

# Trends & Traditions

August 2021

Madison Senior Center

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## FEATURED EVENTS

### **HEALING FIELD 2021 - September 3<sup>rd</sup> to 14<sup>th</sup> In Commemoration Of The 20<sup>th</sup> Anniversary Of 911**

The Healing Field<sup>®</sup> began as a tribute to men and women who gave the ultimate sacrifice to our country since September 11, 2001. The Madison Exchange Club will host the commemorative event during the 20<sup>th</sup> Anniversary of 9/11, on the Madison Green. This event will be a display of over 200 3' x 5' flags purchased by members of the community. The sponsored flags will be in rows, on 8' poles, allowing people to walk amongst them and view the names and dedications of those represented by each flag. The emotionally moving display will include opening and closing ceremonies, as well as the Commemorative Ceremony on 9/11. Flags may be purchased to honor individuals that died on 9/11, fallen and active military, veterans, first responders, COVID heroes, and canine heroes. At the end of the event flags and their tag of remembrance will be distributed to the families and businesses that purchased the flags. Funds raised through this event will be utilized for local charities. Founded in 1951, the Exchange Club of Madison is part of a national network of volunteers serving Connecticut and the greater Madison-Guilford area through established programs of service in Americanism, Community Service, Youth Activities, plus our national project, the Prevention of Child Abuse. This local Club funds two child abuse prevention centers in Connecticut, provides scholarships at DHHS, Freedom Shrines in schools, supports the Madison Food Pantry, donations to the Madison Youth Services summer camp scholarships, fully funds the annual Madison Exchange Club Independence Day Parade, and flags for downtown. For more information and to contribute to this event please go to <http://www.madisonexchange.org/healingfield>

### **MYSTIC SHOPPING TRIP**

Join us on a trip to the scenic shoreline town of Mystic. There is terrific shopping and wonderful places to eat. Don't miss the *Sift Bakery* almost worth the trip by itself, there's the *Bank Square Books*, the *Black Dog, Trove* for gifts for the men in your life and *Hang the Moon* for women and so much more. Lunch on your own at a restaurant of your choice. Registration required. **Thursday, August 19<sup>th</sup> 9am-3:30pm Fee: \$8**

### **PLAY OF THE HAND BRIDGE CLASS**

Don Brueggemann announces a bridge class that will be based on "*Play of the Hand in the 21st Century: The Diamond Series*" (ACBL Bridge Series) by Audrey Grant and Betty Starzec. This class concentrates on the play of the hand (making a plan, promoting winners, finessing, trumping losers, etc.). A set of pre-arranged hands prepared for the students to play and discuss based on the material covered. (8 Classes) **Tues. Sept. 21<sup>st</sup> - Nov. 9<sup>th</sup> - 11:30am**  
**Fee: MM\$90 | NMM\$100**

### **BRIDGE: IMPROVING YOUR JUDGEMENT**

An 8-week course covering opening bids in all seats, obstructive opening bids and strong opening bids. An understanding of basic bridge and competitive bidding is required. In addition to discussion, practice hands will be provided for actual play. Please purchase the book *Improving Your Judgement 1: Opening the Bidding* by Audrey Grant and bring to the first class. Minimum number of students required is 8. Sarah Corning will instruct. **Tues. Sept. 28<sup>th</sup> - Nov. 16<sup>th</sup> 10-11:30am. Fee: MM\$90 | NMM\$100**

## 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  
Rosalyn Fahey  
Chris Abbott

The Senior Commission meets on the second Thursday of the month. The next meeting will be **August 12<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  
Server..... Amy Butler  
Bus Driver ..... Tom Lufsey  
Bus Driver: ..... Dennis Marron  
Bus Driver ..... Helen SNeider  
Facility Attendant ..... Steve Radley

### From the Director

I hope you are enjoying your summer and getting back to the Senior Center. We were all very excited to welcome you back last month and hope you continue to feel comfortable participating and staying engaged at the Senior Center. I encourage you to have lunch on our patio, join one of our exercise classes, play bingo and try to get back to your old normal. It is vitally important to interact with peers and stay active, especially after a year of social distancing. The Senior Center is the perfect location for you to do just that! If you have not been here in a while, please sign up for an activity and make it a point to stop in and say hi!

Welcome back!

*Austin*

### **FRIDAY SHOPPING SCHEDULE**

August 6<sup>th</sup> - Fresh Market Plaza

August 13<sup>th</sup> - Big Y Plaza in Guilford

August 20<sup>th</sup> - TJ Maxx Plaza in Clinton

August 27<sup>th</sup> - Bishop's Orchard in Guilford

**REGISTRATION REQUIRED**

## 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 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> **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.

