

Trends & Traditions

September 2021

Madison Senior Center

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FEATURED EVENTS

UPDATED COVID GUIDELINES

In order to utilize the Senior Center please make note of the following guidelines. **1.** Masks must be worn by all those entering the Senior Center, regardless of vaccination status. **2.** Masks must be worn when riding any of the Senior Center busses. **3.** All participants in classes and activities inside the Senior Center must maintain 3 feet of social distancing at all times. **4.** All indoor dining (*or eating of any kind*) must take place in the Café at designated tables, maintaining a distance of 6 feet. **5.** Tables and chairs are set up for your activities in accordance with social distancing guidelines. **6.** In order to be able to implement contact tracing in the event of a Covid case at the Senior Center it is vitally important that everyone checks in when they arrive.

Please remember that all of these rules are here to keep our members, visitors and staff safe and healthy.

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH

Come celebrate *National Senior Center Month* with us, we'll have ice cream and music! Call (203) 245-5627 to **reserve your place. Thursday, Sept. 30th at 3pm FREE**

HELP US CREATE A SENIOR CENTER SCARECROW!

If you are interested in helping us with our scarecrow for the Chamber of Commerce's Annual Event, call Ellie at (203) 245-5627

LOCAL AUTHOR TALK MARLENE BECKMAN: THE MAGICAL LIFE OF AN ICE FOLLIETTE

Marlene Beckman will recount her magical days in the Ice Follies. This "uplifting and inspirational true story, sprinkled with humor, love and romance" will take you back to simpler days and the delights of skaters dancing on ice. Marlene will bring lots of photographs and memorabilia to view. Registration required. **Thursday, Sept. 23rd at 1pm FREE**

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 Min. Students: 8/Max :12) D. Brueggemann instructs. **Tues. Sept. 21st - Nov. 9th 10 - 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. Sarah Corning instructing. (8 Classes Min. Students: 8/Max :12)

Tues. Sept. 28th - Nov. 16th 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

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 **September 9th 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

September marks the beginning of autumn and the change of seasons. A lot of changes are taking place at the Senior Center, too. We are fully reopening the Senior Center and welcoming everyone back on September 7th. With that said, we need to stay fluid and be ready to make changes as needed. When you come back, we are asking that both vaccinated and unvaccinated individuals wear masks upon entry to the Senior Center.

We have a lot of exciting events taking place in the coming weeks and months. Be on the lookout for National Senior Center Month events, a celebration of the 10-year anniversary of the Senior Center, and much more.

Austin

MEDITATION WITH BETH

We are offering 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). Zoom info is sent to all registrants prior to the class. Tuesdays starting September 7th - 28th from 10-11am** **Fee: \$35**

FRIDAY SHOPPING SCHEDULE

Sept. 3rd - ShopRite Plaza in Clinton
Sept. 10th - Fresh Market Plaza in Guilford
Sept. 17th - Roberts in Madison
Sept. 24th - Big Y/ Walmart 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

Application Deadline- October 1st 2021

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 Max Annual Income Single: \$37,600 and Couple: \$45,800**

CONNECTICUT ENERGY ASSISTANCE PROGRAM



Early Application Intake is ongoing. This program helps to offset heating expenses during the winter.

All heating sources welcome to apply. An applicant must meet income guidelines, must submit documentation in order to qualify. **There is no liquid asset test this year.** Proof of all income, rent/mortgage, & utility expenses for the month prior to the application date are required, for **ALL** members living in the home. Income guidelines are usually approved in October. **NEW THIS YEAR**– The Benefit amounts have gone up dramatically. If you have not applied in the past, you might want to consider applying this year. **Proposed Monthly Income: Single: \$3,252.25 & Couple: \$4,252.92**

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.

MEDICARE OPEN ENROLLMENT

Oct. 15th – Dec. 7th

It's time to start thinking about your health and prescription coverage for 2022. Please call to schedule an appointment with Heather to discuss your options.

