

Trends & Traditions

MAY 2022

Madison Senior Center

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FEATURED EVENTS

MADISON EMERGENCY MEDICAL SERVICES

Don't miss the Madison Ambulance Services when they come to the Senior Center. They will be discussing the File of Life Program, as well as providing a case example from the time 911 is called through the transfer of care at the hospital. They will explain what information is collected, how the patient's insurance is billed and how the insurance rates are established. They will also demonstrate how some of their equipment works. **Registration Required.**



Wednesday, May 25th at 1pm FREE

STRETCH & BALANCE II

This class is intended to help you regain your flexibility and balance with some exercises that will help you feel better and keep you safer. Stretch & Balance has been so popular that we have decided to add another weekly session. This will serve the dual purpose of decreasing the class size and also giving students the opportunity to take this class twice a week. See page 6 for more information. **Mon. May 2nd - Jun. 13th at 12:15-1:15pm | Fee: MM\$45 | NMM\$55**

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.

Mondays, Jun. 6th - July 18th from 9:15-10:15am | Fee: MM\$48 | NMM\$58

VAN WILGENS GARDEN CENTER

Wednesday, May 10th | Leaving Senior Ctr. at 1pm | Returning by 3pm | Bus Fee: \$3

MADISON FARMER'S MARKET

We will be providing transportation to and from the Farmer's Market on the 2nd Friday of the month beginning May 13th **Registration for this event required by May 6th**

Registration is required for all events

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 **May. 12th 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
Facility Attendant Steve Radley

FROM THE DIRECTOR

May is Older American's Month. Since 1976, as proclaimed by President Gerald Ford, we have honored older Americans and their contribution to our communities. We would like to honor all of the Madison residents that have helped our Town in so many ways. Thank you for all you do!

I hope you have found something enjoyable in this month's *Trends and Traditions*. If you haven't been on a hike with Bob Kuchta, I strongly encourage you to do so. His passion and knowledge for the outdoors is second to none. Gentleman, please take a look at the **Men's Fitness Class**. This could be the class that gets you motivated to get healthy and moving. The Madison Farmer's Market opens on May 13th. Come check out their vendors and purchase some locally grown produce, dairy, meats and other delicious items.

Enjoy,

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**

HIKE WITH BOB



Take a hike with Bob Kuchta, our former Tree Warden. Hike on the **Westwoods Guilford Green Triangle Trail**.

The Bus will leave from the Senior Center at 1:30pm.

Thursday, May 26th | 1:30 - 3:30pm | FREE

MAY SHOPPING TRIP SCHEDULE

Registration Required | Pickups between 8:45- 9:30am

Friday, May 6th Big Y in Clinton
Wed., May 11th Van Wilgens Garden Center (pickup at 1pm)
Friday, May 13th Madison Farmer's Market
Wed.; May 18th Clinton Premium Outlets (pickup at 1pm)
Friday, May 20th TJ Max/Stop & Shop Clinton
Friday, May 27th Big Y/ Kohls - Old Saybrook

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

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 1st - May 15th, 2022**

LOCAL & STATE TAX RELIEF PROGRAMS

An eligible participant may receive a discount off their property taxes in July. Discounts adjusted based off income. An eligible participant will be aged 65 or old **OR** under age 65 and declared disabled by the end of the 2021. They will own their own home in town and be responsible for the property taxes in that home. They will live in the home for which they are applying for assistance at least 250 days out of the year, this must be their primary residence. If married, income is counted jointly regardless of filing status. Participants must reapply bi-annually. **Local Maximum Income: \$72,960 State Maximum Income Single: \$38,100 or Couple: \$46,400.**

LOCAL TAX DEFERRAL PROGRAM

See the above guidelines. An eligible participant may defer paying up to \$8,000 in taxes per year. A lien will be placed on the property with a 1% interest rate. Full or partial repayments may be made at any time. Lien must be satisfied upon the sale of the home. Participants must reapply annually. **Maximum Income: \$72,960.**

