

Trends & Traditions

December 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
December Menu.....	9
Back Pages	10
Less Expensive Hearing Aids Now in Stores.....	10

FEATURED EVENTS

HOLIDAY LUNCHEON

Join us for our Kick-Off of the Holiday Season. We will be serving a special holiday menu and for your enjoyment the *Connecticut Yuletide Carolers* will be singing and filling the room with holiday cheer. Make your reservations soon as space is limited and this is a popular luncheon! | **Tuesday, December 6th at 12noon | Fee: \$12**

CRAFTING WITH VICTORIA WOOLARD



Come craft with *Still Waters USA* and make a wonderful holiday gift for yourself or someone else on your list. You'll be making authentic, 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. Each participant will take one completed 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. **Monday, Dec. 5th from 1-2:30pm FEE: \$25**

HOLIDAY FESTIVITIES

Thurs., Dec. 1st - Decorate the Senior Center | 10-12pm Come help us get the Senior Center all dressed up for the Holidays!

2:30 - 4pm Make a **Beautiful Holiday Centerpiece** of fresh greens with the help of two Garden Club Members and students from the Country School **FREE**

Tues., Dec. 6th - Holiday Luncheon with the CT Yuletide Carolers **FEE: \$12**

Thurs., Dec. 8th Holiday Shopping at **Westfarms** Mall leaving the Senior Center at 9am. **BUS FEE: \$8**
White Christmas Movie with Hot Cocoa & Cookies at 1pm **FREE**

Thurs., Dec. 15th Holiday Bingo at 1pm **FREE**

Tues., Dec. 20th Holiday Party with the *Intrepid Ukulele Players*, Carol Sing and Cookie Swap
call Ellie for details on Cookie Swap **FREE**

Wed., Dec. 21st Mystic Shopping Trip depart Senior Center at 2pm **BUS FEE: \$8**



REGISTRATION IS REQUIRED FOR ALL OF THE ABOVE EVENTS

COMING IN JANUARY

Kim Tallcouch is a Reiki Master and an intuitive Animal Communicator. Kim will be coming to the Senior Center twice in January and will talk about Animal Communication and will do demos for 3-5 lucky people on Monday the 23rd, and will talk about and demonstrate the healing art of Reiki on Monday the 30th. More in the January Newsletter.

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

Nick Postovoit

*The Senior Commission meets on the second Thursday of the month. The next meeting will be **December 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

Before the first snow flake flies, it is important to have a plan in place for snow removal and other important items that will maintain your safety throughout the winter. Make a check list and keep it in a place that is easily accessible to you. Be sure to include: snow removal phone number, groceries and medications, food for your pets, important phone numbers (neighbors, family members, oil company, etc.) and any other important information you need at your fingertips. Don't forget the Senior Center offers free transportation to the grocery store and doctor appointments all year long.

Happy Holidays from all of us at Madison Senior Services!

Austin



HELPING YOUR MADISON NEIGHBORS

Please consider making a food donation to the Madison Food Pantry this holiday season. There are many people in town who would benefit greatly by your generosity. We are accepting non-perishable food donations, bathroom tissue, diapers, detergent, shampoo, conditioner, bars of soap and toothpaste for families in need.

Non-perishable food suggestions: stuffing, gravy, cranberry sauce, green beans, peas, carrots and potatoes, canned fruit, tuna, stew, chili, ravioli, pasta sauce, mac and cheese, rice, pancake mix, boxed oats, syrup, cereal, kids juice boxes, snack pouches and pet food. All food items, including personal hygiene items may be dropped off at the Madison Senior Center.

DECEMBER SHOPPING TRIP SCHEDULE

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

Friday, Dec. 2nd TJ Maxx in Clinton

Thursday, Dec. 8th Westfarms Mall (leave MSC at 9am) Fee \$8

Friday, Dec. 9th Big Y in Clinton

Friday, Dec. 16th Bishops in Guilford

Friday, Dec. 30th Shoprite/Joann's in Clinton



MESSAGES FROM THE MUNICIPAL AGENT

LOOK OUT FOR NEW BENEFIT LETTER FROM SOCIAL SECURITY ADMIN.