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**

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 2nd -30th at 1pm FREE**

QUILTS OF JOY WITH ELLEN OLSON

If you are someone who can sew, cut or iron or wants to learn how to quilt and contribute your time, join us for "Quilts of Joy." Volunteer your time to help create beautiful quilts that will be donated to area Women's Shelters. Please bring scissors, pin cushions (*rotary cutter and board if you have one*) and an excitement for quilting! Please call to register. Instructor: Ellen Olson **Starting Tuesday, Sept. 14th at 1:15-3:30pm FREE**

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:

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

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

ARTISTS' GROUP

Bring your art supplies and join other artists spending an afternoon painting, while you support and inspire each other! Registration required. **Tuesdays at 1:30pm beginning in September FREE**

ATTENTION PLEASE

Due to the need for Contact Tracing all members must sign in at the front desk *before* going to their activities. Also, if you had a group that met at the Senior Center before the pandemic and would like to do so again, please contact Ellie Gillespie for a room assignment

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**

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, Sept. 9th & 30th 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! **Tues., Sept. 14th & 28th, 1:30pm FREE PLEASE REGISTER**

GENERAL INFORMATION & 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, Sept. 7th & 21st 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., Sept. 9th & 23rd FREE**

HANDICAPPED PARKING PERMIT

APPLICATION Permit applications are available in the Senior Center office.

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.

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.**

DIAL-A-RIDE

Tuesdays: 8:30am - 4pm Wednesdays: 8:30am - 4pm Thursdays: from 8:30am - 6pm
(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.

SENIOR CENTER BUS SERVICE

Monday - Friday 9am to 3:30pm

A fixed route service to the MSC, downtown, and grocery shopping. Call (203) 245-5627 to reserve a ride. Properly worn face masks are required when riding any Senior Center bus

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, Sept. 14th & 28th at 12:30pm**

CAREGIVERS' SUPPORT GROUP

Join VNA's Caregiver Support Network for an interactive, confidential support group. Share experiences, discuss ideas and problem-solve with other caregivers. Discuss different options such as: Curative, Palliative or Hospice Care. Group meets the 3rd Tuesday monthly at MSC. **Proof of vaccination required for this activity at time of registration. Tuesday, September 21st, 11-12:30pm FREE.**

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, Sept. 20th. Appointments starting at 10am FREE**

CLASSES, ACTIVITIES & GROUPS

SENIORS IN MOTION

Seated and standing exercise. Increase muscle tone, joint flexibility, & cardiovascular strength.

Mondays - 10:30–11:30am Sept. 13th - 27th MM\$24|NMM\$34 3 Classes Minimum Needed: 6

Wednesdays - 10:30–11:30am Sept. 1st - 29th MM\$40|NMM\$50 5 Classes Minimum Needed: 6

Fridays - 10:30–11:30am Sept. 3rd - 24th MM\$32|NMM\$42 4 Classes Minimum Needed: 6

CHAIR YOGA

A gentle form of yoga that is practiced sitting on a chair intermingled with mindfulness and meditation.

Mondays - 1–2pm Sept. 13th - 27th MM\$35|NMM\$45 3 Classes Minimum Needed: 6

ZUMBA WITH CASSIE

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. Join Cassie **at the Senior Center**, 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. 9th - Oct. 14th 5:30–6:15pm Fee: MM\$51|NMM\$61

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. We are offering two levels **Beginning** and **Advanced** **(6 classes and minimum of 6 students needed)** **Advanced Class 9–10am Beginning Class 10:15-11:15am Thursday, Sept. 2nd–Oct. 7th**
Fee: MM\$60|NMM\$70

TAI CHI

Tai Chi is a low impact holistic exercise that brings harmony and grace to our every day – focusing on basic principles, our practices strengthen and align the body to restore balance and regulate the core functions of our physical and emotional bodies to promote relaxation, ease of movement and peace. **(12 classes)** *Proof of Vaccination is required at time of registration.* **Wed., Sept. 8th - Nov. 24th at 1-2pm FEE: \$30**

