

Trends & Traditions

January 2022

Madison Senior Center

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FEATURED EVENTS

10TH ANNIVERSARY CELEBRATION

We celebrated our 10th Anniversary by raffling off several prizes. We had many lovely gifts and gift certificates donated by the following Madison merchants:

- ❖ Madison Coffee Shop ❖ Water Street Jewelers ❖ Homeward Collective ❖ Maggie's of Madison ❖ J Horton
- ❖ RJ Julia Booksellers ❖ The Country Store ❖ Walker Loden ❖ Blue Moon by the Sea
- ❖ Willoughby's Coffee & Tea.

Thanks so much to the wonderfully generous merchants and the Seniors who participated.

CHINESE PHILOSOPHY AND CULTURE

An introduction to Chinese philosophy and culture by Jennie Owens with a focus on Confucianism and Taoism. Their influence on Chinese society can be felt even today. Major Chinese holidays will be discussed. (3 classes) **Minimum 5 students needed. Thurs., January 13th - 27th 10-11:15am Fee: \$10**

"AN EDUCATION IN THE GROTESQUE: THE GARGOYLES OF YALE UNIVERSITY"

In his lecture, Mathew Duman highlights a selection of gargoyles and grotesques found throughout the buildings of Yale University's campus in New Haven. Using original photographs from his book, *An Education in the Grotesque*, he explores the artistic, historic, architectural and even humorous significance of these decorative sculptures and their role in communicating the identity of Yale University as a place of learning and enlightenment. Mathew Duman grew up in Bethany, Ct and is a photographer and graphic designer. He attended the gargoyle-free campus of Central Connecticut State University but while studying abroad, became fascinated with the architectural detail of the cathedrals of Britain. Mathew has since taken photographic trips to Italy, Africa, Australia and New Zealand and most recently has been seeking out grotesque sculpture around the United States. **Please register for this event.**

Friday, January 28th at 10:30am **FREE**

UPDATED COVID GUIDELINES

1. Masks are optional for all those fully vaccinated. If you aren't vaccinated we ask that you wear a mask
2. Masks must also be worn when riding any of the Senior Center busses.
3. 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.*

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 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
Chris Abbott

The Senior Commission meets on the second Thursday of the month. The next meeting will be **Jan. 13th 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
DishwasherMike Kelly
Bus Driver Tom Lufsey
Bus Driver: Dennis Marron
Bus Driver Helen Sneider
Facility Attendant Steve Radley

From the Director

HAPPY NEW YEAR!

Happy New Year! 2021 was a big year for the Madison Senior Center to showcase our creativity. We creatively programmed activities through the Covid pandemic; using Zoom and a variety of room set ups. We creatively continued the lunch program and Meals on Wheels, keeping people nourished and well. We creatively transported residents to doctor appointments and grocery shopping in a safe and effective manner. We resourcefully continued to provide all of the services you need to be a thriving senior in Madison. All of this is made possible by the amazing team of Senior Center staff. With the New Year upon us, I encourage you to use your own creativity and passion for life to try and better yourself in 2022. Try new things, learn something new, and step outside of your comfort zone. You won't be sorry you did!

Best,

Austin



JANUARY SHOPPING SCHEDULE

Friday, Jan. 3rd Big Y in Clinton
Friday, Jan. 10th Bishop's - Guilford
Friday, Jan. 17th ShopRite/JOANN Fabric - Clinton
Monday, Jan. 20th Fresh Market Plaza 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

BE ON THE LOOKOUT

Please be on the look-out for the 2021 income tax documents. You may need these whether you are planning to file income taxes or not. Be sure to save them. *New benefit letters for Social Security are usually mailed in the middle of December.* Be sure to keep these as well. This will act as your current proof of income.

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.

SNAP PROGRAM (FORMERLY FOOD STAMPS)

A DSS program that helps offset food expenses. Money is given monthly to eligible participants, on an EBT debit card to use at local grocery stores. An asset limit of \$3,500 may apply to those households whose income is over 185% of the Federal Poverty Level. If your income is under this limit, there is no asset limit. For additional information and a checklist of documents require for the application, please contact Heather.

Monthly Max. Income: Single: \$1,986, Couple: \$2,686.

