

NEWBRIDGE UNIVERSITY (NBU)



NewBridge University (NBU), a community of lifelong learners. As we age our learning paths may look different. The manner in which we learn may change and our learning curve might be steeper, but we never stop learning. At NBU we strive to engage, support and unite older adults in a social learning environment that is safe and inclusive.

NBU offers a hybrid model of programs, classes and activities that are either in-person or virtual (Zoom) and are developed with a focus on education (with a special emphasis on health education), socialization, arts, recreation and support groups. NBU is free to all older adults 60+ in Madison and Monona and extends into Dane County for our Black and Hispanic older adults.

STAFF CONTACT INFORMATION



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La Universidad de NewBridge (NBU) es una comunidad de aprendices de toda una vida. En la medida que envejecemos nuestros caminos de aprendizaje podrían ser diferentes, la manera en que aprendemos podría cambiar y nuestra capacidad de aprender podría ser más lenta, pero nunca paramos de aprender. En la Universidad de NewBridge buscamos unir, apoyar y acoger a los adultos mayores en un ambiente de aprendizaje social que es seguro e inclusivo.

La Universidad de NewBridge (NBU) ofrece un modelo híbrido de programas, clases y actividades que son en-persona o virtuales (Vía Zoom) que están desarrollados con enfoque en la educación (con especial énfasis en la educación en la salud), socialización, artes, recreación y grupos de apoyo. La Universidad de NewBridge (NBU) es gratuita para todos los adultos mayores de 60 años que residen en el Condado de Dane.

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NBU is offered to all older adults. Some of our programs will be offered to specific groups to help provide a safe space where participants can share and express themselves with older adults who look like them and share similar life experiences. Check page 8 for staff contact to get more information about a specific class or activity and also to sign up and get transportation. The following symbols will be used to identify programs that are meant for specific groups:



Programs focus on our Black older adults



Programs focus on our Hispanic older adults and offered in Spanish only



RITMO Y TAMBORES: En Persona

Todos Los Jueves, 12:00-1:00 pm
Warner Park, 1625 Northport Dr.
Transporte limitado. No necesita saber cómo tocar los tambores. Tocar tambores ayuda a reducir la tensión, la ansiedad.

BILINGUAL BINGO: In-Person

Bingo called in English and Spanish
Friday, April 5, 10:15-11:15 am
Warner Park, 1625 Northport Dr.
Friday, April 19, 10:45-11:45 am
Good Shepherd Lutheran Church
50 cents p/card up to 4 cards; each bingo wins a \$1 & black out takes it all!

BINGO: In-Person

Fridays, April 12, 19, 26, 10:15-11:15 am
Warner Park, 1625 Northport Dr.
50 cents p/card up to 4 cards; each bingo wins a \$1 & black out Bingo takes the kitty!



BLACK-BUSTERS MOVIE + DISCUSSION: In-Person

Friday, April 26, 2:00-4:00 pm
Warner Park, 1625 Northport Dr.
Come on out as we watch a movie, eat snacks, share laughs and hopefully have some important conversations in relation to 2016's film, Hidden Figures. Registration is required.



BINGO BILINGÜE: En Persona

Primer Viernes, 5 de Abril, 10:15-11:15 am
Warner Park, 1625 Northport Dr.
Tercer Viernes, 19 de Abril, 10:30-11:30am
Good Shepherd Lutheran Church
Habrà transportación limitada. Favor registrarse antes del 12 de Abril.



CARTAS Y JUEGOS DE MESA: En Persona

Todos Los Miércoles, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
Dominos, cartas bid whist, rummikub, tablero de parques y otros mas.
Transporte limitado para los que viven en el norte y este de Madison.



CÍRCULO DE AMIGOS: Zoom

Todos Los Miércoles, 1:00-2:00 pm
¡Estando tratando temas de actualidad. Su opinión es muy importante. Haga parte dell circulo de una familia grande!



BOOK CLUB: Zoom

Wednesday, April 3, 10:00-11:00 am
Warner Park, 1625 Northport Dr.
The April book is Greenlights by Mathew McConaughey. You are responsible for getting and returning your book. Available at the Lakeview Library.

