

NEWBRIDGE UNIVERSITY (NBU)



NewBridge University (NBU), a community of lifelong learners. As we age our learning paths may look different. The manner in which we learn may change and our learning curve might be steeper, but we never stop learning. At NBU we strive to engage, support and unite older adults in a social learning environment that is safe and inclusive.

NBU offers a hybrid model of programs, classes and activities that are either in-person or virtual (Zoom) and are developed with a focus on education (with a special emphasis on health education), socialization, arts, recreation and support groups. NBU is free to all older adults 60+ in Madison and Monona and extends into Dane County for our Black and Hispanic older adults.

STAFF CONTACT INFORMATION



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La Universidad de NewBridge (NBU) es una comunidad de aprendices de toda una vida. En la medida que envejecemos nuestros caminos de aprendizaje podrían ser diferentes, la manera en que aprendemos podría cambiar y nuestra capacidad de aprender podría ser más lenta, pero nunca paramos de aprender. En la Universidad de NewBridge buscamos unir, apoyar y acoger a los adultos mayores en un ambiente de aprendizaje social que es seguro e inclusivo.

La Universidad de NewBridge (NBU) ofrece un modelo híbrido de programas, clases y actividades que son en-persona o virtuales (Vía Zoom) que están desarrollados con enfoque en la educación (con especial énfasis en la educación en la salud), socialización, artes, recreación y grupos de apoyo. La Universidad de NewBridge (NBU) es gratuita para todos los adultos mayores de 60 años que residen en el Condado de Dane.

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NBU is offered to all older adults. Some of our programs will be offered to specific groups to help provide a safe space where participants can share and express themselves with older adults who look like them and share similar life experiences. Check page 8 for staff contact to get more information about a specific class or activity and also to sign up and get transportation. The following symbols will be used to identify programs that are meant for specific groups:



Programs focus on our Black older adults



Programs focus on our Hispanic older adults and offered in Spanish only



CELEBRACIÓN ESPECIAL DEL DÍA DE LAS MADRES - HOMBRES INVITADOS!

Viernes, Mayo 10, 10:00 am-2:00 pm
Good Shepherd Church, 5701 Raymond Rd.
Venga a celebrar el aporte que las madres hacen en la familia y en la comunidad con música -DJ, Baile, presentaciones, y por supuesto flores y sorpresas. Habrá transporte limitado. Favor registrarse!



FIESTA EN EL PARQUE

Viernes, Mayo 24, 6:00-8:00 pm
Brittingham Park, 829 W Washington Ave.
Invite a sus familiares y amigos de cualquier edad a darle la bienvenida a las fiestas de verán. Habrá música latina (DJ) y baile, venta de comida mexicana y centroamericana.



50+ ENCONTRANTO Y DISFRUTANDO NUEVAS AMISTADES

Jueves, Mayo 9, 6:00-8:00 pm
Goodman Center, 214 Waubesa St.
Encuentre a alguien que comparta sus mismos intereses, Disfrute de música con el DJ Diego, baile, aperitivos, bebidas y premios. Habrá información sobre grupos de socialización en el Condado de Dane. Boletos \$10, ncluye actividades, comida y una bebida.



BINGO BILINGÜE

Primer Viernes, 3 de Mayo, 10:15-11:15 am
Warner Park, 1625 Northport Dr.
Tercer Viernes, 17 de Mayo, 11:00 am-Noon
Good Shepherd Church, 5701 Raymond Rd.
Registrarse antes del 12 de Mayo.



CARTAS Y JUEGOS DE MESA

Todos Los Miércoles, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
Dominos, cartas bid whist, rummikub, tablero de parques y otros mas.
Transporte limitado para los que viven en el norte y este de Madison.



CÍRCULO DE AMIGOS: Zoom

Todos Los Miércoles, 1:00-2:00 pm
¡Estaremos tratando temas de actualidad. Su opinión es muy importante. Haga parte dell circulo de una familia grande!



SOCIAL SOCIAL CLASSES

BINGO: In-Person

Fridays, May 10, 17, 24, 10:15-11:15 am
Warner Park, 1625 Northport Dr.

BILINGUAL BINGO: In-Person

Friday, May 3, 10:15-11:15 am
Warner Park, 1625 Northport Dr.
Friday, May 17, 10:45-11:45 am
Good Shepherd Lutheran Church
5701 Raymond Rd.

