

Trends & Traditions

December 2020

Madison Senior Center

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FEATURED EVENTS

HOLIDAY FESTIVITIES

1. In the month of December, bring in items for the **Holiday Food Drive**. - See the back cover for the items most needed.
2. **Snowy Candle Holder Craft** - We will supply you with the list of needed supplies and step by step instruction as well as a live Zoom demonstration. **Wednesday, Dec. 2nd at 1 pm.**
3. **Holiday Cookie Recipe Swap** - Since we can't have a regular swap I thought it might be fun to share our recipes. If you email them to me I can distribute them during our Zoom call.
Monday, Dec. 7th at 10:30am
4. **Holiday Trivia Zoom with Prizes** - Get ready for a lively trivia game, with some easy questions and some tough ones. Wednesday, Dec. 9th at 1pm
5. **Drive Through Holiday Treats!** - Come to the Senior Center for a festive Drive Through event on Tuesday, Dec. 15th at 2pm
6. **Ugly Holiday Sweater Fashion Show on Zoom** - Prizes will be awarded.
Wednesday, Dec. 16th at 1pm
7. **Zoom Carol Sing** - We have some great work-arounds for Caroling via Zoom, join us for some holiday fun.
Wednesday, Dec. 23rd at 1pm

Registration is required for each of these events.

CHAIR YOGA

Chair Yoga is a gentle form of yoga that is practiced sitting on a chair. The benefits of Chair Yoga are: increases circulation, strengthens muscles, increases flexibility, lubricates joints, improves range of motion, improves balance, helps to eliminate toxins, increases relaxation and reduces stress and improves concentration. Give it a try!

Thursday, Dec. 3rd - 17th - 1-2pm FREE

HOLIDAY DRIVE THROUGH LUCHEON

Thursday, December 17th at 12pm

Menu: Double Pork Chop with Bacon Jam, Vegetables and Mint Pie Fee: \$10⁰⁰

The *Yuletide Carolers* be here to spread some Holiday Cheer for you to enjoy as you drive through. Registration and pre-payment via phone or your account. Space is limited.

Madison Residents sign-up: Monday, Nov. 30th **Non-Madison Residents:** Wednesday, Dec. 2nd

GENERAL INFORMATION/NEW & NOTEWORTHY

MADISON SENIOR CENTER

29 Bradley Rd, Madison, CT 06443

PHONE: (203) 245-5627

TTY: 203.245.5638

FAX: (203) 318-0670

WEBSITE: www.madisonct.org/seniors

HOURS: Mon.-Wed. 8:30-4pm

Thurs.: 8:30 - 6; Fri.: 8:30 - 2pm

SENIOR CAFÉ: (203) 245-5627

DIAL-A-RIDE (203) 245-5695

Operates on Mondays, Wednesdays and Fridays only.

MUNICIPAL AGENT FOR

THE ELDERLY (203) 245-5687

SENIOR COMMISSION

Vice-Chairs Dr. Gerard Kerins
Wendy Oberg

Members Dale Kach
Lori Murphy
Jim Ryan
Rosalyn Fahey
Chris Abbott

The Senior Commission meets on the second Thursday of the month. The next meeting will be *Oct. 8th at 5:30pm*

To get the Zoom link go to [Calendar on the Town Website](#)

SENIOR CENTER STAFF

Dir. of Senior ServicesAustin Hall
Asst. DirectorHeather Noblin
Program CoordinatorEllie Gillespie
Receptionist.....Ari Potter
ChefKevin Wolfe
Server.....Amy Butler
Server.....Laurie Bragg
Bus Driver:Helen Sneider
Bus Driver:Dennis Marron
Bus DriverTom Lufsey
Facility Attendant.....Steve Radley

As I am writing this winter holiday letter, the temperature over the last 4 days has been in the mid 70's and the sun has been strong and bright. Soon the snow will fly and the temperatures will drop soon, but days like these are a welcomed treat.

Holidays are a time for family gatherings and social events with friends, and that may not be the best idea this year and this is a problem for our senior population. Mental health is an issue that has been at the forefront of Madison Senior Services and our efforts to keep Madison seniors engaged and active. If you are reading this letter and need assistance or know someone who does, please reach out to us.

From the whole team at the Madison Senior Center,
Have a happy and safe Holiday season!