THE FOOD PANTRY

Madison Community Services operates a food pantry for those residents who need a little extra help and food support. The Food Pantry is located at 50 Mungertown Rd, Madison, CT and is open on Wednesdays from 11am to 3pm. Due to COVID, to use the pantry you must register for a time. This can be done via their website www.madisoncommunityservices.org/food-pantry/ or via phone at (203) 245-3031. Proof of residency is required. For those unable to drive to the pantry, arrangements can be made for a delivery.

Please contact Heather Noblin for more information.

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, Jan. 4th & 18th 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., Jan. 13th & 27th 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: 9:30am - 4pm Wednesdays: 8:30am - 4pm Thursdays: from 8:30am - 4pm

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 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, Jan. 11th & 25th 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, Jan. 18th, 11-12:30pm FREE**

Homebound Caregivers: Call in or video chat with other family caregivers for a weekly one hour Zoom support group. Every Wednesday 2 - 3pm | Go to zoom.us or call 1-929-205-6099 Meeting ID: 8613378319

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, Jan. 24th. Appointments starting at 11am FREE**

GROUPS

Registration Required for All activities at the Senior Center

SWEDISH WEAVING FRIDAYS 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 MONDAYS 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 MSC **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., JAN. 4TH & 18TH, 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, JAN. 6TH & 20TH 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 & 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.

MSC BOOK CLUB 4TH TUESDAY OF THE MONTH AT 1PM **FREE**

The Madison Senior Center Book Club has returned to in-person meetings at the Senior Center. The upcoming books to discuss are:

Feb. 22 nd	The Four Winds	Mar. 22 nd	The Last Bookshop in London
April 26 th	Class Mom	May. 24 th	Mornings on Horseback

The meeting this month is on Jan. 25th discussing *Have You Seen Luis Velez?* at 1pm

CLASSES

SENIORS IN MOTION

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

Mondays - 10:30–11:30am Jan. 3rd - 31st (no class 1/17) MM\$29|NMM\$29 4 Classes Minimum Needed: 5

Wednesdays - 10:30–11:30am Jan. 5th - 26th MM\$32|NMM\$42 4 Classes Minimum Needed: 6

Fridays - 10:30–11:30am Jan. 7th - 28th MM\$29|NMM\$39 4 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 Jan. 3rd - 31st (no class 1/17) MM\$28|NMM\$38 4 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 | Jan. 3rd to Mar. 21st No class 1/17 Fee: \$23 10 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. 9th–Feb. 3rd (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 | Jan. 12th - Feb. 16th | 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 | Jan. 5th - 26th | Fee: MM\$24|NMM\$34

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) **Thurs. 10:45–11:45am | Feb. 3rd – Mar. 10th**

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. 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.

Please Remember the Deadline to Sign-up for Classes in JANUARY is December 28th

CLASSES & ACTIVITIES

"DEFENSE IN THE 21ST CENTURY: THE HEART SERIES" (PART 1) WITH DON BRUEGGEMANN

Defensive play is very important – at least 50% of Bridge play is based on defense but is usually overlooked. Lessons on defensive play will be based on the ACBL Bridge Series book *Defense in the 21st Century: The Heart Series* (order at RJ Julia, also available at amazon.com). The class will focus on an introduction to defensive play, opening leads against No Trump contracts, opening leads against suit contracts, play by the *second hand* defender and play by the *third hand* defender. The lessons will consist of a discussion of the material in the book and a set of pre-arranged hands prepared for the students to play based on the material covered. Class size limited to 16 students, max & 8 minimum . *There will be a second set of lessons based on the same book following this class.* (8 classes) Tuesday, Jan. 11th–Mar. 1st at 10–11:30am Fee: MM\$90|NMM\$100

BRIDGE CONVENTIONS WITH SARAH CORNING

For the player that is ready to go beyond the basics. Conventions— new minor forcing, support doubles, Drury and more. An understanding of basic bridge and competitive bidding is required. In addition to discussion, practice hands will be provided for actual play.(8 classes)

Tuesday, Jan. 11th - Mar. 1st from 10 - 11:30am Fee: MM\$90|NMM\$100

BRIDGE BASICS WITH RICK SEABURG

An 8-week class that covers the fundamentals of the game of Bridge which will consist of play, and defense. This class is for anyone who wants to learn to play bridge or who needs a refresher. Please purchase the book, *Bridge Basics 1, An Introduction* by Audrey Grant and bring to the first class, you can get it at RJ Julia's or Amazon

Wednesdays, Jan. 5th - Feb. 23rd from 10 - 11:30am Fee: MM\$90|NMM\$100

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? 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.

