

# Trends & Traditions

June 2021

Madison Senior Center

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## FEATURED EVENTS

### SENIOR BOCCE WILL BE PLAYED IN MADISON THIS YEAR!

Organizational meeting on Zoom meeting on Thursday, June 10<sup>th</sup> at 2:30pm. Please contact the Senior Center to register for the meeting so we know to send you the Zoom login information. Team registrations must be submitted by Thursday, June 24<sup>th</sup>. Team play will start on Thursday, July 8<sup>th</sup> at 9am. Bocce will be free of charge this year, due to COVID we will not have the traditional end of season picnic. Award ceremony & trophy presentation will be held on the last day of play. You are welcome to bring your own food and drink to enjoy.

#### Dates to Remember:

Zoom Organizational Meeting: Thurs., Jun. 10<sup>th</sup>

Registration Deadline: Thurs., Jun 24<sup>th</sup>

First Day of Play: Thurs, July 8<sup>th</sup>

Last Day of the Season: Thurs, Sept.

### PERMANENT ABSENTEE BALLOT APPLICATIONS

*A Zoom Conversation with Nancy Martucci Our Town Clerk*

Are you finding it hard to get to your voting location, but don't want to give up your right to vote? Join Nancy Martucci, Madison Town Clerk, on Zoom as she explains what are the requirements and advantages of a Permanent Absentee ballot. Bring your questions with you! **Monday, June 21<sup>st</sup> at 1:30pm**      **FREE**

### SUMMER MEDITATION

Join our lovely group of meditators on Tuesday evenings for a Zoom meditation series. Listening to guided meditations to relax, inspire and enrich us. We have started with a terrific 10 session course graciously provided by *Insight Timer* called "Rocking the Crone" on aging mindfully for women. **Tuesdays at 5:30pm through the summer**      **FREE**

### WEEKLY DRIVE-THROUGH LUNCHES - *FOR WEDNESDAYS IN JUNE*

2<sup>nd</sup> - Pulled Pork, Cole Slaw, Blueberry Coffee Cake

9<sup>th</sup> - Quiche Lorraine, Orange Cake

16<sup>th</sup> - Grilled Bourbon Chicken, Strawberry Cream Pie

23<sup>th</sup> - Fried Chicken, Key Lime Pie

30<sup>th</sup> - Fish Tacos with Soft Tortilla, Key Lime Pie

Fee: \$7 *The meal includes condiments, a beverage, napkins, utensils and a bag to carry it all.*

## 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](http://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 **June 10<sup>th</sup> 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

Bus Driver: Dennis Marron

Facility Attendant Steve Radley

### Introduction to Reiki

Kim Tallcouch holds a B.A. in Psychology and Anthropology and is a Reiki Master Teacher. Kim is an Affiliate Member of the International Center for Reiki Training.

**Introduction to Reiki Presentation:** will explain what Reiki is and how it can benefit an individual whether they are a Reiki practitioner or a Reiki recipient. Reiki, a Japanese term which translates into “*Universal Life Energy*,” is a safe, gentle, non-invasive healing technique. Reiki works on all levels of our life: physical, emotional, mental and spiritual. In recent years Reiki has gained widespread credibility and popularity among medical professionals and is now offered in many medical facilities and hospitals.

**Reiki I Training:** Learn how to become a Reiki practitioner with Level I Reiki certification training. Reiki is a simple technique that increases the supply of life energy and is beneficial for all living beings. Reiki energy originates from the universal life energy which is always available to us. The good news is anyone can become a Reiki practitioner and the only tools you need are your hands! Reiki can be practiced on yourself, family members, friends and pets.

**Reiki II Training:** Take your Reiki practice to a higher level and become a Reiki Level II practitioner. With this next level of Reiki training, you will receive 3 sacred Reiki symbols for a deeper Reiki experience. The Reiki symbols are considered to be like “keys” that open doors to higher levels of awareness and for using and sharing this wonderful energy healing modality. You will learn the role of each of the 3 Reiki symbols and understand how you can work with the specific healing energy unique to that symbol. The symbols can be used alone or in combination with one another. The Reiki II training will allow you to send distant Reiki, use Reiki energy to protect, clear and bless spaces and more amazing applications.

