

# Madison Senior Center

Presentation to Disability  
Rights Commission  
Thursday, January 22, 2026

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# Overview

1. Free membership for Madison Area visitors and residents ages 55+
2. Family, friends, & caregivers of members are also welcome to attend with them
3. Our Mission: The Madison Senior Center provides opportunities for older adults to engage in healthy living education and activities in a relevant and inclusive community.
4. Our Vision: *Become known as an inclusive community where older adults thrive.*

# Services

- Case Management
- Older Adult Community Resources
- Technology 1:1 Assistance
- Meal Site



# Programs

We follow a model outlined by Doctors J.W. Rowe and R.L. Kahn in their book, *Successful Aging* (1999). There are three key components to successful aging:

1. Avoiding Disease
2. Engagement with Life
3. Maintaining High Cognitive and Physical Function

At the Senior Center, we engage older adults as leaders, teachers, and learners to support and balance these goals.



# Avoiding Disease

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1. Gut Health and Diabetes
2. HASFIT Gentle Exercise
3. Blood Pressure Screening





# Engagement With Life

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1. Third Thursday Entertainment
2. Podcast Discussion Group
3. Craft & Coffee





# Maintaining High Cognitive & Physical Function

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1. Rosen Method Movement
2. Memory Lane
3. Let's CONNECT



# Questions?

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