

Trends & Traditions

February 2021

Madison Senior Center

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FEATURED EVENTS

AARP TAX HELP

AARP Tax Prep will begin on Tuesday, March 2nd at the Madison Senior Center. Appointments will available every Tuesday until April 13th. Appointments are extremely limited and will be on a first come first served basis.

In order to keep everyone safe due to COVID the procedure will be different this year. Here's how:

- You will be required to pick up and fill out an intake form and printed directions prior to your appointment date.
- When you arrive on your appointment day, you will pull up under the bus overhang, and a AARP Rep will meet you and take all of your paperwork including: 1) 2019 Tax Return 2) the Intake Form 3) all related tax documents for 2020. 4) Your cell phone number • You then will park your car and await a call from the Preparer.
- When your return is complete, the preparer will call you and you will pull up to the bus overhang. The preparer will bring all of your documents and your completed tax return to your vehicle. **Madison residents can call for appointments on Tues., Feb. 16th non-Madison residents can call on Mon., March 1st. Call 203-245-5627. FREE**

TAI CHI

We have partnered once again with our friends at the VNA to present a 12 week Tai Chi class via Zoom and a greatly reduced price. Suzanne Hanley will be your instructor and will present a version of T'ai Ch'uan that is particularly beneficial if you have arthritis. It is also a gentle and effective way to nourish body, mind, and spirit. The slow movements can improve health, vitality, balance, and concentration, all the things we need right now. Take the opportunity to give this a try at a reduced price! New to ZOOM?? One-on-one lessons with Ellie Gillespie, available either remotely or in person. Min. 5 students (12 classes) **Tues., Feb. 2nd - April 20th at 10:30 am Fee: \$15**

MEDITATION WITH BETH

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 to 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 numerous including better sleep, increased energy levels, strengthened immune system, lower blood pressure, healing, clarity and more. This is a class 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, Connecticut certified elementary teacher and holds a master's degree in integrative health and healing. She has taught in the healing arts since 2002. **Tues. beginning Feb. 9th-Mar. 16th at 5:30 - 6:30pm (6 classes) Fee: MM\$45 | NMM\$55**

YALE ART GALLERY VIRTUAL GUIDED TOUR

Our last virtual visit at the Yale Art Gallery was such a success we decided to do it again! The Gallery is committed to facilitating, to the best of its ability, virtual opportunities for teaching and learning with their collection. They draw upon a wide range of teaching staff of professional educators and curators, for their educational programs. So we invite

you to join us for a fun and stimulating event, as we look at objects from the Ancient Art Collection and the Modern and Contemporary collection. Zoom links are sent out to all registered participants. Registration Required.

Monday, Feb. 22nd from 11-12pm FREE

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
Roselyn Fahey
Chris Abbott

The Senior Commission meets on the second Thursday of the month. The next meeting will be Feb. 11th, 2021 at 5:30pm, to get the Zoom link go to:

<https://www.madisonct.org/Calendar>

SENIOR CENTER STAFF

Dir. of Senior Services Austin Hall
Asst. Director Heather Noblin
Program Coordinator Ellie Gillespie
Receptionist Ari Potter
Chef Kevin Wolfe
Server Amy Butler
Server Laurie Bragg
Bus Driver: Helen Sneider
Bus Driver: Dennis Marron
Bus Driver Tom Lufsey
Facility Attendant Steve Radley

FROM THE DIRECTOR

I hope everyone's New Year is off to a great start. I urge you to take some time to look back on 2020 and recall the things you enjoyed, the projects you completed, or the books you read. If there were activities you really enjoyed, but never would have done if it were not for the pandemic, keep doing them! Did you read a book a month, then keep that up. Did you pen letters to friends and family, then write some more. Did you produce the most beautiful home garden, then do it again. Please take something positive from 2020 and carry it over into the new year.

Did you know that if you are a Madison resident age 65 and own your home, you may qualify for one of four property tax relief programs? Beginning February 1st, or when you get your income tax completed, give us a call and we can review your return and apply for any tax relief programs with you.

Austin

ARE YOU CURIOUS ABOUT A PROGRAM OFFERED BY THE MADISON SENIOR CENTER BUT WANT TO KNOW IF IT WILL BE A GOOD FIT FOR YOU?

