



The GoodmanGuide

Goodman Community Center

March-April 2009

Find listings by INTEREST AREAS

- Creative Arts
- Community
- Events
- Learning
- Health | Fitness | Play
- Support
- Other | Multi

To register for a class

If registration is required, the contact person or organization listed will handle fees and registration. *All GCC programs offer scholarships to families or individuals who are unable to afford the fees.*

For updates

New classes are added all the time. See www.goodmancenter.org for our most current information.

To report changes or errors

Email: kristin@goodmancenter.org

Preschool

Childcare for Exercising Parents • Evenings ●

Childcare is available in the preschool while Mom or Dad exercise at the Center.
Days: Monday and Thursday
Times: 5:30-7:00pm
Location: GCC Preschool Room
Age requirements: None
Fee: \$2 per child
Registration required: Yes
Contact: Tanya Martinez-Knauer, Childcare Programs Administrative Assistant
Email: tanyamk@goodmancenter.org
Phone: 241.1574 x237

Childcare for Exercising Parents • Mornings ●

Childcare is available in the preschool while Mom or Dad exercise at the Center.
Days: Monday-Friday
Times: 6:30-8:00am
Location: GCC Preschool Room
Age requirements: 2.5-5 year olds
Fee: \$2 per child
Registration required: Yes. Space is limited
Contact: Tanya Martinez-Knauer, Childcare Programs Administrative Assistant
Email: tanyamk@goodmancenter.org
Phone: 241.1574 x237

Goodman Community Preschool ●

City accredited state licensed childcare. There is currently a waiting list.
Days: Monday-Friday
Times: 6:00am-5:30pm
Location: GCC Preschool Room
Age requirements: Accepts full- and part-time enrollment for ages 30 months through 5 years
Fee: Sliding fee scale
Registration required: Yes
Contact: Tanya Martinez-Knauer, Childcare Programs Administrative Assistant
Email: tanyamk@goodmancenter.org
Phone: 241.1574 x237

Parent Tot Fun Time • Weekdays ●

Goodman Community Preschool is open for parents and children ages 2 through 6 years of age to play and explore together.
Days: Tuesdays and Thursdays
Times: 9:00-11:00am
Location: GCC Gym
Age requirements: 2 through 6 year olds
Fee: \$3 for first child, \$2 for each additional child, \$10 maximum. Children under 2 and parents are free.
Registration required: Yes
Contact: Tyrone Cratic, Athletic Director
Email: tyrone@goodmancenter.org
Phone: 241.1574 x270

Parent Tot Fun Time • Weekends ●

Goodman Community Preschool is open for parents and children ages 2 through 6 years of age to play and explore together.

Days: Saturdays
Times: 9:00-11:00am
Location: GCC Preschool Room
Age requirements: 2 through 6 year olds
Fee: \$3 per child. Children under 2 and parents are free.
Registration required: Yes
Contact: Tanya Martinez-Knauer, Childcare Programs Administrative Assistant
Email: tanyamk@goodmancenter.org
Phone: 241.1574 x237

Elementary

Our elementary programs are for children grades K-5 and are made possible by a Community Learning Center grant, the City of Madison, the United Way, and the generous support of our donors.

Aerial Arts for Kids ●

This class is for new and returning youth aerialists. We'll be spinning, flying and dangling from single-point, low-flying trapezes and other aerial apparatus. After learning/reviewing the basics, we will set up learning, play and practice structures which pose new challenges for all experience levels.

Days: Wednesdays, March 25-May13
Times: 4:15-5:15pm
Location: GCC Gym
Age requirements: 7+ years old
Fee: \$100 for 8 classes
Registration required: Yes. Registration available at www.mazomac.com or contact Marcia.
Contact: Marcia Miquelon
Email: marcianitaus@yahoo.com
Phone: 669-6403

Afterschool Childcare ●

Afterschool programming for youth attending Lowell, Emerson, Marquette and Lapham elementary schools. Children are transported from Lowell in a MMSD bus and from Emerson and Marquette and Lapham in GCC vans. Pick up by 5:30pm is the parent's responsibility.

Days/Times: Mondays, from 1:15 to 5:30pm and Tuesdays through Fridays from 2:45-5:30pm.

Location: GCC Afterschool Room
Age requirements: Elementary school age
Fee: Sliding scale fee
Registration required: Yes
Contact: Angela Tortorice
Email: angela@goodmancenter.org
Phone: 241-1574 x235

Before School Childcare ●

For Lowell and Emerson students. Breakfast is provided. Children are transported from the Center to their respective schools in a GCC van.

Days: Monday through Friday
Times: 6:00-7:30am
Location: GCC Preschool Room
Age requirements: Lowell or Emerson students

Fee: Sliding scale fee
Registration required: Yes
Contact: Angela Tortorice
Email: angela@goodmancenter.org
Phone: 241.1574 x235

New! East High Wrestling Club ●

Come learn the fundamentals of wrestling.
Days: Mondays and Thursdays, starting March 16
Times: 5:30-7:00pm
Location: GCC Gym
Age requirements: Elementary to high school aged students
Fee: No

Registration required: No
Contact: Tyrone Cratic, Athletic Director
Email: tyrone@goodmancenter.org
Phone: 241.1574 x270

Evening Enrichment Programs ●●●

Eight week sessions of art and other fun hands-on activities. Watch for updates on class specifics on the GCC website and on the SASYNA listserv, and flyers through your child's school. Current classes listed below.

