

# Trends & Traditions

February 2023

Madison Senior Center

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## FEATURED EVENTS

### MEET MADISON'S TOWN PLANNER ERIN MANNIX

Have you met the Madison Town Planner? Do you know what she does? Do you know why Madison needs a Town Planner? Erin Mannix will be coming to the Senior Center to answer those questions and more.

**Registration Required Friday, February 17<sup>th</sup> at 10:30am FREE**

### MAKEUP APPLICATION CLASS

Celebrity Makeup Artist, Joby Rogers is back! You asked for a detailed class to teach you exactly how to apply *your own makeup*, and we got it for you! There are two, two-hour sessions, you can take one or both. The first will cover all the ins and outs of the foundation layer (*Concealer, Foundation, Contouring, Highlighting and Blushing*) The second will cover everything you need to know to apply your makeup on your eyes and lips. Bring your makeup and brushes with you so you can learn how to expertly use what you already have. **Thurs., March 16<sup>th</sup> | 10am-12pm Foundation 1:30–3:30pm Eyes & Lips Fee: MM\$25 | NMM\$35 per session**

### AARP INCOME TAX - GET FREE HELP WITH YOUR TAX RETURN

AARP Certified Tax-Aide counselors provide free income tax preparation assistance for low-and-middle-income taxpayers of all ages, with special attention to those 60 & older. **Taxpayers MUST bring copies of their 2021 tax return.** Taxes are prepared by **appointment only. Tuesdays from 9am - 2pm through Apr. 11<sup>th</sup>**

**Call (203) 245-5627 for an appointment**

Appointments are available every Tuesday until April 11<sup>th</sup>. Appointments are extremely limited and will be on a first come first served basis.

- You will be required to pick up and fill out an intake form and printed directions prior to your appointment date.
- When you arrive on your appointment day, **you will** come in and meet briefly with your AARP Rep. Make sure to bring with you all of your paperwork including: 1) 2021 Tax Return 2) the Intake Form 3) all related tax documents for 2022 4) Your cell phone number.
- You then will park your car and await a call from the preparer or you may wait in a designated waiting room in the Senior Center.
- When your return is complete, the preparer will call you or find you in the waiting area, the preparer will give you all of your documents and your completed tax return.

### VOLUNTEERS NEEDED

We still need **MEALS ON WHEELS** drivers. If you are interested or know someone who is please give us a call at (203) 245-5627.

**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](http://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**

- ..... Wendy Oberg
- Members** ..... Dale Kach
- ..... Lori Murphy
- ..... Chris Abbott
- ..... Nick Postovoit

*The Senior Commission now meets on the second Tuesday of the month. No meeting in February. The next meeting will be **March 14<sup>th</sup> 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**

Are you new to Madison? Why not join the Senior Newcomers Club! This is a fantastic way to meet other people in your situation and to make friends in your new hometown. You can find information on the Club on page 7 of your newsletter. With the turn of the calendar, we are one month into 2022. How are your New Year Resolutions going? I hope they are still going strong and you are committed to see them through. Staying positive these days is hard for even the best person, so it is important to do what you can to keep a confident state of mind and continue to move in the right direction. Keep going and stay with your plan. Even if you have a small setback, don't give up, get back on track.

*Austin*



**BLAIR'S COIN TALK**

Blair Soucy has been collecting coins for over 40 years and is a professional coin dealer. He is also the President of the Bristol, CT Coin Club and Vice-President of the Litchfield County Coin Club. Blair is also an American Numismatic Association life member.