Kim will be teaching both Reiki Level II & III certification classes at the Madison Senior Center in July at a great reduced rate for seniors. For more information please contact Ellie at the Senior Center. Below is the schedule:

**Intro to Reiki** Tues., Jun. 29<sup>th</sup> at 10:30 - 11:30am Free  
**Reiki I:** July 12<sup>th</sup>, 14<sup>th</sup> (via Zoom) & 16<sup>th</sup> (in person) \$120  
**Reiki II:** July 26<sup>th</sup>, 28<sup>th</sup> (via Zoom), 30<sup>th</sup> (in person) \$120

### **SPECIAL PRICING:**

**Reiki I Refresher:** (for those who have taken Reiki I) \$50  
**Reiki I & II** (when registering for both) \$20

## FROM THE DIRECTOR

Summer is here and we have some exciting events and programs planned for our members. Starting in July we will begin to offer in-person programming!! We will begin slowly as we want to ensure you are comfortable attending in-person programming, confident that we have your best interests and health in mind, and that you feel safe and secure being around your friends at the Center again. Programming will begin in our Café and Exercise Rooms to ensure safe distancing. We will limit participation in the Senior Center to just those who are signed up for these specific programs. For example, if you are registered for the exercise class in the Exercise Room or watching the movie in the Café; you will be allowed in the building. We will not allow for unlimited access to the building just yet, but plan on a full reopening in September. The Senior Center will also offer some programs with Zoom options to ease your transition back to the in-person programming. Ellie has been hard at work developing programs with our instructors so we will be ready for the reopening. We can't wait to welcome you back!

We also plan on offering meal service Monday thru Friday beginning in July. We will not allow indoor dining just yet, but you will be able to either take your meal to go or enjoy it at one of our limited outdoor dining tables.

As we reopen, we will ask that you renew your membership for the fiscal year of July 1<sup>st</sup>, 2021 to June 30<sup>th</sup>, 2022. Madison Members are \$15/year and Non-Madison Members are \$20/year. We are including the membership form in this newsletter for you to tear out and mail in. Please make sure you update your emergency contacts, cell phone numbers, and any other pertinent information.

If you have not yet received your Covid vaccine and would like to receive one, please let us know and we will help you make that happen. There are numerous local venues where we can make you an appointment and we can even transport you to your appointment.

Lastly, as I am sure you have heard, Senior Services will merge with the Beach and Recreation Department as of July 1<sup>st</sup>. I will take on the role as Director of both departments and Heather will be the Assistant Director of the newly formed dual department. You are probably asking "what does this mean for me?" Well, we are determined to have a seamless transition which will not have any negative effects on the Senior Center membership. The only changes you will see are positive ones. You will still have access to myself and all of the Senior Center staff, plus some new programming options in the future.

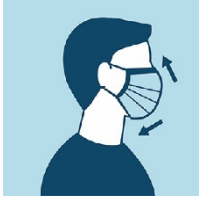
To hear more about the reopening and the department merger, please join us on a zoom on June 9<sup>th</sup> at 1pm. To register and receive the zoom link, please contact the Senior Services office at 203-245-5627. The link will be sent out the day before the meeting.

***Senior Services will merge with the Beach and Recreation Department as of July 1<sup>st</sup>. I will take on the role as Director of both departments and Heather will be the Assistant Director of the newly formed dual department. You are probably asking "what does this mean for me?"***

Here's to new beginnings,  
*Austin Hall*

## SENIOR CENTER REOPENING POLICIES

*These policies go into effect on our Reopen Date of Tuesday, July 6<sup>th</sup>*



A mask must be worn at all times when in the Senior Center. If you do not have a mask, one will be provided for you.

If you are not feeling well, we ask that you stay home and not attend programming until you are symptom free. This is important for general wellness, not just Covid. This practice will allow us to help stop the spread of the common cold and flu as well.

You must check in via the My Senior Center touch screen. This is now mandatory to ensure we can contact trace if necessary. Please sanitize your hands before and after use.

Please use the hand sanitizer when you enter the building. Stations are located in the main vestibule, outside the elevator, as you enter the exercise room, as you enter the Café and in the Café.



When you enter the building, please proceed to your program location: Exercise Room or Café. Once you arrive in the location, please choose a seat and stay in your “area” which will be taped off. This will ensure proper spacing and safety for all.

When your program is over, please proceed to your vehicle or to the bus. Doing this will allow us time to clean prior to the next program sessions. Cleaning protocols will include chairs, door handles, and other high touch-point areas.

You may register for all programs over the phone with a credit card or by sending in a check. In order to prevent lines at the front desk, please register for programs over the phone or by mail.



Transportation to and from the Senior Center for programming will be provided.

When you enter the bus, some seats will be unavailable to provide for safe spacing.

You will also see that the driver’s compartment has been encapsulated in plexiglass to help protect you and the drivers.

Please bring your own water bottles filled with water for exercise classes. The water station will not be available at this time.

Lastly, enjoy being with your friends again. It has been over a year since you were able to meet at the Senior Center and we are very excited to have you back. Please help us by following all of these safety policies. Your health and safety is our priority.

