

Trends & Traditions

October 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.

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

HOW FIBER OPTICS HAVE CHANGED YOUR LIFE - PETER C. SCHULTZ, PHD.

As co-inventor of the first practical optical fiber for communications in 1970, Peter Schultz will give a firsthand view of how they were invented and the breakthroughs that led to global fiber communications. He will discuss the impact of fiber networks on society over the past 50 years and a glimpse at future directions of the technology. **Registration Required** Wednesday, Oct. 6th at 1pm **Free**

INDOOR 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

<u>65 years or older:</u>	<u>18 & Older:</u>
Medicare Part B	Aetna
Aetna Medicare	Anthem BCBS
Anthem BCBS Medicare	Connecticare
Connecticare VIP	

Not Participating: Cigna and United Healthcare

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

If you don't have computer access please call (203.458.5920)

GENERAL INFORMATION/NEW & NOTEWORTHY

MADISON SENIOR CENTER

29 Bradley Rd, Madison, CT 06443

PHONE: (203) 245-5627

TTY: 203.245.5638

FAX: (203) 318-0670

WEBSITE: www.madisonct.org/seniors

HOURS: Mon.-Wed. 8:30-4pm

Thurs.: 8:30 - 6; Fri.: 8:30 - 2pm

SENIOR CAFÉ: (203) 245-5627

DIAL-A-RIDE (203) 245-5695

Operates on Mondays, Wednesdays and Fridays only.

MUNICIPAL AGENT FOR

THE ELDERLY (203) 245-5687

SENIOR COMMISSION

Vice-Chairs Dr. Gerard Kerins
Wendy Oberg

Members Dale Kach
Lori Murphy
Jim Ryan
Roselyn Fahey
Chris Abbott

*The Senior Commission meets on the second Thursday of the month. The next meeting will be **October 14th 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

Fall has always been my favorite time of year. The air is crisp and cool, the weather is perfect for outdoor activities and the busyness of summer is behind us. I hope you have a chance to stop by the downtown area and check out the Madison Senior Center scarecrow. We are participating in the Chamber of Commerce's Annual Scarecrow event and you can vote for our creation. October is also the time to get your flu shot, and we are providing you with an opportunity to do so on Tuesday, October 12th right here at the Senior Center. I hope you find something of interest to you in this month's newsletter.

We look forward to seeing you this fall.

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. **Please call (203) 245-5627 for details.**

FRIDAY SHOPPING SCHEDULE

Oct. 1st TJ Maxx
Oct. 8th Big Y/ Kohls in Old Saybrook
Oct. 15th ShopRite/JoAnn Fabric Plaza in Clinton
Oct. 22nd Fresh Market Plaza in Guilford
Oct. 29th Roberts in Madison

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. **2020 Max. Annual Income Single: \$37,600 and Couple: \$45,800**

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Early Application Intake is ongoing. Helps to offset heating expenses during the winter. All heating sources welcome to apply. A qualified 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. **NEW THIS YEAR-** The Benefit amounts have gone up dramatically. **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 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 \$21 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. **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.

NOVEMBER 2021 HOLIDAY BASKETS — REGISTRATION OCT. 1ST - NOV. 1ST

Due to the ongoing safety concerns because of COVID-19, the MCS Food Pantry will follow a similar procedure as last year for the November holiday baskets. Similar to last year, upon request Madison residents will receive a gift card, instead of prepackaged grocery bags. In addition, we will distribute a turkey to families, and a chicken to seniors and singles who follow the steps below:

Registered Food Pantry Clients: If you are already a registered Food Pantry client, when you visit the Food Pantry, please let Mary Hake know (sometime between Oct. 1st and Nov. 1st) that you would like to receive a basket. Also, please select a pick-up time at the Food Pantry for Tues., Nov. 23rd or Wed., Nov. 24th. Homebound Food Pantry clients will receive their holiday basket on Tues. morning, Nov. 23rd.