CONNECTICUT ENERGY ASSISTANCE PROGRAM

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 years program at the time of printing. Proof of all income, rent/mortgage, & utility expenses for the month prior to the application date are required. **Monthly Income Guidelines : Single: \$3,313 Couple: \$4,333**

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**

SNAP BENEFITS: GUIDELINE & BENEFIT INCREASE EFFECTIVE OCT. 1ST, 2022

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 200% 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: \$2,265, Couple: \$3,052, Family of 3: \$3,838, Family of 4: \$4,625. Please note there is a Net Income Limit as well**

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.

DECEMBER 2022 HOLIDAY BASKET (REGISTRATION ENDS MONDAY, DEC. 5TH)

Due to the success of the changes implemented during the pandemic, the MCS Food Pantry will follow a similar procedure as last year for the holiday baskets. Upon request, Madison residents will receive a gift card, instead of prepackaged grocery bags. In addition, we will distribute a turkey to families, and a chicken to seniors and singles who follow the steps below:

Registered Food Pantry Clients: If you are a registered Food Pantry client, please let Mary Hake know (between 11/1 and 12/5) that you would like to receive a basket when you pick up at your regular scheduled appointment at the Food Pantry on Tues., 12/13 or Wed., 12/14. (Our homebound Food Pantry clients will receive their holiday basket on Tues. morning, 12/13.)

Not a Registered Food Pantry Client: 1) If you are not a registered Food Pantry client, but received a 2022 November basket, an MCS volunteer will contact you in November to confirm whether or not you would like to receive a December basket. 2) If you are new to MCS and would like to receive a basket, please email stephanie.mcsinc@gmail.com. Or contact Madison Community Services at (203) 245-3031, a MCS volunteer will reach out within a few days. 3) The baskets will be delivered to your home by our volunteer drivers on Mon., 12/12.

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, Dec. 6th | 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., Dec. 8th 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, Dec. 19th 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, Dec. 13th 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, Dec. 20th, 11-12:30pm FREE**

Tuesday, Dec. 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

CALLING ALL BRIDGE PLAYERS! TUESDAY AFTERNOONS FROM 1-3:30PM **FREE**

Looking for a friendly game of Bridge on Tuesday afternoons from 1-3:30pm. If interested call the Senior Center at (203) 245-5627

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 **THURSDAY, DECEMBER 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:

Jan. 24th The Plot

The meeting this month is Tuesday, Dec. 13th discussing Clara & Mr. Tiffany

CLASSES

SENIORS IN MOTION

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

Mondays, Dec. 5th - 19th | 10:30–11:30am | MM\$18|NMM\$28| 3 Classes| Minimum Needed 5

Wednesdays, Dec. 7th - 21st | 10:30–11:30am| MM\$18|NMM\$28| 3 Classes | Minimum Needed: 7

Dec. 2nd - 16th | 10:30–11:30|MM\$18|NMM\$28| 3 Classes| Minimum Needed: 7

CHAIR YOGA

MONDAYS, DEC. 5TH – 19TH AT 1-2PM

FEE: MM\$18|NMM\$28

A gentle form of yoga that is practiced sitting on a chair intermingled with mindfulness and meditation.

3 Classes| Minimum Needed: 7

MEN'S FITNESS

MONDAYS, JAN. 23RD-MAR. 9TH AT 9:15-10:15AM

FEE: MM\$48|NMM\$58

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 and requires 5 students minimum to run. *No Class 12/26 & 1/2*

YOGA PLUS THURSDAYS, DEC. 8TH – JAN. 19TH AT 9:15–10:15AM FEE: MM\$60|NMM\$70

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. **No Class 11/24 - Thanksgiving**

STRETCH & BALANCE WEDNESDAYS, NOV. 30TH – JAN. 4TH AT 12:30-1:30PM FEE: MM\$45|NMM\$55

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 |No Class on 12/28)**

MINDFUL MEDITATION THURSDAYS, DEC. 1ST - 22ND AT 10:30-11:15AM FEE: MM\$40|NMM\$40

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. **(3 weeks and 6 students minimum) 4 weeks No class 12/29**