50 cents p/card up to 4 cards; each bingo wins a \$1 & black out takes it all!



BLACK-BUSTERS MOVIE + DISCUSSION

Call Arielle for the date, time and location
Watch a movie, eat snacks, share laughs and have some conversations in relation to 1978's "The Wiz."

BOOK CLUB: Zoom

Wednesday, May 1, 10:00-11:00 am
Warner Park, 1625 Northport Dr.
You are responsible for getting and returning your book. Available at the Lakeview Library.

CARD MAKING CLUB

Wednesday, May 8, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
If you are crafty and enjoy making cards for others, please join us!

CARDS & GAMES

Warner Park, 1625 Northport Dr.
BUNCO, Mondays, 2:00-4:00 pm
EUCHRE, Tuesdays, 1:00-3:00 pm
CARDS/GAMES, 2nd Wed., 1:00-3:00 pm
(Bid Whist, Dominoes, Rummikub & More)
MAH JONG, Thursdays, 1:00-3:00 pm

DRUM CIRCLE "Ritmo & Drums"

Thursdays, 12:00-1:00 pm
Warner Park, 1625 Northport Dr.
Whether you have never touched a drum before or have drummed your whole life this is a group is for you! Drumming is a great social activity that can improve memory, keeps you active, and can be soothing to the spirit, mind and body.



GAME DAY

Wednesday, May 8, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
Let the games begin! Join us every 2nd Wednesday for cards and board games. Bring your own games and teach others, learn a new game or just come to meet new people and socialize.

PING PONG

Mondays, 9:00 am-Noon
Wednesdays, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.

SASSY STEPPERS

Tuesdays, 2:00-3:00 pm
Warner Park, 1625 Northport Dr.
If you love to dance, enjoy performing, and meet new friends, come join us! We meet weekly to practice choreographed steps by group leader, Ardis Hempl.



**SOCIAL
SOCIAL
CLASSES**

SEWING CLUB

Thursday, May 2, 16, 9:00 am-Noon
Warner Park, 1625 Northport Dr.
Light mending for older adults.

HOW TO GET YOUR ITEMS MENDED:

Bring your items (3 maximum) into the NewBridge North Office, 1625 Northport Drive, Suite 125, and leave them with our front desk volunteer and our volunteers will mend. No charge, donations welcome!

WALK DOWN MEMORY LANE...

1st Tuesday/Mo, 11:30-1:00 pm
Warner Park, 1625 Northport Dr.
FREE cultural program for people with early to mid-stage memory loss and their care partners. Programs are designed to keep participants actively engaged in their communities by providing experiences that stimulate conversations, provide peer support and inspire creativity .

2024 Summer Concert Series Line Up

Mondays in June and July, 6:00-7:30 pm
Warner Park Shelter

- June 10: Jazz with Art & Lit Lab
- June 17: Frank Martin Busch & The Names
- June 24: Sista Sensi
- July 15: Universal Sound
- July 22: Eddie Butts Band
- July 29: Ladies Must Swing

3RD ANNUAL PARTY @ THE PARK

Friday, May 24, 6:00-8:00 pm
Brittingham Park, 829 W. Washington Ave.
DJ Diego - Can't wait to see you there.



**HEALTH & WELLNESS
SALUD Y BIENESTAR
CLASSES**



CAFETERIA DE LA MEMORIA: Zoom

Todos Los Jueves, 2:00-3:00 pm
Entrene su memoria, percepción, atención, concentración y más a través de retos y actividades divertidas. Las hojas de práctica se enviarán todos los viernes.



**ARTS
LETRAS
CLASSES**

MUSIC JAM SESSION

One Saturday/mo, 9:00 am-12:00 pm
Village Hall Gymnasium, Maple Bluff
All are welcome. "Turn it up!" Musicians meet to play and sing anything written after 1950. Come for all or part of the session. Bring your instrument, voice, favorite song, and enthusiasm.
For more info please contact Walt Stewart (608) 576-5437.



EDUCATIONAL EDUCACIONAL CLASSES

H

BORDADO A MANO/CHOCHE EN LÍNEA: Zoom

Todos los Jueves, 3:15-4:15 pm
Desarrolle sus cualidades para que pueda hacer su propio bufanda y gorro para que pueda protegerse del frío. ¡Solicite el enlace para que se conecte con la maestra!

