

Trends & Traditions

September 2023

Madison Senior Center

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FEATURED EVENTS

HOME SAFETY FALL RISK REDUCTION

Your home is supposed to be your sanctuary, a place where you always feel comfortable and safe. As adults get older though, they need to make adjustments to keep their home a place of safety and refuge. Everyday items around your house and run-of-the mill tasks you do regularly at home start to come with a risk of falls. There are many solutions to allow individuals of all ages and abilities to “age safely at home.” Our presenter will be Liz Cornish, MSPT, CDP, Senior and Memory Care Consultant with New Season in Life, LLC. **Registration Required. Tues., Oct. 3rd, 10:30am FREE**

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH

Join Austin Hall and Heather Noblin for coffee and donuts and great conversation. **Registration Required. Wednesday, September 20th from 9am 10am**

LGBTQ+ 101

Join Justin Zeigler to learn more about the LGBTQ+ community and ways to support your friends and family in the community. Justin’s workshop will allow you to grow in the ability to have deeper relationships with your loved ones (grandchildren, children, etc) no matter their identity through exploring the terms and ideas important to this group of people and a safe and respectful place to ask any and all questions. **Registration Required Wednesday, Sept. 20th, at 1:30pm FREE**

**MSC MEMBERSHIP FEES DUE NOW for July 1st 2023—June 30th 2024
Madison Members \$15 | Non-Madison Members \$20**

MEET YOUR MADISON OFFICIALS: CHRISTINA CONSIGLIO: MADISON TAX COLLECTOR

Have you recently relocated to the Shoreline? We welcome you to join us as we meet with different Madison officials to learn what they do and how they assist our community. This month Christina Consiglio, the Tax Collector for the Town of Madison will be stopping by to talk about her job and answer any questions you may have. **Registration Required Friday, Sept. 15th at 10:30am FREE**

ACTIVITY ADVISORY COMMITTEE

Do you have ideas for activities or trips for the Senior Center? We would love to hear them! We are forming a new **Activity Advisory Committee** that will **meet every other month on the 3rd Monday at 1pm beginning in September**. If you are interested please call the Senior Center at (203) 245-5627. Thanks!! **Monday, Sept. 18th at 1pm**

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.-Thurs** 8:30-4pm

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

Members..... Dale Kach
..... Chris Abbott
..... Nick Postovoit
..... Robert Donohue
..... Christine Bekasi

*The Senior Commission now meets on
the second Tuesday of the month. The
next meeting will be **Sept. 12th at 6pm**
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
Admin. Assistant Ari Potter
Chef Kevin Wolfe
Server Amy Butler
Dishwasher Mike Kelly
Bus Driver Tom Lufsey
Bus Driver: Isa Martinez
Facility Attendant Steve Radley

FROM THE DIRECTOR

I hope everyone had a wonderful summer as we now enter the beautiful autumn months in Madison. Temperatures are cooler and the crowds have shrunk, making this a great time of year to get out and enjoy our Town.

Do you have great ideas for activities that you think other seniors would be interested in? Please join our Activities Advisory Committee and assist us in planning programming around the needs of you and your fellow seniors. Stop by the meeting on September 18th at 1pm and see how you can help

Austin

BOCCE PICNIC

The end of the season Bocce Picnic will take place after the last games for the Thursday League have been played. The final standings will be tallied and then trophies will be handed out. Then just for fun, the winners of the Tuesday League will play the winners of the Thursday League after lunch. The fee is already covered in your Bocce fee. Captains, please **RSVP for your team to Ellie by September 15th. Thursday, September 28th at 12 noon**

TECH SUPPORT

Have an iPad or a smart phone and don't know how to use it?
Get all your questions answered for free at the Madison Senior Center. Teen Volunteers will be available to answer your questions.
Wednesdays, Sept. 13th & 27th at 3-4pm. Registration Required

SEPTEMBER SHOPPING TRIP SCHEDULE

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

Friday, September 8th Aldi's

Friday, September 22nd Pasta Vita in Old Saybrook



MESSAGES FROM THE MUNICIPAL AGENT

RENT REBATE—DEADLINE- SEPTEMBER 29TH, 2023

Eligible participants will receive one-time assistance annually that helps to offset rental expenses. Documentation of 2022 income, (income taxes if you file them) payments made in 2022 for rent, heating, water bills, and electric are required to apply. Application intake begins May 16th, 2023. You can either drop off the paperwork to be processed or schedule an appointment with Steve Fabian. If dropping off your paperwork, please be sure to include a contact phone number. **2022 Maximum Annual Income Single: \$40,300 and Couple: \$49,100.**

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**

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 an electronic benefit card with money preloaded on it to be used at the Madison Farmers' Market. The market is open on the town green on Fridays from 3 to 6pm until the end of October. *Typically, benefits are available beginning July 1st. Benefit amount not available at time of printing.* **2023 Monthly Income Guideline: Single: \$2,248 and Couple: \$3,041.**

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. For more information or to apply, please contact Steve Fabian.