Austin

ZOOM REIKI SHARE

A Reiki Share is a gathering of Reiki practitioners who participate in group Reiki treatments on each other. The main purpose for the Reiki share is to practice giving and receiving Reiki in a casual atmosphere of friendship, honor, and positive energy. We also invite anyone who is curious about Reiki and would like to experience receiving Reiki. *Kim Tallcouch*, who taught our Reiki class, will lead the event and explain how Reiki works with Zoom. Registration is required for all Zoom programs. **Tuesday, December 15th at 1:30pm Free**

MESSAGES FROM THE MUNICIPAL AGENT

DO YOU HAVE AN EMAIL ADDRESS & ARE ONE OF HEATHER'S CLIENTS?

Please email her so that she has your address on file at noblinh@madisonct.org

MEDICARE'S ANNUAL OPEN ENROLLMENT PERIOD DEADLINE—DECEMBER 7TH!

It's time to look over your health insurance and prescription drug coverage and consider whether you would like to make changes for 2021. The open enrollment period is from October 15th through December 7th. The Senior Center has two CHOICES trained Medicare Counselors, Austin Hall, the Director and Heather Noblin, the Assistant Director. They are able to help you navigate through your options. *Consultations are by appointment only.*

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Application Intake has begun! Helps to offset heating expenses during the winter. All fuel sources welcome to apply. An applicant must meet income & asset guidelines. Income and assets are counted for ALL members living in the home. Asset limit for homeowners is \$15,000 & for renters is \$12,000. Proof of all income, rent, & utility expenses, & bank statements for the month prior to the application date are required.

Monthly Income: Single: \$3,137.08 Couple: \$4,102.34

MEDICARE SAVINGS PROGRAM

Helps to pay the monthly Medicare Part B premiums. Depending on income level this program may also lower co-pays for prescriptions to between \$3.30 and \$8.80 and may cover doctor's co-pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program.

Monthly Income Guidelines: Single: \$2,617.44 & Couple: \$3,535.02

HOLIDAY BASKETS - =REGISTRATION NOVEMBER 30TH—DECEMBER 11TH, 2020

Due to the ongoing safety concerns surrounding COVID-19, the December Food Basket Program will be different this year. In lieu of prepackaged grocery bags you will receive a turkey (for families) or a chicken (for seniors and singles) and a gift card. If you are interested you must register online and opt-in to receive the basket. For those that clients of the food pantry and are able to pick-up the basket at the pantry, pickup times elect a pick-up day and time for pick up at the Food Pantry on Tuesday, December 22nd or Wednesday, December 23rd. For those who are unable to pick up their items, deliveries will be made on Monday, December 21st, by volunteer drivers. **You must register by December 11th to receive a basket.** Registrations to pick up your basket can be done by going to Madison Community Services website at <https://madisoncommunityservices.org/> If you are unable to register online, please contact Madison Community Services at (203)245-3031

THE FOOD PANTRY

Madison Community Services operates a food pantry for those residents who need a little extra help and food support. The Food Pantry is located at 50 Mungertown Rd, Madison, CT and is open on Wednesdays from 11am to 3pm. Due to COVID, to use the pantry you must register for a time. This can be done via their website www.madisoncommunityservices.org/food-pantry/ or via phone at (203)245-3031. Proof of residency is required. For those unable to drive to the pantry, arrangements can be made for a delivery.

Please contact Heather Noblin for more information.

MEMBERSHIP FEE ASSISTANCE PROGRAM

Membership Fees are due January 1st annually and are good for a year. If you are a Madison Resident and cannot afford the annual membership fee of \$15. The Madison Senior Center will waive the annual fee for those folks who qualified under the following programs Energy Assistance, CT Tax Relief, or CT Renters Rebate Program.

Please contact Heather Noblin for assistance.

FINANCIAL RESOURCES NEW UPDATED INFO

Eversource- (800)286-2000

Due to the COVID-19 pandemic, two new programs have been developed by the Utility Companies to provide additional assistance.

Matching Payment Program Phase 2 “Lite” (new)

MPP Phase 2 “Lite” is a new program offered to eligible low-income, heating customers who would have otherwise been eligible to enroll in MPP during the normal Program year (Nov – May) but did not. Starting in July, customers only need to make four (4) payments of \$75 (total \$300) to be eligible to receive a “match,” down to a zero balance on their electric bill. Payments must be made by the end of the Phase 2 “Lite” program which is October 31. (CEAP is not a requirement for Phase 2 “Lite”) MPP Phase 2 “Lite” (available now through Oct 31) is a completely separate program from the normal MPP which is year-round (Nov-Oct). Instead this will be for customers *who did not* participate in the MPP this program year but would have otherwise been eligible.

