

Active Aging MONTH



Free!



**Outdoor
Active Aging
Scavenger Hunt
Available
(1 ticket)**

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.

How to participate:

- Register and attend an activity to earn ONE raffle ticket for MSCR prizes. Drawing for prizes takes place on 11/15.
- Registration is required for activities with course numbers listed on the schedule.
- We want to encourage as many participants as possible so please only register for up to four activities when registration opens on 9/23.
- After 9/27, you may register for any open activities.
- If an activity is full, we recommend placing yourself on the waiting list.
- Need to report your absence? Try to provide 48 hours notice via phone or email to allow someone on the waiting list to take your spot.

How to register:

- Search up to four activities by course number listed on the schedule.
- Registration begins at 12PM on 9/23 for MMSD residents & non-residents.
- Complete and turn in a special scavenger hunt by 11/1 for one raffle ticket.
- Register online or paper registration form or stop by for help.

**REGISTRATION
OPENS
SEPTEMBER 23
at 12pm for all
participants**



www.mscr.org



mscr@madison.k12.wi.us



608-204-3000



MSCR Central,
MSCR East or
MSCR West

Activity	Location	Day	Date	Time	Instructor	Course #
Fall Walk	Starkweather Creek Path	Tu	10/1	9:15-10:15AM	Paula	41234
Learn to Fall Safely (*4-weeks)	Madison Circus Space	Tu	10/1	9:30-10:30AM	Barb	41247
Pilates	MSCR East	Tu	10/1	1:45-2:30PM	Ellen	40673
TRX Suspension Training	MSCR West	W	10/2	1:00-1:45PM	Julie M.	41244
Intro to T'ai Chi	MSCR Central	W	10/2	4:20-5:05PM	Bob	41236
Aqua Exercise Warm Water	Lapham	Th	10/3	2:00-3:00PM	Alyssa	41237
T'ai Chi Yang	MSCR West	F	10/4	9:30-10:15AM	John	41238
Live Plant Terrarium	MSCR East	Su	10/6	9:00-9:45AM	Tiesha	41239
Meditation Gardens	MSCR West	M	10/7	10:00-11:00AM	Terry	41240
Intro to Kayaking	Warner Park	M	10/7	1:30-3:30PM	Outdoor Team	41241
Fall Walk	Vilas Park	Tu	10/8	9:15-10:15AM	Paula	41243
Pickleball Try It!	MSCR West	Tu	10/8	11:45AM-12:45PM	Sports Team	41242
Memoir Writing Workshop	MSCR West	W	10/9	1:00-3:00PM	Katie	40658
Pickleball Try It!	MSCR West	Th	10/10	11:45AM-12:45PM	Sports Team	40678
Games, Puzzles & Conversation	MSCR East	F	10/11	1:00-3:00PM	Fitness Team	40661
Bird Walk	Olin Park	M	10/14	8:00-9:30AM	Outdoor Team	40662
Handbuilding with Clay	MSCR West	M	10/14	10:00AM-12:00PM	Lisa L.	40659
Aqua Exercise Deep Water	Capitol Lakes	M	10/14	5:30-6:30PM	Julie T.	40660
Pickleball Try It!	MSCR West	Tu	10/15	11:45AM-12:45PM	Sports Team	40679
TRX Suspension Training	MSCR West	W	10/16	1:00-1:45PM	Julie M.	41245
Tai Chi Pole	MSCR East	W	10/16	4:20-5:05PM	Bob	40669
Pickleball Try It!	MSCR West	Th	10/17	11:45AM-12:45PM	Sports Team	40680
Aqua Exercise Shallow Water	Capitol Lakes	Th	10/17	2:00-3:00PM	Meredith	40663
T'ai Chi Yang	MSCR West	F	10/18	9:30-10:15AM	John	40684
Yin Yoga	MSCR East	F	10/18	10:30-11:15AM	Lisa H.	40682
Live Plant Terrarium	MSCR Central	Su	10/20	9:00-9:45AM	Tiesha	40665
Bird Walk	Cherokee Marsh North	M	10/21	8:00-9:30AM	Outdoor Team	40668
Parkour for Seniors Try It!	Warner Park	Tu	10/22	10:00AM-12:00PM	Shelby/Susan	41248
Barre Sculpt - Virtual	Virtual	W	10/23	10:00-10:45AM	Lisa H.	41246
Painting Fall in Watercolors	MSCR East	W	10/23	10:00AM-12:00PM	Janine	40683
Disc Golf in the Park	Heritage Heights Park	Th	10/24	12:30-1:30PM	Lisa H.	40670
TRX Suspension Training	MSCR East	F	10/25	9:15-10:00AM	Deb	40688
Coloring for Relaxation	MSCR East	F	10/25	10:00-11:00AM	Terry	40687
Aqua Exercise Deep Water	Capitol Lakes	M	10/28	5:30-6:30PM	Julie T.	40666
Games, Puzzles & Conversation	MSCR Central	Tu	10/29	10:00AM-12:00PM	Fitness Team	40664
Keeping the Keys - Virtual	Virtual	W	10/30	11:00AM-12:00PM	Ashley	40671
Aqua Exercise Shallow Water	Capitol Lakes	Th	10/31	2:00-3:00PM	Meredith	40667