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.

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Application Intake begins in September. 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.**

GENERAL INFORMATION & SERVICES

LEGAL ASSISTANCE | TUESDAY, SEPTEMBER 19TH|9:30-11:30AM

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.**

FINANCIAL COUNSELING FOR SENIORS |THURS., SEPTEMBER 14TH & 28TH

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. 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.

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 | TUES., AUGUST 8TH|12:30PM

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.**



AARP SAFE DRIVING| WED. SEPT. 13TH|12PM TO 4PM

This is a refresher course aimed at the 60+ driver. Call your insurance company, you may be eligible for a discount after completing this course! **The class will be held on the second Wednesday of the month through December. | Fee: AARP Member: \$20 | Non-Member: \$25 | Make checks payable to AARP**

CAREGIVERS' SUPPORT GROUP | TUESDAY, SEPT. 19TH, 11-12:30PM

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. 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=cW4zZ2NybHdtS1MzQ3RzRHczSFh2UT09>**

GROUPS

Registration Required for All activities at the Senior Center

SWEDISH WEAVING & NIMBLE THIMBLE GROUPS

Swedish Weaving is a very relaxing and fun needlecraft 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. Cynthia Barker, an experienced needlepoint teacher, runs Nimble Thimble needlepoint group. Join the group, share the projects you've been working on and chat with your friends as you "point" away! **These two groups are meeting together on 2nd & 4th Tuesdays of the month. Please Register Tuesdays | Sept. 12th & 26th | 1-3pm 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

ARTISTS' GROUP

MONDAYS AT 1:30PM

FREE

Bring your art supplies and join other artists spending an afternoon painting, while you support and inspire each other! **Registration required.**

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, SEPTEMBER 7TH & 21ST 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. 24th *Vanessa Yu's Magical Paris Tea Shop*
Nov. 28th *The Glass Castle by Jeanette Walls*
Dec. 26th *No Meeting*

The meeting this month is Tuesday, Sept. 26th discussing *The Three Musketeers*

CLASSES

SENIORS IN MOTION

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

Mondays | 10:30–11:30pm | Sept. 11th – 25th | MM\$18 | NMM\$28 | 3 Classes (No class 9/4) | Minimum Needed: 5

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

Fridays | 10:30–11:30am | Sept. 8th - 29th | MM\$24 | NMM\$34 | 4 Classes | Minimum Needed: 7

CHAIR YOGA

MONDAYS, SEPT 11TH – 25TH

FEE: MM\$18 | NMM\$28

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

3 Classes (No class 9/4) | Minimum Students Needed: 7

MEN'S FITNESS

MONDAYS, SEPT 25TH - NOV. 6TH AT 9:15-10:15AM

FEE: MM\$42 | NMM\$52

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 (No class 9/4) | Minimum Students Needed 5**

YOGA PLUS

THURSDAYS, AUG. 31ST – OCT. 5TH AT 9:15–10:15AM

FEE: MM\$40 | NMM\$50

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**

STRETCH & BALANCE

WED., OCT. 4TH – NOV. 11TH 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**

TAI CHI FOR ARTHRITIS

Suzanne Hanley, is returning to the Madison Senior Center to teach a class on Tai Chi for Arthritis. Keep your eyes peeled for details coming soon!

UKULELE WITH PETER

WEDNESDAYS, SEPT. 6TH – 27TH | 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**

CARDIO DRUMMING

What is Cardio Drumming? It's a fun and effective exercise routine run by Ruby Benarroch. It requires little to no skill of drumming. You will use drumsticks, but you don't need to be skilled with them. The goal is just to drum along with the music and have fun. **What will it do for me, besides exercise?**

Brain Health– When drumming you to use the entire brain, to keep time to the music and synchronize your left and right brain hemispheres.

