

MADISON SENIOR CENTER
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THE MADISON MESSENGER – ISSUE # 7



GREETINGS!

Here at the Senior Center, we want to wish all of you a Happy New Year! 2020 was a difficult year for all, but we are looking forward to the upcoming year, with new activities and exciting changes at the Senior Center. While we do not have an anticipated opening date at this time, our staff continues to plan several great and wonderful events for the coming months. Check out our Facebook page (www.facebook.com – Madison City Senior Center) and/or the Senior Center website at www.madisonal.gov/235/Senior-Center. While we still include puzzles for your enjoyment, this

Texting for Seniors:

BFF – best friend fell.
BTW – bring the wheelchair
TTYL – talk to you louder
BYOT – bring your own teeth
LMDO – laughing my dentures out
FWIW – forgot where I was
IMHAO – is my hearing aid on?
OMMR – on my massage recliner
ROFLACGU – rolling on the floor laughing and can't get up.

year we will be promoting more events and activities that involve getting you up and moving toward a healthier lifestyle.

In honor of National Soup Month, this month's recipe is an easy-to-prepare, yummy soup recipe. Add a crusty baguette to complete your meal.

RECIPE: Veggie Tortellini Soup

5 cups chicken broth
1 16-oz. package frozen California-blend vegetables
1 8-oz. package dried cheese tortellini
1 14.5 oz. can Italian diced tomatoes, undrained.

In a Dutch oven, bring broth to a boil. Stir in vegetables and tortellini. Return to boil. Reduce heat; simmer uncovered for 10-12 minutes or until vegetables are tender, stirring occasionally. Stir in tomatoes. Cover and cook for 5-6 minutes or until heated through.

JANUARY WEATHER FOLKLORE:

One such lore says that the first 12 days of the year are useful in predicting how the year's weather will be. For example, the weather on the first will reflect how January will feel. The second day forecasts February, and so on.

HOLIDAY CLOSING:

In observance of Martin Luther King, Jr. Day, our Center is closed Monday, January 18, 2021.

FABULOUS FACEBOOK:

If you have not checked out the center's Facebook page (www.facebook.com – Madison City Senior Center), you are definitely missing a ton of information. Here we post the most current information on center happenings and events. If you are unfamiliar with Facebook, or need help setting up an account, contact the **PARTY LINE** at **256-701-3165**.

PARTY LINE:

To stay engaged with the Center during our closure, reach out to the **PARTY LINE**. Remember you can always reach us by leaving a message and/or text at **256-701-3165**.

AGING WELL:

This segment provides tips, as well as links to websites designed to help you age well. This month focuses on improving memory.

- Eat a Healthy Diet
- Get Enough Sleep
- Stay Physically Active
- Stimulate Your Mind
- Maintain Your Social Life
- Practice Mindfulness

Check out these links:

Exercise and Fitness Tips:
(<https://www.helpguideliving/exercise-and-fitness-as-you-age.htm>)

Eating Well as You Age:
(<https://www.helpguideeating/eating-well-as-you-age.htm>)

GET MOVING:

Join our staff as we embark upon a journey to get healthy this year. On Tuesdays and Thursdays from 9:30am to 10:30am at Dublin Park for Divinely Walking.

HOT MEALS???

We are currently exploring the return of hot lunches at the center; however, not in the previous manner. Only a limited number of Grab & Go meals would be available for drive-through pickup and are by reservation **ONLY**. If you are

interested in Grab & Go meals, please contact the **PARTY LINE** at **256-701-3165**.

INTERNATIONAL PASSPORT FOODIE TOUR:

Has COVID hindered your travel plans abroad? Well, we have the perfect solution to make you feel like you have been across the pond without ever leaving Madison. We have a Baker's Dozen of internationally flavored, local restaurants for you to check out. So, if you would like to participate, call the center and request your special "passport." Then you can dine-in or carryout depending on the restaurant. When you go to the restaurant, take a picture of yourself at the restaurant, along with your receipt, and text it to the **PARTY LINE**. For every restaurant you visit, we will enter your name into a drawing for an exquisite gift basket. The more places you go, the greater your chances of winning. Our Tour runs from January 15 to February 28. The restaurants are as follows:

Cuban Café (Cuban food)
I Love Sushi (Japanese)
Fulin's (Chinese)
Haru Korean & Sushi (Korean)
Los Trojas (Mexican)
Mangia (Italian)
Ol' Heidelberg (German)
Phil Sandoval's (Mexican)
Phuket (Thai)
Rome 2 Greece (Mediterranean)
Saigon Restaurant (Vietnamese)
Shish Palace (Lebanese)
Taziki's (Mediterranean)

CHA, CHA, CHA, CHANGES...

As the year changes, so do things at the Senior Center. Numerous changes are coming this year, and we feel these changes will only improve the center. One such change is the newsletter delivery. As we move to a more virtual environment, our newsletters will be more high-tech. Starting in February, clients who have provided us with email addresses will only receive the newsletter via email. Puzzles will not be included with emailed versions of the newsletter; however, these will be available for pickup in the Madison Messenger bin located at the Center's entrance.

Therefore, until we can be together, our entire staff wishes you many days of health, safety, and above all happiness.