

Trends & Traditions

April 2021

Madison Senior Center

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FEATURED EVENTS

VOLUNTEER APPRECIATION MONTH

Volunteers have historically played an important role at the Madison Senior Center. In 2020, our volunteers went above and beyond anything we could have expected. With Covid came many opportunities for volunteers to rise up and give back to their community. We were overwhelmed with responses we received each time we reached out to the community for assistance. Some of the key ways Madison residents jumped in to help were:

- Donations of Personal Protective Equipment, both handmade and purchased
- Meals on Wheels Delivery
- Errands on Wheels (grocery shopping, pharmacy, other errands)
- Food and Personal Care Item Donations
- Pen Pal Program
- Monetary Donations
- The Newsletter Brigade

And many, many more

Volunteerism is a corner stone of the Madison community. Giving back to your neighbors and caring about your fellow residents is not pandemic dependent. Rather, it is a mission that doesn't have an end date as there is always someone who could benefit from your time and compassion. Thank you to all of our volunteers, you are much appreciated!

YALE ART GALLERY DISCUSSION

This is the third program we have done with the Yale Art Gallery Education department. All of which have been very successful. We will have docents from the Gallery discussing artwork from the Indo-Pacific collection and the European collection. Join us on Zoom to expand your knowledge and express your opinions on these collections.

Monday, April 19th at 11am Registration required FREE

ENERGETIC SELF CARE SEMINAR

Presented by Kim Tallcouch, Reiki Master Teacher

All human beings have energy centers with-in our bodies which maintain our vitality and good health. In this Zoom presentation Reiki Master Kim Tallcouch will discuss the human energy field, the energy centers and how to keep them balanced. When these energy centers become blocked or are not functioning efficiently, we can begin to feel unwell and out of sync. There are many reasons why the energy centers can become out of balance or obstructed. The good news is that there are some techniques and processes that can help to restore and renew your energy centers so that they are working more efficiently. Kim will provide you with some simple, at home and self-guided practices that can help to bring back equilibrium and open up the flow of the energetic channels within your body.

Monday, April 19th at 1:30-3pm Registration Required Fee: \$15

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 **Apr. 8th at 5:30pm.** To get the Zoom link go to <http://bit.ly/3kV9hsf>

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

Spring is here and that means a time for new beginnings and a time to be optimistic about the coming seasons. Flowers will bloom, the weather will be warmer, and the sun will set later and later. With 2020 in the rearview, please take the time to appreciate what the spring brings to us. Smell the flowers, feel the sun on your skin, and enjoy every second of time spent outdoors. We are inching closer to reopening and allowing our Members back in to the Senior Center. By now you should have received both of your vaccine doses. If you have not, please reach out to us and allow us to help secure you an appointment. The team at the Senior Center looks forward to seeing you soon!

Austin

TOWN	Appointments Are Listed On VAMS	Clinic Information
Guilford	Thursdays 12 noon	Mon. 10am - 2pm at Guilford Com. Ctr.
N. Branford	Thursdays 12 noon	Tues. 9:30am - 1:30pm Stanley T. Williams Com. Ctr
Branford	Mondays 12 noon	Wednesdays 10am - 2pm at Branford Com. House
Madison	Mondays 12 noon	Thurs. 10am - 2pm at Madison Town Campus Gym
East Haven	Mondays 12 noon	Fri. 9am - 1pm at East Haven Senior Center
At these clinics 2nd dose appointments are automatically scheduled at your 1st dose appointments		

COVID VACCINE INFORMATION

WAYS TO ACCESS A VACCINE APPOINTMENT

Telephone

Those without internet access can call CT's COVID Vaccine Appointment Assist Line 1877-918-2224. The line is open seven days a week from 8:00am to 8pm. This line offers a call back option when the specialists are busy serving other callers. Their goal is a same day response, however due to extremely high call volume, it might take longer.

YALE NEW HAVEN HEALTH 475-246-9780

To schedule an appointment with Yale, follow the directions on how to set up a Mychart account if you do not already have one. You should be able to schedule through this system. You can also schedule an appointment by going on their website <http://bit.ly/3jFVlwg>

MIDDLESEX HEALTH (860) 358-7050

Each Monday, Middlesex Health opens up new vaccine appointment slots for that week. The number of appointments that will be available will be based on the number of vaccines that have been allocated to Middlesex Health for that week.