Below Budget Worksheets during Phase 2 (for regular MPP)

Customers who enrolled on MPP during normal Phase 1 program (Nov – May 1) have the ability to lower their MPP total monthly payment amount. This will only be available to lower *existing* MPP total monthly payment amounts up through October 31, 2020. The minimum total monthly is \$75, but the budget is calculated based on income vs. expenses. To access either program or for more information regarding how these programs might assist you, please contact Heather Noblin.

Internet Service:

According to Comcast, they are taking the following steps to assist people for the next 60-days:

- “Xfinity WiFi Free For Everyone”: Xfinity WiFi hotspots across the country will be available to anyone who needs them for free, including non-Xfinity Internet subscribers. For a map of Xfinity WiFi hotspots, visit www.xfinity.com/wifi. Once at a hotspot, consumers should select the “xfinitywifi” network name in the list of available hotspots, then launch a browser.
- “No Disconnects or Late Fees”: Comcast states it will not disconnect a customer’s internet service or assess late fees if they are unable to contact them. Contact Comcast’s Care Team to make a flexible payment arrangement.
- “Internet Essentials Free to New Customers”: Comcast states that low-income families who live in a Comcast service area can sign-up for “Internet Essentials”. New customers will receive 60 days of complimentary Internet Essentials service, which is normally available to all qualified low-income households for a nominal monthly fee.

More Help

Unemployment:

If you become unemployed due to COVID-19 you should apply for unemployment benefits. Please visit www.ctdol.state.ct.us or contact (860) 263-6000 with any questions.

If you have an existing healthcare appointment, or think you need to see your doctor, please call them first to see if your appointment can be conducted over a smartphone with video capability or any device using video technology, like a tablet or a laptop. For some appointments, a simple check-in over the phone without video capabilities may suffice.

FINANCIAL HELP WITH YOUR PETS

Are you or someone you know having difficulty buying food or caring for your beloved companions? With the virus making people ill and the drops in people’s incomes changing lives, some folks are unable to support their animal families.

No one should have to surrender their animals. This is a tragedy, AND there’s help out there! Here is an article that lists numerous resources, national and state wide: www.dogingtonpost.com/need-help-with-vet-bills-or-pet-food-there-are-resources-available

[there-are-resources-available](http://www.dogingtonpost.com/need-help-with-vet-bills-or-pet-food-there-are-resources-available)

This website also has lots of resources, some for specific diseases and some national resources. www.keepyour-pet.com/vet-care-assistance..

GENERAL INFORMATION/ONGOING ACTIVITIES

ZOOM 101

From the comfort of your own home, Zoom meetings are a fun way to engage with others socially, learn new things, and take a class. All you need is a computer with a webcam and microphone, a tablet, or a smartphone and an internet connection. You could even join the class with a regular telephone to hear the audio portion.

If you would like to learn about this new way of connecting, interacting and learning, join Ellie Gillespie as she walks you through the basics of joining a Zoom meeting. You will also receive a zoom user guide to help you remember the ins and outs. **Call Ellie to set up a one-on-one meeting** **FREE**

Zoom info is sent to all registrants prior to the class.

ZOOM PRACTICE & SOCIAL HOUR

Join us for Zoom sessions twice a month to practice your newly acquired Zooming skills. We will explore and practice the chat features, icons and have fun zooming with each other. Registration Required

Monday, December 7th & 14th at 1:30 **FREE**

SNOWY & ICY WEATHER

When inclement weather arises, the Madison Senior Center will post **closing information on your local NBC, CBS, ABC News channels**. This will affect **Meals on Wheels** and **Drive Through Lunches**. If you would like further information regarding the status of individual programs, transportation or the Center, please call (203) 245-5627.

26TH FANTASY OF LIGHTS - ON YOUR OWN - AT LIGHTHOUSE POINT PARK

NOV. 20TH - DEC. 31ST

Celebrate the season at Lighthouse Point Park in New Haven where you can drive through *"Fantasy of Lights,"* an enchanting land of spectacular, sparkling light displays. Be dazzled by more than 100,000 lights while seeing more than 60 attractions that include animated and LED light displays!

Fantasy of Lights, presented by Goodwill of Southern New England has become a holiday tradition for thousands of families. This bright and colorful light display illuminates Lighthouse Point Park in New Haven for the holiday season.

Each display is sponsored by a local area business, corporation, individual or organization. All the displays have gone green, fitted with new LED light bulbs, saving both energy and electricity and making the displays much more vibrant and colorful than ever before. Transportation is not provided. Use the link below to order your tickets online.