Days: Tuesdays, Wednesdays or Thursdays
Times: 6:00-7:00pm (usually)
Location: Varies. See individual listings below.
Age requirements: 3rd-5th grade students
Fee: \$25. Scholarships are available.
Registration required: Yes
Contact: Angela Tortorice
Email: angela@goodmancenter.org
Phone: 241.1574 x235

Evening Enrichment • Girl Scouts ●

Girls develop qualities that will serve them all their lives, like leadership, strong values, social conscience, and conviction about their own potential and self-worth.

Days: Tuesdays, ongoing
Times: 6:00-7:00pm
Location: GCC Afterschool Room
Age requirements: 3rd-5th grade students
Fee: \$25. Scholarships are available.
Registration required: Yes, ongoing
Contact: Angela Tortorice
Email: angela@goodmancenter.org
Phone: 241.1574 x235

Evening Enrichment • 2-Dimensional Art Workshop ●

Children will learn drawing and painting techniques from a local artist. Various art materials will be explored including graphite pencils, charcoal, pen, acrylic paint, and ink wash.

Days: Wednesdays, February 4-March 25
Times: 6:00-7:30pm
Location: Art Room in GCC Gym building
Age requirements: 3rd-5th grade students
Fee: \$25. Scholarships are available.
Registration required: Yes
Contact: Angela Tortorice
Email: angela@goodmancenter.org
Phone: 241.1574 x235

Evening Enrichment • Watercolor Creations ●

Children will learn the art of watercolor painting including how to mix colors, utilize brushes and paint individual masterpieces.

Days: Thursdays, February 5-March 26
Times: 6:00-7:00pm
Location: Project Art Room
Age requirements: 3rd-5th grade students
Fee: \$25. Scholarships are available.
Registration required: Yes
Contact: Angela Tortorice
Email: angela@goodmancenter.org
Phone: 241.1574 x235

4th and 5th Grade Socials ●

The GCC Gym will be available for recreation and sports, games, music and hanging out. Sponsored by GCC and the Northeast Side Basketball Company.

Days: Third Friday of the month
Times: 6:30-9:00pm
Location: Lussier Teen Center and GCC Gym
Age requirements: 4th-5th grade students
Fee: \$3 per child. Includes \$1 of game tokens and a free hot dog and popcorn. Scholarships are available.
Registration required: No registration, but an emergency contact form must be completed before a child can attend.
Contact: Tyrone Cratic, Athletic Director
Email: tyrone@goodmancenter.org
Phone: 241.1574 x270

GCC Gym Drop-in ●

The GCC Gym will be open for supervised basketball, volleyball, organized games, ropes and other gym activities. *Activity schedule will vary by week.*

Days: Mondays, Tuesdays, Wednesdays, and Thursdays
Times: 3:15-5:30pm
Location: GCC Gym
Age requirements: Elementary school age
Fee: \$1 per child, per week. Scholarships are available.
Registration required: No registration, but an emergency contact form must be completed before a child can attend.
Contact: Tyrone Cratic, Athletic Director
Email: tyrone@goodmancenter.org
Phone: 241.1574 x270

Kids Day Out ●●●

On days when the MMSD does not have school, your son or daughter can join the GCC staff in a structured day of fun and games. Each day includes recreational and sports time, art, and a field trip. Care includes meals and activity costs.

Days: April 6-9: Spring Break Care
Times: 7:30am-2:30pm with extended care until 5:30pm
Location: Lussier Teen Center and GCC Gym
Age requirements: K-5th grade students
Fee: \$35 per child for school day care, \$5 per hour for extended day care. Early dismissal care is \$15. Any child receiving the free or reduced lunch program will receive scholarships.

Registration required: Yes. Form can be picked up at GCC, Lowell or Emerson.
Contact: Ashley Rounds
Email: ashley@goodmancenter.org
Phone: 241.1574 x242

MSCR Classes for Children ●

MSCR offers many affordable classes ranging from beading to cooking to pottery to dance. Visit www.mscenter.org to see the complete program guide and to register. See pages 11 and 23 for winter session class offerings.

Winter Madness Baseball Camp • T-Ball Camp ●

Days: Saturdays, February 21-March 21
Times: 9:00-10:30am
Location: GCC Gym
Age requirements: K-2nd grade
Fee: \$35 per child
Registration required: Yes
Contact: Tyrone Cratic, Athletic Director
Email: tyrone@goodmancenter.org
Phone: 241.1574 x270

Winter Madness Camp • Baseball Fundamentals ●

Days: Saturdays, February 21-March 21
Times: 9:00-10:30am
Location: GCC Gym
Age requirements: 3rd-5th grade
Fee: \$35 per child
Registration required: Yes
Contact: Tyrone Cratic, Athletic Director
Email: tyrone@goodmancenter.org
Phone: 241.1574 x270

Middle School

Boys Group ●

Afterschool programming for middle school boys that includes recreational, educational, health and fitness, community service and leadership opportunities.
Days: Mondays and Wednesdays
Times: 6:00-8:00pm
Location: LTC Boys Clubhouse
Age requirements: Middle School
Fee: No
Registration required: Yes
Contact: Cliff Davis, Young Men's Coordinator
Email: clifton@goodmancenter.org
Phone: 241.1574 x244

