

Trends & Traditions

September 2022

Madison Senior Center

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FEATURED EVENTS

UNDERSTANDING ALZHEIMERS

Please join us for this free informative presentation on Alzheimer's Disease presented by Maria Tomasetti of the Alzheimer's Association. Maria will discuss the impact of Alzheimer's, the difference between Alzheimer's and dementia, the disease stages and risk factors, current research and treatments available to treat some of the symptoms as well as Alzheimer's Association resources. **Registration Required. Wednesday, Sept. 21st at 1pm FREE**

BACK TO BASICS WITH SARAH CORNING

If you are ready to get back into the game but haven't played for a while -this is for you. A bridge refresher course starting with a review of bidding (No Trump and suits) followed by competitive bidding: overcalls, take-out doubles, preempts, etc. Eight sessions, minimum of 8 students required and max of 16. **Thursday, Sept. 22nd - Nov. 10th 10:00 - 11:30am. Fee MM\$90|NMM\$100**

Don't miss *Bridge Conventions You Should Know* with Don Bruggemann see page 7 for details

MAKEUP FOR MATURE WOMEN WITH CELEBRITY MAKEUP ARTIST, JOBY ROGERS

Joby Rogers, a Certified Celebrity Makeup Artist, is here to teach a class on makeup for mature women. He has over 30 years' experience working as a makeup educator in several academies and schools throughout New England and the Tri-State Area. His makeup artistry has appeared in Forbes Magazine, Billboard, Marie Claire and on the cover of Rolling Stone Magazine, among other printed and social media publications. This 2 hour seminar will cover:

Application Essentials • Brushes - Using the right brushes; Application Techniques • Base & Foundation - Choosing the Right Foundation • Interpreting Tones & Color • Contouring, Highlighting, Blushing • Eyes - Eye Shadow Color Rules & Advice • Brows - Shaping & Correcting • Lips - Color Rules & Advice - Reshaping • Personal Makeup Questions – Review of personally used makeup. Participants are asked to bring: their own makeup and brushes (if applicable) and makeup remover wipes. Registration Required | Thursday, Sept. 15th at 1pm | MM\$25 | NMM\$35

CONQUER YOUR DAY: MAXIMIZING YOUR DAILY ACTIVITY

Do you struggle with daily activities, or lifting certain items at home or at the office? Preparing yourself can help reduce injuries!

Discussion Topics:

• *Increasing strength and reducing injuries • Preparing for daily tasks • One Rep Max living - What is it? Setting expectations*

Tasty treats will be provided by Gaylord for all in attendance

Thursday, Oct. 13th 1-2:pm (Includes Q&A) Registration Required FREE

General Information/New & Noteworthy

MADISON SENIOR CENTER

29 Bradley Rd, Madison, CT 06443

PHONE: (203) 245-5627

TTY: 203.245.5638

FAX: (203) 318-0670

WEBSITE:

www.madisonct.org/seniors

HOURS: Mon.-Wed. 8:30-4pm

Thurs.: 8:30 - 6; Fri.: 8:30 - 2pm

SENIOR CAFÉ: (203) 245-5627

DIAL-A-RIDE (203) 245-5695

Operates on Tuesdays, Wednesdays and Thursdays by appointment only.

MUNICIPAL AGENT FOR

THE ELDERLY: (203) 245-5687

SENIOR COMMISSION

Vice-Chairs Dr. Gerard Kerins
Wendy Oberg

Members Dale Kach
Lori Murphy
Chris Abbott

*The Senior Commission meets on the second Thursday of the month. The next meeting will be **September 8th at 5:30pm at the Senior Center.***

SENIOR CENTER STAFF

Dir. of Senior Services ... Austin Hall
Asst. Director Heather Noblin
Program Coordinator Ellie Gillespie
Municipal Agent Steve Fabian
Receptionist Ari Potter
Chef..... Kevin Wolfe
Server..... Amy Butler
Dishwasher Mike Kelly
Bus Driver Tom Lufsey
Bus Driver: Dennis Marron
Facility Attendant Steve Radley

FROM THE DIRECTOR

As I write this letter we are in the midst of another heat wave in Madison. As you read this, I hope we are experiencing some cool post dog days temperatures. Did you know our lunch program is back and running? We have been welcoming guests back to the dining room for a year now and we are ready to have you join us for a meal and friendship. Chef Kevin has been preparing some really great dishes including Mussels in a coconut and peanut Thai sauce, Eggplant Roulade and many more delightful entrees. If you are a former regular and you are ready to join us again or we have yet to have the pleasure to call you a guest, please take a moment and make a reservation. Check out the menu on the inside last page of this newsletter, I am sure you will find something that will make your mouth water. Come join us for a meal, you won't be disappointed.