Emotional Health– Cardio drumming releases happy endorphins and Alpha brain waves associated with euphoria.

Relaxed – In a study, blood samples from participants prove you have lower stress hormones after an hour of drumming. Expect less negative feelings. (6 wks | 5 students min. max 20).

Thurs., Aug. 31st – Oct. 5th | 11 - 11:45am | Fee: MM\$58 | NMM\$68

Please Remember to sign up for classes in July by July 24th

OF SPECIAL INTEREST

STRENGTH TRAINING

TUESDAYS, AUG. 15TH– OCT. 3RD | 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 (No Class 9/12 & 9/19)**

PARKINSON'S DISEASE SUPPORT GROUP | 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! *Due to some temporary staffing issues the Book Caddy program has been paused. If you need to get or return a book for the time being you will have to go to Scranton Library where the friendly staff will be happy to help you. We will let you know as soon as the Book Caddy is back*

NIGHT OUT WITH FRIENDS

WEDNESDAY, SEPTEMBER 13TH

Do you like to do things, but not alone? Join Adele and her friends for a fun night 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| THURS. FROM 1:30-3:30PM

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!! **FREE**

CORNHOLE FOR FUN | TUESDAYS 1 PM

Get some friends together & come play Cornhole at the Senior Center, outside if weather permits or inside if not. Refreshments will be provided. Registration Required

HIKE WITH BOB | WEDNESDAY, SEPT. 6TH 9:30—11AM

Join Bob Kuchta as he leads hikes around the shoreline. Bob was the Tree Warden for the town of Madison so you will also learn about the trees in the area. This month we'll be walking to Island Avenue. 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

We are happy to have Linda Tutschulte exhibiting her work from August 1st through September 15th.

DAY TRIPS

AUTUMN RAILWAY IN THE BERKSHIRES TOURS OF DISTINCTION SUNDAY, OCT. 15

First stop, we will be taking a scenic narrated train ride through the Berkshires with the Berkshire Scenic Railway. Enjoy the sights on this 10 mile round trip ride. This train ride is a living history exhibit that explores the rich railroad history of the region and complements the already popular cultural attractions located in the Northern Berkshire area. Enjoy lunch at Freight Yard Restaurant. After lunch, we will head over to Hilltop Orchards. This is a 100-year-old, family run orchard with breathtaking views of three states. Here we will have a tour and tasting!

Depart MSC at 8am estimated return 6:30pm Fee: \$139pp

RADIO CITY CHRISTMAS SPECTACULAR SATURDAY, NOV. 18TH

Depart for the city that never sleeps, New York, New York. With decorations galore, the city is busy getting ready for the holiday season. In the afternoon, you will be at the Radio City Music Hall where you have reserved orchestra seats to see the all-new Radio City Christmas Spectacular! If you have never seen the show, you are in for a great surprise, and if you have, you have never before seen it like this. Using 'Christmasvision' and digital technology, the interior of Radio City transforms into a massive and magical canvas. You will have the Radio City Rockettes performing their "Parade of Wooden Soldiers," "New York Christmas," and the "Living Nativity." The brand new show features six new scenes including new Rockette numbers. **Depart MSC at 7:30am, Est. Return: 7:30pm | Fee \$175pp**

HOLIDAY TEA AT CARAMOOR TOURS OF DISTINCTION WEDNESDAY, DEC. 13TH

Caramoor Center for Music and the Arts, located in Katonah, NY, is a destination for exceptional music, captivating programs, spectacular gardens and grounds, and wonderful moments with friends and family. It enriches the lives of its audiences through innovative and diverse musical performances of the highest quality. Its mission also includes mentoring young professional musicians and providing them with educational programs that are centered around music. Caramoor looks to a distinguished and passionate Board of Trustees, advisory council, staff, and artistic directors to protect the legacy and nurture growth so Caramoor will continue to thrive as a vibrant cultural resource and source of inspiration for all. Your cultural exploration begins with a docent-led tour of the historic Rosen House (which will be decorated for the holidays). Learn the history of how Caramoor came into the hands of Walter and Lucie Rosen, and how it was opened up for the public to attend concerts and tours. Sit back and relax in the majestic Music Room for a concert of holiday music. The music room includes Renaissance furniture and architectural elements that will enhance your musical experience. The holiday concert will include sing-alongs. Enjoy a relaxing holiday tea before heading home. The menu will consist of: a variety of tea sandwiches, scones with clotted cream and preserves, desserts, and a selection of teas. **Depart MSC at 10am estimated return 6:30pm Fee: \$142pp**

