

# Trends & Traditions

November 2021

Madison Senior Center

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## FEATURED EVENTS

### 10<sup>TH</sup> ANNIVERSARY RAFFLE

In celebration of the 10<sup>th</sup> anniversary in our Senior Center building we are offering 10 raffle prizes from local businesses, to be awarded on the 10<sup>th</sup> of November. To get your entries swipe in using your membership card when you come into the Senior Center. Starting November 1<sup>st</sup> every time you swipe in you will receive a raffle entry. You do not need to be present to win, we will call the winners. If you don't have a membership card a staff member can assist you.

### WESTFARMS MALL SHOPPING TRIP

Start up or wrap up your holiday shopping at the Westfarms Mall. With over 150 stores and services you should be able to handle everyone on your list—including you— in style! Grab a friend, do some shopping, and then have lunch at one of the many food options there are at Westfarms. Bus departs MSC at 9am returns to MSC by 3:30pm. Registration required. Monday, Nov. 29<sup>th</sup> | 9am-3:30pm Bus Fee: \$7

### 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 indoor dining (*or eating of any kind*) must take place in the Café at designated tables.
4. In order to be able to implement contact tracing in the event of a Covid case at the Senior Center *it is very 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.*

### WEST HAVEN VETERANS MUSEUM



In observance of Veterans Day, join us on a trip to the West Haven Veterans Museum. Their collections include weaponry, uniforms, field gear and equipment used to support the troops from the American Revolution to the present. Weapons are demilled or non-firing replicas. The center's library contains more than 1,000 books available for those interested in military history or involved in research of various conflicts and military related history. Some documents are rare firsthand written by the men who served in the Revolutionary War, Civil War, Spanish-American War, Mexican Border War, World War I, World War II including current conflicts. We also have a wide range of uniforms and gear from various periods in history.

Thursday, Nov. 18<sup>th</sup> | leave MSC at 10am back to MSC by 1pm Bus Fee \$7

## 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 Tuesdays, Wednesdays and Thursdays 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  
Chris Abbott

The Senior Commission meets on the second Thursday of the month. The next meeting will be **Dec 9<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

In this month's communication, I would like to revisit comments I made at our 50<sup>th</sup> Anniversary a few years ago which focused on a theme of "Connecting". Social capital; the ties that build trust, connection, and participation. Connecting is of particular importance for seniors, precisely because both our health and our social capital tend to decline as we age. We retire from jobs, lose friends and spouses to death and illness, and see family members move out of the area—all of which can sharply reduce daily social contacts and stimulation, which in turn has a direct impact on mental and physical health.

One of the most important things our Senior Center can do for you is help you build or rebuild your "social capital." You have a place to turn for guidance, questions, and a resource to use as you age. Most importantly our Senior Center can be your connection to the community. A place to make new friends, a place to check in with a professional, a place to go when you don't have another place to go. A place that allows you to leave the four walls of your home. Even if it is just for an hour a day, a change of scenery and a moment of social stimulation can mean more than you realize.

Happy 10<sup>th</sup> Anniversary!!

*Austin*

### **FRIDAY SHOPPING SCHEDULE**

Nov. 5<sup>th</sup> Trader Joe's in Orange  
Nov. 12<sup>th</sup> Big Y/ Walmart in Guilford  
Oct. 15<sup>th</sup> Bishops in Guilford

Pick-ups between 8:45 - 9:30am

**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**


### **MEDICARE OPEN ENROLLMENT OCT. 15<sup>TH</sup> - DEC. 7<sup>TH</sup>**

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. If you would like assistance please call to schedule an appointment with Heather or receive help from a Choices Counselor at the Agency for Aging on the following days and times: **Nov 2<sup>nd</sup> & 16<sup>th</sup> from 11am to 2pm** ❖ **Nov. 22<sup>nd</sup> and Dec. 1<sup>st</sup> from 10am to 2 pm**. The meetings will all be virtual (i.e. on a program like Zoom) and you can schedule an appointment by calling (203) 785-8533

### **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**

### **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.

### **NOVEMBER 2021 HOLIDAY BASKETS**

**Deadline for Thanksgiving-Baskets is Nov. 1<sup>st</sup> - Christmas Baskets - Dec. 13<sup>th</sup>.**

Due to COVID-19, the MCS Food Pantry will follow a similar procedure as last year for the November holiday baskets. Upon request, Madison residents will receive a gift card, instead of prepackaged grocery bags. 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 (between Oct. 1<sup>st</sup> and Nov. 1<sup>st</sup>) that you would like to receive a basket and a pick-up time at the Food Pantry for Tues., Nov. 23<sup>rd</sup> or Wed., Nov. 24<sup>th</sup>. Homebound clients will receive their holiday basket on Tues. morning, Nov. 23<sup>rd</sup>.

**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](mailto: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. 22<sup>nd</sup>**.

### **CONNECTICUT WATER FINANCIAL ASSISTANCE**

Are you behind on your water bill? Are you finding it difficult to keep up with payments?

Connecticut Water has several programs available to assist you. There are programs that can match payments you make on your account as well as assist with a 15% reduction on your entire bill. For more information or to apply, please contact Heather.

