

# Trends & Traditions

APRIL 2022

Madison Senior Center

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## FEATURED EVENTS

### BOCCE BOCCE BOCCE

Looking for a fun outdoor activity, want to make new friends or visit with old ones? Come to Bocce! Organizational meeting on Wednesday, April 20<sup>th</sup> at the Senior Center. Captains, reach out to your players prior to the meeting. Membership at Senior Center must be current. New members welcome!

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

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

**Registration Deadline: Thurs., April 28<sup>th</sup> | First Day of Play: Thurs., May 5<sup>th</sup> at 9am**

**Last Day of the Season: Thurs., Sept. 29<sup>th</sup>**

### ALAN DEVALERIO WHITE HOUSE BUTLER

Former White House butler, Alan DeValerio, is coming to Madison Senior Center! He will give you the inside details about all the preparations involved in entertaining at the White House and relate his first-hand experiences with history. He will recount the stories from those people that he worked with (*like Eugene Allen, on whom the movie The Butler was based*) who have been taking care of our First Families ever since the Franklin Roosevelt administration! Alan will also display many White House artifacts (menus, programs, Christmas cards, personal photos, etc.) that he has collected over the years. And after the program, his book *A History of Entertainment in the Modern White House* will be available for purchase and signing. This is a presentation that you won't want to miss! ***Registration required.***

**Thurs, April 21<sup>st</sup>, at 1pm FREE**

### MENS' FITNESS CLASS

New class starting this month! This class is designed to promote muscular strength, balance and endurance; utilizing dumbbells, exercise bands, chairs. Hank Sullivan is a personal trainer, certified in teaching Senior Fitness. His years of experience working with seniors has informed his perspective of the purpose of our work: that improved physical functioning leads to better overall quality of life! All fitness levels welcome! We will include a free demo class so you can come and try it out. The class will be 6 weeks long and requires 6 students minimum to run.

**Free Demo Class Monday April 11<sup>th</sup> Mondays, Apr. 18<sup>th</sup> - May 23<sup>rd</sup> from 9:15-10:15am Fee: MM\$48|NMM\$58**

### MINDFUL MEDITATION WITH AMY

These sessions are open to all skill levels, from beginners to folks with more experience with meditation. Delve into mindfulness at its core. Each week explore a different practice to cultivate resilience, clarity, kindness and a sense of connection to oneself as well as 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) **Fridays, May 6<sup>th</sup>-Jun. 10<sup>th</sup> from 11:15-12noon Fee: MM\$60|NMM\$70**

## 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 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 **Apr. 10<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  
Dishwasher .....Mike Kelly  
Bus Driver ..... Tom Lufsey  
Bus Driver: ..... Dennis Marron  
Bus Driver ..... Helen Sneider  
Facility Attendant ..... Steve Radley

### FROM THE DIRECTOR

The meaning behind the word “April” comes from the verb “aperire,” which means “to open.” It’s commonly believed that the word refers to the season of trees and flowers begin to “open” or bloom. I don’t know much about trees or flowers, except that they are beautiful this time of year and you should make it a point to enjoy them. Do you have a favorite tree or flower in your yard that blooms this time of year? If you do, I bet the birds love it just as much as you do. Take a photo of your favorite and share it with us. We will compile the photos and post them on our website for everyone to enjoy. I hope you enjoy this newsletter and I look forward to seeing you at the Senior Center.

*Austin*

### THANK YOU TO OUR WONDERFUL VOLUNTEERS!

Volunteerism is a cornerstone of the Madison community. Giving back to your neighbors and caring about your fellow residents is not pandemic dependent. Rather, it is a mission that doesn’t have an end date as there is always someone who could benefit from your time and compassion. **Thank you to all of our volunteers, you are greatly appreciated**

### EARTH DAY WEEK HIKE WITH BOB



Take a hike with Bob Kuchta, our former Tree Warden, for a hike at the Lowry Woods Community Forest. The Bus will leave from the Senior Center at 1:30pm. **Wednesday, Apr. 20<sup>th</sup> | 1:30 - 3:30pm FREE**