Blair's program talks about the state of the hobby today, the U.S. Mint and its products, the gold and silver bullion market, and provides a general overview of coin and currency collecting. You are encouraged to bring in any coins or currency for Blair to look at to give you an idea of value and rarity. There will also be plenty of time for questions and answers. The program is designed for everyone, whether you are an experienced collector or if you just want to know what some old coins that are lying around the house are worth. **Please register. Thursday, March 30<sup>th</sup> at 1pm FREE**

**FEBRUARY SHOPPING TRIP SCHEDULE**

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

- Friday, Feb. 3<sup>rd</sup> ShopRite/JoAnns
- Friday, Feb. 10<sup>th</sup> Job Lot in Clinton
- Friday, Feb. 17<sup>th</sup> Fresh Market Plaza in Guilford
- Friday, Feb. 24<sup>th</sup> Stop & Shop/ TJ Maxx in Clinton



## MESSAGES FROM THE MUNICIPAL AGENT

### Look Out for New Benefit Letter from Social Security Admin.

#### BE ON THE LOOKOUT

Please be on the look-out for the 2022 income tax documents. You may need these whether you are planning to file income taxes or not. Be sure to save them. *New benefit letters for Social Security are usually mailed in the middle of December.* Be sure to keep these as well. This will act as your current proof of income.

#### 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 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. **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. 1<sup>ST</sup>, 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 \$3,500. **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.

#### THE FOOD PANTRY

Madison Community Services operates a food pantry for those residents who need a little extra help and food support. The Food Pantry is located at 50 Mungertown Rd, Madison, CT and is open on Wednesdays from 11am to 3pm. Due to COVID, to use the pantry you must register for a time. This can be done via their website [www.madisoncommunityservices.org/food-pantry/](http://www.madisoncommunityservices.org/food-pantry/) or via phone at (203)245-3031. Proof of residency is required. For those unable to drive to the pantry, arrangements can be made for a delivery. Please contact Heather Noblin for more information.



## GENERAL INFORMATION & SERVICES

### LEGAL ASSISTANCE

Catherine Baccaro is an estate planning, elder law, and special needs planning attorney, practicing in the Clinton office of the law firm of **RWC, LLC, Attorneys and Counselors at Law**. 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 in-person appointment at the Senior Center. Tuesday, Feb. 14<sup>th</sup> 9:30-11:30am**

### FINANCIAL COUNSELING FOR SENIORS

**Madison Financial Planning** will be offering general advice on financial matters for seniors on subjects such as reverse mortgages, retirement planning, credit card debt, debt consolidation, and estate planning. These **phone** appointments will be scheduled in 15-minute increments twice a month on Thursdays **from 9:15-10:15am. Thurs., Feb. 9<sup>th</sup> & 23<sup>rd</sup> 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 offering their **every other month**, 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. **Tuesday, Feb. 21<sup>st</sup> 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 2<sup>nd</sup> and 4<sup>th</sup> 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, Feb. 14<sup>th</sup> at 12:30pm**

### CAREGIVERS' SUPPORT GROUP

Join VNA's free 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 3<sup>rd</sup> Tuesday monthly at MSC. **Proof of vaccination required for this activity at time of registration. Tuesday, Feb. 21<sup>st</sup>, 11-12:30pm**

**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 <https://ynhh.zoom.us/j/96114698291?pwd=cW4zZ2NybHdtS1MzQ3RxRHczSFh2UT09>**

## 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. Will be back in the spring.!

### THE NIMBLE THIMBLE GROUP

Cynthia Barker, an experienced needlepoint teacher, is running a needlepoint group! Join the group, share the projects you've been working on and chat with your friends as you "point" away! Meets 2<sup>nd</sup> Tuesday of the month.

PLEASE REGISTER Tuesday, Jan 10<sup>th</sup>, 1:30pm FREE

### 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, JANUARY 5<sup>TH</sup> & 19<sup>TH</sup> 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

4<sup>TH</sup> TUESDAY OF THE MONTH AT 1PM

FREE

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

Mar. 28<sup>th</sup> The Magic Mountain

Apr. 25<sup>th</sup> The Magnificent Lives of Marjorie Post

The meeting this month is Tuesday, Feb. 28<sup>th</sup> discussing *Hotel on the Corner of Bitter and Sweet*