Class Descriptions

Aqua Exercise Deep Water	Great way to keep fit and flexible without impact on the hips, joints and spine.
Aqua Exercise Shallow Water	Enjoy an aerobic workout in cooler water. Class promotes muscle toning, increased stamina, flexibility and strength. Floatation supports are used for resistance training.
Aqua Exercise Warm Water	Class promotes toning, increased stamina, endurance, flexibility and strength for active participants in a warm water pool. Use floatation devices for resistance training.
Barre Sculpt - Virtual	Increase flexibility, strength and stamina while keeping your body strong and lean with barre and floor stretches using a sturdy chair, mat and weights (or water bottles).
Bird Walk	Learn about using binoculars, identifying species visually and by ear, recognizing bird habitat, and how to spot permanent residents vs. migrants.
Games, Puzzles & Conversation	Construct a puzzle, play a game, meet some new people! Enjoy a little "ME" time.
Coloring for Relaxation	Coloring can be a simple meditative activity or a social experience. Learn easy ways to blend colors, shade and create volume. Materials provided.
Disc Golf in the Park	Take a walk through the park and learn a new sport. Disc golf discs provided.
Fall Walks	Enjoy a 2 mile walk in the crisp fall air while enjoying the sites and sounds along the trail.
Handbuilding with Clay	Learn handbuilding techniques to create your own small piece of pottery.
Intro to Kayaking	Learn paddling techniques, intro information about boats, safety equipment and water safety.
Intro to T'ai Chi	Intro to the basic movements, techniques and philosophies of a T'ai Chi practice.
Keeping the Keys - Virtual	Explore facts and myths about older adult drivers, discuss age-related changes that may make driving challenging, and also provide recommendations on driving adaptations and local resources to keep us safe on the road for as long as possible. Presented by Safe Communities.
Learn to Fall Safely (*4-week workshop)	Learn to fall safely and to get backup without injury. Thick "crash mats" are used for practicing. Classes are progressive so it's recommended you attend all four classes. 10/1, 10/8, 10/15 & 10/22
Live Plant Terrarium	Create a terrarium garden, learn basic care tips and how to propagate plant. Materials provided.
Meditation Gardens	Enjoy this tactile way to bring calm and peace to your life. Arrange your landscape and use rakes and texture tools to clear your mind. Materials provided.
Memoir Writing Workshop	Put your pen to paper and learn how to start writing your story.
Painting Fall in Watercolors	Try using watercolors by painting beautiful autumn leaves.
Parkour for Seniors	Learn balance and coordination, work on preventing falls, find more flexibility in your body and more movement options for your life!
Pickleball	Learn the basic rules of doubles pickleball, where to stand on the court, how scoring works and get a chance to play a game of pickleball.
T'ai Chi Pole	The T'ai Chi pole form uses rounded, thrusting, retracting movements to strengthen the body as well as the mind. Develop better concentration, posture, breath and balance.
T'ai Chi Yang	Improve coordination, strength and balance through Yang Family T'ai Chi.
TRX Suspension Training	Class combines bodyweight strength training exercises using suspension straps to develop strength, balance, flexibility and core stability simultaneously.
Yin Yoga	Combines long held stretches with mindfulness meditation and breathwork.