## 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. 7<sup>th</sup> & 21<sup>st</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 **from 9:15-10:15am**.

**Thurs., Dec. 9<sup>th</sup> & 23<sup>rd</sup> 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. Properly worn face masks are required when riding any Senior Center bus.

### 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 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, Nov. 9<sup>th</sup> & 23<sup>rd</sup> 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 3<sup>rd</sup> Tuesday monthly at MSC. **Proof of vaccination required for this activity at time of registration. Tuesday, November 16<sup>th</sup>, 11-12:30pm FREE**

### HEARING CLINICS!

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, Nov. 15<sup>th</sup>. Appointments starting at 10am FREE**

## GROUPS

Registration Required for All activities at the Senior Center

### SWEDISH WEAVING

TUESDAYS AT 1:30PM

FREE

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**

### ARTISTS' GROUP

TUESDAYS AT 1:30PM

FREE

Bring your art supplies and join other artists for an afternoon painting, while you support and inspire each other!

### FLASH FICTION WRITING GROUP

MONDAYS AT 1PM AT THE SENIOR CENTER

FREE

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.

### QUILTS OF JOY WITH ELLEN OLSON

TUESDAYS AT 1:15-3:30PM

FREE

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

### THE NIMBLE THIMBLE GROUP

TUES., NOV. 2<sup>ND</sup> & 16<sup>TH</sup>, 1:30PM

FREE

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!

### 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

FREE

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**

### BINGO AT THE SENIOR CENTER

THURSDAY, NOV. 4<sup>TH</sup> & 18<sup>TH</sup> AT 1:30PM

FREE

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.

### HAND & FOOT

TUESDAYS AND THURSDAYS AT 1PM

FREE

Hand & Foot has returned to the Senior Center. It's a fun and engaging card game. Come join the fun

### CRIBBAGE CLUB

MONDAYS AT 1 PM.

FREE

The Cribbage Club will resume meeting at the Senior Center. Please call the Senior Center if you have any questions.

### MADISON SENIOR CENTER BOOK CLUB

FREE

The Madison Senior Center Book Club has returned to in-person meetings at the Senior Center. Meetings occur monthly on the 4<sup>th</sup> Tuesday of the month. The upcoming books to discuss are:

Nov. 23<sup>rd</sup> Vanishing American Adult *No Book or Meeting in December*

Jan. 25<sup>th</sup> Have You Seen Luis Velez? Feb. 22<sup>nd</sup> The Four Winds

Next Meeting: Tuesday, November 23<sup>rd</sup> at 1pm



## CLASSES

### SENIORS IN MOTION

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

**Mondays - 10:30–11:30am Nov. 1<sup>st</sup> - 29<sup>th</sup> MM\$48|NMM\$58 5 Classes Minimum Needed: 5**

**Wednesdays - 10:30–11:30am Nov. 3<sup>rd</sup> - 24<sup>th</sup> MM\$32|NMM\$42 4 Classes Minimum Needed: 6**

**Fridays - 10:30–11:30am Nov. 5<sup>th</sup> - 19<sup>th</sup> MM\$29|NMM\$39 3 Classes Minimum Needed: 5**

### CHAIR YOGA

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

**Mondays - 1–2pm Nov. 1<sup>st</sup> - 29<sup>th</sup> MM\$40|NMM\$50 5 Classes Minimum Needed: 6**

### 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. 4<sup>th</sup> to Dec. 20<sup>th</sup> | Fee: \$23 11 classes**

### 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 | Dec. 9<sup>th</sup>–Feb. 3<sup>rd</sup> (No class: 12/23, 30 & 1/6) | 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.

**Wednesdays, 1-2pm | Dec. 1<sup>st</sup> - Jan. 5<sup>th</sup> | MM\$52|NMM\$62|6 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, 10-11am | Oct. 3<sup>rd</sup> - 24<sup>th</sup> | Fee: MM\$28|NMM\$38**

### STRETCH & BALANCE

Feeling stiff? You don't need to any more, join our brand new class on gentle stretching and balance. Our popular, new, yoga instructor, Amy de Lucia-Ferri is excited to help you regain your flexibility and balance with some exercises that will help you feel better and keep you safer. (6 weeks)

**Thursdays, 10:45–11:45am | Dec. 2<sup>nd</sup> - Jan 27<sup>th</sup> (No Classes: 12/23, 12/30 & 1/6) | Fee: MM\$60|NMM\$70**

### 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. 26<sup>th</sup> – April 28<sup>th</sup> | on Tues. & Thurs. 9 - 11:30am - REGISTRATION: Madison Residents on or after Sept. 20<sup>th</sup> | Non-Residents on or after Oct. 1<sup>st</sup> FEE: Madison Resident- \$30 | Non-Resident- \$40.**

## ACTIVITIES



### LEAF PEEPING DRIVE

Come on a leaf peeping trip ending with a stop for ice cream on your own.