Drop-in Recreation ●

Open GCC Gym time for middle school youth with volleyball, basketball and a variety of recreational activities.
Days: Mondays, Tuesdays, Thursdays, and Fridays
Times: 3:15-5:15pm
Location: Lussier Teen Center and GCC Gym
Age requirements: Middle School
Fee: No
Registration required: Yes
Contact: Tyrone Cratic, Athletic Director
Email: tyrone@goodmancenter.org
Phone: 241.1574 x270

New! East High Wrestling Club ●

Come learn the fundamentals of wrestling.
Days: Mondays and Thursdays, starting March 16
Times: 5:30-7:00pm
Location: GCC Gym
Age requirements: Elementary to high school aged students
Fee: No
Registration required: No
Contact: Tyrone Cratic, Athletic Director
Email: tyrone@goodmancenter.org
Phone: 241.1574 x270

Girls Inc. Program • 6th grade ●

After school programming with recreational, educational, health and fitness, community service and leadership opportunities. See www.girlsinc.com for more information.
Days: Mondays and Wednesdays
Times: Program: 2:30-5:00pm and 2:30-6:00pm
Location: Krupp/Grove Girls Inc. Room
Age requirements: 6th grade
Fee: No
Registration required: Yes

Contact: Adrian Adekola, Girls Inc Coordinator
Email: adrian@goodmancenter.org
Phone: 241.1574 x243

Girls Inc. Program • 7th grade ●

After school programming with recreational, educational, health and fitness, community service and leadership opportunities. See www.girlsinc.com for more information.
Days: Mondays and Tuesdays
Times: 2:30-6:00pm and 2:30-5:00pm
Location: Krupp/Grove Girls Inc. Room
Age requirements: 7th grade
Fee: No
Registration required: Yes
Contact: Adrian Adekola, Girls Inc Coordinator
Email: adrian@goodmancenter.org
Phone: 241.1574 x243

Girls Inc. • 8th grade

After school programming with recreational, educational, health and fitness, community service and leadership opportunities. See www.girlsinc.com for more information.
Days: Tuesdays and Thursdays
Times: 2:30-5:00pm and 2:30-6:00pm
Location: Krupp/Grove Girls Inc. Room
Age requirements: 8th grade
Fee: No
Registration required: Yes
Contact: Adrian Adekola, Girls Inc Coordinator
Email: adrian@goodmancenter.org
Phone: 241.1574 x243

Middle School Socials ●

Music, games and food are available. Entrance fee includes a hot dog, soda and \$1 of tokens for pool, darts or air hockey.
Days: Second Fridays
Times: 6:30-9:30pm
Location: Lussier Teen Center and GCC Gym
Age requirements: Middle school students. Middle School ID required.
Fee: \$3
Registration required: No
Contact: Colleen Hayes, Middle School GCC/O'Keeffe Coordinator
Email: colleen@goodmancenter.org
Phone: 241.1574 x260

MSCR Classes for Youth ●

MSCR offers many affordable classes ranging from beading to cooking to pottery to dance. Visit www.mscenter.org to see the complete program guide and to register. See pages 11 and 23 for winter session class offerings.

O'Keeffe Youth Resource Center (YRC) ●

A collaborative program between the Goodman Community Center and the Madison School Community Recreation Department. The YRC offers after school activities for O'Keeffe Middle School students both at the school and at the Center.
Days: Monday through Friday
Times: After school
Location: O'Keeffe and GCC
Age requirements: Middle School students.
Fee: No
Registration required: Yes
Contact: Colleen Hayes, O'Keeffe Youth Resource Coordinator
Email: colleen@goodmancenter.org
Phone: 241.1574 x260

Youth Volunteer Corps ●●

Teen Volunteers at GCC are making a difference in the Madison community! Let us know what you like to do, and we will find a meaningful place to do it! GCC Teens with the help of Youth Volunteer Corp of America (YVCA) are involved in a variety of projects: letter writing campaigns; creating, editing, and broadcasting radio spots with WORT Radio; and working with UNICEF on safe and clean water supplies, just to name a few. This spring we will partner with the Red Cross to host a blood drive at GCC.
Contact: Sarah Katzman or Shea Furey-King, YVC Team Leaders
Email: sarah@goodmancenter.org or shea@goodmancenter.org
Phone: 241.1574 x293

High School

The Lussier Teen Center strives to engage

teens in creating a positive teen community. Programming is made possible through a 21st Century Community Learning Center Grant, The Truancy Prevention Grant, City of Madison, Dane County United Way and Jack Lussier.