<https://www.goodwillsne.org/fantasyoflights/?fbclid=IwAR0f4TSxdmOUeBx91gqumOOflFA4mw8GR5xQy9SwcsA8uBHPZMeYbOHu9E>

THE MARITIME AQUARIUM

Something fun to do on those cold winter days. The Maritime Aquarium at Norwalk, will be streaming some of their most popular educational programs each week! Students, families and individuals are welcome to take part in these live-streaming virtual programs. All programs require advance reservations to receive the needed link. .

<https://www.maritimeaquarium.org/virtual-programs>

GENERAL INFORMATION & ONGOING ACTIVITIES

LEGAL ASSISTANCE NEW DAY - FRIDAY, Dec. 4th & 19th at 9-10am

Erin Duques is an estate planning, elder law, and special needs planning attorney, practicing in the Madison office of the law firm of *Czepiga, Daly, Pope & Perri*. Sessions are intended to provide seniors an opportunity to ask and get information regarding general legal questions. The attorney cannot provide specific legal advice during this limited session and a formal attorney-client relationship is not established. Call the Senior Center for an appointment.

FINANCIAL COUNSELING FOR SENIORS

Madison Financial Planning will be offering general advice on financial matters for seniors on subjects such as reverse mortgages, retirement planning, credit card debt, debt consolidation, and estate planning. These **phone** appointments will be scheduled in 15-minute increments twice a month on Thursdays **by appointment only, at 9:15-10:15am Thurs., Dec. 12th FREE**

"SAFETY CHECK LIST"

Are you concerned for your safety in the event of emergency or weather event? In the days following an emergency/weather event, a representative from Madison Senior Services will contact those on the list. To add your name to the list, call (203) 245-5627.

DIAL-A-RIDE

Mondays: 8am - 4pm; Wednesdays: 8am - 4pm ; Fridays: from 8am - 2pm (203) 245-5695 or (203) 245-5627
Due to the pandemic our transportation is not running, check with the Center for updates.

MEALS-ON-WHEELS

The Meals on Wheels program is ongoing. For more information regarding the Meals on Wheels Program, please call (203)245-5627. Leave a message with your name and contact information. Meals on Wheels call the Madison Senior Center at (203) 245-5627 and someone will get back to you as soon as possible. Space is limited. A doctor's note is required to be eligible to receive meals. Have your doctor fax the note to: (203) 318-0670

HANDICAPPED PARKING PERMIT

APPLICATION Permit applications are available in the Senior Center office.

ASK THE NURSE IS NOW ON ZOOM!

VNA Nurse will take your Zoom appointment on the 2nd and 4th Tuesdays of the month, where she can review your medications, help you to create a medication list, help you prepare for an appointment with your doctor. To schedule an appointment please call the Senior Center, we will give then give the appointment information to the VNA and they will send you a Zoom link. Not sure about Zoom? Join the Zoom 101 class (p. 5). **Tuesday, Dec. 8th & 22nd at 12:30pm**

DRIVER SAFETY – AARP REAL POSSIBILITIES LAST MONTH TO TAKE ADVANTAGE OF THIS OFFER

Refresh your driving skills and you could save on auto insurance

When you take the AARP Smart Driver™ online course, you could be eligible for a multi-year discount on your auto insurance.* Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. In addition, *the special 25% off discount for the AARP Smart Driver online course has been extended through December 31st, 2020.* This would be helpful for participants who may not be able to renew their car insurance discount due to course cancellations.

Go to ww.aarpdriversafety.org Promo code for 25% discount: DRIVINGSKILLS Good through: Dec. 31st, 2020

GROCERY STORES

Grocery stores will be open from 6am to 7:30 am only for customers over the age of 60 who the CDC and local health officials say are the most vulnerable. There are many grocery stores offering delivery services.

INSTACART - www.instacart.com - requires subscription and internet access. The Instacart Senior Support Line is new and reachable at 1 (844) 981-3433, daily from 8 am. - 11 pm. ET. For more information, you can visit www.instacart.com/help. **PEAPOD** - www.peapod.com -requires subscription and internet access.

SHOPRITE - www.shoprite.com Requires subscription and internet access. Accepts SNAP EBT Card.