<http://bit.ly/3rJY3ZV>

Their call center is open from 8am to 4:30pm Monday through Friday.

VAMS ONLINE:

A form can be accessed online at Online VAMS Enrollment (ct.gov) that allows individuals to schedule an appointment through the web-based Vaccine Administration Management System (VAMS). This is the initial step. There are follow up emails that you need to address

in order to fully get registered. This follow-up email can take several days to receive. Once you officially set up your account on VAMS you can use this link to schedule appointments.

www.ct.gov/covidvaccine

East Shore Health District has excellent information on the Shoreline clinics. Check them out here:

<http://esdhd.org/Covid19vaccination>

CVS

Appointments should be available at local CVS locations. You can set up an appointment by going to www.cvs.com click on the link - Covid-19 vaccine info, you can then search for local eligibility and availability guidelines. You will then be able to schedule your appointment.

Have you tried these pathways and can't get an appointment?? The Madison Senior Center will help! Please call (203) 245-5627, leave a clear message with your name and contact number and a staff member will get back in touch with you as soon as possible.

INFORMATION ABOUT THE TOWN OF MADISON VACCINE CLINICS

The Town of Madison hosts a vaccine clinic each Thursday from 10-2, by appointment only. The Town of Madison is working regionally with East Haven, North Branford, Branford, & Guilford to procure vaccines. This partnership affords the town more access to the vaccine. Registration for an appointment at any of the regional clinics must be done through the VAMS system (see page 2 for *scheduling information*). If you need assistance setting this up, please contact the Madison Senior Center.

For Transportation to Your Appointment

Transportation is available on a limited, first come first served basis, through the Madison Senior Center. Transportation is available to the following towns: Madison, Guilford, Branford, East Haven, N. Branford. Please call the Madison Senior Center. Because transportation is extremely limited, if you have a family member, friend or neighbor available, please try that first.

Another transportation option is:

The Estuary Transit District is offering complimentary COVID Vaccination Transportation. Transportation must begin in the following towns: Clinton, Chester, Essex, East Haddam, Deep River, Haddam, Killingworth, Lyme, Madison, Old Lyme, Old Saybrook, and Westbrook and may be to any vaccination site in those towns, as well as Guilford or Middletown. This includes drive-through vaccination sites. Any resident regardless of age or ability is eligible and up to four people may travel together.

Trips must be booked at least one day in advance by calling Curtin Transportation at 860-443-1655 between 9am and 1:30pm. Monday through Friday. Wheelchair accessible vehicles are available upon request. Face coverings are required when riding. Wait and return service will be provided. Full program details are available at www.estuarytransit.org

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

PROPERTY TAX SAVINGS PROGRAMS

The Town of Madison and the State of Connecticut have programs to assist residents with property 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. **Filing period: February 1st - May 15th, 2021**

SPRING HOLIDAY BASKETS REGISTRATION THROUGH MARCH 24, 2021

Due to the ongoing safety concerns surrounding COVID-19, the MCS Food Pantry will distribute a ham and gift card, in lieu of prepackaged grocery bags, to our Madison residents upon request.

Registered Food Pantry Clients: If you are already a registered Food Pantry client, please let Mary Hake know next time you visit the Food Pantry and then select a pick-up day and time for pick up at the Food Pantry on **Tuesday, March 30th or Wednesday, March 31st.**

Not a Registered Food Pantry Client: 1) If you are not a registered Food Pantry client but did receive a December basket, an MCS volunteer will contact you to confirm whether or not you would like to receive a Spring basket. 2) If you are new to MCS and would like to receive a basket for the first time, please email stephanie.mcsinc@gmail.com or contact Madison Community Services at (203) 245-3031 and state your name, address, telephone number and number of people in your household, and an MCS volunteer will respond to your email/telephone call within a couple days. The baskets will be delivered to your home by our volunteer drivers on Monday, March 29th. Families will receive their baskets between 9am and 11am, and seniors and singles will receive their baskets between 1 and 3pm. **You must request your basket no later than March 24th.**

RENT REBATE

One-time assistance that helps to offset rental expenses. Documentation of 2020 income, (income taxes if you file them) payments made for rent, heating, water bills, and electric are required to apply. Application intake begins after May 15th, 2020. In preparation for an appointment, call your utility/rental companies **now** and request a statement of your payments made in 2020. **2020 Maximum Annual Income Single: \$37,600 and Couple: \$45,800**

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. .