Monday, January 3rd at 10am



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



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 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 **Pricing: Contact the Senior Center for current pricing**

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

Mon. 3	Mac & Cheese, Broccoli, Ice Cream Sandwiches - DRIVE THROUGH
Tues.4	Stuffed Cabbage, Cauliflower, Brownies DRIVE THROUGH
Wed. 5	Chicken Cordon Bleu, Normandy Mixed Vegetables, Lemon Cake - DRIVE THROUGH
Thurs. 6	Stuffed Peppers, Green Beans, Blueberry Coffee Cake - DRIVE THROUGH
Fri. 7	Stuffed Sole, Asparagus, Banana Cake - DRIVE THROUGH
Mon. 10	Borscht, Lamb Stew, Ice Cream
Tues. 11	Navy Bean with Ham Soup, Shepherd's Pie, Lemon Meringue Pie
Wed. 12	Broccoli Soup, Chicken Cacciatore, and Apple Cake
Thurs. 13	Tomato Soup, Chicken Scampi, Tiramisu
Fri. 14	Manhattan Clam Chowder, Swordfish, Carrot Cake
Mon. 17	Martin Luther King Day
Tues. 18	White Bean and Sausage Soup, Crab Cakes, Coconut Cake
Wed. 19	Carrot Soup, Roasted Chicken, Blueberry Pie
Thurs. 20	Minestrone Soup, Pork Shank, Cookies
Fri. 21	Rhode Island Clam Chowder, Salmon, Peanut Butter Pie
Mon. 24	Tortilla Soup, Chili, Chocolate Cream Pie
Tues. 25	Italian Wedding Soup, Chicken Kiev, Apple Crisp
Wed. 26	Cream of Asparagus Soup, Loaded Potato, German Chocolate Cake
Thurs. 27	Butternut Squash Soup, Stuffed Cabbage, Apple Fritters
Fri. 28	New England Clam Chowder, Stuffed Sole, Cheesecake
Mon. 31	Beef Minestrone Soup, Roast Pork Loin, Chocolate Mousse

SIGN-UP GUIDELINES: **Madison Residents:** Tuesday, Dec. 28th. **Non-Madison Residents:** Wednesday, Dec. 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.

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!

DR. ZHIVAGO - starring Omar Sharif & Julie Christie

Thursday, January 13th at 1pm

Intermission with Tea & Cookies

Please Register!

When inclement weather arises, the Madison Senior Center will post **closing information on your local NBC, CBS, ABC News channels**. If you would like further information regarding the status of individual programs, transportation or the Center, please call (203) 245-5627.

AARP INCOME TAXES *Get Free Help with Your Tax Return*

AARP Certified Tax-Aide counselors provide free income tax preparation assistance for low-and-middle-income taxpayers of all ages, with special attention to those 60 & older. **Taxpayers MUST bring copies of their 2020 tax return.** Taxes will be prepared by **appointment only**.

Tuesdays from 9:am - 2pm from Feb. 1st through Apr. 12th

You may call for an appointment beginning 1/12/22 at (203) 245-5627

Madison Senior Center. Appointments will available every Tuesday until April 12th. Appointments are extremely limited and will be on a first come first served basis.

- You will be required to pick up and fill out an intake form and printed directions prior to your appointment date.
- When you arrive on your appointment day, you will pull up under the bus overhang, and a AARP Rep will meet you and take all of your paperwork including: 1) 2020 Tax Return 2) the Intake Form and 3) all related tax documents for 2021. 4) Your cell phone number
- You then will park your car and await a call from the Preparer or you may wait in a designated waiting room in the Senior Center.
- When your return is complete, the preparer will call you and you will pull up to the bus overhang. The preparer will bring all of your documents and your completed tax return to your vehicle.