

Trends & Traditions

March 2023

Madison Senior Center

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FEATURED EVENTS

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 16th | 10am-12pm Foundation 1:30–3:30pm Eyes & Lips** Fee: MM\$25 | NMM\$35 per session

INTRODUCTION TO BRIDGE: CHALLENGE YOUR MIND, HAVE FUN & MAKE NEW FRIENDS PLAYING THE WORLD'S GREATEST PARTNERSHIP GAME

This course is for people who are totally new to bridge, people who may have played some bridge years ago and are returning to it, or players who have had a small number of lessons but will benefit from the strong foundation provided by a class starting at the beginning. The course will cover play of the cards and bidding. Upon completion, participants will be ready to play a home game with a group of four or eight or to join in one of the beginner games at a local bridge club or online.

Bill Segraves is a professional bridge player, teacher and director. His tournament achievements include multiple top flight wins. In 2005, he received the 5th Chair Foundation's Gold Star award for his teaching as a volunteer in that organization's advanced bridge teaching group. He was the principal researcher for and drafter of the World Bridge Federation Code of Laws for Electronic Bridge promulgated in 2001.

Tuesdays, Mar. 14th - May 9th (no class 4/4) from 10–11:30am Fee: MM\$90 | NMM\$100

ST. PATRICK'S DAY LUNCHEON

We will be celebrating St Patrick's Day a wee bit early this year with a special menu and the wonderful dancers from the **Mulkerin School of Irish Dance**. Please join us for this fun event and don't forget the "wearin' o' the green!"

Corned Beef & Cabbage, Boiled Potato, Chocolate Mint Pie, Wed., March 17th 12pm Fee: \$12

BOCCE

Get ready for **Bocce 2023!** The annual Bocce organizational meeting at the Senior Center Café will happen on Thursday, April 20th. It's time to start putting your teams together! See below for all the pertinent dates. *Please remember that your Senior Center membership must be up to date in order to participate. The Bocce fee covers the cost of the picnic at the end of the season, the membership fee covers the cost to play, combined fees result in less than \$2 a week to play.*

Madison Resident Membership fee: \$15

Non-Madison Resident fee: \$20

Senior Bocce League fee: \$20

DATES TO REMEMBER

Org. Meeting: Thurs., Apr. 20th at 1:30pm | Register please

Registration Deadline: Wed., April 26th

First Day of Play: Thurs., May 4th at 9a

Last Day of the Season & Picnic: Thurs., Sept. 28th

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

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

*The Senior Commission now meets on the second Tuesday of the month. The next meeting will be **March 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
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

March 20th marks the Spring season here in Madison. Spring is the perfect time of year as the temperatures begin to rise and on March 12th, the days get longer by an hour. We are so lucky to live in a town like Madison. Beaches, hiking trails, a wonderful downtown, and an array of activities and programs that we are offering at your Senior Center.

It is Senior Tax Relief season as well. Check with us to see if it is your year to apply. If you have not applied for Senior Tax Relief before, give us a call and see if you qualify.

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 30th at 1pm FREE**

MARCH SHOPPING TRIP SCHEDULE

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

Friday, Mar. 3rd Big Y- Clinton
Friday, Mar. 10th Bishops
Friday, Mar. 17th Fresh Market Plaza in Guilford
Friday, Mar. 24th ShopRite/JoAnn's in Clinton



MESSAGES FROM THE MUNICIPAL AGENT

LOCAL & STATE SENIOR & DISABLED PROPERTY TAX RELIEF PROGRAM

Application Deadline May 15th

The Town of Madison and State of CT offer tax relief for elderly and/or totally disabled residents that own and occupy their property as a primary residence. There are income, age, and residency requirements in order to be eligible and qualify for the program. Please stop into the Senior Center for a complete list of guidelines. 2022 income taxes must be filed prior to appointment. Maximum Annual Income: \$79,125.

LOCAL TAX FREEZE PROGRAM - APPLICATION DEADLINE MAY 15TH

The Town of Madison offers applicants an opportunity to freeze their tax rate to help budget and save money over time. A qualified applicant will need to meet requirements for years of residency, as well as income, and home's assessed value. If you plan on filing 2022 income taxes, those must be filed first in order to apply. Please note: Guidelines have increased considerably, it is worth a second look to see if you qualify. Stop by the Senior Center for specific guidelines.