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, April 5th at 1:30pm

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:

April 26th: Disappearing Earth

May 23rd to June 1st: Engineer's Wife

June 20th to 28th: Lady Clementine

July 27th to 31st: Pull of The Stars

August 24th to 29th: Fall of Marigolds

HEALTHY EATING TIPS

Add More Veggies

Eating healthy doesn't mean you're only stuck with boring salads. You can actually enjoy some of your favorite dishes like [pasta](#), [pizza](#), and even [burgers](#). The trick is to pair your meals with lots of filling vegetables to round out the meal. Pile your favorite vegetable toppings on pizza and burgers. Toss together a serving of pasta with your favorite roasted vegetables. Not only will this add a ton of nutrients and fiber to your meal, but it will help you to feel full.

Make a Roux for Cream Based Dishes

Cream-based pasta dishes may sound like an unhealthy meal, but only if you drown it in cream and butter. Instead, you can make a thick, creamy sauce by making a roux to lighten it up. To make a [roux](#), you melt butter and sprinkle in some flour, whisk till combined, then slowly pour in regular milk (not cream!) until the sauce gets thick. Add in a bit of cheese, and voila! The perfect cream sauce. You can use a roux in your favorite recipes including fettuccini [alfredo](#) and [chicken and dumplings](#).

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! **Monday, April 12th & 26th, 1:30pm** FREE

PLEASE REGISTER

GENERAL INFORMATION & ONGOING ACTIVITIES

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 for an appointment.

Friday, April 16th 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., April 8th & 22nd 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.

ARE YOU A JIGSAW JUNKIE? The Senior Center has tons of jigsaw puzzles! If you are looking a puzzle give us a call (203) 245-5627 and we will pick one out for you. Due to COVID we can't take it back but you could pass it on to someone else.

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, Apr. 7th - 28th at 10:30am 4 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. **Thurs., Apr. 1st - 29th 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, Apr. 9th - 30th at 11am. Fee: MM\$40|NMM\$50**

MEDITATION WITH BETH

We are offering you live, Zoom meditation classes to keep you strong, healthy and happy! Meditation is a soothing gift of inner connection and relaxation that gives your body, mind and spirit rest, calm and rejuvenation. 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 is a certified teacher in meditation and has been teaching healing arts since 2002. **(4 classes). (No class 4/13) Zoom info is sent to all registrants prior to the class. Tues., Mar. 30th, Apr. 6th 20th & 27th at 5:30pm Fee: \$35**

ZUMBA GOLD WITH CASSIE MORRISON

Zumba Gold is perfect for the active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Join Cassie Morrison on Zoom from your own home, come ready to sweat, and prepare to leave empowered and feeling strong. Classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! For your safety we ask you wear sneakers and clothes you can move in! **(6 classes) Zoom info is sent to all registrants prior to the class.**

Thursdays, Apr. 22nd - May 27th 5:45 - 6:30pm Fee: MM\$51|NMM\$61

AFTERNOON SOCIAL

Join us on Zoom to beat the Pandemic Blues! We are meeting once a month, to chat, to laugh, and to support each other to get through this last phase of the pandemic. We will share the things that have helped us get through as well as the things to avoid. Pour yourself a cup of tea, grab a couple of cookies and pull up a chair for a great hour of talk and socializing. Have you got a friend that would enjoy this too? Bring them along! **Friday, Apr. 9th at 1pm. FREE**

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 online **Wednesdays at 2 pm** <http://connecticuthomecare.org/our-care-programs/family-caregiver-resources>.

TAI CHI

Suzanne Hanley, who has served the Shoreline for decades, teaching Tai Chi and offering healing to so many, is retiring. We at the Madison Senior Center are tremendously grateful for all of her years of dedication to her students. We all will miss her gentle instruction and guidance on the path of wellness.

