

Trends & Traditions

JUNE 2022

Madison Senior Center

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FEATURED EVENTS

JEWELRY MAKING WITH VICTORIA WOOLARD

Come craft with Still Waters USA and make authentic, lightweight, adjustable, sea glass bracelets or hanging sea glass starfish (*can hang from windows, trees or really any place that needs some decorating*) using East Coast picked sea glass from beaches in CT and RI. Bracelets adjust to a variety of wrist sizes and can fit children as well as adults. Each participant will take one completed bracelet or hanging starfish home for gifting or to keep for themselves.

Victoria Woolard, is the founder of Still Waters USA, a new small business that makes intricate jewelry and decor with local, hand-picked sea glass. Please make choice of bracelet or ornament, at time of registration.

Wednesday, June 29th | From 2 - 3:30pm | FEE: \$25

MENS' FITNESS CLASS

This class is specifically designed for men over 60, 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! The class will be 6 weeks long and requires 6 students minimum to run. **Mondays, from 9:15 - 10:15am | Fee: MM\$48 | NMM\$58**

Call (203) 245-5627 if you are interested

MADISON SURF CLUB TRIPS

Come enjoy the jewel in Madison's crown, our wonderful Surf Club. Enjoy lunch at the M&J Beach Grill or bring your own lunch. Pickups will be between 9:30 and 10am. Registration is required. **Mondays from 10am - 2pm FREE**

JUDY MERRIAM'S CANASTA REFRESHER

Our own Judy Merriam has graciously consented to teaching Canasta. This class is for folks who have played but perhaps a long time ago and just need a refresher to remember the rules and strategies. Space is very limited.

Weds., June 8th-29th | 1:30 - 2:30pm | Fee: \$5

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 **June 9th at
5:30pm.***

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

Welcome to June. It is that time of year when many of the perks of living in Madison come to light. We have three beautiful Town beaches for your enjoyment, along with many hiking trails, a wonderful Town Green, a bustling downtown area and much more. I hope you get a chance to enjoy what our Town has to offer and participate in some Senior Center programs. Are outdoor chores becoming too much for you? Then you should sign up for the Big Event! Every year Madison Youth and Family Services helps seniors with yard work, window washing, organizing a garage, etc. You are encouraged to apply for this program at the Senior Center by July 8th.

Have a great summer!

Austin

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. Please call the Senior Center to reserve your session. **Thurs. from 4-5pm starting Jun. 16th | Registration is required. | FREE**

HIKE WITH BOB

Take a hike with Bob Kuchta, our former Tree Warden. This month we'll be hiking on the **Summerhill Trail**. The Bus will leave from the Senior Center at 1:30pm.

Thursday, June 30th | 1:30 - 3:30pm FREE

JUNE SHOPPING TRIP SCHEDULE

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

Friday, June 3 rd	Shoprite/JoAnn Fabric in Clinton
Friday, June 10 th	Farmer's Market (pickup between 2-3pm)
Friday, June 17 th	Fresh Market in Guilford
Wed., June 22nd	Madison Earth Care (depart at 1pm)
Friday, June 24 th	Job Lot in 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

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. Application intake begins after May 15th, 2022, please call the Senior Center to schedule an appointment.

2021 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. Please contact the Senior Center for more information or to apply.

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**

FARMERS MARKET COUPONS

Eligible participants enjoy CT Grown fruits, vegetables, fresh cut herbs, and honey from local certified Farmers' Markets. To be eligible: age 60 or older or are disabled and living in senior housing, and participating in another program that has means testing and meet income requirements. Eligible participants receive \$15 in coupons, good at the Madison Farmers' Market. The market is open on the town green on Fridays from 3 to 6pm until the end of October. Typically, the coupons are available beginning July 1st, we are waiting to hear if this program will be offered this year. **2022 Monthly Income Guideline: Single: \$1,986 and Couple: \$2,686**

MEMBERSHIP FEE ASSISTANCE PROGRAM

If you are a Madison Resident and cannot afford the annual membership fee of \$15. The Madison Senior Center will waive the annual fee for those folks who qualified under the following programs Energy Assistance, CT Tax Relief, or CT Renters Rebate Program. Please contact Heather Noblin for assistance.

SNAP BENEFITS

SNAP, the Supplemental Nutrition Assistance Program, is the program formerly known as food stamps. It is a federal nutrition program that helps you stretch your food budget and buy healthy food. SNAP benefits can be used to purchase food at grocery stores, convenience stores, and some farmers' markets and co-op food programs. SNAP benefits are given to you each month on a plastic card called an EBT (electronic benefits transfer) card, which works like a debit card. Paper coupons are no longer used. SNAP is a nutrition program. It is not a welfare cash assistance program (which is called TAFDC). You do not have to be receiving TAFDC to get SNAP – these are separate programs. SNAP is a federal entitlement program. This means anyone who is eligible will receive benefits. You will not be taking away benefits from someone else if you apply. Guidelines are based on household size, people who live together and prepare food together. There is no asset limit except for those households whose gross income is more than 185% of the Federal Poverty Level. For those households, total assets including cash, savings, accounts, stocks and bonds cannot be more than \$3500. **No Asset Test - Monthly Guidelines: Single: \$1,989, Couple: \$2,686, Family of 3: \$3,386.**