LOCAL TAX DEFERRAL PROGRAM - APPLICATION DEADLINE MAY 15TH

Eligible applicants can defer payment of the real estate taxes for as long as they meet the qualifications of the program. Deferral of taxes cannot exceed \$8,000 in any one tax year. Tax deferrals will be secured by a lien in the full amount and an interest rate is charged. The current interest rate is 1.5%. An applicant must first apply for the Tax Relief Program to be eligible for a deferral. 2022 Max Annual Income: \$79,125.

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. 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

MEDICARE SAVINGS PROGRAM -UPDATED MARCH 1ST, 2023

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- \$2,989 & Couple- \$4,043

SNAP BENEFITS (FOOD STAMPS)

SNAP can be used to purchase food at grocery stores, convenience stores, and some farmers' markets and co-op food programs. Monthly SNAP benefits are placed on a plastic card called an EBT/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. 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. Added Covid benefits end February 2023.



APRIL HOLIDAY BASKETS (REGISTRATION ENDS WEDNESDAY, MARCH 22, 2023)

The MCS Food Pantry will follow the following procedure for distribution. Upon request, Madison residents who need assistance will receive a gift card. Also, a ham will be distributed to families, seniors & singles.

Registered Food Pantry Clients: If you are already a registered Food Pantry client, when you visit the Food Pantry between 3/7/23–3/22/23, please let Mary Hake know that you would like a basket. Baskets to be picked up during regularly scheduled time at the Food Pantry on Tues., April 4th or Wed., April 5th. (Homebound Food Pantry clients will receive their holiday basket on Tues. April 4th in the morning)

Not a Registered Food Pantry Client: 1) If you are not a registered Food Pantry client, but did receive a 2022 December basket, an MCS volunteer will contact you in March to confirm if you would like to receive an April holiday basket. 2) If you are new to MCS and you are in need and would like to receive a basket for the first time, please email stephanie.mcsinc@gmail.com. Or contact Madison Community Services at (203) 245-3031, a MCS volunteer will respond within a few days. 3) Baskets will be home-delivered on Mon., April 3rd

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, Mar. 14th 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., Mar. 14th 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, April 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, Mar. 14th 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 3rd Tuesday monthly at MSC. **Proof of vaccination required for this activity at time of registration. Tuesday, Mar. 21st, 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 2nd Tuesday of the month.

PLEASE REGISTER Tuesday, Mar. 14th, 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 AT 10AM & 1PM** **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, MARCH 2ND & 16TH 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:

Apr. 25th The Magnificent Lives of Marjorie Post

The meeting this month is Tuesday, Mar. 28th discussing *The Magic Mountain*

CLASSES

SENIORS IN MOTION

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

Mondays | 10:30–11:30pm Mar. 6th - 27th MM\$24 | NMM\$34 | 4 Classes | Minimum Needed: 5

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

Fridays | 10:30–11:30am | Mar. 3rd – 31st | MM\$30 | NMM\$40 | 5 Classes | Minimum Needed: 7

CHAIR YOGA

MONDAYS, MAR. 6TH - 27TH

FEE: MM\$24 | NMM\$34

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

4 Classes | Minimum Students Needed: 7

MEN'S FITNESS

MONDAYS, APR. 3RD-MAY 8TH 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**

YOGA PLUS

THURSDAYS, MAR. 16TH – MAY 4TH AT 9:15–10:15AM

FEE: MM\$45 | NMM\$55

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 4/6, 4/13**

STRETCH & BALANCE

WEDNESDAYS, MAR. 1ST – APR. 5TH AT 12:30-1:30PM

FEE: MM\$26 | NMM\$36

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 14**

MINDFUL MEDITATION

THURSDAYS, MAR 16TH – APR. 27TH | AT 10:30-11:15AM

FEE: MM\$50 | NMM\$60

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 Classes | Minimum Students Needed 6 | No Class 4/6, 4/13**

UKULELE WITH PETER

WEDNESDAYS, MAR. 1ST – 29TH | 10-11AM

FEE: MM\$42 | NMM\$52

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 | Minimum students needed 5 | If you are interested in a beginner class please contact the Senior Center.

SENIOR BOOTCAMP

MONDAYS., MAR. 6TH - 27TH | 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 | 3-4PM

FEE: MM\$60 | NMM\$70

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 | **6**

Classes | Minimum Students Needed 5

Please Remember to sign up for classes in March is February 23rd

OF SPECIAL INTEREST

STRENGTH TRAINING

TUESDAYS, MAR. 7TH– APR. 11TH | 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." Soon 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 13TH|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

EXPLORING BIG SKY COUNTRY: 15 MEALS: 10 BREAKFASTS • 5 DINNERS - JULY 2ND 2023

THURSDAY, JUNE 22ND

Montana, Big Sky Country featuring Yellowstone and Glacier National Park This is a small group tour, departure maxes out at 24 travelers.

