



Celebration of Active Aging

October 1 - 29

Caregiver Appreciation Event, 10/30 - 10/31

In celebration of Active Aging, older adults ages 50 & better are invited to try a new activity, meet new people and stay active by participating in FREE Active Aging activities and challenges. The objective is to earn raffle tickets by completing daily activities and challenges on the Active Aging Calendar to earn a chance to win prizes.

Prizes valued at \$50-\$100 will be raffled on November 14.

How to participate:

1. Complete daily activities and challenges shown on the calendar to earn **ONE** raffle ticket per activity/challenge. You must complete the item that is listed on the actual day, no jumping ahead or doing it on a different day.
2. Registration is required for those with course numbers listed on the calendar. **From 9/18—9/24, you may only register up to four activities.** After September 25, you may register for additional classes.

Registration opens September 18 for all participants

3. If the activity is full, we recommend placing yourself on the waiting list. We will contact you if a spot opens.
4. Please give 48 hours notice if you register and can no longer attend an activity. Be courteous to others and cancel your registration, this allows someone on the waiting list to take your spot. **Call the MSCR mainline for help: 608-204-3000.**
5. **Submit your calendar by 11/7 at any MSCR facility (Central, East, West).** A photo can also be sent to mscr@madison.k12.wi.us. MSCR staff will tally your raffle tickets and enter them into the prize raffle box.
6. We would like your calendar returned to us no matter how many activities were completed (even if nothing at all).

How to register:

1. Registration opens at 12PM on September 18 for all participants (residents & nonresidents)
2. Go to mscr.org and click on register now.
3. Search activity by course code listed on the calendar.

OR complete a paper registration form and return it via email (mscr@madison.k12.wi.us), mail or drop off at any MSCR location (Central, East or West).



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Active Aging with						YOU MUST REGISTER FOR ACTIVITIES LISTED WITH COURSE CODES. ACTIVITIES ARE FREE	DIRECTIONS: Check the orange box when you complete the activity or challenge for the day. One ticket for each activity/challenge.
Name: _____			Email &/or Phone #: _____				
October 1 THE FUN STARTS TOMORROW! Have you registered for the activities you want to partake in? ☐	2 Barre Sculpt Register #37370 ☐ MSCR West Tour Register #37295 ☐	3 Coloring for Relaxation Register #37287 ☐ MSCR Central Tour Register #37292 ☐	4 Heart Health at Any Age Register #37373 ☐ Total Body Suspension Training (TRX) Register #37303 ☐	5 CHALLENGE: Write down 2 goals for the week. Tell 2 people for accountability. ☐	6 Ask the Trainer Register #37282 ☐	7 Finger Knit Cowl Register #37291 ☐	
8 CHALLENGE: Try a new recipe and add a fruit or vegetable that you've never tried. ☐	9 Bird Walk Register #37284 ☐ Orienteering Register #37300 ☐ Nature Walk #37294 ☐	10 Barre Sculpt Register #37371 ☐	11 Tai Chi for Arthritis Register #37372 ☐ Walking Meditation Register #37296 ☐	12 Fall Walk Register #37290 ☐	13 Chair One Dance Fitness Register #37285 ☐ Pickleball—Try It! Register #37299 & 37301 ☐	14 Succulent Terrarium Register #37368 ☐	
15 CHALLENGE: Take an active 10 minute break. Walk outside or on a treadmill. ☐	16 Tools for Healthy Brain Aging Register #37369 ☐ High Challenge Course Register #37293 ☐	17 Total Body Suspension Training (TRX) Register #37304 ☐	18 WI State Capitol Tour Register #37298 ☐ Managing Diabetes Register #37374 ☐	19 Shopping & Preventing Identity Theft Register #37367 ☐	20 Coloring for Relaxation Register #37288 ☐	21 CHALLENGE: ☐ Tell a caregiver you may know about our Caregiver Appreciation Event on 10/30 & 10/31. Details at mscr.org.	
22 CHALLENGE: Go to bed early - "unplug" from technology 45 mins. before going to bed. ☐	23 Intro to TRX Yoga Register #37715 ☐	24 Chair One Dance Fitness Register #37286 ☐	25 ☐ Pottery: Take a Spin Register #37302 ☐	26 Fall Walk Register #37289 ☐ Nordic Pole Walking Register #37297 ☐	27 Ask the Trainer Register #37283 ☐ Pickleball—Try It! Register #37348 & 37349 ☐	28 CHALLENGE: Complete the attached program survey (or pick up a copy at a MSCR facility). ☐	
29 CHALLENGE: Drink eight 8-oz glasses of water. ☐	30 CAREGIVER APPRECIATION List of free activities at mscr.org FREE SWAG BAGS	31 CAREGIVER APPRECIATION List of free activities at mscr.org FREE SWAG BAGS					
Register at MSCR.org or paper registration at any MSCR facility Find activity details on the attached activity descriptions page.						Total Tickets Earned:	

Activity Descriptions—Active Aging Celebration!