## CLASSES

### SENIORS IN MOTION

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

**Mondays | 10:30–11:30pm Feb. 6<sup>th</sup> - 27<sup>th</sup> (no class 2/20) | MM\$18 | NMM\$28 | 3 Classes | Minimum Needed: 5**

**Wednesdays | 10:30–11:30am | Feb. 1<sup>st</sup> - 22<sup>nd</sup> | MM\$24 | NMM\$34 | 4 Classes | Minimum Needed: 7**

**Fridays | 10:30–11:30am | Feb. 3<sup>rd</sup> - 24<sup>th</sup> | MM\$24 | NMM\$34 | 4 Classes | Minimum Needed: 7**

### CHAIR YOGA

**MONDAYS, FEB. 6<sup>TH</sup> - 27<sup>TH</sup> (NO CLASS 2/20)**

**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 Students Needed: 7**

### MEN'S FITNESS

**MONDAYS, JAN. 23<sup>RD</sup>-MAR. 20<sup>TH</sup> 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! **6 Classes | Minimum Students Needed 5 | No Class 2/13 - 27**

### YOGA PLUS

**THURSDAYS, JAN. 26<sup>TH</sup> – MAR. 2<sup>ND</sup> 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. **6 Classes | Minimum Students Needed 5 | No Class 2/9**

### STRETCH & BALANCE

**WEDNESDAYS, JAN. 18<sup>TH</sup> – FEB. 22<sup>ND</sup> 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 Classes | Minimum Students Needed 8**

### MINDFUL MEDITATION

**THURSDAYS, FEB 2<sup>ND</sup> - 23<sup>RD</sup> | 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 Classes | Minimum Students Needed 6 | No Class 2/9**

### UKULELE WITH PETER

**WEDNESDAYS, FEB. 1<sup>ST</sup> - 22<sup>ND</sup> | 10-11AM**

**FEE: MM\$28 | NMM\$38**

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., MAR. 6<sup>TH</sup> - 27<sup>TH</sup> | 5:30 - 6:30PM**

**FEE: MM\$40 | NMM\$50**

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. **4 Classes | Minimum Students Needed 6**

### TAI CHI

**WEDNESDAYS | 1-2PM**

**FEE: MM\$30 | NMM\$40**

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 *To Register call 888-700-6543 Please contact the Senior Center if you are interested in Tai Chi*

**Please Remember to sign up for classes in February is January 23<sup>rd</sup>**

## OF SPECIAL INTEREST

### STRENGTH TRAINING

TUESDAYS, MAR. 7<sup>TH</sup>– APR. 11<sup>TH</sup> | 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 | Minimum Students Needed 5**

### PARKINSON'S DISEASE SUPPORT GROUP MON., FEB. 6TH |10AM

FREE

Support group for folks with PD meeting on the first Monday of the month at the Madison Senior Center. Facilitated by Gary Sklaver.

### THE BOOK CADDY

TUESDAYS FROM 12:30-1:30PM



*The Book Caddy* is the new mobile library that is sponsored by the Scranton Memorial Library! 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.

### DAN'S GRAMMAR TABLE

WEDNESDAYS 1-2PM

In September of 2018, Grammar Tables were started by Ellen Jovin, who set up a folding table on a Manhattan sidewalk with a sign that said "Grammar Table." Within seconds, passersby began excitedly asking questions, telling stories, and filing complaints. Ellen and her husband travelled all over the United States talking about grammar with writers, editors, construction workers, salespeople, teachers, students, small children, doctors, dancers, seniors, and anyone else who uses words in this world. Dan Mulvey taught English in school for many years and has a passion for grammar. He would love you to stop by the table with any questions and comments or your grammarian pet peeves.

### PAINT LIKE BOB ROSS

MON., MARCH 13<sup>TH</sup>|10:30 - 12 NOON & 1 - 2:30PM FEE: MM\$48|NMM\$58

Join Certified Ross Painting instructor, Candy Kozak, as she teaches 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, 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.

