

Trends & Traditions

July 2021

Madison Senior Center

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FEATURED EVENTS

REIKI LEVELS I & II

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 beings. 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: Reiki II will take your practice to a higher level. With this next level of Reiki training, you will receive 3 Reiki symbols for a deeper Reiki experience. The Reiki symbols are 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 symbols and 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 and clear spaces and more.

Reiki I: July 12th, 14th (via Zoom) & 16th (in person) from 10am to 12:30pm \$120

Reiki II: July 26th, 28th (via Zoom), 30th (in person) From 10am to 12:30pm \$120

SPECIAL PRICING

Reiki I Refresh (for those who have taken Reiki I) \$50 Reiki I & II (when registering for both) \$200

YOGA PLUS WITH AMY DI LUCIA FERRI

Amy de Lucia-Ferri teaches a gentle nurturing yoga class that will encourage building strength and flexibility of the body, through yoga postures and gentle flowing yoga sequences, as well as encouraging strength and flexibility of the mind through mindfulness practices and breathwork. Expect to develop a whole-body connection throughout class that will increase your sense of wellbeing. (6 classes and minimum of 6 students) **FREE Demo on Tuesday, July 13th at 10:30am**

My yoga classes reflect an in-depth understanding of the body and movement and integrate fundamentals of alignment, breath and flow. The classes I teach incorporate both the yoga sutras of Patanjali and Buddhist philosophy. My focus is to create a meditative and nurturing environment as students are guided into a practice of clarity and spaciousness of the physical body as well as the mind. Students say that my classes are like “a big massage,” soothing yet vigorous, meditative and rejuvenating.

Amy de Lucia-Ferri Tues., July 20th - Aug. 31st 10:30 - 11:30am - Fee: \$60

SENIOR CENTER BUS TRANSPORTATION IS BACK!

Senior Center transportation has resumed! **Grocery shopping** (Tuesdays and Friday mornings), transportation to the Senior Center for classes, activities and appointments for day trips. Limited seating available on Wednesdays to the **Food Pantry**. **Dial-A-Ride** has also resumed (see page 5) to help get you to your medical appointments, please call to make your reservation.

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 **July 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

Bus Driver: Dennis Marron

Facility Attendant Steve Radley

From the Director

We made it! July is here and we are reopening the Senior Center to our members. The team at Madison Senior Services is very excited to welcome everyone back and to slowly begin to offer programs to our valued members. Ellie has been planning activities, both old and new, to greet you come July 6th. Per Town policy, if you have not been fully vaccinated you must continue to wear a face covering while at the Senior Center or other Town buildings. I ask you to abide by this policy to keep everyone safe and healthy.

We are excited to continue to offer the Drive Thru Lunches and expanding them to Monday thru Friday service. New to the mix will be an outdoor dining option. You can take your lunch to go, or you can take your bagged lunch and eat outside on the patio. This will be a fun way to meet friends for lunch and share our wonderful outdoor setting. Full indoor dining will resume in September.

Welcome back!

Austin

BUS SCHEDULE

Grocery Store: Tuesday mornings and afternoons and Friday mornings

Food Pantry: Limited seating available on Wednesday mornings. In September we'll be back to full capacity

Dial-A-Ride: First come first served basis on Mondays, Wednesdays and Thursdays through August. In September the schedule changes to Tuesdays, Wednesdays and Thursdays.

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

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 15th, 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 1st 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 1st **Annual Income Single: \$23,828 Couple: \$32,277**

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**

GROUPS

SWEDISH WEAVING



Swedish Weaving is a very relaxing and fun needle-craft that dates back centuries. Anyone is welcome to come to learn how to weave or use this time and space to work on their own projects. **Fridays beginning July 9th 10-11:30am PLEASE REGISTER FREE**

ZOOM 101

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. Call Ellie Gillespie and she will walk you through the basics of joining a Zoom meeting. **Call to set up a one-on-one meeting 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. **Mondays July 12th -26th at 1pm FREE Meeting 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:

July 27th to 31st: Pull of The Stars

August 24th to 29th: Fall of Marigolds

Sept. 28th to 30th: 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.

BINGO AT THE SENIOR CENTER

We will be having Bingo twice a month starting this month. Everyone will get their own paper Bingo Cards to play with and we'll have a great time as Cynthia Barker calls out the numbers. Registration is required and bus transportation will also be provided. **Thursday, July 8th & 22nd at 1:30pm**

THE NIMBLE THIMBLE GROUP

Cynthia Barker, an experienced needlepoint teacher is running a Zoom needlepoint group! Join the group, share the projects you've been working on and chat with your friends as you "point" away! **Tuesday, July 13th & 27th, 1:30pm FREE PLEASE REGISTER NOW IN PERSON!**

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.

