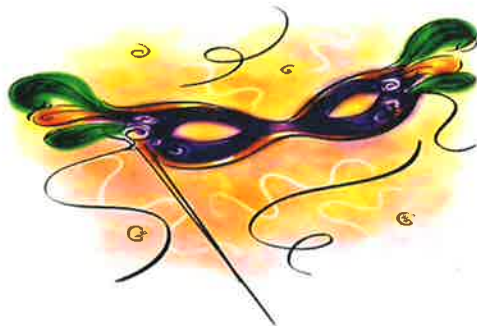


MADISON SENIOR CENTER
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THE MADISON MESSENGER – ISSUE # 8



GREETINGS!

Can you believe that February is upon us? Even though it is the shortest month, Black History Month, Ground Hog Day, Valentine's Day, President's Day, and Mardi Gras pack the calendar. Like February's busy schedule, happenings abound at the Senior Center, as we continue with current activities and events, as well as explore new ones. While we still do not have an anticipated opening date, our staff continues to plan several great, fun-filled, safe events for the upcoming months.

COVID Chuckles:

With so many coronavirus jokes out there, it is a pundemic. 😊

Q: Where do sick boats go to get healthy?

A: The dock! 😊

Day 221 at home and the dog is looking at me like, "See? This is why I chew the furniture!"

For the latest happenings, 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. We update events in real-time on our Facebook page.

We hope that you are trying our monthly recipes and have found them to be tasty additions to your recipe repertoire. Share your creations by posting a picture and comment on our Facebook page (www.facebook.com – Madison City Senior Center), as we would love to hear from you.

Our recipe this month helps start your day with a smile. A super simple fruit, yogurt, and granola parfait is on the menu that is not only yummy, but it is extremely easy to make.

RECIPE: Rise and Shine Parfait

4 cups fat-free vanilla yogurt
2 medium peaches, chopped
2 cups fresh blackberries
½ cup low-fat granola cereal without raisins.

Layer half the yogurt, peaches, blackberries, and granola into four parfait or tall, decorative glasses. Repeat the layers. Enjoy! If peaches and/or blackberries are not your favorites, feel free to substitute the fruits of your choice, such as bananas, strawberries, blueberries, etc.

FEBRUARY WEATHER FOLKLORE:

Happy Candlemas Day, otherwise known as the Christian Festival of Lights. Candlemas Day, an ancient festival marks the midpoint of winter, halfway between the shortest day and the spring equinox. While most people no longer celebrate Candlemas Day in its original format, we do recognize the day, February 2, as Ground Hog Day. Remember if the groundhog sees its shadow on this day, then six more weeks of winter remain.

HOLIDAY CLOSING:

In observance of President's Day, our Center is closed Monday, February 15, 2021.

FARMERS MARKET VOUCHERS:

As spring approaches, it is that time that many of you start inquiring about the Farmers Market Vouchers. The website has just opened, and you can complete the form by going to the following link:

<http://fma.alabama.gov/seniornutrition/>

This link takes you to the state's website, which has complete instructions for applying.

PARTY LINE:

Speaking of the **PARTY LINE**, it is the best way to stay engaged with us during our closure. **You can always reach us via the PARTY LINE at 256-701-3165 by calling and leaving a message and/or sending a text.**

AGING WELL:

Coping with change is difficult, no matter how old you are, whether an adolescent, teen, or senior adult. However, healthy aging means continually reinventing yourself as you pass through the landmark ages of 60, 70, 80, and beyond. This involves finding new things to enjoy, learning to adapt to change, staying physically and socially active, and feeling connected to your community and loved ones, even

though we are together apart, through calls, text, and other forms of technology (i.e., FaceTime and Zoom).

Check out these links for ideas on staying healthy:

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>)

AARP TAX AIDE (256-513-8291)

Many of you have inquired about AARP Tax Aide service providing free tax preparations to seniors this year. At this time, they are not open for preparing taxes, nor are they accepting appointments. According to their phone message, as of February 1, 2021, they must wait on authorization from the Governor's office to see if and/or when they can open for in-person meetings. They ask that you monitor their messages for updates to the policy by calling the following number: **256-513-8291**.

COVID-19 VACCINATION UPDATE:

In addition to taxes being on everyone's mind these days, the availability and locations of the COVID-19 vaccination are other common requests we get at the center. Below is information provided to us:

Alabama Department of Public Health announced that starting Monday, February 8, ADPH extends eligibility for COVID-19 vaccinations to include people 65 or older.

As of press time, the only Madison vaccine location is:

Madison Health Mart Pharmacy – 8498 Madison Blvd, Suite A

Huntsville locations include:

- **Huntsville Hospital Community Vaccination Clinic**
You can get on the Waitlist online by filling out the appropriate form (link below), and they will contact you directly when they have an appointment available. **Must be a resident of Madison County**. Registering online is going to be your best bet for getting an appointment.

<https://www.huntsvillehospital.org/covid-19-vaccination>

Additional Huntsville locations include:

- The Medicine Shoppe Pharmacy – 2701 Patton Road SW, Ste E
- Encompass Health Rehab – 107 Governors Drive
- Happi Health – 813 Franklin St SE, Ste B
- Alabama Asthma Allergy and Immunology Center – 4030 Pepperwood Circle SW
- Crestwood Medical Center – 1 Hospital Drive SW

To help you make informed decisions about the vaccinations, visit these helpful handout links:

Pfizer COVID-19 Vaccine FAQ's - <https://www.huntsvillehospital.org/images/PDFs/Pfizer-COVID-19-Vaccine-FAQs-web.pdf>

What to Expect When Getting Vaccinated - <https://www.cdc.gov/coronavirus/2019-ncov/downloads/vaccines/facts-covid-vaccines-english-508.pdf>

GET MOVING:

Thanks to those who have joined us for Divinely Walking at Dublin Park on Tuesdays and Thursdays from 9:30am to 10:30am. If you have not had the opportunity to get out yet, grab a bottle of water, lace up those sneakers, and head on over to Dublin Park on Tuesday and Thursday mornings.

HOT MEALS – GRAB & GO

In January, we began offering hot lunches at the center in carryout form only. Remember that only a

limited number of Grab & Go meals are 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**. In order to be eligible, you must be 60 years of age or older and a Senior Center client with current paperwork on file. If you need an application for lunch, please contact the center's main line at 256-772-6242.

INTERNATIONAL PASSPORT FOODIE TOUR:

Have you applied for an International Passport for the Foodie Tour? If not, then what are you waiting for? Our International Passport Foodie Tour continues through the end of this month, and you definitely want to enjoy the incredible international food offerings available in our backyard. In addition, there is an awesome gift basket up for grabs at the end of the tour. The more places you eat, the better your chances of winning. So, if you would like to participate, call the center and request your special "passport." When you visit a restaurant, snap a photo of your food, along with your receipt, and text it to the **PARTY LINE**. Unfortunately, Saigon Vietnamese Restaurant has closed permanently; however, the remaining restaurant participants include:

Cuban Café (Cuban)
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)
Shish Palace (Lebanese)
Taziki's (Mediterranean)

CHA, CHA, CHA, CHANGES...

As the year moves forward, so does the Senior Center. Numerous changes to improve the center inside and out continue. As mentioned last month, newsletter delivery is via email for clients with email addresses. Puzzles are not included in the 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.