SEPTEMBER MENU

Fri. 1	Rhode Island Chowder, Stuffed Flounder, Blueberry Pound Cake
Mon. 4	Labor Day
Tues. 5	French Onion Soup, Pork Piccata, Cookies
Wed. 6	Florentine Soup, Chicken Alfredo, Angel Food Cake
Thurs. 7	Chicken & Rice Soup. Mushroom, Onion & Bacon Quiche, Peach Shortcake
Fri. 8	Manhattan Clam Chowder, Cod with Tomato and Fennel, Tiramisu
Mon. 11	Vegetable Soup, Manicotti, Ice Cream
Tues. 12	Cream of Asparagus Soup, Balsamic Braised Lamb, German Chocolate Cake
Wed. 13	Split Pea Soup, Chicken Caesar Salad, Brownie
Thurs. 14	Black Bean Soup, Pork Tenderloin, Parfait
Fri. 15	Shrimp Bisque, Salmon, Lemon Meringue Pie
Mon. 18	Minestrone Soup, Stuffed Shells, Sorbet
Tues. 19	Beef Barley Soup, Beef Stew, Cheesecake
Wed. 20	Cream of Cauliflower Soup, Swedish Meatballs, Jello
Thurs. 21	Mushroom Lentil Soup, Chicken Scampi, Peach Pie
Fri. 22	New England Chowder, Salmon, Banana Pound Cake
Mon. 25	Tomato Soup, Meatloaf, Chocolate Mousse
Tues. 26	French Onion Soup, Cavatelli Broccoli Sausage, Chocolate Cake
Wed. 27	Broccoli Soup, Stuffed Peppers, Cookies
Thurs. 28	Carrot Soup, Roast Loin of Pork, Rice Pudding
Fri. 29	Rhode Island Chowder, Mussels in a Coconut Thai Peanut Broth, Blondies

SIGN-UP GUIDELINES: **Madison Residents:** May begin signing up **Monday, August 21st** **Non-Madison Residents:** May begin signing up **Wednesday, August 23rd**. ● All participants must be active members of the Madison Senior Center or a guest. Members may bring a guest one time but on the second visit they must become a member● When you call to make your reservations, please let us know if you are dining **Indoors** or **Drive-Through**. **Please Note: if you opt for the Drive-Through lunch, soup is not included.** ● **To cancel or change a lunch reservation** (*the reservation date or from Indoors to Drive-Through*), **call (203) 245-5627 no later than 9am** the day of your reservation to be eligible for a refund. ● Menu items are subject to change depending on availability. ● **The cost of all meals is \$7**, payable at time of reservation by check or credit card.

BACK PAGES

**TUESDAY, OCTOBER 17TH
AT 1PM
JOBY ROGERS RETURNS**

to show you how to do your
Holiday Evening looks
Call today to reserve your spot!



FLU CLINIC

MADISON SENIOR CENTER • 29 BRADLEY ROAD - MADISON

FRIDAY, OCTOBER 13, 2023 • 9:30 AM – 12:30PM

- Bring your insurance card or a copy of the front of the card • Wear short sleeves • If this is your first flu shot, please arrive ½ hour before the end of the clinic and be prepared to wait 15 minutes after vaccination • “Senior Strength” vaccine for those 65+ while supplies last
- Children 4-17 are welcome for nasal vaccine ONLY
- Nasal vaccine for those 4-49 years who qualify while supplies last

Vaccines are administered by licensed and experienced nurses from the East Shore District Health Department

For more information about the flu and a list of our public flu clinics visit: www.esdhd.org

Participating Insurances:

65 years or older

- Medicare Part B
- Aetna Medicare
- Anthem BCBS Medicare
- ConnectiCare VIP
- United Healthcare
- Managed Medicare Plans

All others:

- Aetna
- Anthem BCBS
- CIGNA
- ConnectiCare
- Harvard Pilgrim Health
- Husky
- Medicaid
- United Healthcare

The Madison Chamber of Commerce

SCARECROW CONTEST

Every year the Madison Chamber of Commerce has a fun Scarecrow Display Contest.

Join us to brainstorm the Scarecrow Display for Madison Beach & Recreation & Senior Services

DAY: Thurs., Sept. 14th | TIME: 1:30pm

Bring your best ideas, enthusiasm for lots of fun.