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.

Thursdays from 4-5pm | Registration is required. | FREE

HIKE WITH BOB - FREE

Take a hike with Bob Kuchta, our former Tree Warden.

This month we'll be hiking on the *Surf Club Tidal Marsh Trail in Madison*. The Bus will leave from the Senior Center at 1:30pm. **Thursday, September 29th | 1:30-3:30pm Registration Required**

SEPTEMBER SHOPPING TRIP SCHEDULE

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

Friday, Sept. 2nd TJ Maxx in Clinton
Friday, Sept. 9th Farmer's Market (pickup between 2-3pm)
Friday, Sept. 16th Roberts
Friday, Sept. 23rd Big Y in Clinton
Friday, Sept. 30th Bishops in Guilford

MESSAGES FROM THE MUNICIPAL AGENT

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 ENERGY ASSISTANCE PROGRAM

Early Application Intake begins Aug. 1st. Helps to offset heating expenses during the winter. All fuel sources welcome to apply. An applicant must meet income guidelines for all members of the household. Previously, there was an asset test for this program. In recent years, this has been waived, no information is available as to the requirements for this year's program at the time of printing. Proof of all income, rent/mortgage, & utility expenses for the month prior to the application date are required. **Income Guidelines not available at time of printing.**

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. **Monthly Guideline: Single: \$2,096 and Couple: \$2,823**

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, formerly known as food stamps, 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. 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, Sept. 6th & 20th 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., Sept. 8th & 22nd 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. **NO Audiology appointments in September.**
Monday, Oct. 17th appointments starting at 11am

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: 8:30am - 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, Sept. 13th & 27th 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, Sept. 20th, 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

MEET, MINGLE & MUNCH SOCIAL GROUP **WED., SEPTEMBER 14TH AT AQUA AT 5PM**

Do you like to do things, but not alone? At the 3M's social group you can join others for a fun evening out. Meet us at 5pm on the 2nd Wednesday of the month at a local restaurant. *Call Adele Campanelli for details (203) 245-1651*

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, SEPTEMBER 1ST & 15TH AT 1PM**

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:

Oct. 25th Her Last Flight

Nov. 15th The Winemakers Wife

Dec. 13th* Clara & Mr. Tiffany

The meeting this month is Tuesday, Sept. 27th discussing West with Giraffes

CLASSES

SENIORS IN MOTION

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

Mondays, Sept. 12th - 26th | 10:30-11:30am | MM\$26 | NMM\$36 | 3 Classes | Minimum Needed 5

Wednesdays, Sept. 14th - 28th | 10:30-11:30am | MM\$18 | NMM\$28 | 5 Classes | Minimum Needed: 7

Fridays, Sept. 16th - 30th | 10:30-11:30 | MM\$18 | NMM\$28 | 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, Sept. 12th - 26th | 1-2pm | MM\$18 | NMM\$28 | 5 Classes | Minimum Needed: 7

MEN'S FITNESS

This class is specifically designed for men over 60, promoting muscular strength, balance and endurance; utilizing dumbbells, exercise bands, chairs. Hank Sullivan is a personal trainer, certified in teaching Senior Fitness. Years of experience working with seniors has shown him that improved physical functioning leads to better overall quality of life! All fitness levels welcome! The class is 6 weeks long and requires 5 students minimum to run. *No class 10/10.*

Mondays, Sept. 26th - Nov. 7th | 9:15-10:15am | Fee: MM\$58 | NMM\$68

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 US .

Come join Peter and other seniors to learn to play this wonderful versatile instrument. (5 classes)

Wednesdays, Sept. 7th - 28th | 10-11am | 5 classes | Fee: MM\$30 | NMM\$40

BEGINNING UKULELE

This class is for those who would like to learn to play a ukulele. Peter will get you started on your path to virtuosity!

Come join the fun! (Min. 5 students) **Wednesdays, Sept. 7th - 28th | 11:15-12:15pm | (5 classes) | Fee: MM\$42 | NMM\$52**

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 | Sept. 8th - Oct. 13th | 9:15-10:15am | 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) **Wednesdays, Sept. 7th - Oct. 12th | 12:30-1:30pm | Fee: MM\$45 | NMM\$55**

Fridays, Sept. 9th - Oct. 14th | 12:15-1:15pm | Fee: MM\$45 | NMM\$55

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) **Thursdays, Sept. 1st - 29th | 10:30-11:15am | Fee: MM\$50 | NMM\$60**

TAI CHI

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
Min. 7 students needed- 6 classes Classes forming - call (203) 245-5627 if you are interested.