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, June 7th & 21st 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 **from 9:15-10:15am. Thurs., June 9th & 23rd 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, June 20th. 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, June 14th & 28th 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, June 21st, 11-12:30pm FREE**

Tuesday, June 21st, 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

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!! *Senior Center is closed June 22nd*

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! *Senior Center is closed June 22nd*

BINGO AT THE SENIOR CENTER **THURSDAY, JUNE 9TH & 23RD 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 Freddy 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**

Meetings occur monthly on the 4th Tuesday of the month at 1pm. **Registration is required.** The upcoming books to discuss are:

July 26th The Mystery of Mrs. Christie

Aug. 23rd Great Circle

Sept. 27th West With Giraffes

Oct. 25th Her Last Flight

Nov. 22nd The Winemakers Wife

The meeting this month is Tuesday, June 28th discussing *Winter Garden*

CLASSES

SENIORS IN MOTION

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

Mondays - 11-12pm June 6th - 27th | MM\$34 | NMM\$44 | 4 Classes | Minimum Needed: 5

Wednesdays - 10:30-11:30am Jun. 1st - 29th MM\$30 | NMM\$40 | 5 Classes | Minimum Needed: 7

Fridays - 10:30-11:30am June 3rd - 24th 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 - 1:30-2:30pm June 6th - 27th | 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.*

Bootcamp is taking a break during the summer but will be back in the fall.

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 | June 8th - 29th | Fee: MM\$24 | NMM\$34

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. **Thursdays | 9:30-10:30am | June 30th - Aug. 4th | Fee: MM\$60 | NMM\$70**

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

Jun. 20th - Aug. 1st

Fee: MM\$45 | NMM\$55

Thursdays

10:45-11:45am

June 30th - Aug. 4th

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, Jun. 3rd - 24th from 11:15-12noon | Fee: MM\$40 | NMM\$50**

Please Remember: the deadline to sign up for classes in June is May 23rd

OF SPECIAL INTEREST

SENIOR BEACH PARKING PASSES (SEASONAL STICKER FOR RESIDENTS/TAXPAYERS)

\$10⁰⁰ per vehicle (age 60 +) Must be affixed to driver's side of windshield

If you do not have a car registered in your name and depend on others to drive you to the beach you may purchase a Caregiver/Senior Non-driver pass that is non-transferable. You must be in the car at the time of use and present a valid photo ID. Tag price \$10⁰⁰

A WIDOW'S SPIRITUAL JOURNEY BY DIANNE COYLE

Join local author, Dianne Coyle as she discusses her new book, *A Widow's Spiritual Journey*. Dianne started keeping a journal as a child, writing reflections and letters to God. It is a habit that she has kept throughout her life. *A Widow's Spiritual Journey* is a tour of the reflections written in the years preceding and following her husband's death. From the pain and anguish of loss to gentle movements of God. Registration required.

Wednesday July 13th, at 1:30pm FREE

SUMMER CONCERTS ON THE GREEN

- Concerts are held each Sunday evening 6 to 8 p.m. on the Town Green.
- All events are free of charge. Bring your own lawn chairs and a picnic dinner if you like.
- Please no alcohol as per Congregational Church request.
- Please follow current state guideline for social distancing and mask wearing.

7/10	Coyote River Band	Country Rock
7/17	Among the Acres	Folk, Rock Country
7/24	Tracy Walton Band	Americana Rock
7/31	Night Shift Band	60s, 70s & 80s Cover Band

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

CALIFORNIA DREAMIN': MONTEREY, YOSEMITE & NAPA 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.

EUROPE'S COSMOPOLITAN CITIES: AMSTERDAM, BRUSSELS & PARIS SATURDAY, APRIL 22ND—MAY1ST 2023

Delve into the cosmopolitan allure of three of Europe's most culturally engaging cities, plus explore the world-famous Keukenhof Gardens. Get to know Amsterdam on a canal cruise before tasting your way around a local neighborhood on a multi-stop lunch tour. Choose how you explore Belgium: spend the day in medieval Bruges or dynamic Brussels. Travel from Brussels to Paris via the high-speed Thalys train. Explore the hilltop Parisian *arrondissement* of Montmatre. Enjoy a full day to explore Paris as you please before bidding Europe *adieu* with a farewell dinner cruise along the Seine. Art, cuisine, and history unfold before you as you experience the grandeur of Amsterdam, Brussels, and Paris. For more information go to <https://gateway.gocollette.com/link/1110468> Pricing: Double \$4599pp | Single \$5599pp.