LOCAL TAX FREEZE PROGRAM

An eligible participant may have their property taxes frozen at the rate that they are at in July, participants must reapply annually to show continued eligibility. An eligible participant will be aged 65 or old **OR** under age 65 and declared disabled by the end of the 2020. They will own their own home in town and be responsible for the property taxes in that home. They will live in the home for which they are applying for assistance at least 250 days out of the year, this must be their primary residence. Currently maximum assessed value of the home cannot exceed \$391,250. **Income Guidelines adjusted based on years of residency and marital status.**
Maximum income for a resident of 20 years or more- Single: \$72,831 and Couple: \$79,659

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**

RENT REBATE

Eligible participants will receive one-time assistance annually that helps to offset rental expenses. Documentation of 2021 income, (income taxes if you file them) payments made for rent, heating, water bills, and electric are required to apply. You may begin dropping off your paperwork after May 15th, 2022, please call the Senior Center to let us know when you will be dropping off your paperwork. Please make sure you include a contact number with your paperwork. **2020 Maximum Annual Income Single: \$38,100 and Couple: \$46,400**

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, May. 3rd & 17th 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., May 12th & 26th FREE

HANDICAPPED PARKING PERMIT application permit applications are available in the senior center office.

SAFETY CHECK LIST

Are you concerned for your safety in the event of emergency or weather event? To add your name to the Safety Check list, call (203) 245-5627.

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, May 16th. Appointments starting at 11am FREE**

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, May 10th & 24th 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, May 17th, 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

GROUPS

Registration Required for All activities at the Senior Center

SWEDISH WEAVING **FRIDAYS AT 10:30-11:30AM** **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!

MAHJONGG DROP-IN DAY **WEDNESDAYS-ALL DAY**

We are setting aside time for anyone who wants to play MahJongg to come in by themselves and join a group or come in with 1, 2, or 3 others.

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., MAY 3RD & 17TH, 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** **FREE**

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

SETBACK PLAY **THURSDAYS, FROM 1:30-3:30PM** **FREE**

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!!

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, MAY 5TH & 19TH 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:

June 28th Winter Garden
July 26th Mystery of Mrs. Christie

The meeting this month is on Tuesday, May 24th discussing *Mornings on Horseback*

CLASSES

SENIORS IN MOTION

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

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

Mondays - 11–12pm May 2nd - 16th (no class 5/23 & 30) |MM\$26|NMM\$36|3 Classes | Minimum Needed: 5

Wednesdays - 10:30–11:30am May 4th - 11th (no class 5/18 & 25)|MM\$12|NMM\$22|2 Classes| Min. Needed: 7

Fridays - 10:30–11:30am May 6th - 27th (no class 5/20) MM\$18|NMM\$28|3 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 May 2nd - 16th (no class 5/23 & 30)MM\$18|NMM\$28 3 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** | May. 19th–June 23rd | 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 | May. 4th - 25th | 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)

Mondays | 12:15–1:15pm May 10th - June 14th | Fee: MM\$45|NMM\$55

Thursdays | 10:45–11:45am May 12th - June 16th | Fee: MM\$45|NMM\$5

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 6th - Jun. 10th from 11:15-12noon** | Fee: MM\$60|NMM

Please Remember: the deadline to sign up for classes in May is April 25th

OF SPECIAL INTEREST

DEFENSIVE PLAY (PART 2) WITH DON BRUEGGEMANN

This class is based on the ACBL Bridge Series book *Defense in the 21st Century: the Heart Series* (order at RJ Julia, or amazon.com). This book is the 3rd 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 3rd – June 21st, 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**

SARAH'S PLAY OF THE HAND BRIDGE CLASS

This is an 8-week course to improve the player's technique for playing the hand for the best results. Instructor: Sarah Corning | Class size limited to minimum 8- maximum 16

Thurs., May 12th-July 7th (No class on June 9th) from 9:30-11am. | Fee:MM\$90|NMM\$100

PARKINSON'S DISEASE SUPPORT GROUP

Support group for folks with PD meeting on the first Monday of the month at the Madison Senior Center. Facilitated by Lynne Keyser. **Mon., May 2nd 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. 29th ; May 27th; Jun. 24th 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 Check with the Senior Center for current prices**

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 Check with the Senior Center for current prices**