Not a Registered Food Pantry Client: 1) If you are not a registered Food Pantry client but did receive a 2020 Spring basket, an MCS volunteer will contact you sometime during October to confirm whether or not you would like to receive a November basket. 2) If you are new to MCS and would like to receive a basket for the first time, please email stephanie.mcsinc@gmail.com. Or contact Madison Community Services at (203) 245-3031, and an MCS volunteer will respond to your email/telephone call within a few days. 3) The baskets will be delivered to your home by our volunteer drivers on Mon., Nov. 22nd.

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 at 1pm at Bauer Park Pavillion 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 **Tuesdays 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:

Oct. 26th Last Hope Island

Nov. 23rd Vanishing American Adult

No Book or Meeting in December

Jan. 25th Have You Seen Luis Velez?

Next meeting: Tues., Oct 26th

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 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, Oct. 14th & 28th 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., Oct. 12th & 26th, 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., Oct. 12th & 26th 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 - (203) 245-5695 OR (203) 245-5627

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

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, Oct. 12th & 26th 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, October 19th, 11-12:30pm**

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, Oct. 18th . 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 Oct. 4th - 27th MM\$24|NMM\$34 3 Classes Minimum Needed: 6

Wednesdays - 10:30-11:30am Oct. 6th - 27th MM\$32|NMM\$42 4 Classes Minimum Needed: 6

Fridays - 10:30-11:30am Oct. 1st - 29th MM\$40|NMM\$50 5 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 Oct. 4th - 25th MM\$24|NMM\$34 3 Classes Minimum Needed: 6

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**

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. **Thursday, 9:30-10:30am | Oct. 14th-Dec. 2nd | 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. Instructed by Karen Strawson *Proof of vaccination is required at time of registration.* **Wednesdays, 1-2pm | Sept. 8th - Nov. 24th | Fee: \$30 | 12 classes**

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, 10-11 am | Oct. 13th-27th | Fee: MM\$26|NMM\$36

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, 5:30 - 6:30pm | Oct. 4th to Dec. 20th | Fee: \$23 11 classes

SENIOR MEN'S BASKETBALL

The Men's Senior Basketball Program is a drop-in pick-up game program, held at the Town Campus gym. Open to senior men age 60 and older. Balls are provided. No play on town holidays or some school vacation days. You must present your pass at the front desk in order to play. [Register for this program in person at the Beach and Recreation Office so you can get your player pass card.](#)

WHEN: Oct. 26th – April 28th | on Tues. & Thurs. 9 - 11:30am

REGISTRATION:

Madison Residents on or after Sept. 20th | Non-Residents on or after Oct. 1st

FEE: Madison Resident- \$30 | Non-Resident- \$40.

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

MYSTIC SHOPPING TRIP

Join us on a trip to the scenic shoreline town of Mystic. There is terrific shopping and wonderful places to eat.

Get in some early Christmas shopping for those hard to buy for people on your list. Don't miss the *Sift Bakery* almost worth the trip by itself, then 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, Oct. 7th | 9am-3:30pm Bus Fee: \$8

LYMAN ORCHARDS

Join us on a lovely trip to Middlefield's great farm market. This unique market has become known throughout Connecticut as a favorite destination for family fun and great food! The enticing aroma of fresh baked products fills their market all day long, from fresh pies, apple cider donuts, muffins, cookies, breads, pastries, and many other desserts made on site. Registration Required.

Depart Senior Center at 1pm | Thursday, Oct. 21st Bus Fee: \$4

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

BLAIR'S COIN AND CURRENCY PRESENTATION

Blair Soucy has been collecting coins for over 40 years and is a professional coin dealer. He is also the President of the Bristol, CT Coin Club and Vice-President of the Litchfield County Coin Club. Blair is also an American Numismatic Association life member.

Blair's program talks about the state of the hobby today, the U.S. Mint and its products, the gold and silver bullion market, and provides a general overview of coin and currency collecting.

You are encouraged to bring in any coins or currency for Blair to look at to give you an idea of value and rarity. There will also be plenty of time for questions and answers. The program is designed for everyone, whether you are an experienced collector or if you just want to know what some old coins that are lying around the house are worth.