We are working on trying to fill her very large shoes and will keep our Tai Chi students posted on the details.

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.

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 assisted 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.

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

Crossword Puzzle Answers on page 9

CROSSWORD PUZZLE

ACROSS

1 Silver (Sp.)

6 List-ending abbreviation

9 Health resort

12 King of Judea

13 Rhine tributary

14 Stripling

15 P.I. ancestral spirit

16 Compass direction

17 Diminutive (suf.)

18 Lead ore

20 Bombastic

22 Foist

24 Dutch commune

27 You (Ger.)

28 Proverb

32 Numerous (pref.)

34 Mountain peak

36 Two-man fight

37 Music sign

39 Evil (Fr.)

41 As written in

music

42 Gr. author

44 Nearsightedness

47 Land of King Arthur

52 Narrower than AA

53 Naut. rope

55 Fallacies

56 Amyotrophic lateral sclerosis (abbr.)

57 Son of Apollo

58 Opposite of zenith

59 Encountered

60 Snow (Scot.)

61 Yellow

DOWN

1 Destroying (pref.)

2 Fugard heroine

3 Seed coat

4 Carry

5 Youth loved by Venus

6 Belonging to (suf.)

7 So much: music

8 Second wife of Jason

9 Small drink

10 Buddhist liturgical language

11 Irish exclamation

19 Mudfish

21 Spawning ground

23 Sole

24 Prussian spa site

25 Change color

26 Unit of work

29 Out (Ger.)

30 Gain

31 Guido's note (2 words)

33 Inspector (abbr.)

35 Para-aminobenzoic acid

38 Ear inflammation

40 Fond

43 Fabric

44 Lady's title

45 Rockies peak

46 Kiln

48 Jewish month

49 Mineral deposit

50 Few (pref.)

51 Son of Loki

54 Last Queen of Spain

1	2	3	4	5	6	7	8	9	10	11
12					13			14		
15					16			17		
18				19	20			21		
22				22	23					
24	25	26		27		28		29	30	31
32			33	34	35	36				
37			38	39	40			41		
42				43						
44	45	46			47		48	49	50	51
52			53		54	55				
56				57		58				
59				60		61				

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HELPFUL SERVICES

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.*

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 are presenting 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, Apr. 1st - 29th 10:30-11:30am FREE

AARP TAX HELP

AARP Tax Prep has begun at the Madison Senior Center. 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 need 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 an 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. **Call (203)-245-5627. FREE**

P	L	A	T	A		E	T	C		S	P	A
H	E	R	O	D		A	A	R		L	A	D
A	N	I	T	O		N	N	E		U	L	A
G	A	L	E	N	A		T	U	R	G	I	D
						I	M	P	O	S	E	
E	D	E		S	I	E		A	D	A	G	E
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S	E	G	N	O		M	A	L		S	T	A
						S	T	R	A	B	O	
M	Y	O	P	I	A		A	V	A	L	O	N
A	A	A		T	Y	E		I	D	O	L	A
A	L	S		I	O	N		N	A	D	I	R
M	E	T		S	N	A		G	R	E	G	E

Answers to Crossword Puzzle on page 8

BACK PAGES

MSC CAFÉ DRIVE-THRU LUNCH

Tuesday, April 20th at 12pm

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

Madison Residents sign-up:

Thursday, April 1st

Non-Madison Residents:

Monday, April 5th

Chicken Marsala

Chocolate Cake

Fee: \$4⁰⁰

The Food Hut: Open 24/7 | Behind Walker Loden at 788 Boston Post Road | Madison White Tower holds non-perishables alongside the porch at the end of the parking lot. Please take what you need. Leave what you can.

THE ART OF AGING

Calling All Artists Ages 60 or Older!

Are you passionate about painting or photography?

Share your talent during our 2021 virtual art exhibition.

Visit www.aoascc.org/artofaging

for how to submit your artwork. There is no fee and prizes will be awarded!

If you have questions or need assistance, please contact

Sue Hamilton at 203-785-8533, extension 3166.

Mark your Calendar: The art exhibit will go live at 12 noon on May 3rd and an online reception will be held on May 27th to celebrate our artists and recognize our winners.