H

CORTE Y CONFECCION

Todos Los Jueves y Domingos
10:00 am-12:00 pm
Arts + Lit Lab, 111 S. Livingston St.
Aprenda cómo manejar las máquinas de coser, las puntadas básicas o si prefiere algo más avanzado, Alicia tiene la experiencia.

H

ESL-APRENDA INGLES BASICO Y AVANZADO

Todos Los Martes, 11:00 am-12:00 pm
Good Shepherd Church, 5701 Raymond Rd
La oportunidad de avanzar en el idioma desde el nivel donde se encuentre. Se provera el material de estudio.

NATURE ADVENTURES

2nd Thursday/Mo, May 9, 12:15-2:00 pm
Warner Park, 1625 Northport Dr.
Learn about nature all around us at Warner Park and in your own backyard! We will be bird watching, going on nature walks and a lot of indoor activities too!

B

CLEVER COOKS

Monday, May 22, 11:00 am-1:00 pm
FEED Kitchen, 1219 Sherman Ave
Learn some new recipes at this class led by local Madison Chef and business owner, Daijah Wade. Registration is Required. Limited Space available.

B

FINANCIAL PLANNING WORKSHOP

Tuesday, May 21, 1:00-2:00 pm
Madison Labor Temple, 1602 S Park St
This class will provide tips and tricks on how to improve in the area of saving money and planning for the future.

B

TECH MASTERS: GETTING COMFORTABLE WITH COMPUTERS

Wednesday, May 1, 1:00-3:00 pm
Madison Labor Temple, 1602 S. Park St.
If you are interested in learning about computers and getting more comfortable with them, this is the place for you. With a little bit of practice you'll become a Tech Master. Registration is required.

B

THE CLASSICS BOOK CLUB

Wednesday, May 29, 1:00-2:00 pm
Madison Public Library – Goodman South
2222 S. Park St.
Join us as we explore new and old authors and expand our love of reading and books! Registration is required.



H **YOGA SUAVE: Zoom**

Todos Los Lunes, Enero 8-Junio 3
 10:15-11:15 am
 Practique yoga de pie, sentado(a), y/o acostado(a) sobre un tapete o colchoneta, para aliviar el estrés, fortalecer el sistema inmunológico y mejorar su bienestar.

CHAIR YOGA

Mondays, 10:00-11:00 am
 Lakeview Library, 2845 N. Sherman Ave.
 To register contact Deenah OR call Lakeview Library at (608) 246-4547 or register online at madpl.org/events.

CHAIR YOGA

Thursdays, 10:30-11:30 am
 Warner Park, 1625 Northport Dr.
 Join Instructor Kim S. as she leads you through a series of gentle stretch and yoga movements from standing or seated positions. For all ability levels. No pre-registration needed at this time.

EASY YOGA PLUS: Zoom

Wednesdays & Fridays, 10:00-11:00 am
 Ellen Millar leads a series of exercises that can be done standing or from a chair. These are safe, slow and easy practices.
To sign up, visit Ellen's website for the Zoom link www.thewonderofyoga.com

B **FOREVER FIT DANCE SESSION**

Friday, May 17, 1:00-2:00 pm
 Warner Park, 1625 Northport Dr
 This will be a light ZUMBA inspired dance session for people at all skill levels.

MINDFULNESS MOVEMENT FOR LGBTQ+ FOLKS, FRIENDS & ALLIES

Wednesdays and Fridays, 10:15-11:45 am
 Warner Park, 1625 Northport Dr.
 Have more energy, feel more relaxed, learn to be mindful and reduce stress while having fun. Gently stretch energy meridians, practice calming breathing techniques, and improve your body's natural healing ability. Small donation requested. *This class is offered in collaboration with Outreach, Inc. 50+ Alliance and taught by Mimi Millen.*

SPIRIT & STRENGTH: SHARING WISDOM IN TROUBLED TIMES THROUGH OUR STORIES: Zoom

Tuesdays, 1:00-2:30 pm
 Join Pam Philips Olson, Writer, Storyteller and Author as she leads us through a process to help tell our own stories.

STRETCH & STRENGTH: Zoom

Mondays & Wednesdays, 9:00-9:45 am
 Join Becky Ott-Forde for gentle stretch and strengthening exercises from the comfort of your own home. Cost \$25/mo.
To sign up, contact Becky Otte Ford raonine@gmail.com or (608) 215-4119.