

50+ NOTES

Soup and Sandwich Fridays For All Adults

Fri., Jan. 9, 16, 23, 30

Serving at noon

No charge

Sign-up at the center

Mobile Food Pantry

The food pantry is held every third Wednesday of the month including **Wed.. Jan. 21st** 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.



50+ Walking Club

Pick up a walking chart at the BLW Center.

Record one hour of walking each week for your health and to win prizes!

50+ Dinner

Thursday, January 29th

Adults 50 Plus are invited to dinner at the Center on Thursday, January 29th.

- Gather at 4:45 pm
- Dinner at 5:00 pm
- BINGO
- Door prizes after the program
- No charge.

BLW Computer and Telephone Times

Monday -Friday

9:30-11:00

1:30-3:00

50+ Notes

January 2009

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

For more information call or go to:

www.blwcenter.org, or

www.geocieties.com/blw50plus

Executive Director
50+ Program Coordinator
Office Staff

Tom Solyst
Jim Stickels
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) 441-6991.



Happy New Year!

DTV Converter Box Coupons



Between now and March 31, 2009, your household is eligible to request up to two \$40 coupons to be used toward the purchase of up to two, digital-to-analog converter boxes.

To order the converter box coupons, call 1-888-DTV-2009 or visit www.dtv2009.gov.

You can use the computers at the center to order your coupons on-line.

BLW Reading Buddies

The Reading Program for elementary school children at the center can use your help.

- Help keep track of book orders about once a month.
- Help with penny donations to buy books for the children
- Help write news articles about the BLW Reading Buddies program



Free Breast Cancer Screening Available:

Need your yearly mammogram? No health insurance, high deductible, or your insurance does not cover mammograms? Wisconsin Well Woman Program provides free health screenings to income eligible women.

Over 25 medical clinics in Dane County participate. There is a 1 in 8 chance that a woman will be diagnosed with breast cancer in her lifetime. All women are risk for breast cancer, not just those with a family history.

The good news is that breast cancer is treatable. Finding breast cancer early gives a woman a much greater chance of full recovery. This is an opportunity for ALL women to have access to an annual check-up.

Enrollment is quick and is completed over the phone. For more information call today! Contact Kari at (608) 242-6392, Public Health—Madison & Dane County.



Help with job ready skills at BLW

Tuesday and Wednesday's 12:00-1:00 p.m.

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.

Starts January 27th.

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 Manor, Moorland-Rimrock or Indian Springs.**

Free Help Filing Your Tax Return! Volunteer Income Tax Assistance (VITA) Partnership 2009.

January 26, 2009—April 15, 2009, No appointment needed!

Mon & Wed, 12p.m.-6 p.m., Sat 9 a.m.-3p.m.

Financial Education Center, 2300 S. Park St. (Villager), 2nd Level. (Financial institutions on site to open accounts for direct deposit of your refunds)

For information, contact Deb Neubauer, 261-5077, neubauer@co.dane.wi.us

50+ Advisory Committee

The Center has a committee to help plan programs and raise money for programs at the Bridge Lake Point Neighborhood Center. If you would be interested in being on the committee, ask for Jim at 441-6991.



1. 50+ Program Ideas
2. 50+ Fundraising
3. Office needs
4. Grant proposals

Important Phone Numbers

BLW Center Our neighborhood center	441-6991	Madison Senior Center 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.	266-6581
Access Community Health Provides comprehensive, top-quality services for the underserved, including both comprehensive medical and dental care.	443-5480	Monona Senior Center The Center offers a variety of educational, social and wellness programs.	222-3415
Centro Hispano Centro Hispano of Dane County exists to empower Latinos through quality social, educational and cultural programs.	255-3018	MSCR The place for people 50+ to find out about interesting resources, events, and recreation for developing a life they love living because they are 2Young2Retire.	204-3000
Community Action Coalition Programs to enhance the skills, knowledge and capacity of people experiencing poverty so they may improve their economic and social circumstances.	246-4730	Senior Hotline to Help To reach shelters, health resources, crisis intervention hotlines, support groups, financial assistance, educational programs and more.	266-9007
Dental Hygiene at MATC Low cost teeth cleaning	258-2400	South Madison Coalition 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.	251-8405
Dane County Job Center A central location for people looking for work and businesses that need help finding qualified applicants.	242-7400	Tenant Resource Center Provides rental and housing counseling, mediation services.	257-0143
East Madison Coalition 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.	223-3100	United Way Help Info Line 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.	211
Elder Law Center The Legal Services Division of CWAG provides legal services and resources to citizens 60 years and older.	224-0606	Urban League To improve the social and economic conditions of African Americans, other people of color, and the economically disadvantaged in our community.	251-8550
Family Service Consumer Credit Counseling Service to help solve debt problems through assistance with budget planning, money management, and planned debt liquidation.	252-1320	YMCA Programs for seniors at the YMCA and YWCA. The YMCA has scholarships available for families.	221-1571
Glendale School Madison elementary school with ties to BLW.	204-2400	YWCA	257-1436
Joining Forces for Families JFF is a voluntary, community-based, supportive service that helps families address their basic human needs by quickly linking clients to resources.	224-3624		
Madison Metro Madison bus system customer service desk	266-4466		

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