

# EXTRA! EXTRA! HOLA!



**Friday, October 9th**

50+ Dinner at 5:00 pm

& a concert for everyone at 5:30 by The Tom Waselchuk Trio

The concert is supported by the Dane County Cultural Affairs Commission with additional funds from the Overture Foundation and Pleasant T. Rowland Foundation

**Friday, November 20th**

50+ Thanksgiving Dinner at Noon w/Prize BINGO at 12:30



**Friday, December 18th**

50+ Holiday Dinner at Noon w/Program at 12:30



## FLU SHOT CLINIC

By Independent Living

Friday, Oct. 23 from 10:45-11:45 am. at BLW. The cost is \$32 fee. (The Flu Shots are free for people with Medicare-Part B and Medicaid cards.)

Get a Free Energy Conservation Kit

**Energy Conservation Workshop**

Mon., Nov 2 from 6:30-7:15pm at BLW

Call 441-6991

or stop in to reserve a spot



## Anderson's Repairs

We do everything!

From Drywall, Plumbing, Plaster, Carpet, Bathrooms, to Building

Outside Decks and Yard Work and even Snow Removal.

Call 446-3566 or 395-7573 and ask for Mike. Our work is insured.

## Monona Hills Apartments 353 Owen Road, Monona, WI

Affordable living for seniors &/or persons with disabilities. Rent is based on 30% of your income.

Call **608-221-8988**



Managed by Meridian Group, Inc.



## NOW OPEN

In the  
**BLW Main Room**

**FRIDAYS from Noon to 1:00**  
**Free Light Lunch!**

**COFFEE SHOP on**  
**Thursdays, 10-11:30 a.m. details**  
**on page 2!**

*All Adults Welcome*

**Sponsored by the 50+ program**



## BLW Coffee Shop

**Every Thursday from:  
10:00 to 11:30 am**

Coffee &  
Refreshments.  
Free of charge.



Card games, etc., can follow as people may wish at BLW Coffee Shop.



## Mobile Food Pantry

The food pantry is held every third Wednesday of the month including **Wed. November 18th** at noon. It is held at the Center. Food is provided by Second Harvest Food bank.

Call 441-6991 or stop by the center to make a reservation.

Come at 10:30 the day of the pantry if you wish to volunteer.



## BLW Computer and Telephone Times

Monday-Friday: 9:30-11:00  
1:30-3:00

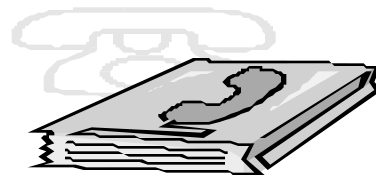


## For people 60 or older - Free in-home visits to talk about services

Get a free in-home consultation with a case manager who will do an assessment and help plan health, social, financial and transportation services with you.

Call the **East Madison Monona Coalition** of the Elderly at 223-3100 if you live in **Bridge-Lake Point, Monona or Waunona neighborhoods**

Call the **South Madison Coalition of the Elderly** at 251-8405 if you live in one of the following neighborhoods: **Southdale, Highland Man or, Moorland-Rimrock or Indian Springs.**



## 2009 Edition of the "Over 60 Resource Directory":

You can stop in at a Coalition to pick up this updated directory or go to our local Library. This is a wonderful resource listing programs and services for Dane County older adults and their families. If you have a case manager through some coalition, ask them to bring you a copy on their next visit.



## 50+ Notes

November 2009

Notes on activities for adults 50 plus living in the neighborhoods of Bridge-Lake Point, Waunona, Moorland-Rimrock, Indian Springs, Highland Manor, Southdale, and other nearby communities.

For more information call or go to:  
[www.blwcenter.org](http://www.blwcenter.org)

Executive Director	Tom Solyst
50+ Program Staff	Jim Stickels Diane Small
Kitchen Staff	Al Holtzman
Office Staff	Dan Eastman Gary Ranum

The BLPWNC is an AA/EO service provider. If you need accommodations to access the center services, please call Tom at (608)

## BLW Reading Buddies



The reading program for elementary school children at the center can use your help.

Help with penny donations to buy books for the children.

If you would like to read with an elementary school student, call Mara or Brooke at 310-4888.