Give us a call and we will register you for a one-time free trial class. You can then take a class and see if it is what you anticipated, or is at the right fitness level for you. If you the trial class you can either sign up for the rest of the current session or wait until the following session starts. We often will have a free demo class at the start of a new class offering for just this purpose.

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

BE ON THE LOOKOUT

Please be on the look out for the 2020 income tax documents. You may need these whether you are planning to file income taxes or not. Be sure to save them. New benefit letters for Social Security are usually mailed in the middle of December. Be sure to keep these as well. This will act as your current proof of income.

CONNECTICUT ENERGY ASSISTANCE PROGRAM DEADLINE FOR FUEL DELIVERIES - MARCH 15TH

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**

PROPERTY TAX SAVINGS PROGRAMS

The Town of Madison and the State of Connecticut have programs to assist residents with tax savings. The following programs are available to eligible residents: **Local Tax Relief, Local Tax Deferral, Local Tax Freeze, and the State of Connecticut Tax Relief/Circuit Breaker Program.** There are also Veteran's and a Disability exemptions that may be available. There are eligibility and income guidelines for each program. Contact us for more information or to schedule an appointment. If you intend on filing income taxes for 2020, they must be filed first, prior to filing for these programs. **Filing period: February 1st - May 15th, 2021**

MEDICARE ADVANTAGE PLAN OPEN ENROLLMENT PERIOD (OEP) JANUARY 1ST - MARCH 31ST

During the Medicare Advantage Plan Open Enrollment Period you can:

Switch from one Medicare Advantage Plan (with or without drug coverage) to another (with or without drug coverage)

Leave the Medicare Advantage Plan & return to Original Medicare & select a prescription drug plan (Part D)

What beneficiaries cannot do:

Switch from Original Medicare to a Medicare Advantage Plan Join a Medicare Part D Plan

Switch from a Medicare Part D Plan to another Medicare Part D Plan.

The change can only be used *once* during the MA OEP. The new plan becomes effective the first of the month after the plan receives your request. Please contact us if you would like help looking over your options. CHOICES trained counselors are available to help you review your choices.

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

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 Tuesdays and Wednesdays from 11am to 3pm. Due to COVID, to use the pantry you must register for a time slot. 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.

HELPFUL RESOURCES

VIRTUAL OFFERINGS FROM AARP

Managing Debt So You Can Thrive - Date: Feb. 2nd - Time: 7 pm

Are you worried about managing your debt and planning for your retirement? Our free webinar is focused on helping you manage debts so you can prepare for a financially secure retirement. From information about debt payment relief options to Social Security strategies, AARP can help you identify key steps you can take to prepare for your future.

This webinar will answer key questions including:

- What are the steps to reducing and managing debt as I near retirement?
- Is there any relief for debt payments?
- How do I manage debt in retirement?
- Who or what resources can I turn to for help managing my debt?
- What do I need to know about Social Security and debt?

What will you learn? Register now with the link below:

LINK: <https://onlinexperiences.com/scripts/Server.nxp?LASCmd=AI:4;F:APIUTILS!51004&PageID=9B38C7B2-95FF4EBC-8B5D-297167893AFD&AffiliateData=cvntnr>

Protecting Loved Ones From Financial Scams & Fraud Date: Feb. 11th - Time: 7:pm

Do you know how to talk to your older loved ones about financial scams?

The financial loss suffered by older adults from scams can be devastating, and the emotional toll difficult to overcome. Join us for this free family caregiving webinar that focuses on protecting those you care for from financial fraud and scams. Scammers are constantly changing how they attack, so it's vital for you to stay up-to-date and find answers to questions such as:

Are there signs to watch out for to know if a loved one is being targeted by scammers?

How do I talk to my loved ones about scams and fraud?

Where can I turn to for help?

What will you learn? Register now with the link below:

LINK: <https://onlinexperiences.com/Server.nxp?LASCmd=AI:4;F:APIUTILS!51004&PageID=D150A497-EB37-4C70-A179-46BE2C5C8CA6&AffiliateData=cvntnr> **More Help**

HELP WITH 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.keepyourpet.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 *Zoom info is sent to all registrants prior to the class.* FREE**

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, February 4th & 25th at 1:30pm

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 potentially effect **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.