Band Night at the Loft ●

All shows are drug and alcohol free. For more information see www.thejourneymusic.com.
Days: March 7, April 3, April 25
Times: 6:00-10:00pm
Location: Lussier Teen Center
Age requirements: 13-19 year olds
Fee: Admission varies
Registration required: No
Contact: Tom Klein
Email: tom@thejourneymusic.com

Drivers Education by AAA ●

Instructional classroom study as required by law for Wisconsin Driver's Education.
Days: Mondays, Wednesdays and Thursdays. 15-week course starts March 18
Times: 6:30-8:30pm
Location: Evjue C
Age requirements: Must be 15 years old by first day of class.
Fee: Yes, contact instructors.
Registration required: Yes
Contact: Christine Bergan, Lead Instructor or Nick Hampton, Instructor
Phone: 242.6000 x219 or 242.6000 x222

Drop-in Activities at the Lussier Teen Center ●

After school activities including video games, arcade games, music, computers with wireless access. Free healthy snacks. Staff are on hand at all times to chat and provide a safe and friendly environment.
Days: Monday through Friday
Times: Mon.-Thurs.: 3:00-8:00pm, Fri.: 3:00-5:00pm
Location: Lussier Teen Center
Age requirements: Middle and high school students
Fee: No
Registration required: No
Contact: Norma Jean Simon, High School Community Connections Coordinator
Email: normajeane@goodmancenter.org
Phone: 241.1574 x261

New! East High Wrestling Club ●

Come learn the fundamentals of wrestling.
Days: Mondays and Thursdays, starting March 16
Times: 5:30-7:00pm
Location: GCC Gym
Age requirements: Elementary to high school aged students
Fee: No
Registration required: No
Contact: Tyrone Cratic, Athletic Director
Email: tyrone@goodmancenter.org
Phone: 241.1574 x270

Girls Inc. Program • High School ●

Afterschool program offering an opportunity for young women to explore issues important to them through discussion, field trips, service projects and fitness activities. Dinner, homework support and computer access is provided.
Days: Mondays, Wednesdays and Thursdays
Times: Mon. and Thurs.: 5:30-7:30pm, Wed.: 6:00-7:00pm
Location: Krupp/Grove Girls Inc. Room
Age requirements: High School student
Fee: No
Registration required: Yes
Contact: Adrian Adekola, Girls Inc Coordinator
Email: adrian@goodmancenter.org
Phone: 241.1574 x243

Girls Inc. Program • NEW! Strong and Empowered Teen Moms ●

This support group will address finances, healthcare, education, prenatal care, and simply provide a safe space to speak openly and honestly.
Days: Wednesdays
Times: 4:30-6:00pm
Location: Krupp/Grove Girls Inc. Room
Age requirements: Teen moms
Fee: No
Registration required: Yes

Contact: Adrian Adekola, Girls Inc Coordinator
Email: adrian@goodmancenter.org
Phone: 608-206-9375

High School Rec Night ●

MENS is an opportunity for young men to The Loft, LTC Game Room, and Gym will be open for the night. Experience a variety of activities from dancing, to basketball, to videogames.
Days: Saturday, April 4
Times: 7:00-11:30pm
Location: Lussier Teen Center and GCC Gym
Age requirements: High School students
Fee: \$3, pay at the door. Bring your student ID.
Registration required: No
Contact: Norma Jean Simon, High School Community Connections Coordinator
Email: normajeane@goodmancenter.org
Phone: 241.1574 x261

Live and Local ●

High school bands are invited to play at the Lussier Teen Center. See www.thejourneymusic.com for upcoming band schedules. The LTC Loft is a drug- and alcohol-free safe environment.
Days: Fridays, March 6 and May 1
Times: 7:00-10:00pm
Location: The Loft in the Lussier Teen Center
Age requirements: 13-19 year olds
Fee: Varies
Registration required: No
Contact: Tom Klein
Email: tom@thejourneymusic.com

Low Flying Trapeze • Intro ●

This class will cover the basics of hanging, dangling, flying and floating on single-point, low-flying trapezes and other aerial apparatus.
Days: Wednesdays, April 8-May 13
Times: 5:30-6:45pm
Location: GCC Gym
Age requirements: Teens/adults with and without prior experience.
Fee: \$90 for 6 classes
Registration required: Yes. Registration available at www.mazomac.com or contact Marcia.
Contact: Marcia Miquelon
Email: marcianitausa@yahoo.com
Phone: 669-6403

MSCR Classes for Youth ●

MSCR offers many affordable classes ranging from beading to cooking to pottery to dance. Visit www.mscenter.org to see the complete program guide and to register. See pages 11 and 23 for winter session class offerings.

MENS, Men Encouraging Nonviolent Strength ●

MENS is an opportunity for young men to have dinner together and discuss the culture they share. Activities include discussions, guest speakers, field trips, games, and time in the GCC Gym.
Days: Tuesdays
Times: 5:30-7:30pm
Location: LTC Boys Clubhouse
Age requirements: High School students
Fee: No
Registration required: Yes
Contact: Howard Hayes, Afterschool Teacher
Email: howard@goodmancenter.org
Phone: 241.1574 x234

Mess Hall Press ●

Staffed by community artists, graphic designers and communication professionals who provide a hands-on approach to learning the fundamentals of screen-printing.
Days: Tuesdays
Times: 6:00-8:00pm
Location: Art Room in the GCC Gym building
Age requirements: High school student
Fee: No
Registration required: Yes
Contact: Scott Pauli
Email: scott@goodforbusiness.com

Youth Volunteer Corps ●●

Teen Volunteers at GCC are making a difference in the Madison community! Let us know what you like to do, and we will find a meaningful place to do it! GCC Teens with the help of Youth Volunteer Corp of America (YVCA) are involved in a variety of projects: letter writing campaigns; creating, editing, and broadcasting radio spots with WORT Radio; and working with UNICEF on safe and clean

water supplies, just to name a few. This spring we will partner with the Red Cross to host a blood drive at GCC.