If you would like information about the 50+ Advisory Committee contact Jim at the center

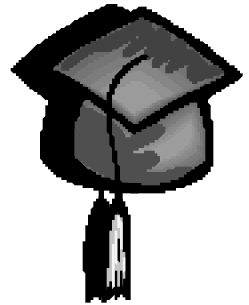


## Help with job ready skills at BLW. Fall classes begin soon!

**Classes are being taught from 9/8-12/15/09 on Tuesdays from 12-2 pm**

Teacher: Kathy Witte

Brush up on your math, reading, and writing. **These skills are good for job prep, even if you already have a H.S. diploma.** Stop in and talk to Kathy about what you need.



**Held in the conference room.**

**M.A.T.C.** sponsors G.E.D. /A.B.E. and E.S.L. Classes on Tuesdays.

**G.E.D./A.B.E.** (Adult Basic Education) 12:00-1:00 p.m.

**E.S.L.** (English as a Second Language) 1:00-2:00 p.m.

Register at any time during the Summer period by stopping in or calling the BLW Center at 441-6991.

Kathy welcomes anyone who wishes to improve their speaking and academic skills.

## Important Phone Numbers

<b>BLW Center</b> Our neighborhood center	<b>441-6991</b>	<b>Madison Senior Center</b> The center offers: Information and Referral Services for those seeking help with taxes, health, housing and other concerns; case management services three days per week; a computerized information assistance program to help access available area services; special events; a variety of activities take place on an ongoing basis; classes; and a Senior Meal Program.	<b>266-6581</b>
<b>Access Community Health</b> Provides comprehensive, top-quality services for the underserved, including both comprehensive medical and dental care.	<b>443-5480</b>	<b>Monona Senior Center</b> The Center offers a variety of educational, social and wellness programs.	<b>222-3415</b>
<b>Centro Hispano</b> Centro Hispano of Dane County exists to empower Latinos through quality social, educational and cultural programs.	<b>255-3018</b>	<b>MSCR</b> The place for people 50+ to find out about interesting resources, events, and recreation for developing a life they love living because they are 2 Young 2 Retire.	<b>204-3000</b>
<b>Community Action Coalition</b> Programs to enhance the skills, knowledge and capacity of people experiencing poverty so they may improve their economic and social circumstances.	<b>246-4730</b>	<b>Senior Hotline to Help</b> To reach shelters, health resources, crisis intervention hotlines, support groups, financial assistance, educational programs and more.	<b>266-9007</b>
<b>Dental Hygiene at MATC</b> Low cost teeth cleaning	<b>258-2400</b>	<b>South Madison Coalition</b> Services and programs provided by the Coalition include the following: Case Management, Home Chore Assistance, Lunch Programs, Volunteer Guardianship Services, Neighborhood Senior Center Activities, Sunday Dinners, Monthly Newsletter, Information and Referrals, and Quality Standards for Group Homes.	<b>251-8405</b>
<b>Dane County Job Center</b> A central location for people looking for work and businesses that need help finding qualified applicants.	<b>242-7400</b>	<b>Tenant Resource Center</b> Provides rental and housing counseling, mediation services.	<b>257-0143</b>
<b>East Madison Coalition</b> Programs in the East Madison / Monona area that will assist and enable the aging to prepare for, and to live creatively in the retirement years, and to focus the attentions and energies of the community on urgent needs of the elderly.	<b>223-3100</b>	<b>United Way Help Info Line</b> The 211 database of free and confidential comprehensive information and referral services for people in Dane County who are in need of help or who want to give help.	<b>211</b>
<b>Elder Law Center</b> The Legal Services Division of CWAG provides legal services and resources to citizens 60 years and older.	<b>224-0606</b>	<b>Urban League</b> To improve the social and economic conditions of African Americans, other people of color, and the economically disadvantaged in our community.	<b>251-8550</b>
<b>Family Service</b> Consumer Credit Counseling Service to help solve debt problems through assistance with budget planning, money management, and planned debt liquidation.	<b>252-1320</b>	<b>YMCA</b> Programs for seniors at the YMCA and YWCA. The YMCA has scholarships available for families.	<b>221-1571</b>
<b>Glendale School</b> Madison elementary school with ties to BLW.	<b>204-2400</b>	<b>YWCA</b>	<b>257-1436</b>
<b>Joining Forces for Families</b> JFF is a voluntary, community-based, supportive service that helps families address their basic human needs by quickly linking clients to resources.	<b>224-3624</b>		
<b>Madison Metro</b> Madison bus system customer service desk	<b>266-4466</b>		

Bridge Lake Point Waunona Neighborhood Center  
1917 Lake Point Dr.  
Madison, WI 53713