CARDS & GAMES: In-Person

Warner Park, 1625 Northport Dr.
BUNCO, Mondays, 2:00-4:00 pm
EUCHRE, Tuesdays, 1:00-3:00 pm
CARDS/GAMES, 2nd Wed., 1:00-3:00 pm
(Bid Whist, Dominoes, Rummikub & More)
MAH JONG, Thursdays, 1:00-3:00 pm

CARD MAKING CLUB: In-Person

Wednesday, April 10, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
If you are crafty and enjoy making cards for others, please join us!

DRUM CIRCLE “Ritmo & Drums”: In-Person

Thursdays, 12:00-1:00 pm
Warner Park, 1625 Northport Dr.
Whether you have never touched a drum before or have drummed your whole life this is a group is for you! Drumming is a great social activity that can improve memory, keeps you active, and can be soothing to the spirit, mind and body.

GAME DAY: In-Person

Wednesday, April 10, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
Let the games begin! Join us every 2nd Wednesday for cards and board games. Bring your own games and teach others, learn a new game or just come to meet new people and socialize.

PING PONG: In-Person

Mondays, 9:00 am-Noon
Wednesdays, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.

SASSY STEPPERS: In-Person

Tuesdays, 2:00-3:00 pm
Warner Park, 1625 Northport Dr.
If you love to dance, enjoy performing, and meet new friends, come join us! We meet weekly to practice choreographed steps by group leader, Ardis Hempl.

SEWING CLUB: In-Person

Thursday, April 4, 18, 9:00 am-Noon
Warner Park, 1625 Northport Dr.
Light mending for older adults.

HOW TO GET YOUR ITEMS MENDED:

Bring your items (3 maximum) into the NewBridge North Office, 1625 Northport Drive, Suite 125, and leave them with our front desk volunteer and our volunteers will mend. No charge, donations welcome!

TRIVIA DAY: In-Person

Thursday, April 18, 11:45 am-12:30 pm
Warner Park, 1625 Northport Dr.
Come flex your knowledge of Black facts at our new monthly trivia event. Register by April 12 required.



HEALTH & WELLNESS SALUD Y BIENESTAR CLASSES



CAFETERIA DE LA MEMORIA: Zoom
Todos Los Jueves, 2:00-3:00 pm
Entrene su memoria, percepción, atención, concentración y más...a través de retos y actividades divertidas. Las hojas de práctica se enviarán todos los viernes.



YOGA SUAVE: Zoom
Todos Los Lunes, Enero 8-Junio 3
10:15-11:15 am
Practique yoga de pie, sentado(a), y/o acostado(a) sobre un tapete o colchoneta, para aliviar el estrés, fortalecer el sistema inmunológico y mejorar su bienestar.

TUESDAY SPARK!: In-Person
Tuesday, April 2, 11:30 am-1:00 pm
Warner Park, 1625 Northport Dr.
SPARK! is a cultural program for people with early to mid-stage memory loss and their care partners. Group sizes are limited, so please pre-register for the programs you plan to attend.

SPIRIT & STRENGTH: SHARING WISDOM IN TROUBLED TIMES THROUGH OUR STORIES: Zoom
Tuesdays, 1:00-2:30 pm
Join Pam Philips Olson, Writer, Storyteller and Author as she leads us through a process to help tell our own stories.



EXERCISE EJERCICIO CLASSES



CHAIR YOGA: In-Person
Mondays, 10:00-11:00 am
Lakeview Library, 2845 N. Sherman Ave.
To register contact Deenah OR call Lakeview Library at (608) 246-4547 or register online at madpl.org/events.

CHAIR YOGA: In-Person
Thursdays, 10:30-11:30 am
Warner Park, 1625 Northport Dr.
Join Instructor Kim S. as she leads you through a series of gentle stretch and yoga movements from standing or seated positions. For all ability levels. No pre-registration needed at this time.

EASY YOGA PLUS: Zoom
Wednesdays & Fridays, 10:00-11:00 am
Ellen Millar leads a series of exercises that can be done standing or from a chair. These are safe, slow and easy practices.
To sign up, visit Ellen's website for the Zoom link www.thewonderofyoga.com

STRETCH & STRENGTH: Zoom
Mondays & Wednesdays, 9:00-9:45 am
Join Becky Ott-Forde for gentle stretch and strengthening exercises from the comfort of your own home. Cost \$25/mo.
To sign up, contact [Becky Otte Ford raonine@gmail.com](mailto:BeckyOtteFordraonine@gmail.com) or (608) 215-4119.