THE 18 MOVEMENTS VIDEO PRACTICE

We are offering practice *Chi Qigong Shibashi* sessions. Using a video that demonstrates all the movements. If you are interested in continuing your practice, as some of the students have expressed to us, come to the Senior Center Library and join in. Please register for this free event. **Thursdays at 10am Free**

AARP DRIVER SAFETY COURSE – IN PERSON

A refresher course aimed at the 60+ driver. Call your insurance company you may be eligible for a discount after completing this course! The class will be held on the 2nd Wednesday of the month from 11:30–3:30 pm . Registration Required **Sept. 8th • Oct. 13th • Nov. 10th • Dec. 8th** Fees: AARP Member \$20 Non-Member \$25
Please make checks payable to AARP

UKULELE WITH PETER

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, and coffee houses throughout the United States. Come join Peter and other seniors to learn to play this wonderful versatile instrument. **(4 classes)**

Wednesdays, Sept. 8th–29th at 10:30-11:30am Fee: MM\$34|NMM\$44

SENIOR BOOTCAMP

An all-in-one workout designed to improve your quality of life. This class features simple low-impact cardio, balance, strength and endurance exercises, and helps improve flexibility. A sturdy chair, hand held weights or resistance bands, and exercise balls will be used. **(11 classes)** *Proof of Vaccination is required at time of registration.*

Mondays, Oct. 4th to Dec. 20th at 5:30pm Fee: \$23

CLASSES & MORE

WORLD WAR I WITH CHARLIE FISCHER

Charlie Fischer is offering another great series of lectures, this time on World War I. After the lecture participants are encouraged to join a group discussion. The topics are: 1) **Europe on the Eve of War** 2) **War Plans and Dreams** 3) **Stalemate on the Western Front** and 4) **The Treaty of Versailles**.

Tuesdays, October 5th - 26th , from 10–11:30am. Fee: \$20

SUNSET CRUISE ON THE ONRUST CONNECTICUT RIVER MUSEUM

Join us for a delightful, two-hour, sunset cruise up the Connecticut River on the *Onrust*, a replica of Adriaen Block's vessel, one of the first built in the new world and the first to sail up the Connecticut River. You can bring your own picnic dinner if you like or just some hors d'oeuvres and drinks. **Departure from MSC will be between 4:30 and 5pm due to shifting time of sunset, we'll let you know the departure time as soon as we do.** *Pro Tip:* it could be chilly on the water, so bring a sweater or jacket to keep warm. Not handicapped accessible. Limited seating. ***Deadline to make reservation September 9th***

Thursday, September 16th Fee: \$35

SURF CLUB TRIPS

Enjoy one of the best spots in Madison, now that the crowds are gone, the temperatures have moderated a bit and the beach is quiet you'll have a lovely place to sit with only the sound of the surf and the seabirds. We'll drop you off around 11am and pick you up at about 1pm, which should give you time to have lunch and get in some beachcombing or read that great book your friends were talking about. [Registration Required](#)

Mondays, Sept. 13th - 27th 11am–2pm FREE

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. 9th - Oct. 29th 5:30 - 6:15pm Fee: MM\$51 | NMM\$61

MSC ART GALLERY

The MSC Art Gallery is a rotating gallery with a new local artist every 6 weeks. We are looking for new exhibitors. If you would like to show your work, please contact us for information. (203) 245-5627

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, September 2nd, 16th & 23rd from 3:30-5pm

TRIPS

Pacific Northwest & California Collette Tours Sunday, April 24th - May 1st, 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 14th at 10:30 Prices good through 10/23/21**
Pricing: Double: \$2999pp | Single: \$3799pp

The Colorado Rockies Collette Tours Friday, August 12th - 20th, 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

