

Trends & Traditions

March 2022

Madison Senior Center

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FEATURED EVENTS

BOCCE!

Get ready for Bocce 2022! An organizational meeting in the Senior Center Café will happen on Wednesday, April 20th. It's time to start putting your teams together! See below for all the important dates. We have also reinstated the End of Season Picnic. Please make sure your membership at Senior Center is up to date.

Madison Resident Membership fee: \$15 | Non Madison Resident fee: \$20 | Senior Bocce League fee: \$20

DATES TO REMEMBER: Organizational Meeting: Wed., April 20th at 1:30pm *Registration required.*

Registration Deadline: Thurs., April 28th | First Day of Play: Thurs., May 5th at 9am

Last Day of the Season: Thurs., Sept. 29th

MINDFUL MEDITATION WITH AMY

These sessions are open to all, from brand new beginners to folks with more experience with meditation. We will explore mindfulness at its core, each week exploring a different practice to cultivate resilience, clarity, kindness and a sense of connection to oneself as well as exploring our interconnection to our world. Practices will include concentration practices, mindfulness of the body, mindfulness of emotions, as well as an introduction to metta practice, the practice of loving kindness. (6 weeks and 6 students minimum)

Friday, Mar. 25th-Apr. 29th from 11:15-12 Fee: MM\$60|NMM\$70

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 are prepared by **appointment only.** **Tuesdays from 9am - 2pm through Apr. 12th**

Call (203) 245-5627 for an appointment

Appointments are 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** come in and meet briefly with your AARP Rep. Make sure to bring with you all of your paperwork including: 2020 Tax Return; the Intake Form ;all related tax documents for 2021 ;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 or find you in the waiting area, the preparer will give you all of your documents and your completed tax return.

TRAVEL SHOWCASE

Tracy O'Neill from Collette will present two wonderful travel adventures to California and Greece. If wanderlust is knocking at your door come join us for this great presentation. **Registration required.** (See page 8)

Wed., March 16th at 10:30am

FREE

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 by appointment 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 **Mar. 10th 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
Dishwasher Mike Kelly
Bus Driver Tom Lufsey
Bus Driver: Dennis Marron
Bus Driver Helen Sneider
Facility Attendant Steve Radley

FROM THE DIRECTOR

Spring is almost here, the snow will melt, the birds will be out and the days will be longer. This coming season in Madison is a perfect time of year with so many great ways to enjoy your day. You can walk downtown or on our beautiful beach roads. You can sit on the benches at East Wharf and enjoy the sound of the water. You can help the Senior Center plant herbs in our gardens. You can sit on one of the new benches at the Senior Center and enjoy the marsh and wildlife. Best of all the temperature will begin to rise making being outside a great way to spend your day. It is Senior Tax Relief season as well. Check with us to see if it is your year to apply. I hope you take advantage of all the activities we have coordinated for you this season.

Austin

WALT LONGMIRE (*Robert Taylor*) is the sheriff of fictional Absaroka County. Sheriff Longmire's longtime friend Henry Standing Bear (*Lou Diamond Phillips*), a Cheyenne man, provides insight to and sometimes aids in dealing with tribal police. As the series progresses, the friends deal with issues of gambling at a casino on the reservation, issues of competing jurisdictional authority for protecting people and prosecuting crimes, and other issues of contemporary Native American life.

Wednesdays | 1pm FREE

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. 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 in-person 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 and a set of hands prepared for the students to play. Class size limited to 16 max & 8 min. (8 classes) **Tuesday, Mar. 8th - Apr. 26th | 10 - 11:30am | Fee: MM\$90 | NMM\$100**

Hike with Bob: Take a hike with Bob Kuchta, our former Tree Warden, to hike the the Stewart McKinney National Wildlife Preserve. The Bus will leave from the Senior Center at 1:30pm. **Thursday, Mar. 31st | 1:30 - 3:30pm FREE**

MARCH SHOPPING SCHEDULE

Friday, Feb. 4th TJ Maxx in Clinton
Friday, Feb. 11th Trader Joe's in Orange
Friday, Feb. 18th Roberts in Madison
Friday, Feb. 25th Big Y/ Walmart 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

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**

PROPERTY TAX SAVINGS PROGRAMS

The Town of Madison and the State of Connecticut have programs to assist residents with tax savings. The following programs are available to eligible residents: **Local Tax Relief, Local Tax Deferral, Local Tax Freeze, and the State of Connecticut Tax Relief/Circuit Breaker Program.** There are also Veteran's and Disability exemptions that may be available. There are eligibility and income guidelines for each program. Contact us for more information or to schedule an appointment. If you intend on filing income taxes for 2019, they must be filed first. **Filing period: February 1st - May 15th, 2022**

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. New guidelines available on March 1, 2022**

SPRING 2022 HOLIDAY BASKET REGISTRATION - THROUGH MONDAY, APRIL 4, 2022

The MCS Food Pantry will distribute a ham and gift card to our Madison residents upon request.