Tuesday, July 6th & 20th 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., July 8th & 22nd FREE**

HANDICAPPED PARKING PERMIT

APPLICATION Permit applications are available in the Senior Center office.

DIAL-A-RIDE

Mondays: 9:30am - 4pm • Wednesdays: 9:30am - 4pm

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

Transportation is provided for Madison residents age 60 or older and disabled residents over the age of 18 with certification of a medical disability. We cover a 14 town region for medical appointments, and personal business on a first come first served basis, **call early** as we are often booked well in advance.

- **The driver will disinfect the bus between trips.**
- ***Properly worn masks are required at all times while on the bus.***
- **Schedule will change in September to Tuesday–Thursday**

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.**

ASK THE NURSE

Nurse comes to MSC on the 2nd and 4th Tuesdays of the month, and can check your blood pressure, pulse and weight. She can also review your medications, help you to create a medication list, help you prepare for an appointment with your doctor. **REGISTRATION REQUIRED. Tuesday, July 13th & 27th 12:30pm**

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

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 19th. Appointments starting at 10am FREE**

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.**

CLASSES ACTIVITIES & GROUPS

These policies go into effect on our Reopen Date of Tuesday, July 6th

- ❖ All non-vaccinated people must wear a mask at all times when in the Center. If you don't 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.
- ❖ 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 directly to your program location: Exercise Room or Café. Once you arrive in the location, please choose a seat and stay in your room, a staff member will come to the room and check you in. This will help to ensure 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.

INTERGENERATIONAL FUN

Scavenger Hunt

Join us for a great afternoon of fun with the kids from Madison Community Services. We will form teams comprised of Seniors, kids and MSC Staff members, to follow clues that will take you to the areas near the Senior Center (Town Green, 1st Congregational Church grounds and the Academy playing fields) to complete your list. Refreshments will be served afterwards. Registration Required. **Thursday, July 8th 3:30-5:30pm** **Raindate: July 15th 3:30-5:30pm**

Senior Olympics

Tokyo has nothing on us! Come join in our own Senior Olympics. A great intergenerational event full of games for all abilities. Your chance to let your competitive side show, or just join in the fun with a laid back attitude. We'll have all sorts of fun events to get you outside and enjoying summer in Madison. Refreshments will be served afterwards. Registration Required **Thursday, August 5th 9-11:30am** **Raindate: August 12th 9-11:30am**

Croquet

Roll out those lazy, hazy, crazy days of summer... and come play croquet at the Senior Center. Grab a partner, we'll have the course set up with the wickets and mallets all ready for you. Refreshments will be served afterwards. Registration Required. **Thursday, July 29th 3:30-5:30pm**

CLASSES, ACTIVITIES & GROUPS

SENIOR'S IN MOTION

Join Patty Velleca on Zoom, see your Senior Center friends and get moving again! Seated and standing exercise to increase muscle tone, joint flexibility, and cardiovascular strength.

Mondays, July 12th - 26th at 10:30am 3 Classes Fee: \$24

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 in at the Senior Center!! (No class on 7/15)

Thursdays, June 17th - July 29th 5:30 - 6:15pm Fee: MM\$51 | NMM\$61



MADISON'S BEAUTIFUL OAKS

Take a walk to the Town Green with Bob Kuchta, our former Tree Warden, and learn about all the different kinds of oaks and their rich ecological value. We have several different species of oaks on the Green, near Memorial Hall, and the First Congregational Church property. Leaving on foot from the Senior Center.

Tuesday, July 27th 10:30-11:30am FREE



UKULELE WITH PETER

Ukulele performer and teacher Peter Magrane is 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 7th, 14th 28th 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. 12th to Aug. 30th at 5:30pm Fee \$23

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

SENIOR CENTER MEMBERSHIP FORM & THE BIG EVENT

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 1st 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: ___/___/___

THE 6TH ANNUAL BIG EVENT!!!