Please Remember the deadline to sign up for classes in September is August 26th

OF SPECIAL INTEREST

BRIDGE CONVENTIONS YOU SHOULD KNOW with Don Bruggemann

Conventions are tools that help us better communicate with our partner. It is important to learn to use our tools effectively. *Bridge Conventions* is an 8 week class discussing and explaining conventions you should know. Even if you do not play them, you need to know what they mean because your opponents will be playing them. These conventions include: the Stayman Convention, Jacoby Transfers, Jacoby 2NT response to a major, Drury, Weak Two-Bids, Strong 2 Club Opening, Take-Out Doubles, Negative Doubles. Two-Suited Overcalls (Michaels & Unusual No Trump), Flannery, MeckWell and Roman Key Card Blackwood. and will be based on material provided by the instructor (*no textbook*). The lessons will consist of a discussion of the topics listed and a set of pre-arranged hands prepared for the students to play. In addition to practicing the use of conventions, the exercises will also involve bidding, declarer play and defense. Min number of students 8/max 16 .

Tuesday, Sept. 27th-Nov. 15th | 10 – 11:30 am | Fee: MM\$90 | NMM\$100

TRAVEL PRESENTATION 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. 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. **Tuesday, Sept. 13th at 10:30am. Registration Required**

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., Aug 1st 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, 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-MAY 1ST '23

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 Montmartre. 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.

SEPTEMBER MENU

Anyone who loves food, ultimately knows that all that matters is: 'Is it good? Does it give you pleasure?'— Anthony Bourdain

Thurs. 1	Shrimp Bisque, Salmon, Peach Pie
Fri. 2	Pizza and Salad and Ice Cream
Mon. 5	Labor Day
Tues. 6	French Onion Soup, Chicken Alfredo, Parfait
Wed. 7	Florentine Soup, Stuffed Shells, and Angel Food Cake
Thurs. 8	Vegetable Soup, Chicken Caesar Salad, and Cookies
Fri. 9	Manhattan Clam Chowder, Cod with Tomato and Fennel, Lemon Meringue Pie
Mon. 12	Borscht Soup, Chicken Cacciatore, Chocolate Cake
Tues. 13	Corn Chowder, Mushroom, Onion and Bacon Quiche, Peach Cobbler
Wed. 14	Italian Meatball Soup, Eggplant Roulade, Chocolate Pudding
Thurs. 15	Black Bean Soup, Roast Loin of Pork, Blueberry Pie
Fri. 16	New England Clam Chowder, Ahi Tuna, Lemon Cake
Mon. 19	Minestrone Soup, Grilled Chicken with Hunter Sauce, Cheese Cake
Tues. 20	Tomato Soup, BBQ Ribs, Cherry Pie
Wed. 21	Tortilla Soup, Manicotti, Strawberry Shortcake
Thurs. 22	Mushroom Lentil Soup, Chicken Kiev, Banana Chocolate Pound Cake
Fri. 23	Rhode Island Clam Chowder, Stuffed Sole, Caramel Brownie
Mon. 26	Cauliflower Soup, Stuffed Pepper, Blueberry Coffee Cake
Tues. 27	Split Pea Soup, Chicken stuffed with Broccoli, Blondie
Wed. 28	Beef Barley Soup, Roast Pork, Cookies
Thurs. 29	Carrot Soup, Chicken Fajita, Rice Pudding
Fri. 30	Seafood Chowder, Mussels in a Coconut Thai Peanut Broth, Apple Pie

SIGN-UP GUIDELINES: **Madison Residents:** May begin signing up **Monday August 22nd** **Non-Madison Residents:** May begin signing up **Wednesday, August 24th**. 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

PAINT LIKE - BOB ROSS



Join Certified Ross Painting instructor, Candy Kozak who will teach you how to paint like Bob Ross. Candy started learning these techniques directly from Bob Ross in the late 1980s. Candy has taught thousands of students in the last 35 years and remembers what it's like to be a beginner, so she is very patient and understanding. Candy provides everything you need including a 16" x 20" canvas, paint and brushes, she only asks you to bring 1 roll of paper towels. The class takes 3 hours that will be broken into 2 sessions (*see times below*). If you want to register for lunch just let us know.

Tuesday, October 18th | 10:30-12 *and* 1 - 2:30 | Fee: MM\$48 | NMM\$58



HELP US CREATE A SENIOR CENTER SCARECROW!

If you are interested in helping us with our scarecrow for the Chamber of Commerce's Annual Event, call Ellie at (203) 245-5627

VOLUNTEERS NEEDED

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 significant difference in the lives of Madison seniors. Call (203) 245-5627

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 Mary Dodd at 203-804-4640 or at marymdodd@gmail.com.