### APRIL SHOPPING SCHEDULE

Friday, Apr. 1<sup>st</sup> Fresh Market  
Friday, Apr. 8<sup>th</sup> Roberts  
Wed., Apr. 13<sup>th</sup> Bishops  
Friday, Apr. 22<sup>nd</sup> TJ Maxx in Clinton  
Friday, Apr. 29<sup>th</sup> Big Y/ Kohls - Old Saybrook  
**Pickups 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](mailto: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 a 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 2021, they must be filed first. **Filing period: February 1<sup>st</sup> - May 15<sup>th</sup>, 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- \$2,786 & Couple- \$3,754**

### 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](mailto: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 Apr. 5<sup>th</sup> & 19<sup>th</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., Apr. 14<sup>th</sup> & 28<sup>th</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: 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 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, Apr. 12<sup>th</sup> & 26<sup>th</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, Apr. 19<sup>th</sup>, 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, Apr. 18<sup>th</sup>. Appointments starting at 11am FREE**

## GROUPS

Registration Required for All activities at the Senior Center

### **SWEDISH WEAVING** FRIDAYS STARTING APRIL 22<sup>ND</sup> 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 from 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 - 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., APR. 5<sup>TH</sup> & 19<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!

### **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, APR. 7<sup>TH</sup> & 28<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.

### **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** 4<sup>TH</sup> 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:

May. 24<sup>th</sup> Mornings on Horseback

June 28<sup>th</sup> Winter Garden

July 26<sup>th</sup> Mystery of Mrs. Christie

The meeting this month is on Tuesday, Apr. 26<sup>th</sup> discussing *Class Mom*

## CLASSES

### SENIORS IN MOTION

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

**Mondays - 10:30–11:30am Apr. 4<sup>th</sup> - 25<sup>th</sup>) MM\$34|NMM\$44 | 4 Classes| Minimum Needed: 5**

**Wednesdays - 10:30–11:30am Apr. 6<sup>th</sup> - 27<sup>th</sup> MM\$24|NMM\$34 | 5 Classes| Minimum Needed: 7**

**Fridays - 10:30–11:30am Apr. 1<sup>st</sup> - 29<sup>th</sup> (no class 4/15) MM\$24|NMM\$34 | 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 Apr. 4<sup>th</sup> - 25<sup>th</sup> MM\$24|NMM\$34 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. 28<sup>th</sup> to Jun. 13<sup>th</sup> 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. 24<sup>th</sup>–May. 12<sup>th</sup>| 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. 30<sup>th</sup> - Jun. 15<sup>th</sup> | 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 | Apr. 6<sup>th</sup> - 27<sup>th</sup> | 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| May 12<sup>th</sup> - Jun. 16<sup>th</sup> | Fee: MM\$45|NMM\$55**

### TECH SUPPORT

*Have an iPad or a smart phone and don't know how to use it?*

*Having trouble with your email?*

Get your questions answered for free! Madison Youth & Family Services is gathering a group of tech savvy teenagers to help you conquer the cyber world. Hoping to start the end of April on Thursday afternoons so give us a call if you are interested (203) 245-5627. *Registration is required.*

**Please Remember  
the deadline to sign up  
for classes in April is March 28<sup>th</sup>**

## OF SPECIAL INTEREST

### **DEFENSIVE PLAY (PART 2) WITH DON BRUEGGEMANN**

This class is based on the ACBL Bridge Series book *Defense in the 21<sup>st</sup> Century: the Heart Series* (order at RJ Julia, or amazon.com). This book is the 3<sup>rd</sup> in the *American Contract Bridge League's* series of bridge books. This class will focus on defensive signals, developing defensive tricks, interfering with declarer, and making a defensive plan. 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 prepared in advance based on the material covered. You may enroll in this class without having taken Part 1. Class size limited to min. 8- max 16 and will run for 8 weeks.

**Tuesday, May 3<sup>rd</sup> – June 21<sup>st</sup>, at 10-11:30am Fee:MM\$90|NMM\$100**

### **JAZZERCISE SPRING - 424020**

Instructed by Certified Jazzercise Instructor. DANCE MIXX 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. Classes are held Mondays at 9am in person, 5:30 pm online, Tuesdays 9 am and 5:30pm in person, Wednesday's at 9am in person, Thursdays at 5:30 pm in person, Fridays at 9 am in person and Saturdays at 9 am in person. Held on the deck of the Surf Club unless weather is too bad and then indoors. Pick the days you want to go. Fee includes two months of unlimited classes \$110/\$120 . **Register with the Madison Beach and Recreation Dept. (203) 245-5623**