UKULELE WITH PETER WEDNESDAYS, DEC. 7TH - 28TH AT 10-11AM FEE: MM\$24|NMM\$34

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. **(4 classes)**

4 Classes| If you are interested in a beginner class please contact the Senior Center.

SENIOR BOOTCAMP MONDAYS AT 5:30-6:30PM

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. *We are currently taking names of folks who are interested in taking the class.)*

TAI CHI WEDNESDAYS, AT 1-2PM FEE: \$30

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 **(11 classes| 5 students min) To Register call 888-700-6543**

Please Remember the deadline to sign up for classes in November is 27th

OF SPECIAL INTEREST



STRENGTH TRAINING FOR MEN & WOMEN Tuesdays, Nov. 15th – Dec. 20th at 10:30am
Fee: MM\$48 | NMM\$88

Certified Trainer Hank Sullivan will lead the group, utilizing exercise bands, along with body-weight exercises. Seniors of all fitness levels are encouraged to sign up for this group activity. Loss of muscle mass and bone density (think osteoporosis) can negatively impact the quality of our lives, and strength training has been proven to slow the progression of these aspects of aging, and can even reverse those negative trends in some cases. (6 classes, participants 5 students min./15 max. 6 week sessions)

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., Nov. 7th 10:30am FREE**

THE BOOK CADDY



The Book Caddy is the new mobile library that is sponsored by the Scranton Memorial Library! The mobile library visits the Madison Earth Care parking lot every Tuesday from 3-5pm, and now the **Madison Senior Center on Tuesdays from 1-3pm**. Stop by and pick up items you've placed on hold or browse a small collection of popular items. Returns are also accepted and there will be a friendly staff member to help you! Place holds now by calling the Library at **(203) 245-7365** and tell us that you'd like to pick up your hold at the Senior Center.

HEALTHY BRAIN SERIES Tuesdays, starting January 10th at 10:30am **FREE**

Hartford HealthCare Center for Healthy Aging *Presented by Angela Christie Pg Dip Dementia Studies, CADDCT, CDP. Dementia Specialist.*

Join us for our **free** four-part series on keeping memory strong. This program will offer tips to keep your brain sharp and activities to challenge the mind. All while having fun. Participants are encouraged to attend all sessions.

Session 1: Activities to 'challenge' your mind • **Session 2:** Importance of diet and nutrition

Session 3: Finding meaningful engagement as you age • **Session 4:** Importance of sleep and your brain.



SENIOR NEWCOMERS' CLUB |FRIDAY, DECEMBER 16TH AT 10AM **FREE**

Have you recently relocated to the Shoreline? We welcome you to join our Senior Newcomers' Club designed to help you meet new people and acquaint you with the community.

We'll be bringing in speakers from the different Town Departments so you know who they are and what they do.

We'll start with the activities and programs at the Senior Center. **Registration Required**

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

Europe's Cosmopolitan Cities: Amsterdam, Brussels & Paris Saturday, April 22nd—May 1st, 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 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.

Exploring Big Sky Country: 15 Meals: 10 Breakfasts • 5 Dinners Thursday, June 22nd – July 2nd 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. Pricing: Double \$6199pp | Single \$7999pp | Triple \$6099

<https://gateway.gocollette.com/link/1110442>

South Pacific Wonders

Collette Travel

Wednesday, October 4th-18th 2023

15 Days • 20 Meals: 11 Breakfasts • 3 Lunches • 6 Dinners.

See what life is like "Down Under" on this incredible 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. Pricing: Double \$6599pp | Single \$7599pp | Triple \$6549pp For more information go to <https://gateway.gocollette.com/link/1110444>