## 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

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

#### RENT REBATE

Eligible participants will receive one-time assistance annually 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. You may begin dropping off your paperwork after May 15<sup>th</sup>, 2021, please call the Senior Center to let us know when you will be dropping off your paperwork. Please make sure you include a contact number with your paperwork. **2020 Maximum Annual Income Single: \$37,600 and Couple: \$45,800 Application Deadline- October 1<sup>st</sup> 2021**

#### 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:\$2,641 & Couple: \$3,572**

#### FARMERS MARKET COUPONS



Eligible participants enjoy CT Grown fruits, vegetables, fresh cut herbs, and honey from local Farmers' Markets. To be eligible: age 60 or older or are disabled and living in senior housing, and participating in another program that has means testing and meet income requirements. Eligible participants receive \$15 in coupons, good at the Madison Farmers' Market. The market is open on the town green on Fridays from 3 to 6pm until the end of October. Typically the coupons are available beginning July 1<sup>st</sup>, we are waiting to hear if this program will be offered this year. ***\*\*Updated Guide lines and Program availability not available at time of printing, please contact the Senior Center for updated information.***

#### MEMBERSHIP FEE ASSISTANCE PROGRAM

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.

#### SNAP BENEFITS

SNAP, the Supplemental Nutrition Assistance Program, is the program formerly known as food stamps. It is a federal nutrition program that helps you stretch your food budget and buy healthy food. SNAP benefits can be used to purchase food at grocery stores, convenience stores, and some farmers' markets and co-op food programs. SNAP benefits are given to you each month on a plastic card called an EBT (electronic benefits transfer) card, which works like a debit card. Paper coupons are no longer used. SNAP is a nutrition program. It is not a welfare cash assistance program (which is called TAFDC). You do not have to be receiving TAFDC to get SNAP – these are separate programs. SNAP is a federal entitlement program. This means anyone who is eligible will receive benefits. You will not be taking away benefits from someone else if you apply. The United States Department of Agriculture (USDA) oversees SNAP at the federal level. Guidelines are based on household size, people who live together and prepare food together. There is no asset limit except for those households whose gross income is more than 185% of the Federal Poverty Level. For those households, total assets including cash, savings, accounts, stocks and bonds cannot be more than \$3500. **Monthly Gross Income (before taxes and deductions) Guidelines: 1 Person: \$1,968, 2 People: \$2,658, 3 People: \$3,349**

## **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**

## **FLASH FICTION WRITING GROUP**

What is flash fiction? It's a story you make up in 1,000 words or less with a beginning, a middle, and an end. Participants will write works of flash fiction each week and bring them to share with the group. The group is open to all who are interested. No professional writing experience necessary, just a desire to write fiction. Come and try it out.

**Meeting at the Bauer Park Pavillion on Mondays June 7<sup>th</sup> -28<sup>th</sup> at 1pm FREE**

**In July we will meet outdoors at the Senior Center**

## **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 26<sup>th</sup>:** Disappearing Earth

**May 23<sup>rd</sup> to June 1<sup>st</sup>:** Engineer's Wife

**June 20<sup>th</sup> to 28<sup>th</sup>:** Lady Clementine

**July 27<sup>th</sup> to 31<sup>st</sup>:** Pull of The Stars

**August 24<sup>th</sup> to 29<sup>th</sup>:** Fall of Marigolds

**Sept. 28<sup>th</sup> to 30<sup>th</sup>:** Code Girls

## **"SAFETY CHECK LIST"**

Are you concerned for your safety in the event of emergency or weather event? To add your name to the Safety Check list, call (203) 245-5627.

## **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](mailto:nick@tech-savvy-seniors.org).

## **MADISON HAS PICKELEBALL!!**

Court located at Madison Town Campus Tennis Court area. It is self-monitored and you bring the paddles and the balls.

## **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, June 7<sup>th</sup> & 28<sup>th</sup>, 1:30pm FREE PLEASE REGISTER - IN PERSON IN JULY!**

## GENERAL INFORMATION /FREE 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 for an appointment.

**Friday, June 4<sup>th</sup> & 18<sup>th</sup> 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., June 10<sup>th</sup> & 24<sup>th</sup> FREE**

### DIAL-A-RIDE IS BACK!

Mondays: 9:30am - 4pm; Wednesdays: 9:30am - 4pm ; Thursdays: from 9:30am - 4pm (203) 245-5695 or (203) 245-5627

- Dial-A-Ride has resumed service in a limited capacity.
- One passenger on the bus at a time. The driver will disinfect the bus between passengers.
- We are booking medical appointments as well as trips to Stop & Shop.
- Properly worn masks are required at all times while on the bus.
- Priority will be given to folks for COVID vaccinations. We will contact you ASAP in the unlikely event that your appointment needs to be moved to another time.