Monday, Nov. 8<sup>th</sup> 1:30 -3pm Bus Fee \$5

### MAH JONGG LESSONS

You asked and we listened. Learn to play this popular game from our own Dale Kach. Dale will give you handouts and teach the fundamentals to get you up and running with this challenging and addicting game of strategy. Sign up early as there are only 12 spots available! (8 classes)

**Mondays | 1-2:30pm | Nov. 15<sup>th</sup> - Jan. 10<sup>th</sup> | Fee: MM\$25 | NMM\$35**

### LOVE TO READ? NEED A BOOK?

We can help! Beginning in December a new program begins for those who can't get to the library. All you have to do is call the library, put your book on hold and then call the Senior Center to let them know you have books to pick up at the library. A friendly volunteer will then pick up the books and deliver them to you. We will also return the book to the library when you have finished it. Take advantage of this great service, there is nothing like cozying up to a good book!

### CALLING ALL KNITTERS!

We are forming a knitting group. If you are interested call Ellie at (203) 245-5627



**Sunday, Nov. 7<sup>th</sup> Daylight Saving Time ENDS**  
**Remember to Set Your Clocks Back 1 Hour**

### PARKINSON'S DISEASE SUPPORT GROUP

**Did you know** that boxing is great exercise if you have Parkinson's Disease? **Did you know** that eating bananas can alleviate some leg cramps? **Did you know** that if you have trouble with small buttons, there are shirts with snaps instead of buttons? Parkinson's Support Group meets on the first Monday of the month at the Madison Senior Center. Discussion topics include **practical advice** about effective doctors' visits, medications, dealing with various symptoms, and assistive devices to make life easier. **Helpful hints** from those living with the disease! **Sharing of news** about upcoming programs available in person and on webinars. Run by Parkinson's patients with occasional talks by professionals such as pharmacists, nutritionists, etc. **Meets First Monday of the month at 10am**

### LOOKING FOR SET BACK PLAYERS

If you want to play Set Back and want to play with a group of players regularly, contact the Madison Senior Center (203) 245-5627 and we will compile a list of interested people, get everyone together to figure out days and times to play.

### 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*



## 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. **Prices good through 10/23/21 Pricing: Double: \$2999pp | Single: \$3799pp**

### 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. 1	Split Pea Soup, Chicken Marsala, Coconut Cake
Tue. 2	Navy Bean & Ham Soup, Chicken Cacciatore, Ice Cream
Wed. 3	Beef Vegetable Chili, Rice Pudding
Thurs. 4	Minestrone Soup, Beef Stroganoff, Jello
Fri. 5	Shrimp Bisque, Roasted Cod, Tiramisu
Mon. 8	Cream of Spinach Soup, Spaghetti & Meatballs, Apple Pie
Tues. 9	White Bean & Sausage Soup, Turkey Pot Pie, Tapioca Pudding
Wed. 10	Vegetable Soup, Beef Stew, Cheese Cake
Thurs. 11	<b>Veterans Day</b>
Fri. 12	Manhattan Clam Chowder, Stuffed Sole, Lemon Meringue Pie
Mon. 15	Corn Chowder, Swedish Meatballs, Chocolate Cake
Tues. 16	Cream of Cauliflower Soup, Shepherd's Pie, Brownie
Wed. 17	Honey Roasted Ham, Candied Sweet Potatoes, Stuffing, Green Beans Almandine, Pumpkin Pie
Thurs. 18	Chicken Noodle Soup, Stuffed Cabbage, Carrot Cake
Fri. 19	Rhode Island Clam Chowder, Broiled Founder, Coconut Custard Pie
Mon. 22	Butternut Squash Soup, Meat Loaf, Yellow Cake
Tues. 23	Tomato Bisque, Roasted Pork Tenderloin, Blueberry Coffee Cake
Wed. 24	Lentil Soup, Beef Short Ribs, Cookies
Thurs. 25 & Fri 26	<b>Happy Thanksgiving!</b>
Mon. 29	Barley Soup, Pork Shank, Blondie
Tues. 30	Chicken Rice Soup, Chicken Picatta, Peach Pie

**SIGN-UP GUIDELINES:** **Madison Residents:** Monday, Oct. 25<sup>th</sup>. **Non-Madison Residents:** Wednesday, Oct. 27<sup>th</sup>. 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 are \$7, payable at time of reservation by check or credit card.

**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 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

### MOVIE MATINEE!

Planes, Trains & Automobiles

Thursday, November 18<sup>th</sup> at 3pm

Please Register!

### 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

**NEXT DATE: THURSDAY, DEC. 2<sup>ND</sup> 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. 13<sup>th</sup>

Non-residents on or after Nov. 1<sup>st</sup>.

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

***REGISTRATION MUST BE IN PERSON AT THE BEACH & RECREATION OFFICE***

### DANIEL HAND HIGH SCHOOL

All Daniel Hand High School sports home games offer free

entrance to all Senior Citizens. Great games to come watch and cheer on the home team! Game times are posted on the school website:

[https://stats.ciacsports.com/cgi-bin/game\\_cal2021.cgi?school=DanielHand&honly=&color=000000](https://stats.ciacsports.com/cgi-bin/game_cal2021.cgi?school=DanielHand&honly=&color=000000)