DECEMBER MENU

Wishing Everyone the Happiest of Holidays

Thurs. 1	Sausage and White Bean Soup, Lasagna, Chocolate Cake
Fri. 2	Carrot Soup, Seared Tuna, Key Lime Pie
Mon. 5	Minestrone Soup, Spaghetti & Meatballs, Apple Pie
Tues. 6	Holiday Luncheon: Duet of Shrimp & Salmon, CT Yuletide Carolers \$12
Wed. 7	Vegetable Lentil Soup, Roast Pork Loin, Chocolate Mousse
Thurs. 8	Chicken Noodle Soup, Beef Stew and Cookies
Fri. 9	Manhattan Clam Chowder, Grilled Swordfish, Coconut Custard
Mon. 12	Corn Chowder, Swedish Meatballs, Apple Raspberry Pie
Tues. 13	Chicken and Rice Soup, Grilled Chicken, Chocolate Cream Pie
Wed. 14	Potato Leek Soup, Beef Bourguignon, and Brownies
Thurs. 15	Beef Barley Soup, Chicken Pot Pie, and Ice Cream
Fri. 16	Cream of Asparagus Soup, Mussels Fra Diavolo, Tiramisu
Mon. 19	Italian Wedding Soup, Chicken Stuffed with Broccoli, Blondie
Tues. 20	Lentil Soup, Mac and Cheese, Salted Double Chocolate Cookie
Wed. 21	Chicken Tortilla Soup, Stuffed Cabbage, Lemon Cake
Thurs. 22	Butternut Squash Soup, Stuffed Sole, Chocolate Almond Cake
Fri. 23	Closed in Observance of Christmas Holiday
Mon. 26	Closed in Observance of Christmas Holiday
Tues. 27	New England Clam Chowder, Stuffed Peppers, Banana Chocolate, Pound Cake
Wed. 28	Split Pea Soup, Meatloaf, Salted Carmel Brownie
Thurs. 29	Ham and Navy Bean Soup, Chicken Cacciatore, Pumpkin Pie
Fri. 30	New England Clam Chowder, Stuffed Sole, Lemon Meringue Pie

SIGN-UP GUIDELINES: **Madison Residents:** May begin signing up **Monday, November 21st** **Non-Madison Residents:** May begin signing up **Wednesday, November 23rd**. 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 Drive-Through. **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 will be closed on :

Friday, December 23rd

Monday, December 26th &

Monday, January 2nd

Happy Holidays!!

VOLUNTEERS NEEDED | Call (203) 245-5627

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.

NEWSLETTER BRIGADE is looking for a few volunteers to help them prepare the newsletters to be mailed.

LESS EXPENSIVE HEARING AIDS NOW IN STORES

To lower the price of hearing aids and expand access, President Biden's Executive Order on Promoting Competition in the American Economy called on the Food and Drug Administration (FDA) to make hearing aids available over the counter, without a prescription. That is now reality. Hearing aids are now on store shelves across the country—for thousands of dollars less than they previously cost. Under a final rule issued by the FDA, adults with mild-to-moderate hearing loss can buy hearing aids at a store or online without a prescription, exam, or audiologist fitting. FDA estimates this could lower average costs by as much as \$3,000 per pair—providing significant breathing room for the nearly 30 million Americans with hearing loss, including nearly 10 million adults under age 60.

Retailers across the country are now selling over-the-counter hearing aids. Options available today or coming soon include:

Walgreens is selling hearing aids at stores nationwide and online for \$799 per pair. According to Walgreens, comparable models sold by specialists range from \$2,000 to \$8,000 a pair.

CVS will start selling over-the-counter hearing aids on CVS.com, with varying options on model and price point. CVS will also offer hearing aids in select CVS Pharmacy locations beginning in November.

Walmart will offer an assortment of over-the-counter hearing aids on Walmart.com, SamsClub.com, and in over 1,000 Vision Centers in Walmart stores across Colorado, Michigan, Missouri, Ohio, Pennsylvania, Tennessee, and Texas, as well as 474 Sam's Club Hearing Aid Center locations. Available products will range in price from \$199 to \$999 per pair, while according to Walmart, comparable prescription hearing aids are priced at \$4,400 to \$5,500 per pair.

Best Buy will offer nearly 20 different hearing devices online. By the end of October, it will offer hearing aids in nearly 300 stores across the country. Devices will range in price between \$200 and \$3,000.