

Trends & Traditions

JULY 2022

Madison Senior Center

Featured Events.....	1
Messages from the Municipal Agent.....	3
General Information & Services	4
Groups.....	5
Classes.....	6
Of Special Interest.....	7
Trips.....	8
JULY Menu	9
Back Pages	10
The 7 th Annual BIG EVENT!!!	10

FEATURED EVENTS

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**

INDEPENDENCE DAY FESTIVITIES

Sat., July 2nd - Concert on the Green - Madison Cultural Arts (MCA) is thrilled to announce this year's concert is entitled *A Musical Celebration of the Human Spirit* - madisonculturalarts.org. Starting at 6:15pm Rain Date July 4th
Sun., July 3rd - Fireworks starting at 9:30pm Mon., July 4th - Parade starting at 10am
For information on road closures & more go to: <https://bit.ly/3MhfqLz>

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, July 25th - Aug. 29th from 9:15–10:15am Fee: MM\$48 | NMM\$58**

MADISON EMS WITH SPECIAL BINGO!

Join us for an informative talk with Madison Emergency Medical Services who will outline what happens from the time you dial 911 to transfer of care at the hospital and much more. They will discuss what information is collected, how your insurance will be billed and how insurance rates are established. Sherry White, from the EMS, will call Bingo with fabulous Gift Baskets as prizes! **Registration Required Tuesday, July 19th at 1pm FREE**

THIMBLE ISLAND CRUISE WITH LUNCH AT THIMBLEBERRY

A perfect summer outing cruising around the Thimble Islands on the famous "Sea Mist" boat. You can relax and enjoy a 45-minute, narrated tour of the Thimble Islands. (Please Note: You must be able to climb over a large step into the boat). Then lunch at Thimbleberry right down the street. The Thimble Islands tour is \$15 (cash only) to be paid when you board, and lunch at the **Thimbleberry** is on your own. **Wed., July 13th depart MSC at 10:15am Bus Fee \$2**

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 **July 14th at 5:30pm at the Senior Center.***

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

The official start to summer is here! We are all looking forward to a fantastic Independence Day Weekend with great weather and good times with family and friends. The schedule of events for the weekend is as follows:

4th of July Concert on the Green Saturday, July 2nd 6:15pm

Independence Day Fireworks Sunday, July 3rd 9:30pm

Independence Day Parade Monday, July 4th 10:00am

As we approach the hot weather months, it is vital to remember to stay hydrated. Drinking enough water each day is crucial for many reasons: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood. I don't want you to have a hydration situation.

Have an enjoyable 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 Indian Rock Shelters on Lake Drive in Madison. The Bus will leave from the Senior Center at 1:30pm. **Thursday, July 28th | 1:30 - 3:30pm FREE**

JULY SHOPPING TRIP SCHEDULE

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

Friday, July 1st Bishops in Guilford

Friday, July 8th Farmer's Market (pickup between 2-3pm)

Friday, July 15th Big Y in Clinton

Friday, July 22nd Roberts in Madison

Friday, July 29th TJ Maxx in Clinton

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, July 5th & 19th 9-10am**

FINANCIAL COUNSELING FOR SENIORS

Madison Financial Planning will offer 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., July 14th & 28th 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, July 18th. 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, July 12th & 26th 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, July 19th, 11-12:30pm FREE**

Tuesday, July 19th, 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!!

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, JULY 7TH & 21ST 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 the numbers are called out and we fill our cards. **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:

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, July 26th discussing *The Mystery of Mrs. Christie*

CLASSES

SENIORS IN MOTION

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

Mondays - 11-12pm July 11th - 25th | MM\$26 | NMM\$36 | 3 Classes | Minimum Needed: 5

Wednesdays - 10:30-11:30am July 6th - 27th MM\$24 | NMM\$34 | 4 Classes | Minimum Needed: 7

Fridays - 10:30-11:30am July 1st - 29th MM\$30 | NMM\$40 | 5 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 July 11th - 25th | 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.*

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 | July 6th - 27th (No class 7/13) | Fee: MM\$18 | NMM\$28

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 - July 28th | 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 (6 weeks)

12:15-1:15pm

Jun. 20th - Aug. 1st (no class 7/4)

Fee: MM\$45 | NMM\$55

Thursdays (5 weeks)

10:45-11:45am

June 30th - July 28th

Fee: MM\$38 | NMM\$48

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. (5 weeks and 6 students minimum) **Fridays, July 3rd - 29th from 11:15-12noon | Fee: MM\$50 | NMM\$60**

Please Remember: the deadline to sign up for classes in July is June 27th

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

FUN & GAMES WITH THE STUDENTS FROM MADISON COMMUNITY SERVICES PROGRAM

Game Days: July 13th, 27th, Aug. 3rd & 17th at 1pm—we will have all sorts of board games & card games to play for a fun afternoon.