#### CONNECTICUT ENERGY ASSISTANCE PROGRAM

 **Early Application Intake begins Aug. 1<sup>st</sup>.** 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. **Income Guidelines not available at time of printing.**

## 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 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, August 2<sup>nd</sup> -30<sup>th</sup> 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:

<b>Aug. 24<sup>th</sup> to 29<sup>th</sup>:</b>	Fall of Marigolds	<b>Oct. 26<sup>th</sup></b>	Last Hope Island
<b>Sept. 28<sup>th</sup> to 30<sup>th</sup>:</b>	Code Girls	<b>Nov. 23<sup>rd</sup></b>	Vanishing American Adult

Next meeting: Tues., August 27<sup>th</sup> | ***No Book or Meeting in December***

### "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).

### 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, August 12<sup>th</sup> & 26<sup>th</sup> 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, Aug 10<sup>th</sup> & 24<sup>th</sup>, 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, Aug. 3<sup>rd</sup> & 17<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., Aug. 12<sup>th</sup> & 26<sup>th</sup> 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 2<sup>nd</sup> and 4<sup>th</sup> 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, Aug. 10<sup>th</sup> & 24<sup>th</sup> 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, Aug. 16<sup>th</sup>. 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.**

## POLICIES & ACTIVITIES

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

- ❖ 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.

### 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 5<sup>th</sup> 9-11:30am** **Raindate: August 12<sup>th</sup> 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, Aug. 4<sup>th</sup> & 18<sup>th</sup> 3:30-5:30pm**

### SURF CLUB TRIPS

Enjoy one of the best spots in Madison, we will be taking folks down to the Surf Club on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays of August. 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. Registration Required **Mon., Aug. 9<sup>th</sup> & 23<sup>rd</sup> 11am-2pm**

## CLASSES & MORE

### SENIOR'S IN MOTION – IN PERSON!

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, Aug. 9<sup>th</sup> - 30<sup>th</sup> at 10:30am 4 Classes Fee: MM\$32 | NMM\$42**

### CHAIR YOGA WITH PATTY ON ZOOM

A gentle form of yoga that is practiced sitting on a chair intermingled with a bit of mindfulness and meditation. **Wed., Aug 4<sup>th</sup> - 25<sup>th</sup> at 10:15am FREE**



### YOGA PLUS

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 are required for the class to run)*

**Tuesday, Sept. 7<sup>th</sup> - October 12<sup>th</sup> at 10:30am Fee: MM\$60 | NMM\$70**

### 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)* **Thursdays, Sept. 9<sup>th</sup> - Oct. 29<sup>th</sup> 5:30 - 6:15pm Fee: MM\$51 | NMM\$61**

### 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, Aug. 4<sup>th</sup> - 25<sup>th</sup> 10:30-11:30am Fee: MM\$26 | NMM\$36**



### HIKE WITH BOB

Take a hike with Bob Kuchta, our former Tree Warden, to hike the Ironwood Trail on Race Hill Road (Madison Land Trust Property) The Bus will leave from the Senior Center at 9:45am.

**Tuesday, Sept. 21<sup>st</sup> 10-11:30 am FREE**

### 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. 12 classes

**Mondays, Oct. 4<sup>th</sup> to Dec. 20<sup>th</sup> (No Class Oct.11<sup>th</sup>) 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](http://www.youtube.com/watch?v=xBoCrEswHvQ&feature=youtu.be)

## TRIPS

### **PACIFIC NORTHWEST & CALIFORNIA COLLETTE TOURS SUNDAY, APRIL 24<sup>TH</sup> - MAY 1<sup>ST</sup> 2022**

From the wilds of Mount St. Helens to the shadow of giants in the Redwoods, fall under the spell of the Pacific Northwest and California. Travel along Oregon's beautiful coast, making stops at, Yaquina Head Lighthouse, Newport, Bandon and Coos Bay. Explore Oregon's wilderness on a Rogue River cruise, taking you into Oregon's rugged wilderness for a chance to see bald eagles, cormorants, seals and blue heron. Drive along the Mt. Hood route to the lush Columbia River Gorge. Discover the landscapes of the magnificent Columbia River and Multnomah Falls, a 611-foot-tall cascade. Later, enjoy a wine-tasting at a local vineyard followed by a visit to a lavender farm In Portland, explore some of the city's famous neighborhoods by coach and visit the International Rose Test Garden. Journey through the Willamette Valley, known for its wine that rivals that Napa. Travel through Redwood National Park, home to trees that can reach nearly 300 feet. Return to the majestic beauty of the redwood forest as you traverse the "Avenue of the Giants," a highway loaded with towering redwoods. Cross the Golden Gate Bridge and discover the "City by the Bay," San Francisco. Explore the natural beauty from Seattle to San Francisco. **Get all your questions answered at a presentation of this trip on September 14<sup>th</sup> at 10:30 Prices good through 10/23/21 Pricing: Double:\$2999 | Single: \$3799**