Contact: Sarah Katzman or Shea Furey-King, YVC Team Leaders

Email: sarah@goodmancenter.org or shea@goodmancenter.org

Phone: 241.1574 x293

NEW! Study Groups ●

Looking for some extra help in a specific subject, or just want a nice place to hang out and do your homework? GCC is holding a series of study groups for teens. Tutors are on hand to work with 3-5 students in a variety of subjects including Biology, Chemistry, Physics, Geometry, Psychology and more. Weekly raffles for movie tickets, basketball tickets, gift certificates, and concert tickets will be available for students attending one or more study group.

Days: Mondays through Thursdays

Times: Vary by subject

Location: Lussier Teen Center Café

Age requirements: High school students

Fee: No

Registration required: Yes

Contact: Norma Jean Simon, High School Community Connections Coordinator

Email: normajea@goodmancenter.org

Phone: 241.1574 x261

Youth Leadership Board ●

High school men and women meet weekly to create, evaluate and lead activities for the Lussier Teen Center.

Days: Wednesdays

Times: 6:00-8:00pm

Location: Lussier Teen Center

Age requirements: High school student

Fee: No

Registration required: Yes

Contact: Norma Jean Simon, High School Community Connections Coordinator

Email: normajea@goodmancenter.org

Phone: 241.1574 x261

Young and Old

Due to a brand new grant with the Madison Metropolitan school district, the GCC will be offering a wide variety of parent and family activities such as recreation and fitness, art, academic enrichment, dinners, movies and field trips. Watch the Eastside News, Neighborhood list serves and your child's school backpacks for details. Contact Amy Bennett at 241-1574 x230 or amy@goodmancenter.org.

Circus Camp • Intro ●

Let the wild rumpus begin! Spring Break Circus Camp will feature trapeze, juggling, clowning, stiltwalking, acrobatics, tightwire, and more and will culminate in a performance for families and friends at the end of the day on Friday.

Days: Monday through Friday, April 6-10

Times: 9:00am-4:00pm

Location: GCC Gym

Age requirements: 7+ years old

Fee: \$225

Registration required: Yes. Registration available at www.mazomac.com or contact Marcia.

Contact: Marcia Miquelon

Email: marcianitaus@yahoo.com

Phone: 669-6403

Community Enhancement: How to solve our anger problem ●

Buddhist philosophy teaches, "There is nothing more destructive than our anger. Anger is by nature a very painful state of mind." Anger can be reduced, even eliminated. All are welcome!

Days: 10-week series, Wednesdays, February 11- April 15

Times: 6:30-8:00pm

Location: DEMCO/Wall Quiet Room

Age requirements: Any

Fee: No

Registration required: No

Contact: Lhundup Chodon, Buddhist Nun

Email: lhundupchodon@gmail.com

Phone: 971.227.9402

Family Dance Nights ●

Come have a blast with kids, parents, grandparents, cousins, friends, neighbors for an

early night of cool, kid-friendly music and movement every month during the winter. St. Patrick's Day Dance with O'Darby.

Days: Fridays. March 13, April 17, May 23

Times: 6:00-8:00pm

Location: Evjue Room D

Age requirements: None

Fee: \$1 per person

Registration required: No

Contact: Bonnie Westover for more information or you if you'd like to help

Email: bjwestover@hotmail.com

Family GCC Gym Drop-in ●

A variety of different sports and activities will be offered. Come with the kids and play together.

Days: Saturdays and Sundays

Times: Sat.: 2:00-4:00pm, Sun.: 2:00-4:00pm

Location: GCC Gym

Age requirements: None

Fee: \$1 per person

Registration required: No

Contact: Tyrone Cratic, Athletic Director

Email: tyrone@goodmancenter.org

Phone: 241.1574 x270

NEW! Family Yoga: Movement and Relaxation ●

Parents and children are invited to join certified yoga instructor, Sara Cotton, for light exercise. Yoga is a great way to recreate with your children while also improving flexibility, strength, and coordination! All routines are set to music to instill a calming and relaxing atmosphere.

Days: Sundays, starting in April

Times: 12:45-1:30pm

Location: GCC Gym

Age requirements: Parents and elementary school age children and older

Fee: No

Registration required: Yes

Contact: Norma Jean Simon, High School Community Connections Coordinator

Email: normajea@goodmancenter.org

Phone: 241.1574 x261

Game Day ●

People of all ages are welcome for board games, cards, puzzles and dessert. We have games, cards and puzzles but everyone is welcome to bring favorites. Ditto for dessert. ome transportation available for seniors, \$1 roundtrip. Call Marlene for more information.

Days: Sundays: March 22, April 26, May 24

Times: 2:00-4:00pm

Location: Bolz Room A

Age requirements: All ages, 16 or younger with an adult

Fee: 50 cents, suggested donation

Registration required: No

Contact: Marlene Storms, Adult Program Director

Email: marlene@goodmancenter.org

Phone: 241.1574 x232

German Gym Wheel Class ● ●

Instruction in this exciting gymnastic art form. Class size is limited.