EXERCISE CLASSES, ACTIVITIES & GROUPS

SENIOR'S IN MOTION

Join Patty Velleca on Zoom, see your Senior Center friends and get moving again! All you need is a computer, a tablet or a smartphone and an internet connection, you can do this! Call us if you have any questions and we can walk you through it. Seated and standing exercise to increase muscle tone, joint flexibility, and cardiovascular strength. *Zoom info is sent to all registrants prior to the class.* **Wednesday, Dec. 2nd - 16th at 10:30am 3 Classes FREE!**

CHAIR YOGA WITH PATTY

A gentle form of yoga that is practiced sitting on a chair intermingled with a bit of mindfulness and meditation. **Thursdays, Dec. 3rd - 17th at 1-2pm FREE**

A JOURNEY THROUGH AMERICA'S PAST AN INTERACTIVE SERIES OF SEMINARS ABOUT THE HISTORY OF THE UNITED STATES

America's story is related in a series of hour-long seminars on the key events, as well as the people whose life, work, and achievements shaped the destiny of this country. In the storyteller's style, he brings to life historical events as part and parcel of a complex tapestry originated in the past, but which continues to be woven in contemporary times. We will present on **Zoom**. If you are new to Zoom, please feel free to reach out to us and we will help you learn it. *Zoom info is sent to all registrants prior to the class.* **Thursdays 10:30-11:30am FREE**

MEDITATION, MINDFULNESS MOVEMENT

Tai Chi and Yoga instructor, Kim Langley, has created a class from her knowledge and experience, to share with you. Meditation and Mindfulness practices and techniques, as well as a full body stretch and toning segment in each class. Breathing exercises and balance exercises will also be shared. Class can be done in a chair, or standing and will be delivered via Zoom. **Min.: 5 students (3 classes) Fridays, Dec. 4th - 18th at 11am. Fee: MM\$29 | NMM\$39**

MEDITATION WITH BETH LAZOR

We are thrilled to offer you live, Zoom meditation classes to keep you strong, healthy and happy from the inside out! Meditation is a soothing gift of inner connection and relaxation that enables your body, mind and spirit rest, calm and rejuvenation. Beth's sessions are all unique, allowing you to meditate on each level of your being: body, breath/energy, mind/emotions, wisdom/witness and bliss/healing. The benefits are many including better sleep, increased energy levels, strengthened immune system, lower blood pressure, healing, clarity and more. This class is for all levels, from beginner to advanced meditators. Beth Lazor is a certified teacher in meditation, Hatha Yoga, Divine Sleep Yoga Nidra, certified hypnotist, certified stress management instructor, Reiki Master, holds a master's degree in integrative health and healing. She has taught in the healing arts since 2002. **Classes are forming please call us at (203) 245-5627 if you are interested.**

TAI CHI

Suzanne Hanley is offering Tai Chi via Zoom. T'ai Ch'uan is a gentle way to nourish body, mind, and spirit. The slow movements can improve health, vitality, balance, and concentration. All the things we need right now. If you would like to learn to use Zoom, try our Zoom 101 class or contact us, we can help! **Minimum 6 students (5 classes) Tuesday, Dec. 22nd - Jan. 19th at 10am Fee: MM\$32 | NMM\$42**

JOINT EFFORT - GUIDED EXERCISE

Joint Effort is an exercise concept for seniors with locations on the shoreline, that guides their clients to improved strength, balance, posture, stamina and overall functionality in a fun, safe and effective manner! For more information call **Joint Effort** at (203) 458-6683 or email JointEffortexercise@gmail.com. They are located at 300 Village Walk, in Guilford

CAREGIVERS' SUPPORT GROUP

During this time of social distancing, we have launched a virtual caregiver support group. If you are on the journey of caring for an ill or aging loved one and looking for support - particularly during this challenging time of being homebound - join us online **Wednesdays at 2 p.m.** <http://connecticuthomecare.org/our-care-programs/family-caregiver-resources>.

VIRTUAL EVENTS

ONLINE BRIDGE - BRIDGEBASE.COM

For our many bridge players who are missing the interactive experience of playing bridge is Bridge Base Online. This has something for everyone from learning how to play, to advanced play. You can even play with your partner. **There are many ways to play some free and some require payment.** So if you haven't tried it yet, check it out. BBO offers free and premium bridge services to bridge players of all levels. The home page lets you play bridge using your browser. Windows, Macs and Linux are all welcome. They offer duplicate match points, duplicate IMPs, rubber bridge, duplicate tournaments and team matches. The friendly volunteers are usually online to help with questions and problems.

MAHJONGG IN THE TIME OF COVID

Trying to find the things we love to do, while staying safe at home is more important than ever before right now. RealMahJongg.com is American MahJongg and you can do a 14 day free trial and if you want to stick with it, it is \$5.99/month after that. MyJongg.net is free but seems not quite as robust as RealMahJongg, but you could try them both and see which one you like best.