If you **are already** a registered Food Pantry client, please let Mary Hake know next time you visit the Food Pantry and then select a pick-up day and time for pick up at the Food Pantry on Tuesday, April 12 or Wednesday, April 13.

If you **are not** a registered Food Pantry client but did receive a December 2021 basket, an MCS volunteer will contact you to confirm whether or not you would like to receive a Spring basket.

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 state your name, address, telephone number and number of people in your household, and an MCS volunteer will respond to your email/telephone call within a couple of days.

The baskets will be delivered to your home by our volunteer drivers on Monday, April 11. Families will receive their basket between 9 and 11am, and seniors and singles will receive their basket between 1 and 3pm. You must request your basket no later than Monday, April 4.

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, Mar. 1st & 15th 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., Mar. 10th & 24th 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, Mar. 8th & 22nd 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, Mar. 15th, 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, Mar. 21st. Appointments starting at 11am FREE**

GROUPS

Registration Required for All activities at the Senior Center

SWEDISH WEAVING

FRIDAYS AT 1:30PM

FREE

We are on hiatus until April 22nd

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 - CALL FOR LOCATION

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., MAR. 15TH & 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!

KNITTING GROUP TUESDAYS FROM 1-2:30PM

Join fellow knitters at all stages of proficiency, for a fun afternoon of knitting. on

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

SETBACK PLAY THURSDAYS, FROM 1:30—3:30PM

A Setback Group has started and is meeting regularly at the Senior Center. If you would like to join them call the Senior Center to register. New members are welcome!!

FREE

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

BINGO AT THE SENIOR CENTER THURSDAY, MAR. 3RD & 17TH 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.

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:

April 26th Class Mom

May. 24th Mornings on Horseback

June 28th Winter Garden

July 26th Mystery of Mrs. Christie

The meeting this month is on Mar. 22nd discussing *The Last Bookshop in London* at 1pm

CLASSES

SENIORS IN MOTION

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

Mondays - 10:30–11:30am Mar. 7th - 28th) MM\$39|NMM\$49 | 4 Classes|Minimum Needed: 5

Wednesdays - 10:30–11:30am Mar. 2nd - 23rd MM\$35|NMM\$45 | 5 Classes|Minimum Needed: 7

Fridays - 10:30–11:30am Mar. 4th - 25th MM\$28|NMM\$38 | 4 Classes|Minimum Needed: 7

CHAIR YOGA

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

Mondays 1-2pm Mar. 7th - 28th MM\$28|NMM\$38 4 Classes|Minimum Needed: 7

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| Mar. 28th to Jun. 13th No class 5/30 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|Mar. 17th–Apr. 21st|Fee: MM\$60|NMM\$70**

TAI CHI - SPONSORED BY THE VNA

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 | Mar. 30th -Jun. 15th | MM\$30|NMM\$30|12 Classes Minimum 7 students needed

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 | Mar. 2nd - 23rd |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| Mar. 10th – Apr. 14th |Fee: MM\$45|NMM\$55

SENIOR SOFTBALL

Returning players have first registration opportunity. New players can register beginning Feb. 1st on a first come first served basis. Registration forms are at the Beach & Recreation office. If a person cannot commit to play every Thursday, they can register for *open softball only*. League games are every Thursday 8:30-12:30) and rescheduled rain outs for the following Tuesday morning so league players must be willing to commit to this schedule. Players must be age 60 by 12/31/22 in order to be eligible. **Season: May 5th–Nov. 10th MM\$50|NMM\$60**

CLASSES & ACTIVITIES

STAMP OUT STROKE: A PREVENTION PROGRAM

Join Rachel Forman, MD, as she discusses how to prevent strokes through a community service organization, affiliated with the Yale stroke department, called *Stamp Out Stroke*. *Stamp Out Stroke*. . This is a group of physicians, medical students, and nurses whose mission is to educate the New Haven and surrounding communities about stroke. Many people are unaware of the risk factors for stroke and that most strokes are preventable. This Zoom lecture will review stroke risk factors, how to recognize warning signs, and the importance of receiving prompt care. There will be a brief Q&A session following the lecture. **Registration required. Monday, Mar. 28th at 1pm**