Days: Most Sundays

Times: 6:15-7:45pm

Location: GCC Gym

Age requirements: 12+ years old

Fee: Contact Rob for info

Registration required: Yes

Contact: Rob Summerbell

Email: jollygiants@gmail.com

Phone: 241.669.

Adults

Due to a new grant with the Madison Metropolitan school district, the GCC will be offering a wide variety of parent and family activities such as recreation and fitness, art, academic enrichment, dinners, movies and field trips. Watch the Eastside News, Neighborhood list serves and your child's school backpacks for details. Contact Amy Bennett at 241-1574 x230 or amy@goodmancenter.org.

AA Group Meeting • Women ●

This Atwood Women's Alcoholics Anonymous meeting is open to any woman with a desire to stop drinking.

Days: Thursdays

Times: 5:30pm

Location: Bolz Room A

Registration required: No

Contact: Janine

Email: janinew449@yahoo.com

Phone: 608.698.0719

Accordian Band Practice ●

Days: Tuesdays, except the last Tuesday of the month

Times: 7:00-9:00pm

Location: Bolz Room A

Age requirements: None

Fee: No

Registration required: No

Contact: MaryJo Beible-Yahnke

Email: mjbeebes@gmail.com

Phone: 241.0895

Aerobics with Bonnie ●

Dance-based aerobics.

Days: Mondays and Thursdays

Times: 5:30-7:00pm

Location: GCC Gym

Age requirements: None

Fee: \$95 for 12 weeks

Registration required: Yes

Contact: Bonnie Loughran

Email: bloughran@wisc.edu

Phone: 251.8725

Basketball • Men's Open ●

Simply drop in and join the game.

Days: Thursdays

Times: 7:00-9:00pm

Location: GCC Gym

Age requirements: 21+ years

Fee: \$3 per person

Registration required: No

Contact: Tyrone Cratic, Athletic Director

Email: tyrone@goodmancenter.org

Phone: 241.1574 x270

Basketball • Women over 40 ●

Days: Wednesdays

Times: 7:00-8:30pm

Location: GCC Gym

Age requirements: Women 40+ years

Fee: \$3

Registration required: No

Contact: Jenny Wallskog

Email: sillygilly3@tds.net

Culinary History Enthusiasts of Wisconsin (CHEW) ●

Days: 1st Wednesday of each month

Times: 7:00-9:30pm

Location: Bolz Room A

Fee: No

Contact: Paul Lyne

Email: pwlyne@gmail.com

Community Drum Circle ●

Try your hand at drumming! Drums provided.

Days: TBD

Times: TBD

Location: Lussier Teen Center

Age requirements: Any

Fee: No

Registration required: Yes. Email Amy if interested in hearing about drum circles

Contact: Amy Bennett, Youth and Family Advocate

Email: amy@goodmancenter.org

Phone: 241.1574 x230

East Side History Club ●

Learn about and reminisce about the history of Madison's east side. March topic is a "Show and Tell" collecting session, and April will be the history of Lowell School.

Days: 3rd Saturdays of January-May and

September-November

Times: 2:00-4:00pm

Location: Bolz Room A

Age requirements: Any

Fee: \$2 suggested donation

Registration required: No

Contact: Pat Martin

Email: Pat Martin@goodmancenter.org

Phone: 241.0895

Emmaus Fellowship ●

Days: Sundays

Times: 9:30am

Location: Lussier Teen Center

Email: lancehawley@juno.com

Food Pantry • Expanded hours! ●

You may visit our food pantry once a week. First visit? Bring identification for every household member. Regretfully, the pantry has been so busy there is often a lengthy wait.

Days: Tuesdays, Wednesdays, Thursdays and Saturdays

Times: Tues.: 9:30am-noon,

Wed.: 6:30-8:00pm, Thurs.: 12:30-3:00pm,

Sat.: 1:00-3:00pm

Location: Fritz Food Pantry

Age requirements: Any

Fee: No

Registration required: No preregistration

Contact: Helen Hazelmare, Food Pantry Coordinator

Email: helen@goodmancenter.org

Phone: 241.1574 x249

Friends of Starkweather Creek ●

Help work to better the Starkweather Creek watershed. Become a member. Meets quarterly.

Email: jsteines@chorus.net

Grow your own • Create a living wreath ●

Includes step-by-step demonstration of this beautiful topiary art. Living wreath kit available for \$25. Intermediate level gardening.

Days: Tuesday, March 17

Times: 6:00-8:30pm

Location: Project Art Room, small

Age requirements: Adults

Fee: \$15, minimum of 8 students

Registration required: Yes

Contact: Fran Crane

Email: us2cranes@yahoo.com

Phone: 244.1235 or 345.6087

Grow your own • Intermediate gardening and transplanting ●

Learn about composting, pest control, fertilizing, transplanting and more. Hands-on project and take home project.

Days: Tuesday, March 24

Times: 6:00-8:30pm

Location: Project Art Room, small

Age requirements: Adults

Fee: \$15, minimum of 8 students

Registration required: Yes

Contact: Fran Crane

Email: us2cranes@yahoo.com

Phone: 244.1235 or 345.6087

La Leche League ● ●

Breastfeeding support for moms.