THE TREMBLE CLEFS *For Our Parkinson's Disease Community*

The OC Tremble Clefs is a California based singing program conducted via Zoom. It establishes singing groups with these primary benefits: focus is on utilizing good breathing practice, louder voice volume and wider pitch range; thus addressing some of the most serious voice symptoms found in people with Parkinson's. One of the typical characteristics is a soft, breathy voice. Other symptoms may include slurring and monotone. People with Parkinson Disease also may suffer from slowness of movement and therefore reduced activity and sometimes social isolation. Participation in a Tremble Clefs singing program can help overcome these problems through breathing, stretching and posture activities, vocal exercise, rhythm and movement, and a strong social support system. The benefits are enjoyed by those both with and without previous singing experience. These rehearsals are done via Zoom, and will continue after the pandemic has abated. There are no requirements for this group except an INTEREST! You don't have to have a great voice to join or even any previous musical experience. They do a variety of music – everything from Broadway to country, pop to traditional! Caregivers and families are invited to take part in rehearsals and performances. *If you are interested in this program call the Madison Senior Center for more information.*

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>

SENIOR CENTER SERVICES

LEGAL ASSISTANCE

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 to schedule an appointment on: **Friday, February 5th and 19th at 9-10am**

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., Feb. 11th & 25th 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, please 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.

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.

ERRANDS ON WHEELS

Are you in need of someone to grocery shop for you? Do you need a prescription picked up or an important errand run? Are you concerned about a Madison family member getting out to get supplies?

The Madison Senior Center will help! Guidance from the CDC suggests that if you are an older adult or have a compromised immune system or with a serious underlying medical condition, making every effort to stay home is in your best interest. Let us match you up with a local volunteer to run these errands for you, while you stay safe at home.

The Madison Senior Center has developed guidelines and has screened local volunteers to help. We are currently recruiting more shopper volunteers if you would like to be placed on our **Errands on Wheels** wait-list we will try to match you with a shopper as soon as possible. **Please email noblinh@madisonct.org or call (203)245-5627.**

CLASSES & PROGRAMS

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, Feb. 3rd - 24th at 10:30am 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. **Thurs., Feb. 4th - 25th at 1-2pm 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 (4 classes) Fridays, Feb. 5th - 26th at 11am. Fee: MM\$40 | NMM\$50**

VNA ZOOM BOOTCAMP

For those who need to increase muscle strength and improve flexibility, enjoy live Zoom classes. Register by calling the Senior Center and you will be added to the list to receive weekly emails with the Zoom information to connect to that week's class with instructor, Sue Adnani. (12 weeks)

Begins Wed., Jan. 13th at 5:30pm Fee: \$23

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. 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*

CAREGIVERS' 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 on Zoom on **Wednesdays at 2 p.m. You can find all the pertinent information at this web address: <http://connecticuthomecare.org/our-care-programs/family-caregiver-resources>.** *registrants prior to the class.* **Thursdays, Feb. 4th - 25th 10:30-11:30am FREE**

MENTAL HEALTH SUPPORT GROUP

A lot of us are feeling isolated, frustrated and scared. It's no wonder, we've never lived through anything like what 2020 brought us. We are partnering with the VNA's and their wonderful social worker Janet Moran. We will meet the second Friday of the month to talk and work on solutions to the feelings we are experiencing. Registration is required so we can send you the Zoom link. **Friday, Feb. 12th at 1pm FREE**

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

VIRTUAL ACTIVITIES

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.

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

LEARN TO KNIT

What a great time to learn to knit! Check out this link and there are many others if you don't like this one. <https://sheepandstitch.com/how-to-knit>

THE METROPOLITAN OPERA

The MET is streaming performances free, every night at 7:30 pm EST and then saving the playback for 24 hours. www.metopera.org. They also have a YouTube Channel where they post performances. <https://www.youtube.com/user/MetropolitanOpera>

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:

February 23: The Tuscan Child • **March 23:** The Henna Artist • **April 26:** Disappearing Earth
May 23 to June 1: Engineer's Wife • **June 20 to June 28:** Lady Clementine

VIRTUAL CONNECTIONS

This is the hub for free activities, entertainment, spiritual and wellness-minded resources as well as sports and entertainment. It will take you to some sites that are free (ie guided tours of National Parks) or a site where you may need to subscribe to explore the full benefits of the website(Harvard Health). Do yourself a favor and check this out! <https://www.slvirtual.com>

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 Feb. 8th & 22nd, 1:30pm FREE PLEASE REGISTER**