### **THE COLORADO ROCKIES COLLETTE TOURS FRIDAY, AUGUST 12<sup>TH</sup> - 20<sup>TH</sup> 2022**

*(9 days & 11 meals– 7 breakfasts and 4 dinners)* Experience the majesty of the Colorado Rockies, four national parks and two historic trains that celebrate the can-do spirit of the Old West. Marvel at the diversity and majesty of Arches and Canyonlands national parks. Journey on the Royal Gorge Route Railroad through the Colorado Rockies. Climb aboard an 1881 steam train for a journey through the San Juan Mountains. Drive through the ancient culture of the Ancestral Puebloans at Mesa Verde National Park (UNESCO). Enjoy an authentic farm-to-table dinner on a 450-acre, family-owned ranch. From towering peaks to deep canyons and Old West towns to dynamic cities, a region of contrasting beauty and charm awaits. ***Some of the highlights:*** Rocky Mountain National Park starts on the Trail Ridge Road, the highest paved, continuous highway in North America. It's a drive that should be on everybody's bucket list. In Canyonlands National Park, marvel at the vast landscape of gorges carved by the mighty Colorado River. From the Island in the Sky mesa – sandstone cliffs that soar 1,000 feet above the surrounding canyons – take in the seemingly endless views. Visit Silverton, a former silver mining town and now a National Historic Landmark. Hidden high in the San Juan Mountains, this town blends spectacular scenery, Victorian charm and historic architecture. Then it's "all aboard" the Durango & Silverton Narrow Gauge Railroad. This 1881 coal-fired, steam-powered locomotive made its name hauling silver and gold ore from the San Juan Mountains, but you will soon realize it is the view that is its most precious asset. Get ready for a memorable train ride that follows the tumbling Arkansas River deep within the soaring 1000-foot granite cliffs of Colorado's grandest canyon. Later, travel to the Garden of the Gods to take in the view of towering sandstone formations that dot the landscape set in the backdrop of majestic Pikes Peak. **Pricing: Double \$2999pp | Single \$3699pp. Prices good through 2/11/22**



## MENU

- Mon. 2** Roasted Chicken, Cinnamon Apple Cake
- Tues. 3** Swedish Meatballs, Pound Cake
- Wed. 4** Grilled Ham, Cheese and Tomato Sandwich, Lemon Cake
- Thurs. 5** Chicken Marsala, Chocolate Cream Pie
- Fri. 6** Crab Cake Sandwich & Key Lime Pie
- Mon. 9** Honey Stung Fried Chicken, Cookies
- Tue. 10** Fish & Chips, Chocolate Mousse
- Wed. 11** Brisket Burger, Ice Cream
- Thurs. 12** Sweet Potato Flatbread Pizza, Lemon Cake
- Fri. 13** Stuffed Flounder, Lemon Poppy Cake
- Mon. 16** Quiche Lorraine with Fresh Baby Spinach Salad, Chocolate Cream Pie
- Tues. 17** Grilled Chicken Avocado and Quinoa Salad, Strawberry Shortcake
- Wed. 18** Mac & Cheese, Blueberry Pie
- Thurs. 19** Buttermilk Biscuit Breaded chicken, Peach Pie
- Fri. 20** Roasted Garlic & Lemon Salmon Cakes, Apple Pie
- Mon. 23** Crispy Chicken Sandwich, Brownie
- Tues. 24** Pork Loin, Mango Coconut Tapioca
- Wed. 25** California BLT, Cinnamon Walnut Coffee cake
- Thurs. 26** Steak Fajita, Pound Cake
- Fri. 27** Seared Cod with Herb Butter & Roasted Sweet Potatoes, Apple Pie
- Mon. 30** Andouille and Shrimp, Blondie
- Tues. 31** Pulled Pork Sliders, Sorbet

## SIGN-UP GUIDELINES

- ❖ **Madison Residents Mon., July 26<sup>th</sup>** ❖ **Non-Madison Residents: Wed., July 28<sup>th</sup>**
- ❖ **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

### MOVIES!

Get out of the heat and humidity and come to the Senior Center and enjoy a movie. This month we will watch *Waking Ned Divine* starring Ian Bannen, David Kelly, and Fionnula Flanagan. Kelly was nominated for a Screen Actors Guild Award for his role as Michael O'Sullivan.

Thursday Aug. 19<sup>th</sup> at 3pm

**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.

### AAA DRIVING SAFETY COURSES



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: \$15<sup>95</sup>**

- **Non members: \$19<sup>95</sup>**—Here's the link to register: <https://bit.ly/3yoNW0I>