Days: 3rd Monday of the month

Times: 6:30-9:30pm

Location: Bolz B Room

Contact: Laurel

Email: breathe@my3sons.net

Low Flying Trapeze • Intro ●

This class will cover the basics of hanging, dangling, flying and floating on single-point, low-flying trapezes and other aerial apparatus.

Days: Wednesdays, April 8-May 13

Times: 5:30-6:45pm

MSCR Classes for Adults ●

MSCR offers many affordable classes ranging from beading to cooking to pottery to dance. Visit www.mscenter.org to see the complete program guide and to register. See pages 11 and 23 for winter session class offerings.

NA Traditions ●

Narcotics Anonymous, a 12-Step recovery support group.
Days: Sundays
Times: 7:00-9:00pm
Location: Bolz Room A

Parent Group ●

Parents of children in GCC programs—come eat, learn and connect with other parents. Childcare provided.
Days: 2nd Wednesday of each month
Times: 6:00-8:00pm
Location: Bolz Room A
Age requirements: Parents with children in GCC programs
Fee: No
Registration required: Not required, but appreciated for planning food
Contact: Amy Bennett, Youth and Family Advocate
Email: amy@goodmancenter.org
Phone: 241.1574 x230

Parents: Let's talk about sex ● ●

Health Educator Meghan Benson will host a series of parent workshops regarding sex and communication. Parents with children of any age are welcome to attend these workshops. It is never too early to talk about sex! The first session will focus on strategies to initiate conversation and communicate values about sex with your child. The second session will focus on different methods of birth control and resources available to teens and parents to help facilitate healthy decision making.
Days: Monday, April 20 and 27
Times: 6:00-8:00pm
Location: Evjue Room D
Fee: No
Registration required: Yes
Contact: Norma Jean Simon, High School Community Connections Coordinator
Email: normaje@goodmancenter.org
Phone: 241.1574 x261

Parent's Night Out ●

Drop off your children between ages 4-11 for supervised fun and recreation while you go out to eat or to a movie.
Days: 4th Fridays
Times: 6:00-9:00pm
Location: Lussier Teen Center and GCC Gym
Age requirements: 4-11 years
Fee: \$5 for first child, \$4 for additional children
Registration required: Yes
Contact: Kristi Kading, Facility Use Administrative Assistant
Email: kristi@goodmancenter.org
Phone: 241.1574 x221

SASYNA Neighborhood Association ●

Join in the conversation about improving the Schenk-Atwood Starkweather Yahara Neighborhood.
Days: 2nd Thursday of each month
Times: 7:00-9:00pm
Location: Evjue Room D

Soka Gakkai International-USA (SGI) ●

Learn about how the philosophy of Nichiren Buddhism can transform the life of any person regardless of their circumstance and see how the transformation of even a single individual can be the cause of great change in our society at large.
Days: Most 1st and 4th Sundays
Times: 9:00am
Location: Bolz Room A
Contact: Mike, or see www.SGI-USA.org for more info
Email: moves@wisc.edu
Phone: 630.1118

Single Parents by Choice ●

Days: 3rd Saturday
Times: 3:00-5:00pm
Location: GCC Afterschool Room
Contact: Boni Westover
Email: bjwestover@hotmail.com

Volleyball • Open ●

Drop in and join the fun!

Days: Sundays
Times: 2:00-4:00pm
Location: GCC Gym
Age requirements: Adults
Fee: \$3
Registration required: No
Contact: Tyrone Cratic, Athletic Director
Email: tyrone@goodmancenter.org
Phone: 241.1574 x270

Wisconsin Family Ties Parent Support Group ●

This group offers support for parents and guardians of children with emotional, behavioral or substance abuse disorders.
Days: Last Tuesday of month
Times: 7:00-8:30pm
Location: Bolz Room B
Contact: Linda
Email: linda@wifamilyties.org
Phone: 232.0277

Yoga with Marina • Happy Hour ●

Beginning/Intermediate drop-in Hatha yoga class. Beginners welcome. Bring your own mat.
Days: Mondays
Times: 5:30-6:30pm
Location: Evjue Room C
Fee: \$10 drop-in, 5-class passes can be purchased for \$45, 10-class passes for \$80. Marina also accepts Dane County Time-dollars. See <http://danecountytimebank.org>.
Registration required: No
Contact: Marina Kelly
Email: mykelly25@hotmail.com
Phone: 333.5734

Yoga with Marina • Sunday ●

Beginning/Intermediate drop-in Hatha yoga class. Beginners welcome. Bring your own mat.
Days: Sundays
Times: 6:00-7:15pm
Location: Evjue Room C
Fee: \$10 drop-in, 5-class passes can be purchased for \$45, 10-class passes for \$80. Marina also accepts Dane County Time-dollars. See <http://danecountytimebank.org>.
Registration required: No
Contact: Marina Kelly
Email: mykelly25@hotmail.com
Phone: 333.5734

Zumba Fitness ●

It's a fitness party! Wear appropriate exercise attire, supportive shoes (no heels or sandals) and come ready for a good time! The classes will be taught by Jan Hagen and Nicki Whitfield, oth certified Zumba instructors.
Days: Mondays and Wednesdays
Times: 11:00am-noon
Location: GCC Gym
Fee: Drop-in fee is \$8 per class. Prepay for a series of classes at only \$5 per class.
Registration required: Yes
Contact: Jan Hagen
Email: zumbawithjan@hotmail.com
Phone: Jan at 243.9286 or Nicki at 395.9764