Physical  
Therapy

### **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 28<sup>th</sup> from 1-2pm 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., April 4<sup>th</sup> 10:30am 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, Apr. 29<sup>th</sup> ; May 27<sup>th</sup>; Jun. 24<sup>th</sup> 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. 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. 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. 5<sup>th</sup>-20<sup>th</sup>**

*(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**

### **California Dreamin': Monterey, Yosemite & Napa Monday Monday, Oct. 10<sup>th</sup> – 17<sup>th</sup>**

*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**

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## APRIL MENU

<b>Fri. 1</b>	Shrimp Bisque, Stuffed Flounder, Turtle Brownies
<b>Mon. 4</b>	Pasta Fagioli, Pork Marsala, Peach Shortcake
<b>Tues. 5</b>	Tomato Soup, Tzatziki Salmon over Greens, Lemon Meringue Pie
<b>Wed. 6</b>	Split Pea Soup, Chicken Quesadilla, Peach Cobbler
<b>Thurs. 7</b>	Beef Minestrone Soup, Asian Chicken Salad, Apple Raspberry Pie
<b>Fri. 8</b>	New England Clam Chowder, Stuffed Sole, Carrot Cake
<b>Mon. 11</b>	Beef Barley Soup, Chicken Cacciatore, Tiramisu
<b>Tues. 12</b>	Chicken Vegetable Soup, Tuna & Swiss Melt on Croissant, Coconut Cream Pie
<b>Wed. 13</b>	Cream of Asparagus Soup, Cheese Ravioli with Tomato Basil Sauce, Strawberry Cream Pie
<b>Thurs. 14</b>	Italian Wedding Soup, Roasted Pork Loin, Blueberry Pound Cake
<b>Fri. 15</b>	Closed in Observance of Good Friday
<b>Mon. 18</b>	White Bean & Sausage Soup, Chicken Piccata, Boston Cream Pie
<b>Tues. 19</b>	Butternut Squash Soup, Chicken Pot Pie, Chocolate Cake
<b>Wed. 20</b>	Broccoli and Cheese Soup, Beef Bourguignon, Blueberry Pie
<b>Thurs. 21</b>	Carrot Soup, Gnocchi with Peas, Chicken and Lemon, Key Lime Pie
<b>Fri. 22</b>	Seafood Chowder, Fish Tacos in Soft Tortillas, Lemon Cake
<b>Mon. 25</b>	Cream of Mushroom Soup, Grilled Chicken Alfredo Fettuccini, Cheese Cake
<b>Tues. 26</b>	French Onion Soup, Pulled Pork Sandwich, Coconut Cake
<b>Wed. 27</b>	Cream of Spinach Soup, Fish & Chips, Rice Pudding
<b>Thurs. 28</b>	Mushroom & Lentil Soup, Spaghetti and Meatballs, Cookies
<b>Fri. 29</b>	Manhattan Clam Chowder, Roasted Cod, Blondies

**SIGN-UP GUIDELINES: Madison Residents may begin on: Monday, Mar. 21<sup>st</sup> Non-Madison Residents may begin on: Wednesday, Mar. 23<sup>rd</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

### **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)

### **UPCOMING CHANGES TO 3G WIRELESS NETWORK**

Did you know that service providers will be shutting down their 3G networks beginning in early 2022?

The Federal Communications Commission (FCC) has developed a consumer guide (<https://bit.ly/3pGmDMF>)

with more information on the 3G shutdown. Anticipated shutdown dates by provider include: AT&T on 2/22/22; T-Mobile/Sprint: between March-July; and Verizon: by end of the year. Providers like Boost, Cricket, and Straight Talk also use the networks of the larger providers. The FCC encourages customers of any network to contact their carrier for more information. Many carriers may offer free or low-cost replacement phones or devices.

This will affect *older devices* made for the 3G network, including but not limited to: cell phones, tablets, personal emergency response system devices, smart watches, assistive technology devices with SIM cards, certain medical devices, home alarm systems, and more. These devices on 3G networks will not be able to send texts, use data, or make or receive phone calls, including calls to 9-1-1. These devices *may* still be able to access services via a public or personal Wi-Fi network. Some devices may only require a software update to enable VoLTE (HD Voice) or other advanced services. Older adults, people with disabilities, and people on fixed incomes may be affected.

**For more information on this see the FCC Consumer Guide <https://bit.ly/3pGmDMF> or contact the Senior Center.**