Review the “how to” on the reverse side of the calendar before registering for classes



Ask the Trainer

Now is your chance to ask a certified personal trainer any fitness related questions that may be weighing on your mind. We are here to help you make sense of it all and help you succeed in your fitness journey. Stop in at any time within the hour listed.

Instructor: Mindy & Lisa

Friday	10/06/2023	10:30am-11:30am	MSCR East	Course # 37282
Friday	10/27/2023	12:00pm-1:00pm	MSCR West	Course # 37283

Barre Sculpt

Increase strength and stamina while keeping your body strong, lean and increase flexibility with barre and floor exercises and stretches. Bring your own mat. Instructor: Lisa

Monday	10/02/2023	2:30pm-3:15pm	MSCR West	Course # 37370
Tuesday	10/10/2023	1:00pm-1:45pm	MSCR East	Course # 37371

Bird Walk

Join MSCR naturalists for a morning of birding adventure. Learn about using binoculars, identifying species visually and by ear, recognizing bird habitat, and how to spot permanent residents vs. migrants.

Monday	10/09/2023	8:30am-9:30am	Jackson School Forest	Course # 37284
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Chair One Dance Fitness

A chair-based dance fitness program for anyone who has difficulty standing during a fitness class. A fun, musically driven, interactive, full body workout with dance and fitness movements. Instructor: Jacqueline

Friday	10/13/2023	1:30pm-2:15pm	MSCR West	Course # 37285
Tuesday	10/24/2023	1:30pm-2:15pm	MSCR Central	Course # 37286

Coloring for Relaxation

Coloring can be a simple meditative activity or a social experience. This class is for anyone, regardless of their skill level. Learn easy ways to blend colors, shade and create volume. Materials provided. Instructor: Terry

Tuesday	10/03/2023	1:00pm-2:00pm	MSCR Central	Course #37287
Friday	10/20/2023	1:00pm-2:00pm	MSCR Central	Course #37288

Fall Walk

Enjoy a 2 mile walk in the crisp fall air and take in the changing colors of Pheasant Branch Conservancy trees. Instructor: Paula&Lisa

Thursday	10/12/2023	9:30am-10:30am	Orchid Heights Park/Pheasant Branch	Course # 37290
Thursday	10/26/2023	1:15pm-2:15pm	Lake Farm County Park	Course #37289

Finger Knit Cowl

Learn to make your own finger knit cowl just in time for our next Wisconsin winter. No knitting or crocheting experience necessary. Materials provided. Instructors: Tiesha

Saturday	10/07/2023	9:00am-11:00am	MSCR East	Course #37291
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Heart Health at Any Age Workshop

Learn about cardiovascular disease and how to keep your heart healthy at any age. Discuss cardiovascular disease characteristics, what research says about disease prevention and ways to protect a healthy heart. Presenter: Janelle

Wednesday	10/04/2023	2:00pm-3:00pm	MSCR Central	Course #37373
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High Challenge Course

Work together with a group to face challenges up to 30 feet off the ground on our high challenge course. Or, try climbing on the climbing wall if you'd prefer! There are also many ways to support each other, if you decide to stay on the ground.

Monday	10/16/2023	9:30am-12:30pm	Jackson School Forest	Course #37293
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Managing Diabetes Workshop

Get familiar with diabetes and distinguish the difference between type 1 and 2. Interactive discussion on what types of food are best when managing diabetes and navigating proper nutrition when incorporating exercise into our daily lives. Presenter: Janelle

Wednesday	10/18/2023	2:00pm-3:00pm	MSCR Central	Course # 37374
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MSCR Building Tours

Come and explore our new MSCR Central facility located on beautiful Lake Monona and/or our new MSCR West facility conveniently located behind West Towne Mall. Tour will meet & begin at the lobby. Instructors: Lisa

Monday	10/02/2023	3:00pm-3:15pm	MSCR West	Course #37295
Tuesday	10/03/2023	12:30pm-12:45pm	MSCR Central	Course #37292

Nature Walk

Join an MSCR Naturalist for an educational walk through the School Forest. Experience fall birds, plants, wildlife and more!

Monday	10/09/2023	12:00pm-1:00pm	Jackson School Forest	Course # 37294
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Nordic Pole Walking

This class is for individuals new to Nordic Poling and/or interested in learning the proper form and technique. Nordic poling combines the benefits of cardiovascular exercise with a vigorous muscle workout for your shoulders, arms, core, and legs.

