Join us for our annual Halloween Showcase with a chili cook off and tasting competition on Thursday, October 31 from 5:00 pm—7:00 pm. Stop by MNC for more information.
AFTERSCHOOL ACTIVITIES

**Elementary Afterschool**

Meadowood provides elementary afterschool programming for Orchard Ridge Elementary during the school year for grades K-5. The program meets Monday to Friday from the end of the school day until 5:30 pm. Meadowood staff pick students up from Orchard Ridge and walk them safely over to the Center.

Elementary Afterschool offers a variety of educational, enrichment and recreational programming.

**Middle/High Afterschool**

MNC offers middle and high school programming during the school year and summer for grades 6-12. Program starts after school and runs until 6:00 pm. On Tuesday, Wednesday and Thursday we offer enrichment clubs and activities from 6:00 to 8:00 pm. The middle and high school program offers several special interest clubs and activities, including but not limited to: Media Club, Equity Leadership Council, Girls Inc., Real Talk and MENS Group, Teen employment and workshops.
STAFF SPOTLIGHT

Meet Miss Katie—Front Desk Staff

Our newest front desk staff at Meadowood. Be sure to say hello and welcome! Miss Katie.

Meet Miss Kiki, Director—Behavior Interventionist

Miss Kiki has been working with MSCR for the past eight years and at Meadowood for the past couple of years. She is fantastic with the kids and everyone loves her cooking and smile!
Pantry

Stocking our shelves to provide for our community

The MSCR-Meadowood Neighborhood Center food pantry is supported by donations from the Friends of MSCR, community donations and volunteers.

Every month, our pantry partners up with area businesses and organizations to host supply drives. These drives are aimed at collecting non food items such as: personal hygiene items, toilet paper, cleaning supplies, laundry soap, bleach, light bulbs and other household necessities.

To get involved with hosting a supply drive, contact Lexy Ware at: 608-467-8360 or email alware@madison.k12.wi.us.

For general questions, please contact our food pantry manager: Cynthia, ckwaltonjack@madison.k12.wi.us

Meadowood Food Pantry Hours

Tuesdays: 6:00 pm– 7:30 pm
Thursday: 11:30 am-1:00pm (Seniors Only)
Saturdays: 12:30 pm-2:30 pm

Our food pantry is open and available only on the days listed. You may visit us once per week. No screening process, just fill out our paperwork and we serve you.

For questions, please contact our food pantry manager:
Cynthia Walton-Jackson
ckwaltonjack@madison.k12.wi.us
Family Programs

Little Picassos

Little Picassos is an art program that offers participants a variety of activities based around different mediums of art. Our first week back we focused on Fauve self-portraits. Fauve artists used bold colors and defied the norms of the day. We talked about being unique. We added words that describe us (sometimes hidden in hair, eyebrows), etc to further define us, and add texture to our paintings. The kids loved using artist palettes, and we were blown away by their creativity. Next week we will use these beautiful black and white portraits for further exploration of our selves as artists.

Meets Saturday 12:00 pm - 2:30 pm
For Children K—6.
Contact Ms. Leora for more information: leoraleh@yahoo.com

MMSD Play and Learn

Free play groups are for parents/caregivers and children. Build early math and literacy skills and explore your child’s creativity. Get information on your child’s early development and share valuable community resources.
Age: 0-4 years old
Wednesday, Thursday and Friday
10:00am - 12:00pm
For more information contact:
Kenyatta 608-212-4632 or
Tameka 608-235-4224
Goodman Rotary 50+ Fitness

Learn the basics of strength training using weights, bands and various types of fitness equipment. Emphasis is on strength that also enhances balance and flexibility.

Age 50+ Tuesdays 9:15 am - 10:15 am

Country Line Dancing

Join us for weekly line dances in the multipurpose room. Everyone is welcome, all ages and dance level experience, at this family friendly event. Two dance lessons are taught each week and the dance routines vary from beginner to intermediate level.

Age 18+
Tuesdays: 6:00 pm - 8:00 pm
Suggested donation is $3.

Balance Ball Core Strengthening

Strengthen your core using balance ball, weights and bands while having fun and laughing. These classes include arm and leg movements with weights and bands, stretching and cool down. New participants will start on a chair and advance to a balance ball.

Age 18+
Wednesdays: 9:15 am - 10:15 pm
Cost: Free

Zumba

Zumba is an aerobic fitness program featuring movements inspired by various styles of Latin American dance and other rhythms. You can dance to the music while you burn a ton of calories (680 approx.) without even realizing it. Zumba is the perfect combo of fun and fitness.

Age 18+
Thursdays: 6:30 pm - 7:30 pm
Cost: Free
Approval: Not required.

MSCR Meadowood Neighborhood Center

Adult/Senior Programs

Writing Our Life Stories

Everyone has a story to tell. Life stories have the power to inform, inspire and compel. This group helps preserve your unique stories.

Contact Dick Radtke for registration
dick.radtke@gmail.com
Age 18+
Mondays: 10:00 am - 12:00pm  Cost:  Free

Knitting

Meet, mingle and knit or crochet with other neighborhood residents! Compare patterns, share techniques and trade tips. Any beginners wanting to learn are welcome.

Age 18+
Wednesdays: 9:30am-11:30am  Cost:  Free

Senior Meal Program

Enjoy a hot nutritious meal and some social activities. Transportation is available for those who live on the west side of Madison. Held in cooperation with West Madison Senior Coalition

Call: (608) 238-7368 ext. 8 by noon the day before to reserve a meal or transportation.
Age 60+
Tuesday-Thursday at 12:00 pm
Cost: Donate what you can comfortably afford

Job Shop

An Employment Connections Group

Individual attention and assistance is available through a collaboration of Common Wealth Development, Orchard Ridge UCC, Joining Forces for Families and the UW Writing Center. Weekly updated job leads, resume development, online application support, public benefit applications, housing counseling, interview prep, resource referral and a variety of other services are offered in a person-centered format.
Age 18+
Wednesdays 10:00 am—12:00 pm  Cost:  Free
If you are interested in volunteering or getting involved at MSCR– Meadowood you must fill out a volunteer application and be cleared to volunteer. Go to http://www.mscr.org/get-involved/volunteer to get started on your paperwork.

Thank You to our Community Collaborators...

- Old National Bank
- New Bridges Senior Coalition
- Joining Forces For Families
- Toki Middle School
- Orchard Ridge Elementary School
- Madison Police Department
- Tales With Big T
- Common Wealth Development
- Americorps — PASS Program
- Little Picassos

Go to mscr.org or call 608-467-8360 for more information — Fall 2019 page 8