EXPLORING BIG SKY COUNTRY: 11 DAYS • 15 MEALS: 10 BREAKFASTS • 5 DINNERS COMING JUNE 2023

Montana, Big Sky Country featuring Yellowstone and Glacier National Park

This is a small group tour, departure maxes out at 24 travelers. *Information & Pricing Available Soon.*

Join us on a 11 day, 15 meal tour including the Northern and Southern Loops of Yellowstone National Park, and visit Old Faithful, Yellowstone's Grand Canyon, Mammoth Hot Springs, and more. Venture through Paradise Valley to Helena, the "Queen City of the Rockies." Cruise on the Missouri River through the Gates of the Mountains, named by legendary explorers Lewis and Clark. Spend time in the mountain town of St. Mary Village before heading in to explore Glacier National Park. Take an adventurous white-water rafting trip or a calm, scenic float down the Flathead River. Meet a descendant of the last Kootenai chief, and learn about the importance of the land in native life. Get a glimpse into the heroic and dangerous life of a Smokejumper. A land of wilderness, adventure, and beauty, Montana is waiting for you.

SOUTH PACIFIC WONDERS 15 DAYS • 20 MEALS: 11 BREAKFASTS • 3 LUNCHESES • 6 DINNERS COMING OCT. 2023 INFORMATION & PRICING AVAILABLE SOON.

See what life is like "Down Under" on this incredible 15 day journey through Australia and New Zealand. Discover the wonders of Aboriginal culture. Cruise Sydney Harbour and Milford Sound. Be welcomed into a New Zealand family's home for dinner. Experience Queenstown, the "Adventure Capital of the World." Indulge in regional flavors during lunch at a family-run merino sheep farm. From the tropical splendor of Australia's Great Barrier Reef to the ethereal beauty of New Zealand's glacial fjords, enjoy the best of the South Pacific.

JUNE MENU

Wed. 1	Broccoli & Cheese Soup, BBQ Brisket, Blueberry Coffee Cake
Thurs. 2	Closed Today
Fri. 3	Shrimp Bisque, Fish & Chips, Coconut Cake
Mon. 6	Egg Drop Soup, Chicken and Cashew Stir Fry, Cheese Cake
Tues. 7	Cream of Cauliflower Soup, Sausage and Peppers, Coconut Cream
Wed. 8	Split Pea Soup, Quiche Lorraine, Boston Cream Pie
Thurs. 9	Chicken Noodle Soup, Chicken Avocado BLT, Lemon Cake
Fri. 10	Rhode Island Chowder, Lemon & Herb Roasted Salmon, Apple Raspberry Pie
Mon. 13	Mushroom Barley Soup, Roast Pork Loin, Carrot Cake
Tues. 14	Garden Salad, Spaghetti Bolognese, Tiramisu
Wed. 15	Cream of Asparagus Soup, Grilled Bourbon Chicken, Strawberry Cream Pie
Thurs. 16	Tomato Bisque, BBQ Pork Rib, Chocolate Pudding
Fri. 17	Manhattan Clam Chowder, Broiled Flounder, Chocolate Cake
Mon. 20	Leek Soup, Chicken & Avocado Caesar Salad, Blueberry Pie
Tues. 21	Cream of Spinach Soup, Chicken Salad Stuffed Tomato, Cookies
Wed. 22	Beef Minestrone, Grilled Chicken and Peach Salsa, Key Lime Pie
Thurs. 23	Chicken Rice Soup, Chili, Blondies
Fri. 24	New England Clam Chowder, Seared Stuffed Sole, Lemon Meringue
Mon. 27	Chicken & Lentil Soup, Smoked Pork Shank with Maple Glaze, Apple Pie
Tues. 28	Chicken & Lentil Soup, Chicken Caprice, Peach Pie
Wed. 29	Vegetable Soup Bacon & Cheddar Burger, Brownie
Thurs. 30	French Onion Soup, Steak Quesadilla, Ice Cream

SIGN-UP GUIDELINES: **Madison Residents:** May begin signing up **Monday, May. 23rd** **Non-Madison Residents:** May begin signing up **Wednesday, May. 25th**. 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 THURSDAY JUNE 2ND FROM 11AM -6PM

THE 7TH ANNUAL BIG EVENT!!!

The Madison Senior Center and Madison Youth & Family Services are partnering to bring The BIG EVENT to Madison again this year! This community service event will be a day where youth can give back to their fellow Madison residents. This project will provide a rare opportunity for intergenerational collaboration. Seniors will be able to apply for a job request and the youth volunteers, along with adult volunteers, will show up on the day of the Big Event and work on the requested job. These jobs can include but are not limited to; mulching, trimming bushes, washing windows, organizing a garage or storage unit, miscellaneous yard work, etc. Jobs CANNOT require power tools or ladders for liability reasons. Since the goal of the event is to build community it is essential that all participants (youth and adults) attend a celebration at 2pm. at the Senior Center to close the day. There will be ice cream sundaes, a silly photo contest from all worksites, and a panel of prestigious judges to award the first annual “Golden Shovel” award to the work crew and senior with the most community spirit. Job request forms will be available at the Senior Center beginning June 1st. Please contact the Madison Senior Center for more information or stop in to pick up an application (203-245-5627).

**THE BIG EVENT IS SCHEDULED FOR TUESDAY, AUGUST 9TH, 2022
RAIN DATE: WEDNESDAY, AUGUST 10TH**

***COMPLETED APPLICATIONS
MUST BE SUBMITTED
BY FRIDAY, JULY 8TH***