### MSC ART GALLERY

View our current art exhibit by *Joan McPherson* on display now and until the end of February. Joan McPherson hung 49 of her works at the Senior Center. An award-winning Connecticut artist, Joan is known along the shoreline for her colorful watercolors. The exhibit includes a couple of oil paintings, and several prints of her work, but most pieces are original watercolors. Paintings in the exhibit are also available for purchase.

*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 22<sup>nd</sup>—May 1<sup>st</sup>, 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 22<sup>nd</sup> – July 2<sup>nd</sup> 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 4<sup>th</sup>-18<sup>th</sup> 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>



## FEBRUARY MENU

"All you need is love. But a little chocolate now and then doesn't hurt."  
Charles M. Schulz

<b>Wed. 1</b>	White Bean & Sausage Soup, Chicken Marsala, and Chocolate Mint Pie
<b>Thurs. 2</b>	Chicken Vegetable Soup, Pork Chops, Blueberry Coffee Cake
<b>Fri. 3</b>	Seafood Chowder, Slow Roasted Cod, and Strawberry Cream Pie
<b>Mon. 6</b>	Mushroom Lentil Soup, Fish & Chips, Brownie
<b>Tues. 7</b>	Chicken & Rice Soup, Lasagna, Peach Shortcake
<b>Wed. 8</b>	<b>Valentine Luncheon</b> Shrimp Bisque, Salmon, Chocolate Lava Cake \$12
<b>Thurs. 9</b>	Cream of Cauliflower Soup, Roasted Pork Loin, and Cherry Pie
<b>Fri. 10</b>	Manhattan Clam Chowder, Pepper Seared Tuna Blueberry Coffee Cake
<b>Mon. 13</b>	Butternut Squash Soup, Meatloaf, Chocolate Cake
<b>Tues. 14</b>	Tomato Soup, Braised Beef Short Ribs & Polenta, Coconut Cream Pie
<b>Wed. 15</b>	Corn Chowder, Stuffed Cabbage, Apple Turnover
<b>Thurs. 16</b>	Beef Barley Soup, Chicken Cacciatore, Cookies
<b>Fri. 17</b>	Rhode Island Clam Chowder, Seafood Newburg, Lemon Meringue Pie
<b>Mon. 20</b>	<b>CLOSED in Observance of Presidents' Day</b>
<b>Tues. 21</b>	Carrot Soup, Fig & Goat Cheese Pizza, Tiramisu
<b>Wed. 22</b>	Cream of Asparagus Soup, Sausage & Peppers, Banana Cream Pie
<b>Thurs. 23</b>	Chicken Noodle Soup, Pork Shanks, Apple Raspberry Pie
<b>Fri. 24</b>	New England Clam Chowder, Stuffed Sole, Peach Pie
<b>Mon. 25</b>	Chicken Noodle Soup, Pork Shanks, Apple Raspberry Pie
<b>Tues. 28</b>	Minestrone Soup, Beef Chili, Ice Cream

**SIGN-UP GUIDELINES:** **Madison Residents:** May begin signing up **Monday, December 27<sup>th</sup>** **Non-Madison Residents:** May begin signing up **Wednesday, December 28<sup>th</sup>**. 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:

**Monday, Feb. 20<sup>th</sup>** in  
observance of Presidents' Day



When inclement weather arises, the Madison Senior Center will post **closing information on your local NBC and CBS News channels**. If you would like further information regarding the status of individual programs, transportation or the Center, please call (203) 245-5627.

### SENIOR CENTER BLOOD DRIVE

**Where:** Madison Senior Center

**When:** Thursday, February 23<sup>rd</sup>, from 1-6pm

**Why:** Right now there is an urgent need for blood, so we are encouraging all eligible donors to sign up. Every 2 seconds in the US someone needs a blood transfusion and only healthy human donors can meet that need.

**How:** Register with the American Red Cross blood donor app, or at [www.redcrossblood.org](http://www.redcrossblood.org) (sponsor keyword MadisonCT) or by calling 1-800-RED CROSS

### SAVE A LIFE