MAY MENU

Mon. 2	Beef Vegetable Soup, Roast Pork Tenderloin, Blueberry Pie
Tues. 3	Carrot Soup, Fish and Chips, Coconut Cream Pie
Wed. 4	Tomato Soup, Swedish Meatballs Apple Raspberry Pie
Thurs. 5	Gumbo, Tequila & Lime Salmon, Churro
Fri. 6	French Onion Soup, Roast Pork Piccata, Turtle
Mon. 9	Mushroom Barley, Kielbasa and Pierogis, Carrot Cake
Tues. 10	<i>Mothers Day</i> Cream of Asparagus Soup, Duet of Salmon, Chocolate Lava Cake \$12
Wed. 11	Split Pea Soup, Short Ribs, Cherry Pie
Thurs. 12	Chicken and Rice Soup, Pulled Pork, Sorbet
Fri. 13	Rhode Island Chowder, Stuffed Flounder, Brownie
Mon. 16	Cauliflower Soup Chicken Parmesan, Chocolate Cake
Tues. 17	Butternut Squash Soup, Chicken Pot Pie, Chocolate Cake
Wed. 18	Lentil Soup, Spaghetti & Meatballs, Strawberry Cream Pie
Thurs. 19	Cream of Asparagus Chicken Marsala, Yellow Cake
Fri. 20	Manhattan Clam Chowder, Mussels Fra Diavolo, Key Lime Pie
Mon. 23	White Bean and Sausage Soup, Pork Medallions and Boston Cream Pie
Tues. 24	Vegetable Soup, Grilled Chicken Cesar, Cannoli
Wed. 25	Beef Minestrone Soup, Cavatelli with Broccoli & Sausage, Lemon Cake
Thurs. 26	Florentine Soup, Coconut Chicken with Pineapple Salsa, Parfait
Fri. 27	Seafood Chowder, Fish Tacos in Soft Tortillas, Lemon Cake
Mon. 30	CLOSED IN OBSERVANCE of MEMORIAL DAY
Tues. 31	Italian Wedding Soup, Fried Chicken, Ice Cream

SIGN-UP GUIDELINES: **Madison Residents:** May begin signing up **Monday, Apr. 25th** **Non-Madison Residents:** May begin signing up **Wednesday, Apr. 27th**. 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

BACK PAGES

PLEASE NOTE: WE ARE CLOSED MONDAY MAY 30TH IN OBSERVANCE OF MEMORIAL DAY



CONNECTICUT EBT DISCOUNTS AND PERKS

Do you know about Connecticut EBT Discounts and perks? Most Connecticut Connect cardholders are not aware of the awesome benefits that come with their Card. If you have a Connecticut EBT Card, your card comes with discounts and perks exclusive to EBT cardholders. This includes discounted admission to museums, zoos, and aquariums, more than 50% discount on Amazon Prime Membership.

National EBT Discounts:

Below are some of the discounts that are available to all EBT Cardholders across the United States, that can also be redeemed by Connecticut Connect Card Holders.

Amazon Prime EBT Discount

If you have a Connecticut EBT Card, you can now sign up for Amazon Prime EBT Discount and get all the great benefits that come with Prime membership, at a fraction of the cost. The regular Amazon Prime membership is \$12.99 a month, however, if you have an EBT Card, you can get Prime Membership for \$5.99. That's over 50% off the regular price. Given that Amazon is part of the USDA pilot of vendors approved to accept food stamps online for delivery, prime membership allows you to order groceries through Amazon Pantry in certain parts of the country. FREE, Fast Delivery on Millions of Items. An Amazon Prime membership, gets you fast, free shipping on over 50 million eligible items on Amazon.com. They have also rolled out a program recently that allows people who live in certain metropolitan areas to get FREE Same-Day Delivery on over a million items and FREE 2-hour delivery with Prime Now on daily essentials and groceries.

Instantly Stream TV Shows and Movies

One of the most popular features is the instant streaming of TV Shows and Movies. Your Prime membership includes instant access to thousands of movies and TV shows at no additional cost. You can stream all these on select Smart TVs, Roku, Xbox, Amazon Fire TV, iPhones, tablets, and Android devices. Buy groceries online with your EBT Card through Amazon Pantry for delivery (in states where this is available) Over two million songs. Thousands of playlists and stations (*On-demand, ad-free music streaming*) Books, magazines & more, unlimited reading on any device.