Croquet: July 18th, Aug. 8th, 22nd at 2pm. We will set up the Croquet course across the street on the Academy playing field. It's a great game come join the fun!

Bingo!: July 7th, 21st & Aug. 11th, 25th. You know the game, we'll have prizes and lots of fun!

MSC Happy Hour! from 3-5pm

No Transportation Available for Happy Hours

July 14th - Replay will get your feet moving with some folk, and some rock music that you are sure to enjoy. Light refreshments will be served.

August 11th –The Howling Hound Dogs will provide a lively afternoon of music and refreshments, come tap your toes to the music, or get up and dance!

REGISTRATION IS REQUIRED FOR ALL EVENTS

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.

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., July 11th 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, Jul. 22nd; Aug. 12th; Sept. 23rd 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 \$2969 Check with the Senior Center for current prices.

EUROPE'S COSMOPOLITAN CITIES: AMSTERDAM, BRUSSELS & PARIS SAT., 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. *Special presentation on this trip on Tuesday Sept. 13th at 10:30.*

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 an 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.

JULY MENU

Fri. 1	Shrimp Bisque Buffalo Mozzarella Ravioli, Ice Cream
Mon. 4	Closed for Independence Day
Tues. 5	Navy Bean and Ham Soup, Tuna Club and Strawberry Shortcake
Wed. 6	White Bean and Sausage Soup, Chicken Parmesan, Tiramisu
Thurs. 7	Independence Day Picnic - Hotdog, Hamburger, Apple Pie
Fri. 8	New England Clam Chowder, Chicken Marsala with Garlic Mashed Potatoes, Asparagus, Chocolate Cake
Mon. 11	Tuscan Chicken and Pasta Soup, Quiche Lorraine with a Fresh Baby Spinach Salad, Coconut Cream Pie
Tues. 12	Corn Chowder, Balsamic Braised Chicken, and Blondie
Wed. 13	Wild Mushroom Barley Soup, Beef Brisket with Broccoli Slaw, Lemon Meringue Pie
Thurs. 14	Asian Pepper Steak Soup, Mussels in Garlic & White Wine, Strawberry Shortcake
Fri. 15	Rhode Island Chowder, Fresh Tomatoes & Clams over Linguine, Ice Cream Sandwich
Mon. 18	Potato Soup, Grilled Chicken and Avocado Caesar Salad, and Chocolate Cream Pie
Tues. 19	Chicken Noodle Soup, 5 Cheese and Sausage Macaroni, Blueberry Pie
Wed. 20	Beef Vegetable Soup, Chicken Cutlet Dijonnaise, Fruit Bars
Thurs. 21	Split Pea Soup, Grilled Salmon with BBQ Sauce, Cookies
Fri. 22	Chicken Lentil Soup, Cavatelli Broccoli and Sausage, Sorbet
Mon. 25	Chicken Florentine Soup, Crab Cakes and Cheesecake
Tues. 26	Cream of Asparagus Soup, Grilled Flank Steak with Roasted Potatoes, Ice Cream
Wed. 27	Beef Minestrone Soup, Ginger Chicken Kabob with Brown Rice and Peas, Cherry Pie
Thurs. 28	Pasta Fagioli, Fish Tacos in a Soft Tortilla, with Lettuce and Fresh Salsa, Churro
Fri. 29	Manhattan Clam Chowder, Stuffed Sole, Caramel Brownie

SIGN-UP GUIDELINES: **Madison Residents:** May begin signing up **Monday, June. 27th** **Non-Madison Residents:** May begin signing up **Wednesday, June. 29th**. All participants must be active members of the Madison Senior Center or a guest. When you call to make your reservations, please let us know if you are dining indoors or outdoors. **To cancel or change a lunch reservation, call (203) 245-5627** no later than 9am the day of the reservation, and we will credit your account. The cost of all meals is \$7, payable at time of reservation by check or credit card

BACK PAGES

PLEASE NOTE: WE ARE CLOSED MONDAY JULY 4TH

MADISON SURF CLUB TRIPS

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**

VOLUNTEERS NEEDED

Madison Food Pantry: Madison has a terrific weekly food pantry. Homebound residents can have their food delivered to them. Food deliveries are at 10am on Tuesday mornings. Delivery volunteers go to the food pantry at 50 Mungertown Rd, pick up bagged groceries, make the deliveries, and return empty reusable grocery bags to the pantry. The entire process takes about an hour and most volunteers give one shift per month. If you are interested in volunteering, please contact the Mary Dodd at 203-804-4640 or at marymdodd@gmail.com. **Meals On Wheels** Join the Senior Center corps of Meals On Wheels drivers. Most people volunteer to drive once or twice a month, you can have your mileage reimbursed and most of all make a difference in Madison seniors' lives. **Call (203) 245-5627**

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***