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>



We are working on day trips for the Spring, Summer and Fall, they just weren't ready by the time we had to go to press. So if you are curious and can't wait until next month, feel free to call and see what we've got cooking!

MARCH MENU

"Good humor comes from the kitchen."

Wed. 1	Cream of Broccoli Soup, Lamb Stew, Lemon Cake
Thurs. 2	Chicken Rice Soup, Cheese Ravioli with Tomato Basil Sauce, Boston Cream Pie
Fri. 3	Seafood Chowder, Mussels Fra Diavolo, Pumpkin Pie
Mon. 6	Vegetable Soup Rigatoni Bolognese and Blueberry Pie
Tues. 7	Curried Chicken and Lentil Soup, Pork Marsala, Chocolate Cream Pie
Wed. 8	Carrot & Dill Soup, Balsamic Braised Chicken, Cookies
Thurs. 9	Cream of Spinach Soup, Beef Stew, and Coconut Cream Pie
Fri. 10	Seafood Gumbo, Lemon and Herb Roasted Cod with a Potato Purée, Turtle Brownies
Mon. 13	French Onion Soup Grilled Chicken Alfredo Fettuccini, Lemon Meringue Pie
Tues. 14	Cream of Cauliflower Soup, Roast Pork Loin, Cannoli
Wed. 15	Rhode Island Clam Chowder, Grilled Salmon, Cheesecake
Thurs. 16	Tomato Soup, Meatloaf Sandwich, Apple Crumb Cake
Fri. 17	St Paddy's Day Corned Beef & Cabbage, Boiled Potato, Chocolate Mint Pie \$12
Mon. 20	White Bean & Sausage Soup, Chicken Piccata, Parfait
Tues. 21	Italian Wedding Soup, Chicken Parmesan, Chocolate Cake
Wed. 22	Butternut Squash Soup, Kielbasa and Sauerkraut, Tiramisu
Thurs. 23	Cream of Asparagus Soup, Beef Short Ribs, Ice Cream
Fri. 24	New England Clam Chowder, Flounder Française, Key Lime Pie
Mon. 27	Chicken Noodle Soup, Meatball Sub with Broccoli Slaw, Cookies
Tues. 28	Chicken Lentil Soup, Roast Pork, Vanilla Pudding
Wed. 29	Mushroom Barley Soup, Beef Bourguignon, Blueberry Pound Cake
Thurs. 30	Minestrone Soup, Penne ala Vodka, Chocolate Banana Cake
Fri. 31	Manhattan Clam Chowder, Stuffed Sole, Peach Pie

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

AARP INCOME TAXES: 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**. Space is limited.

Tuesdays from 9am - 2pm through Apr. 11th Call (203) 245-5627 for more information or an appointment



When: Wednesday, April 12th from 1 to 4pm

Where: Madison Senior Center

Who: Residents and Non-Residents

You will have two hours to put together a 500-piece puzzle with your teammates. Refreshments will be served and the winning team will win a prize. Registration Deadline is 4:30pm on March 15th. You can [register online](#) or in person at the Madison Beach & Recreation Dept. 87 Surf Club Rd

CALL (203) 245-5623 for more info and to Register over the phone.

SNAP/EBT SCAMS: WHAT TO DO AND NOT TO DO (FORMERLY FOOD STAMPS)

People are reporting receiving messages appearing to be from DSS regarding their EBT card and Renewal. *These message are scams, individuals should not call back the number listed on the text message.* DSS has not yet started texting client regarding renewals.

Calling the number to the right (in the text message example) it asks for the caller to enter their card number and PIN *in an attempt to steal their benefits.*

Messages from DSS are only sent from the BC (Benefits Center) Number, which is 1-855-626-6632 and only direct individuals to www.mydss.ct.gov, and contain their first name and the last 4 digits of the client id.

DSS says: "If they called the number back and/or provided someone with their card number/PIN via telephone, *they should immediately call and change their EBT PIN by calling the EBT phone line: 1-888-328-2666.*

In addition they should check their EBT balance either through that number or online at www.mydss.ct.gov

If it appears they have had their benefits stolen, they should contact their local police department."

