>12:00-3:00 p.m. Knitting</td>
<td>1:30-2:30 p.m. Walk &amp; Talk (Hilldale Mall)</td>
<td>2:00-4:00 p.m. Bingo</td>
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<tr>
<td>5:00 p.m. Dinner and a Movie: “Superman: Man of Steel”</td>
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<td>6:30-7:30 p.m. Sing-Along Group</td>
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<td>6:00 p.m. Movie: “Superman: Man of Steel”</td>
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<td><strong>20</strong></td>
<td><strong>21</strong></td>
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<tr>
<td>Closed for the holidays</td>
<td>10:00 -11:00 a.m. Senior Trips</td>
<td>8:30-9:30 a.m. Exercise Class</td>
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<td>12:00 p.m. Lunch</td>
<td>9:45-10:45 a.m. Exercise Class</td>
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<td>1:00-4:00 p.m. Watercolor Class</td>
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<td>1:30-2:30 p.m. Walk &amp; Talk (Hilldale Mall)</td>
<td>11:00 a.m.—12:00 p.m. English Class</td>
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<td>2:00-4:00 p.m. Writing Class</td>
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<tr>
<td>8:30-9:30 a.m. Exercise Class</td>
<td>10:00 -11:00 a.m. Sleep Disorders in Older Adults</td>
<td>8:30-9:30 a.m. Exercise Class</td>
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<td>9:45-10:45 a.m. Exercise Class</td>
<td>12:00 p.m. Lunch</td>
<td>9:45-10:45 a.m. Exercise Class</td>
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<td>11:00-11:45 a.m. Zumba</td>
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<td>1:00-4:00 p.m. Ping Pong</td>
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<td>11:00 a.m.—12:00 p.m. English Class</td>
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<td>12:00-3:00 p.m. Knitting</td>
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<td>2:00-3:30 p.m. Comparative Religion: Jehovah Witness</td>
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<tr>
<td>5:00 p.m. Dinner and a Movie: “Enough Said”</td>
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<tr>
<td>6:00 p.m. Movie: “Enough Said”</td>
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<td>8:30-9:30 a.m. Exercise Class</td>
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<td>2:00-3:30 p.m. Comparative Religion: Jehovah Witness</td>
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All Senior Center Activities are located at 602 Sawyer Terrace, unless otherwise noted in the program description.
<table>
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<tr>
<th>Date</th>
<th>Thursday</th>
<th>Friday</th>
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<tr>
<td>2</td>
<td>11:00-12:00 p.m. Cribbage</td>
<td>8:30-9:30 a.m. Exercise Class</td>
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<td>12:00 p.m. Lunch</td>
<td>9:45-10:45 a.m. Exercise Class</td>
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<td></td>
<td>1:00-3:15 p.m. Euchre and Bridge</td>
<td>11:00-11:45 a.m. Zumba</td>
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<td></td>
<td>1:00 p.m. Movie: “Rocky”</td>
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<td>1:30-2:30 p.m. Walk &amp; Talk (Hilldale Mall)</td>
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<td>9</td>
<td>9:00-9:45 a.m. Arthritis Class</td>
<td>8:30-9:30 a.m. Exercise Class</td>
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<td>11:00-12:00 p.m. Cribbage</td>
<td>9:45-10:45 a.m. Exercise Class</td>
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<td>12:00 p.m. Lunch &amp; Talks w/Alicia</td>
<td>9:30-11:30 a.m. Foot Care Clinic</td>
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<td>1:00-3:15 p.m. Euchre and Bridge</td>
<td>11:00-11:45 a.m. Zumba</td>
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<td></td>
<td>3:30-4:30 p.m. Line Dancing</td>
<td>1:00 p.m. Movie: “To Kill A Mockingbird”</td>
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<td>1:30-2:30 p.m. Walk &amp; Talk (Hilldale Mall)</td>
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<td>*Off Site: 9:00-1:00 Volunteer with Helping Hands Food Pantry</td>
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<td>16</td>
<td>9:00-9:45 a.m. Arthritis Class</td>
<td>8:30-9:30 a.m. Exercise Class</td>
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<td>3:30-4:30 p.m. Line Dancing</td>
<td>1:00-4:00 p.m. Movie: “Lord of the Rings: Return of the King”</td>
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<td>1:30-2:30 p.m. Walk &amp; Talk (Hilldale Mall)</td>
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<td>23</td>
<td>9:00-9:45 a.m. Arthritis Class</td>
<td>8:30-9:30 a.m. Exercise Class</td>
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<td>11:00-11:45 a.m. Zumba</td>
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<td>1:00-3:00 p.m. Poetry Group</td>
<td>1:00-4:00 p.m. Movie: “Elysium”</td>
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<td>1:00-3:15 p.m. Euchre and Bridge</td>
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<td>9:00-9:45 a.m. Arthritis Class</td>
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<td>12:00 p.m. Lunch</td>
<td>11:00-11:45 a.m. Zumba</td>
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<td>1:00-3:00 p.m. Poetry Group</td>
<td>12:00-4:00 p.m. AARP Driver Safety</td>
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<td>1:00-3:15 p.m. Euchre and Bridge</td>
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<td>3:30-4:30 p.m. Line Dancing</td>
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**WEST MADISON SENIOR CENTER**
602 Sawyer Terrace
Madison, WI 53705
(608) 238-0196
8:00 a.m. to 4:00 p.m. Monday through Friday

The Center provides a broad range of opportunities for learning, socializing, volunteer work and community involvement in a comfortable, easily accessible environment.

Contact Will at 238-0196 with any questions or to sign up for classes.
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<td>Senior Activity Calendar</td>
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**The West Madison Senior Coalition**, a non-profit organization, serving Madison’s west side community with services and programs, including case management, nutrition programs and volunteer help.

**The West Madison Senior Center**, a program of the West Madison Senior Coalition, is located at 602 Sawyer Terrace. We strive to provide opportunities for fitness, wellness, learning, socializing, volunteering, and community involvement.

For more information call:
West Madison Senior Coalition at **238-7368**
West Madison Senior Center at **238-0196**
Monday thru Friday from 8 a.m. to 4 p.m.

All services and programs are offered without regard to race, gender, religion, color, creed, disability, sexual orientation, political beliefs, marital status, national origin, ancestry or age (where applicable), or any other basis prohibited by applicable law.