### MEALS-ON-WHEELS

The Meals on Wheels program is ongoing. For more information regarding the Meals on Wheels Program, please call (203)245-5627. 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. **If you would like to volunteer to deliver Meals on Wheels please contact the Senior Center (203) 245-5627.**

### 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](http://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](http://www.instacart.com/help).

**PEAPOD** - [www.peapod.com](http://www.peapod.com) -requires subscription and internet access.

**SHOPRITE** - [www.shoprite.com](http://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 for 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.

### HEARING CLINICS ARE BACK!

Nancy Jablonski, from *Audiology Concierge* will be resuming their monthly in-person visits at the Madison Senior Center, for free hearing testing, hearing aid checks, wax inspection, and listening demonstrations. Call the Senior Center to make your appointment. **Monday, July 19<sup>th</sup>. Appointments starting at 10am FREE**

## 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.

**Mondays, June 2<sup>nd</sup> - 30<sup>th</sup> 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., June 3<sup>rd</sup> - 24<sup>th</sup> at 1-2pm FREE**

### BELLY DANCING

Join Gia Khalsa on Zoom for a fun, light-hearted way to exercise that you may not have tried yet! Gia has been teaching Belly Dancing in Connecticut since 1996 and for seniors since 2001. This class will work every part of your body using simple techniques and choreographed dances. The end result will be a great workout that will leave you feeling graceful, powerful and connected. **4 Classes (6 students minimum needed) Zoom information is sent to all registrants prior to the class. Fridays starting June 4<sup>th</sup> - 25<sup>th</sup> at 10am Fee: MM\$40 | NMM\$50**

### 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. In July we will move to in-person classes outside at the Senior Center!!** **Thursdays, June. 17<sup>th</sup> - July 22<sup>nd</sup> 5:45 - 6:30pm Fee: MM\$51 | NMM\$61**

### UKULELE WITH PETER COMING IN JULY!

Ukulele performer and teacher Peter Magrane will be back in-person to teach you how to play the ukulele. Peter has spent extensive hours performing at numerous hospitals, nursing homes, coffee houses and bars throughout the United States. Come join Peter and other seniors to learn to play this wonderful versatile instrument. If you are new to the class, please come a few minutes early with a ukulele, they can be rented locally. **Wednesdays, July 7<sup>th</sup> - 28<sup>th</sup> 10:30-11:30am Fee: MM\$26 | NMM\$36**

### SENIOR BOOTCAMP

Susan Adinani will continue Senior Bootcamp on Zoom this summer with a change of day from Wednesday to Mondays. Keep your fitness going and we are looking forward to being in-person in September.

**Mondays, Jul. 12<sup>th</sup> to Aug. 30<sup>th</sup> at 5:30pm Fee \$23**

### 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>.

### 18 MOVEMENTS VIDEO PRACTICE

For those who have been coming to the Senior Center and participating in the online Qi Gong class in the library, here's the link: [www.youtube.com/watch?v=xBoCrEswHvQ&feature=youtu.be](http://www.youtube.com/watch?v=xBoCrEswHvQ&feature=youtu.be)



## SENIOR CENTER MEMBERSHIP FORM

NAME: \_\_\_\_\_ DOB: \_\_\_/\_\_\_/\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_ Zip \_\_\_\_\_

Phone (Home): \_\_\_\_\_ Work/Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Relationship: \_\_\_\_\_ Emergency Contact Phone \_\_\_\_\_

Emergency Contact Name (*someone not living in your house*): \_\_\_\_\_

Relationship: \_\_\_\_\_ Emergency Contact Phone \_\_\_\_\_

Membership fees & renewal due July 1<sup>st</sup> Residents: \$15 Non-Residents \$20

Release: I understand there are risks of physical injury in participating in sports and recreational activities or programs. I hereby release the Town of Madison, its employees, officials and agents from any and all liability or loss or damage to personal property that I may experience in connection with activities sponsored by the Madison Senior Center. The department does not provide accident or hospitalization insurance for participants of its programs. All participants are advised to have adequate personal coverage. Please consider participant's own health, experience, and tolerance for risk before participating in any program. I also consent to the use of my photo, video, artwork etc. by the department in flyers, presentations etc.

I have read and agree to the disclaimer statement.

Signature \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

## BACK PAGES

### **SENIOR CENTER REOPENING INFORMATIONAL ZOOM WITH AUSTIN**

Join Senior Services Director Austin Hall and his team for a conversation on reopening, new policies, programming, how we will begin opening in July, and the merger with the Beach and Recreation Department. Registration required so we know to whom we send the Zoom link. Wed., June 9th 1pm Zoom

### **COMING IN JULY!**

Daily Grab & Go Meals  
Daily Drive Through Meals  
In-Person Health Screenings  
In-Person Ukulele Lessons  
Movies at the Senior Center  
Bocce  
In-Person Exercise Classes  
Reiki Level I & II Classes