The Madison Senior Center and Madison Youth & Family Services are partnering to bring **The BIG EVENT** to Madison again this year! This community service event will be a day where youth can give back to their fellow Madison residents. This project will provide a rare opportunity for intergenerational collaboration. Seniors will be able to apply for a job request and the youth volunteers, along with adult volunteers, will show up on the day of the Big Event and work on the requested job. These jobs can include but are not limited to; mulching, trimming bushes, washing windows, organizing a garage or storage unit, miscellaneous yard work, etc. Jobs **CANNOT** require power tools or ladders for liability reasons. Job request forms will be available at the Senior Center. Please contact the Madison Senior Center for more information or stop in to pick up an application (203-245-5627).



THE BIG EVENT is scheduled for the weekend of August 7th & 8th, 2021

Raindate: weekend of August 14th & 15th Completed applications must be submitted by Friday, July 16th

MENU

- Thurs. 1** Buffalo Mozzarella Ravioli, Boston Cream Pie
- Fri. 2** Fish Tacos with Soft Tortilla, Key Lime Pie
- Mon. 5** **CLOSED In Observance of Independence Day**
- Tues. 6** Tuna Club Sandwich, Brownies
- Wed. 7** Pork Piccata, Chocolate Cake
- Thurs. 8** Chicken Marsala, Chocolate Cream Pie
- Fri. 9** Grilled Salmon, Cherry Pie
- Mon. 12** Chicken Fajita, Coconut Cream Pie
- Tue. 13** Stuffed Cabbage, Cookies
- Wed. 14** Mac & Cheese, Blueberry Pie
- Thurs. 15** Salmon Sliders, Apple Fritters
- Fri. 16** Stuffed Flounder, Lemon Meringue Pie
- Mon. 19** Grilled Chicken & Avocado Caesar Salad, Tiramisu
- Tues. 20** Pulled Pork Sandwich, Jello
- Wed. 21** Crab Cakes, Peach Pie
- Thurs. 22** Chicken Cacciatore, Cookies
- Fri. 23** Mussels in Garlic & White Wine, Ice Cream Sandwich
- Mon. 26** Fish & Chips, Apple Pie
- Tues. 27** Grilled Flank Steak with Roasted Potatoes & Corn, Ice Cream
- Wed. 28** Fried Chicken, Blueberry Coffee Cake
- Thurs. 29** Cavatelli Broccoli and Sausage, Sorbet
- Fri. 30** Cod with Lemon, Yellow Cake

SIGN-UP GUIDELINES

- ❖ **Madison Residents Mon., June 28th**
- ❖ **Non-Madison Residents: Wed., June 30th**
- ❖ **All participants must be active members of the Madison Senior Center or a guest.**

To cancel a lunch reservation, call us (203-245-5627) no later than 9am the day of the reservation, and we will credit your account. *Thank you for your cooperation.* **Lunch is \$7 and served at Noon. Pre-payment is required.**

Seating will be available for picnic lunching on a first come first served basis. The boxed lunches will be distributed at the outdoor seating after the drive-through lunch customers have been served. In the event of rain all the lunches will be distributed via the drive-through.

BACK PAGES

SCHEDULE FOR THE 4TH OF JULY

Fireworks: Saturday, July 3rd after dark

Parade: July 4th at 10am

Concert on the Green: Postponed

MOVIES!

Get out of the heat and humidity and come to the Senior Center and enjoy a movie. This month we will watch *Nobody's Fool* with Paul Newman and Jessica Tandy **Thursday July 1st at 3pm**



WANT TO RELAX AT THE SURF CLUB?

Enjoy one of the best spots in Madison, we will be taking folks down to the Surf Club on the 2nd and 4th Mondays of July. We'll drop you off at 11 and pick you back up at 2pm. This should give you time to have lunch and get in some beachcombing or read that great book your friends were talking about. If you'd like to go give us a call! (203) 245-5627
Monday July 12th & 26th 11am–2pm

TWO CHOICES FOR DRIVING SAFETY COURSES

(both provide certificates to give to your insurance companies to possibly receive a reduction in your fee.)



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. **\$21⁹⁵ for Members • \$27⁹⁵ for Non-Members**

Here's the link to register: <https://www.aarpdriversafety.org>



Sharpen your driving skills with the **AAA Defensive Driving Course - CT**. The program is CT Depart. of Motor Vehicle approved and conveniently offered in the classroom or online. Drivers 60+ may qualify for an auto insurance discount. Interactive, user-friendly and self-paced. Take up to 30 days to complete the course. Course certificate mailed quickly upon completion of program. **Members: \$15⁹⁵ • Non members: \$19⁹⁵** Here's the link to register: <https://bit.ly/3yoNW0I>