PLAY HAND & FOOT ONLINE

The classic competitive multi-card deck game where players create books while trying to burn through their two decks - [The Hand and The Foot](#). Able to support 2-8 players. Players may compete individually, or divide into even numbers of competing teams. If you need more instructions read the comments, they are very helpful! And it's FREE

CRIBBAGE ONLINE

Here are some sites where you can play cribbage, some solo some with friends

CribbageClassic.com • ecribbage.com • Cribbagepro.net • Kingscribbageonline.com

THE EIGHTEEN MOVEMENTS VIDEO PRACTICE

For those who have been coming to the Senior Center and participating in the online [Eighteen Movements Qi Gong](#) class in the library, click on the above link.

MADISON SENIOR CENTER BOOK CLUB

The Madison Senior Center Book Club is adapting to the COVID pandemic and is shifting in-person meetings to email reviews. If you are interested call the Senior Center and we will forward your contact information to Barbara Zekala, who is overseeing the Book Club. She will contact you with the details of how to participate. The upcoming books to discuss are:

December 22: The Thorn Birds • **January 26:** A Town Called Alice • **February 23:** The Tuscan Child
March 23: The Henna Artist • **April 26:** Disappearing Earth

THE NIMBLE THIMBLE GROUP

Cynthia Barker, an experienced needlepoint teacher is running a needlepoint group! Join the group, share the projects you've been working on and chat with your friends as you "point" away! Never been on Zoom? All you need is a computer, a tablet or a smartphone and an internet connection. Still nervous? Call the Senior Center, we can help you become a Zoom Master! **Mondays, 1:30pm FREE PLEASE REGISTER**

THINGS TO DO AT HOME

LEARN TO RECOGNIZE MISINFORMATION ON THE INTERNET

As seniors, we are vulnerable to misinformation online even under normal circumstances. But the pandemic has made the problem especially pressing. We are more susceptible to the virus, making discerning reliable health information vitally important now.

Media Wise for Seniors

In this online self-paced course, Christiane Amanpour and Joan Lunden will help you improve your media literacy. You'll learn tools and techniques for fact-checking what you see on the internet so you can protect yourself against misinformation. All course material will be available Oct. 1, 2020.

www.poynter.org/shop/self-directed-course/mediawise-for-seniors-hands-on-lessons-on-separating-fact-and-fiction-online.

VIRTUAL HOLIDAY LIGHTS TOURS

[Western Holiday Lights Tour](#)

[Holiday Tour of the White House](#)

VIRTUAL MUSEUM TOURS

[Arts and Culture Google](#)

Google Arts & Culture is a non-profit initiative. They work with cultural institutions and artists around the world. Together, their mission is to preserve and bring the world's art and culture online so it's accessible to anyone, anywhere.

And here's a link to the [New Britain Museum of American Art digital collection](#).

Cabin Fever? Tour Yellowstone National Park

<https://www.travelandleisure.com/trip-ideas/national-parks/best-yellowstone-national-park-webcams>

TECH SAVVY SENIORS

TECH SAVVY SENIORS is a service offered by Nick Koobatian, a high school student and Madison resident who came to the Senior Center and assist seniors one on one with their devices. He has now adapted this service to keep seniors safe and taken his considerable knowledge to the internet.

If you have an issue you would like to work on one on one with Nick, you can do that by contacting Nick at nick@tech-savvy-seniors.org.

“Remember, the happiest people are not those getting more, but those giving more. H Jackson Brown Jr.

BACK PAGES

MSC CAFÉ DRIVE-THRU LUNCH

Holiday Lunch with the Yuletide Carolers

Thursday, Dec. 17th at 12pm

Registration and pre-payment via phone or your account. **Space is limited.**

Madison Residents sign-up: Mon., Nov. 30th

Non-Madison Residents: Wed., Dec. 2nd

Fee: \$10⁰⁰

FOOD PANTRY DONATIONS

The Holidays are a busy time for Food Pantries. We encourage everyone who is able, to make a donation. You can drop off food donations to the Senior Center which will go to the Food Pantry. These are the items on their Wish List:

Pasta	Mac & Cheese	Knorr Pasta Sides
Pasta Sauce	Canned Soup	Tuna
Canned Chilli	Canned Stew	Canned Beans
Canned Vegetables	Muffin Mix	Brownie Mix
Cereal	Kid's Snacks	Small Juices