Please register for this Free Event

Monday, November 18th | 1pm FREE

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

- Fri. 1** Seafood Chowder, Pepper Seared Tuna, Cherry Crisp
- Mon. 4** Tomato Soup, Swedish Meatballs, Cheesecake
- Tue. 5** Wisconsin Ale & Cheese Soup, Chicken Alfredo, Strawberry Cream Pie
- Wed. 6** Pasta Fagioli, Chicken Parmesan, Tiramisu
- Thurs. 7** Black Bean Shrimp Soup, Steak Fajita, Boston Cream Pie
- Fri. 8** New England Clam Chowder, Roasted Salmon, Coconut Custard Pie
- Mon. 11** **Columbus Day**
- Tues. 12** Lentil Soup, Chicken Francoise, Apple Turnover
- Wed. 13** Cauliflower Soup, Glazed Pork, Carrot Cake
- Thurs. 14** Split Pea Soup, Chicken Caesar, Salad, Chocolate Mousse
- Fri. 15** Chicken & Rice Soup, Cod with Lemon and Herbs, Apple Pie
- Mon. 18** Carrot Soup, Beef Stroganoff, Pumpkin Pie
- Tues. 19** French Onion Soup, Grilled Ham, Tomato and Cheese Sandwich, Coconut Cake
- Wed. 20** Manicotti, Blondies – **DRIVE THROUGH ONLY**
- Thurs. 21** Stuffed Peppers, Tapioca - **DRIVE THROUGH ONLY**
- Fri. 22** Crab Cakes, Ice Cream Sandwiches - **DRIVE THROUGH ONLY**
- Mon. 25** Stuffed Cabbage, Cookies - **DRIVE THROUGH ONLY**
- Tues. 26** Mac & Cheese, Scones - **DRIVE THROUGH ONLY**
- Wed. 27** Stuffed Shells, Brownies - **DRIVE THROUGH ONLY**
- Thurs. 28** Lasagna, Lemon Cake - **DRIVE THROUGH ONLY**
- Fri. 29** Stuffed Shells, Cinnamon Walnut Coffee Cake - **DRIVE THROUGH ONLY**

SIGN-UP GUIDELINES: Madison Residents: Monday, Sept. 27th. Non-Madison Residents: Wednesday, Sept. 29th. 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 meals is \$7, payable at time of reservation by check or credit card.

Indoor & Outdoor Dining: Full table service has resumed for indoor and outdoor dining. 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.**

When making your lunch reservations, please indicate your choice of Indoor, Outdoor or Drive-Through meals.

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. **Thank you!**

BACK PAGES

MOVIES!

Psycho!

Thursday, October 28th at 3pm

STAY SAFE ON THE ROAD WITH THE AAA DEFENSIVE DRIVING COURSE

- It's free, and you may qualify for an auto insurance discount upon completion!
- Get a refresher on driving skills, strategies and traffic laws
- Discover the latest technology
- Stay driving longer, while remaining safe
- Learn from highly trained, certified instructors in traffic safety
- Registration Required

THURSDAY OCT. 21ST, 9-1PM FREE

NEXT DATE: THURSDAY, DEC. 2ND 9-1PM FREE

SENIOR INDOOR PICKLEBALL

A fun sport that combines many elements of tennis, badminton, and ping-pong. Fun, social and friendly. The rules are simple and the game is easy for beginners to learn, but can develop into a quick fast-paced, competitive game for experienced players. Must bring your own racquets and balls. Open to ages 55 and older. Everyone must follow all current Covid-19 Town Mandates. *As of 8/24/21 Masks are required indoors for everyone, even those vaccinated.*

WHEN: Mondays & Fridays from 9 - 11:30 am

Skips Town Holidays and School Vacation Days

WHERE: Town Campus Gym

REGISTRATION: Residents on or after Sept. 13th

Non-residents on or after Nov. 1st.

FEES: Madison Residents - \$30 Non-Residents - \$40.

REGISTRATION MUST BE IN PERSON AT THE BEACH & RECREATION OFFICE