Thursday	10/26/2023	12:15pm-1:00pm	Lake Farm County Park	Course # 37297
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Orienteering

An activity in which participants find their way to various check points with the aid of a map and compass. The courses vary in difficulty and length to allow for each person to choose the best challenge for themselves. We provide course map, compass, markers for recording and directions on how to use the map and compass to find the checkpoints. No experience necessary!

Wednesday	10/09/2023	10:00am-11:00am	Jackson School Forest	Course # 37300
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Pickleball—Try It!

Experience our new gym space at our MSCR West facility while enjoying the fastest growing sport in the world - Pickleball! Grab a paddle and a ball and try the latest craze in sport fitness. Nets will be set up, paddles and balls provided. This is open play with no instruction. Rules will be posted and sent ahead of time.

Friday	10/13/2023	12:00pm-12:45pm	MSCR West	Course # 37299
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Friday	10/13/2023	1:00pm-1:45pm	MSCR West	Course # 37301
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Friday	10/27/2023	12:00pm-12:45pm	MSCR West	Course # 37348
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Friday	10/27/2023	1:00pm-1:45pm	MSCR West	Course # 37349
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Shopping & Preventing Identity Theft

In this all-encompassing presentation and discussion, learn about smart shopping tips, identity theft and how to utilize the Wisconsin Better Business Bureau free consumer services. In addition, discover how you can learn about the scams taking place in your area and what to do if you or a loved one becomes a victim. Tiffany Bernhardt-Schultz, Southwest Regional Director, Better Business Bureau (BBB) of Wisconsin.

Thursday	10/19/2023	10:00am-11:00am	MSCR East	Course # 37367
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Succulent Terrarium Workshop

Create your own succulent terrarium garden! Learn how to care for the new plants, basic care tips and how to propagate the succulents. Paint a stone to decorate your new garden. Materials provided, including small glass terrarium. Instructors: Tiesha

Saturday	10/14/2023	9:00am-10:00am	MSCR East	Course # 37368
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Tai Chi for Arthritis & Fall Prevention

Based on the Sun Style Tai Chi for its ease of use for older adults, this form promotes strength, balance, and flexibility and may reduce or prevent falls. The movements are taught using left and right sides and with turns to move forward and backward to improve mobility. Instructor: Ann

Wednesday	10/11/2023	9:00am-9:45am	MSCR West	Course # 37372
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Take a Spin—Pottery Class

New to the pottery world? Take a spin on the wheel and get your hands dirty! Concentrate on learning how to center items on the wheel and attempt to throw a small pot. At the end of class, choose your favorite piece to be glazed and fired. Instructor: Lisa Lang

Wednesday	10/25/2023	10:00am-12:00pm	MSCR West	Course # 37302
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Tools for Healthy Brain Aging

Do you know the steps you can take to promote your brain health? What can you do if you or someone you know is experiencing changes in memory or thinking? Join the Brain Health Team from the University of Wisconsin-Madison School of Medicine and Public Health which will address these questions and more. Topics will include normal age-related brain changes, conditions such as Alzheimer's disease and dementia, strategies to strengthen and protect your brain health, and more!

Monday	10/16/2023	10:00am-11:00am	MSCR Central	Course # 37369
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Total Body Suspension Training (TRX)

This class is a total body, heart pumping, aerobic and strength conditioning workout. Class combines full-body strength training using suspension straps with bodyweight exercises and/or weights to tone your body and improve your endurance. Instructor: Deb

Wednesday	10/04/2023	1:30pm-2:15pm	MSCR East	Course # 37303
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Tuesday	10/17/2023	1:30pm-2:15pm	MSCR East	Course # 37304
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TRX Yoga

A yoga class that uses the TRX suspension trainer as a helping hand to make you feel safe to explore a deeper stretch and allows each pose to work for you and your body. Build strength, improve balance & coordination, increase mobility and leave feeling rejuvenated and centered. All fitness levels welcome, as instructors will offer modifications. Instructor: Megan

Monday	10/23/2023	1:00pm-2:00pm	MSCR East	Course # 37715
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Walking Meditation

Learn the calming and restorative power of walking meditation during this slow-paced intentional walk through a local park. Receive a brief introduction to mindfulness and meditation practices before setting off on a walking meditation. Instructor: Stacey

Wednesday	10/11/2023	10:00am-11:00am	Elver Park Shelter	Course # 37296
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Wisconsin State Capitol Tour

Experience the beauty and grandeur of the Wisconsin State Capitol on this informative tour.

Wednesday	10/18/2023	10:00am-11:00am	State Capitol—Info Desk	Course # 37298
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