

CULTURAL DIVERSITY PROGRAMS

The Cultural Diversity Programs are for Latinx and African American older adults 55+ who live in Dane County. Programs focus on socialization and health education. Latinx programs are offered in Spanish only.

LATINX PROGRAMS

For information call Glenda at
(608) 512-0000 Ext. 3009

Bilingual Bingo and Lunch

Friday, September 6, 10:15 am-12:30 pm
Warner Park, 1625 Northport Dr.

Monthly Discussion Group

Wednesday, September 11, 5:45-8:00 pm
Madison Senior Center, 330 W. Mifflin St.
Join us as we discuss relevant issues on health and wellness. Dinner and transportation provided.

Bilingual Bingo and Lunch

Friday, September 20, 10:30-12:30 pm
Fitchburg Senior Center, 5510 Lacy Rd.

Diabetes Support Group

Wednesday, September 25, 5:45-8:00 pm
Fitchburg Senior Center, 5510 Lacy Rd.

Limited transportation available, call
Glenda at Ext. 3009 for more information.

AFRICAN AMERICAN PROGRAMS

For information call Ericka at
(608) 512-0000 Ext. 2007

Monthly Discussion Group&Lunch

Friday, September 6, 12:00-2:00 pm
Vera Court Center, 614 Vera Ct.
Discussion group on healthy eating. Limited space. Sign up required, call Ericka Ext. 2007.
Topic: Eating Healthy

Diabetes Support Group

Monday, September 9, 12:00-2:00 pm
Burr Oaks Apartments, 2417 Cypress Way

Heart Health Support Group

Thursday, September 19, 2:00-4:00 pm
Catholic Multicultural Center
Classroom #4, 1862 Beld St.

Black Women Wellness Day

Saturday, September 21, 9:30 am-5:30 pm
Alliant Energy Center
Seniors ticket prices: \$25
NewBridge current participates: \$12.50
NewBridge new participates: FREE

Community Resources Available

Friday, September 27, 10:30 am-12:30 pm
NewBridge East, 4142 Monona Dr.

Limited transportation available, call
Ericka at Ext. 2007 for more information.

SAVE THE DATE

Together Fest

Wednesday, November 13

5:00-7:30 pm

Madison Senior Center

More information next month.