DENTAL HEALTH

Dental Hygiene students from the University of New Haven will discuss what to expect when going to the dentist during a pandemic. The presentation will include information on brushing techniques, flossing techniques, nutrition, gingivitis vs periodontal disease, oral side effects of medications, effects of systemic diseases on oral cavity/overall health, denture tips, and dental products. We hope to keep you smiling ! **Registration Required Friday, March 11th at 11am - FREE**

PARKINSON'S DISEASE SUPPORT GROUP

Support group for folks with PD meeting on the first Monday of the month at the Madison Senior Center. **Mon., March 7th 10:30am FREE**

CONQUER YOUR DAY

Do you struggle with daily activities, or lifting certain items at home or at the office? Preparing yourself can help reduce injuries! Join **Corey Podbielski, PT, DPT, OCS** as he explains a great technique called 1 Rep Max that will help increase your strength, reduce injuries and help you prepare for daily tasks. Tasty treats will be provided by Gaylord for all in attendance. **Registration Required Monday, March 21st from 1-2pm FREE**

PREPARING YOUR BODY FOR GOLF SEASON

Cory Podbielski, who is Titleist Performance Institute Certified, is back again helping you get ready for golf season. Topics he'll be covering are: 1) Getting into shape for golf. 2) Warming up before a round. 3) Keeping the "high stress" areas resilient. 4) Having more fun. Join us for this informative presentation. **Registration Required. Thursday, April 28th from 1-2pm FREE**

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 **Friday, Mar. 11th 9-12:30pm Registration Required FREE**

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!

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

The Colorado Rockies Collette Tours Friday, Aug. 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. For more information visit <https://gateway.gocollette.com/link/1069288>
Pricing: Double \$2999pp | Single \$3699pp. Check with the Senior Center for current prices.

Exploring Greece & Its Islands Collette Tours Wednesday, Oct. 5th-20th

(16 days, 23 Meals: 14 breakfasts, 1 lunch 8 dinners) Discover the magnificent ruins of ancient Greece and bask in the brilliance of the Mediterranean. This comprehensive journey explores Greece's most important ancient monuments, including the famed Temple of Zeus, the archaeological site of Olympia and ancient artifacts of Delphi. Explore Athens on a comprehensive tour of the incredible Acropolis. Visit a local farm in the countryside to see how olive oil and wine are produced. Learn how to cook traditional Mediterranean cuisine during a cooking demonstration. Wander the winding streets, vineyards, marketplaces and beaches of Mykonos and Santorini. Explore the excavations of the ancient city at Akrotiri, the most important prehistoric settlement found anywhere in the Eastern Mediterranean. Learn the history of this fascinating country from local experts on guided tours of Athens, Meteora, Delphi, and Olympia. Throughout your journey, experience the iconic sights of Greece's Classical age with ample time to explore on your own. For more information go to <https://gateway.gocollette.com/link/1068966>. **Pricing: Double \$5499pp | Single \$6399pp. | Triple \$5499 Prices good through 4/6/22 Special Travel Presentation on Wed., March 16th at 10:30am. Registration required.**

California Dreamin': Monterey, Yosemite & Napa Monday Monday, Oct. 10th – 17th

8 Days • 12 Meals: 7 breakfasts, 2 lunches, 3 dinners This is the essence of Northern California, from fine wine and freshly caught seafood to vibrant cities and nature on an epic scale. Discover Monterey's Fisherman's Wharf and Sacramento's Old Town. Witness the stunning views along 17 Mile Drive. Meet a local farmer and taste his farm's produce. Marvel at the unspoiled beauty of Yosemite National Park. Glide on the pristine waters of Lake Tahoe on a paddle wheeler. Sip local wines in Napa Valley and enjoy a farm-to-table lunch. Embrace the laid-back life of the Golden State. For more information go to <https://gateway.gocollette.com/link/1095351> **Pricing: Double \$2999pp | Single \$3799pp. | Triple \$29699 Prices good through 4/10/22 Special Travel Presentation on Wed., March 16th at 10:30am. Registration required.**