Older Adults

Lunch • Dane County Nutrition Site ●

Noon meal with activities that follow. Come read the paper, play games, socialize with friends and enjoy a nutritious meal. Transportation is available through Dane County. Contact Marlene the day before you'd like transportation.
Days: Mondays through Fridays
Times: Doors open at 10:00 a.m. to read the paper, play games and socialize with friends. Salad is served at 11:40 and lunch is served at noon.
Location: Bolz Room
Age requirements: 60+ years
Fee: \$2 suggested donation. Please come even if you're unable to contribute any money.
Registration required: No
Contact: Marlene Storms, Adult Program Director
Email: marlene@goodmancenter.org
Phone: 241.1574 x232

Bingo After Lunch ●

Join your neighbors and friends for Bingo.

Days: Mondays and Wednesdays
Times: Mon.: 12:45-1:30pm, Wed.: 12:45-2:30pm
Location: Bolz Room
Age requirements: 60+ years
Fee: Mon.: Penny per card. Wed.: Nickel card. Four card maximum.
Registration required: No
Contact: Marlene Storms, Adult Program Director
Email: marlene@goodmancenter.org
Phone: 241.1574 x232

Foot Care Clinics • For non-diabetics ●

Sponsored by the North/Eastside Senior Coalition and Home Health United. Bring a towel.
Days: 4th Tuesday of the month
Times: 9:30-11:15am
Location: Project Art Room, small
Age requirements: 60+ years
Fee: \$20
Registration required: Yes
Contact: NESCO, North/Eastside Coalition
Phone: 243.5252

Gentle Exercise ●

Work on stretching and range of motion exercises. Class can be done either standing or sitting in a chair.
Days: Wednesdays
Times: 10:00-11:00am

Location: Evjue C
Age requirements: 60+ years
Fee: \$1 suggested donation
Registration required: No
Contact: Sarah Watts
Phone: 244.9424

Senior Striders ●

Come walk inside with friends.
Days: Monday-Friday
Times: 7:00-9:00am
Location: GCC Gym
Age requirements: 60+ years
Fee: No
Registration required: No
Contact: Kristi Kading, Facility Use Administrative Assistant
Email: kristi@goodmancenter.org
Phone: 241.1574 x221

MSCR Goodman-Rotary 50+ Fitness Classes ●

Balancing Act and 50+ Cross Training are just two of the classes for older adults taking place at the Goodman Community Center.
Age requirements: 50+ years
Fee: Yes, see class listings online or in MSCR Program Guide
Registration required: Yes
Contact: www.mscenter.org for more information.

Host your activity or private event at the Center

The Goodman Community Center has many rooms available for one-time or on-going meetings or events — especially on weekdays. Call 241-1574 for availability. Because of the number of inquiries we receive, it may take a day or two for us to get back to you.

mended for casual meetings because they are open spaces with glass wall partitions and are not sound proof. They are also not available for public meetings because they are at the top of a flight of stairs, making them inaccessible for the disabled.

Some helpful information:

Room seating capacities vary, depending on the room set up.

Both Evjue Room C and Bolz B have sprung wood floors that are great for dance or exercise, but can also used for meetings.

Mezzanine seating areas are recom-

The Loft at the Lussier Teen Center is also available for private parties for children or teenagers.

Available Rooms

Room	Table Seating	Fee Range
Evjue Community Room D	up to 175	\$100-\$235
Evjue Community Room C	up to 50	\$25-\$65
Kraft Commercial kitchen, staff	—	\$25 per hr
Bolz Room A	up to 75	\$25-\$125
Bolz Room B	up to 25	\$15-\$30
Bolz Room A and B	up to 100	\$40-\$125
Service kitchen rental	—	\$30
Morton Mezzanine, large	up to 16	\$5 per hr
Morton Mezzanine, small	up to 8	\$5 per hr
DEMCO/Wall Quiet Room	up to 15, not all at tables	\$5 per hr
Project/Art Room, small	18	\$7 per hr
Project/Art Room, large	30	\$15 per hr
Lussier Teen Center Loft	up to 250	\$100-\$275
Lang Sollinger Green	Seasonal, outdoor lawn	\$15-\$75
Wedding package surcharge (all day use and one extra room)		\$175
After hours surcharge (for any event past 10 pm)		\$50

Other rooms may be available depending on time requested. Deposits are required for events. Special prices available for nonprofit fundraising events. Price includes tables and chairs. Extra charge for AV equipment. Email ben@goodmancenter.org with any catering questions.

Severe Weather Closings

When Madison Schools are closed due to inclement weather, all youth and senior program activities scheduled that day are canceled. Center facilities may remain open and be staffed on a limited basis. Contact the Center at 241-1574 for more information.

Core hours the building is open to the public

Mon. through Fri.	6:00 am - 8:00 pm
Sat.	8:30 am - 5:00 pm
Sun.	8:30 am - 1:00 pm



Goodman
Community Center

www.goodmancenter.org

149 Waubesa St. • Madison, WI 53704
 Phone: 241.1574 • Fax: 241.1518