THINGS TO DO AT HOME

AARP VIRTUAL U : *Dr. Henry C. Lee Crimes & Investigations Series: The Evolution of Cybercrime Investigations*

Thursday, Feb 11th • 12:30pm to 1:45pm Contact: AARP CT • Email: ctaarp@aarp.org

To REGISTER: <https://www.cvent.com/events/-virtual-u-w-aarp-ct-dr-henry-c-lee-crimes-investigations-series-the-evolution-of-cybercrime-investi/registration-E704A580F4DF48D5A2696BD9BC10FF9A.aspx>

The Evolution of Cybercrime Investigations Presented by Anthony Whitlege, Former Director IRS-CID Electronic Crimes Division, who has 25+ years' experience in law enforcement technology, computer crime investigations, and the use of digital evidence in civil and criminal litigation.

This training will cover more advanced issues and cases in Cybercrime examining how cybercrime has evolved, and continues to evolve in the contemporary environment, and the impact cybercrime is having on developing laws related to criminal activity. Participants will learn how investigations, detection and protection have attempted to keep pace with fraudulent activity. This is the fifth in the series that continues on 2/24. Registration is required for each by going to www.aarp.org/ctevents

A secure link to this Zoom Webinar will be sent for those who register. Questions can be directed to ct@aarp.org

Certificates of Completion will be issued for each workshop attended. This is a live event and will not be recorded.

Participants will have the opportunity to ask questions during the Q & A portion of the conversation.

KEEP YOUR MIND & BODY PERFORMING AT THEIR BEST

Physical activity is an important part of healthy aging. Check out these articles, which were previously housed on the Go4Life exercise and physical activity website, to learn the latest on how exercise and physical activity can help you stay healthy as you age. Find tips on how to fit exercise into your daily life safely and get motivated to get moving! Check out this website from the National Institute on Aging for safe recommended exercise to keep you performing at your peak ability. <http://www.nia.nih.gov/health/exercise-physical-activity>

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.

BLOGS FOR YOU

The Joy of Aging Gracefully: <http://thejoyofaginggratefully.com> Antonia Albany is an author of the book *Golden Grace: Embracing the Richness of Our Later Years* and writes for Senior Planet.

Elderchicks: <https://elderchicks.wordpress.com> A great blog geared toward one of the fastest growing US populations; senior women in their retirement years. Read hilarious and relatable stories or leave a story of your own to share with this community of elderly women.

The Upside To Aging: <https://theupsideoaging.com> The Upside to Aging is a blog for caregivers run by Molly Wisniewski, who has been a dementia caregiver for over 10 years. She brings a positive and optimistic side to caregiving while acknowledging the frustrations felt by many dementia caregivers. Complete with caregiving tips, stress management techniques, and dementia caregiving news, The Upside to Aging is a great place for caregivers to find community.

Senior Planet: <https://seniorplanet.org> Senior Planet is a blog that “celebrates aging by sharing information and resources that support aging with attitude, and helps people who were born long before the digital revolution to stay engaged and active by bringing a digital-technology focus to a range of topics.” At Senior Planet, no topic is off limits.

With topics ranging from news, health, sex, dating, and art, to senior fashion, travel, and entertainment, the site strives to engage seniors and encourage an active lifestyle through age.

BACK PAGES

MSC CAFÉ DRIVE-THRU LUNCH

February 25th at 12pm

Madison Resident Sign-up: Mon. Feb 1st

Non Resident Sign-up: Wed. Feb. 3rd

Fee: \$8

Menu: Stuffed Shrimp
and Strawberry Cream Pie

VISIT THE MEIGS POINT NATURE CENTER...VIRTUALLY

There are lots of thing to do there!

- Live Programs • Learning Activities • DEEP Wildlife Fact Sheets
- MPNC Snakes of CT App • Wildlife Wonders

<https://www.meigspointnaturecenter.org/virtual-learning-center>

Ranger Russ has been doing live programs on Facebook since the pandemic started back in March. We are expanding our reach to bring additional adult programming similar to the ones we did live at the Nature Center. All the programs will be live on facebook, but we are also planning on doing most of them on zoom as well for those that are not on Facebook. We can allow 100 people to be registered so the link for registration will be put on our calendar and on our website for those talks we think might generate a great deal of interest. Please check out the calendar for January and February (www.meigspointnaturecenter.org/calendar), programs start this Saturday at 10 am on facebook.