MARCH MENU

Tues. 1	Curried Chicken and Lentil Soup, Pork Marsala, Cookies
Wed. 2	Broccoli and Beef Soup, Balsamic Braised Chicken, Blueberry Pie
Thurs. 3	Cream of Spinach Soup, Chicken Kiev, and Coconut Cream Pie
Fri. 4	Seafood Gumbo, Lemon and Herb Roasted Salmon with a Potato Purée, Turtle Brownies
Mon. 7	French Onion Soup Grilled Chicken Alfredo Fettuccini, Lemon Meringue
Tues. 8	Cream of Cauliflower Soup, Roast Pork Loin, Cannoli
Wed. 9	Chicken Rice Soup, Cheese Ravioli with Tomato Basil Sauce, Banana Cream Pie
Thurs. 10	Cream of Asparagus Soup, Beef Short Ribs, Ice Cream
Fri. 11	Tomato Soup, Fish & Chips, Cheesecake
Mon. 14	Chicken Noodle Soup, Meatball Sub with Broccoli Slaw, Pineapple Upside Down Cake
Tues. 15	Garden Salad, Chicken Parmesan, Chocolate Cake
Wed. 16	Minestrone Soup, Kielbasa and Sauerkraut, Tiramisu
Thurs. 17	St Paddy's Day Potato and Leek Soup, Braised Lamb Shank Smashed Fingerling Potatoes, Chocolate Mint Pie \$12
Fri. 18	Italian Wedding Soup, Flounder Française, Key Lime Pie
Mon. 21	White Bean & Sausage Soup, Chicken Piccata with Toasted Orzo & Pecans, Parfait
Tues. 22	Chicken Lentil Soup, Roast Rack of Pork with Exotic Mushroom Pasta, Vanilla Pudding
Wed. 23	Mushroom Barley Soup, Beef Bourguignon, Black Forest Cake
Thurs. 24	Minestrone Soup, Pastrami on Rye, Lemon Cake
Fri. 25	Manhattan Clam Chowder, Stuffed Sole, Peach Pie
Mon. 28	Vegetable Soup Tortellini with Sausage with Vodka Cream Sauce, Boston Cream Pie
Tues. 29	Butternut Squash Soup, Pulled Pork, Blondies
Wed. 30	Broccoli Soup, Chicken Cesar Salad, Apple Turnover
Thurs. 31	Carrot Soup, Spaghetti & Meatballs, Chocolate Cream Pie

SIGN-UP GUIDELINES: **Madison Residents: Monday, Feb. 22nd** **Non-Madison Residents: Wednesday, Feb. 23rd**. 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

JAZZERCISE WINTER - 324020

Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes dance-based cardio with strength training. Fresh pulse-pounding music and body-blasting moves bring the intensity to transform your body, boost your mood and ignite your energy. Sign up for two months and you may attend an unlimited number of classes during that time. Instructed by Certified Jazzercise Instructor.

Class Schedule:

Monday: 9am - 10am Surf Club | 5:30pm - 6:30pm Online

Wednesday - Saturday: 9am - 10am at **the Surf Club**

Tuesday & Thursday: 5:30pm - 6:30pm at **the Surf Club**

Masks are currently required while inside.

Fee: MM\$105 | NMM\$115 Classes are not prorated due to missed classes or late registration as you may go to as many classes as you want in the two months.

Registration at Madison Beach and Recreation

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On December 31, the FCC [launched the ACP](#). This program, created by Congress in the Infrastructure and Jobs Act, is a longer-term replacement for the Emergency Broadband Benefit (EBB) program. This investment in broadband affordability will help ensure households can afford the internet connections they need for work, school, health care, and more. The FCC also launched a [toolkit of materials](#) for partners to download and customize to meet their needs. More materials will be added in the coming weeks.

The ACP provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price. [Enrollment](#) in the ACP is now open for households with at least one member qualifying under any of the following criteria:

- Has an income that is at or below 200% of the [federal poverty guidelines](#).
- Participates in certain assistance programs, such as SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or [Lifeline](#).
- Participates in tribal-specific programs, such as Bureau of Indian Affairs General Assistance, Tribal TANF, or Food Distribution Program on Indian Reservations.
- Is approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision.
- Received a Federal Pell Grant during the current award year.
- Meets the eligibility criteria for a participating provider's existing low-income program.

The 9 million households fully enrolled in the EBB program as of December 31, 2021 will continue to receive their current monthly benefit until March 1, 2022. More information about steps current EBB recipients must take to continue receiving the ACP benefit after March 1, 2022 will be available in the coming weeks. For application questions, email ACPSupport@usac.org or call 877-384-2575.