- Wed. 1** Florentine Soup, Stuffed Shells, Angel Food Cake
- Thurs. 2** Vegetable Soup, Pork Piccata, Tiramisu
- Fri. 3** Manhattan Clam Chowder, Salmon, Peach Pie
- Mon. 6** Happy Labor Day!
- Tue. 7** Corn Chowder, Mushroom, Onion and Bacon Quiche, German Chocolate Cake
- Wed. 8** Italian Meatball Soup, BBQ Chicken, Potato Salad, Cookies
- Thurs. 9** Black Bean Soup, Short Rib, Chocolate Cream Pie
- Fri. 10** New England Clam Chowder, Ahi Tuna and Blondies
- Mon. 13** Minestrone Soup, Caramelized Onion, Fig and Goat Cheese Pizza, Cannoli
- Tues. 14** Chicken Vegetable Soup, Pork Chops with Peaches, and Dutch Apple Pie
- Wed. 15** Tomato Soup, Crab Cakes, Strawberry Cream Pie
- Thurs. 16** Mushroom Lentil Soup, Chicken Scampi, Cherry Pie
- Fri. 17** Rhode Island Clam Chowder, Grilled Lemon Dill Swordfish, Coconut Cake
- Mon. 20** Cauliflower Soup, Meatballs, Chocolate Pudding
- Tues. 21** Split Pea Soup, Chicken Caesar Salad, Brownie
- Wed. 22** Beef Barley Soup, Stuffed Pepper, Cookies
- Thurs. 23** Carrot Soup, Chicken Fajita, Rice Pudding
- Fri. 24** Seafood Chowder, Crab Cakes, Chocolate Cake
- Mon. 27** Italian Wedding Soup, Rigatoni Bolognese, Cheesecake
- Tues. 28** Chicken Rice, Italian Sausage Burger, Apple Turnover
- Wed. 29** Broccoli Soup, Chicken Parmesan, Lemon Cake
- Thurs. 30** French Onion Soup, Chicken Alfredo, Ice Cream

Indoor Dining: Full table service will resume for indoor and outdoor dining this month. Due to COVID restrictions indoor seating will be limited and on a first come first served basis. Indoor and outdoor dining will be served beginning at 12pm.

Drive-Through dining will continue to be offered but pick-up time will now be 11:30am. *Drive-Through lunches do not include soup.*

Please be advised: Menu is subject to change due to food shortages. If necessary we reserve the right to switch all dining to the Drive-Through option should COVID protocols change.

SIGN-UP GUIDELINES: **Madison Residents:** Monday, Aug. 30th **Non-Madison Residents:** Tuesday, Aug. 31st. All participants must be active members of the Madison Senior Center or a guest. When you call to make your reservations, please let us know if you are dining indoors or outdoors.

To cancel or change a lunch reservation, call (203) 245-5627 no later than 9am the day of the reservation, and we will credit your account. The cost of all meal is \$7, payable at time of reservation by check or credit card.

Thank you!

BACK PAGES

MOVIES!

Shawshank Redemption

Thursday, September 16th at 3pm

DRIVE-THROUGH FLU CLINIC

Tuesday, Oct 12 - 11am - 2pm

Madison Senior Center

29 Bradley Rd., Madison

All vaccines at our flu clinics will be administered by licensed and experienced nurses from VNA Community Healthcare & Hospice. CDC recommends yearly flu shots for all ages. Participating insurance or private pay (cash, check or MC/Visa) Bring all insurance cards with you. Masks are required at all VNACHCH flu clinics.

Participating Insurances

65 years or older:

Medicare Part B

Aetna Medicare

Anthem BCBS Medicare

Connecticare VIP

18 & Older:

Aetna

Anthem BCBS

Connecticare

Not Participating: Cigna and United Healthcare

Pre-registration is required on our website at www.vnacommunityhealthcare.org/flu

If you don't have computer access please call (203) 866-474-5230

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.

HEALING FIELDS

September 3rd to 14th In commemoration of the 20th Anniversary of 911

Presented by The Exchange Club of Madison

The Healing Field 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 20th 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 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. For more information and to contribute to this event please go to <http://www.madisonexchange.org/healingfield>