BORDADO A MANO/CHOCHE EN LÍNEA: Zoom

Todos los Jueves, 3:15-4:15 pm
 Desde la comodidad de su casa, aprenda los puntos y encadenados sencillos para hacer peluches de lana. Desarrolle sus cualidades para que pueda hacer su propio saco, bufanda y gorro para que pueda protegerse del frío. ¡Solicite el enlace para que se conecte con la maestra! ¡No olvide los materiales!



CORTE Y CONFECCION: En Persona

Todos Los Jueves y Domingos
 10:00 am-12:00 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 conocimiento como empresaria y profesora universitaria de diseño y alta costura. Limitado número de participantes y transportación.



ESL-APRENDA INGLES BASICO Y AVANZADO: En-Person

Todos Los Martes, 11:00 am-12:00 pm
 Good Shepherd Church, 5701 Raymond Rd
 Tenemos maestras con una amplia experiencia en el area de la docencia. Esta clase prove la oportunidad de avanzar en el idioma desde el nivel donde se

encuentre. Se provera el material de estudio. Transporte limitado para las personas que viven en el West y sur de Madison.



TECH MASTERS: In-Person

Wednesday, April 3, 1:00-3:00 pm
 Madison Labor Temple, 1602 S. Park St.
 If you are interested in learning about computers and getting more comfortable with them, this is the place for you. With a little bit of practice you'll become a Tech Master. Registration is required.



THE CLASSICS BOOK CLUB:

In- Person
 Wednesday, April 24, 1:00-2:00 pm
 Madison Public Library – Goodman South
 2222 S. Park St.
 Join us as we explore new and old authors and expand our love of reading and books! Registration is required.



WRITING WARRIORS: CREATIVE WRITING WORKSHOP: In-Person

Thursday, April 11, 25, 10:00 am
 Madison Church of Christ
 2001 Fish Hatchery Rd.
 Elevate your writing skills at this fun workshop lead by local poet Christopher Holt. Registration is required.

NATURE ADVENTURES: In-Person

2nd Thursday/Mo, April 11, 12:15-2:00 pm
 Warner Park, 1625 Northport Dr.
 Learn about nature all around us at Warner Park and in your own backyard! We will be bird watching, going on nature walks and a lot of indoor activities too!



MINDFULNESS MOVEMENT FOR LGBTQ+ FOLKS, FRIENDS & ALLIES: In-Person
 Wednesdays and Fridays, 10:15-11:45 am
 Warner Park, 1625 Northport Dr.
 Have more energy, feel more relaxed, learn to be mindful and reduce stress while having fun. Gently stretch energy meridians, practice calming breathing techniques, and improve your body's natural healing ability. Small donation requested. *This class is offered in collaboration with Outreach, Inc. 50+ Alliance and taught by Mimi Millen.*



MUSIC JAM SESSON: In-Person
 One Saturday/mo, 9:00 am-12:00 pm
 Village Hall Gymnasium, Maple Bluff
 All are welcome. "Turn it up!" Musicians meet to play and sing anything written after 1950. Come for all or part of the session. Bring your instrument, voice, favorite song, and enthusiasm.
 For more info please contact Walt Stewart (608) 576-5437.



MEANINGFUL RETIREMENT (FOR YOU), AN INTERACTIVE WORKSHOP: In-Person
 Tuesdays, April 9-April 30, 6:00–8:00 pm
 Goodman Comm Ctr, 214 Waubesa St.
 Cost: \$15
 Retirement can be an exciting life phase and a chance to re-invent yourself. It can also be an overwhelming time of change, and without a thoughtful plan, one can easily feel lost. We will provide you with inspiring stories, tools and activities to create your vision, as well as the action steps needed to get there. Sponsored by Goodman Community Center & NewBridge. To register, contact Gayle at gayle@goodmancenter.org or (608) 204-8032.

3RD ANNUAL PARTY @ THE PARK
 Friday, May 24, 5:00–7:00 pm
 Brittingham Park, 829 W. Washington Ave.
 DJ Diego - Can't wait to see you there.

2024 Summer Concert Series Line Up
 Mondays in June and July, 6:00-7:30 pm
 Warner Park Shelter
 June 10: Latin Jazz with Art & Lit Lab
 June 17: Frank Martin Busch & The Names
 June 24: Sista Sensi
 July 15: Universal Sound
 July 22: Eddie Butts Band
 July 29: Ladies Must Swing