



Madison Senior Center

1282 Hughes Road
Madison, Alabama 35758
256-772-6242

SPECIAL OFFERINGS

April 1
Let's Get Crafting

April 5, 21
Therapy Partners

April 8
Jewelry Made Easy

April 13, 30
Oakwood Mobile Market

April 13
Healthy Lifestyle with
Shavita

April 14
Bunny Brunch
(NO morning activities)

April 15
CENTER CLOSED

April 20
Movie Matinee

April 22
Backyard Gardening

April 23
Senior Prom

April 25
NO LUNCH SERVED

April 27
Big Green Bus
Spiritual Care for Seniors

May 3
Retirement Lifestyle & Fun
Fest at John Hunt Park
(CENTER CLOSED)

With robins chirping, bunnies hopping, and trees blooming, spring is in the air. With the renewal of the seasons, new activities are blossoming at the Center as well. It is our goal to make sure all our members feel welcome and included here at the center, so we have created a diverse variety of activities to enhance your experience. We have crafting/coloring, meditation, ceramics, exercise, billiards, card play, line dancing, and BINGO to name a few. We hope you will take the time to read this edition of the Madison Messenger and review the April Activities Calendar, finding a host of activities and events to attend in the upcoming days. We encourage you to follow and like us on Facebook at Madison City Senior Center for the most up to date information.

Our objective is to continue to create great experiences for you while here at the center. Therefore, if you have a suggestion or an ideal you would like to share, please do not hesitate to tell a staff member, or email us at SeniorCenterInfor@madisonal.gov. Thank you for being an integral part of the center. Know that your participation is valued and appreciated.

Until next month,

A handwritten signature in cursive script, appearing to read "Levoneia".

Levoneia

CENTER HOURS:
Monday through Friday
8:00 am to 4:00 pm
1282 Hughes Rd.
Madison, AL 35758
Phone: (256) 772-6242

CENTER STAFF:

Levoneia Ayers, Senior Center Director

LaWanda Mason, Senior Activities Coordinator

Dee Dee Kanik, Ceramics Instructor

Margaret St. Amour, Administrative Assistant

Newsletters, Calendars, Current Activities, and Helpful Tips for Seniors are on our webpage!

Visit the Madison City's website:

www.madisonal.gov

Select Departments
Click on Parks & Recreation
Click on Senior Center.

CALLS & INQUIRIES:

If you need to get in touch with us, please direct all calls/inquiries to our main number at **256-772-6242**. Our hours of operation are Monday through Friday, 8:00 am to 4:00 pm.

PREREGISTERING WITH MyActiveCenter.com:

We are excited to offer our clients the convenience of being able to preregister online from the comforts of your home. To preregister for an activity:

1. Go to MyActiveCenter.com
2. Select your local center (Madison Senior Center) and type in your MySeniorCenter Key Tag number and primary phone number (this is the number you furnished on your client information sheet).
3. You will then create an account with a username and password. (Please note that **passwords are CASE SENSITIVE**).
4. Once you have activated your account, you can preregister for activities. When you enroll in an activity, it appears on your My Activities page.

If you and your spouse share an email address, you can add your spouse to your account from the My Account page.

Please note the following:

- You must have an email account (if you do not have one, then you can create one on any of several free email accounts. Gmail.com and Yahoo.com are good options.).
- You must have a center-issued key tag linked to our center.

PLEASE NOTE: PREREGISTRATION IS REQUIRED FOR PARTICIPATION IN ALL ACTIVITIES.

IN CENTER DINING:

Dining at the center is available Monday through Friday between 11:15 am and 11:45 am. A limited number of meals are available on a first-come/first-served basis. Eligibility to receive a meal for all participants is as follows:

- Must be at least 60 years of age
- Must have a completed and updated TARCOG form on file
- Must have an assigned number from TARCOG.

For additional information, please contact the center's main phone number [256-772-6242](tel:256-772-6242).

NUTRITION CORNER:

As we continue our quest toward healthier lifestyles, we are providing nutrition tips to not only help you eat better, but we also include a delicious recipe as inspiration. We do enjoy hearing from you, so remember to share your creations by posting pictures and comments on our Facebook page (www.facebook.com – Madison City Senior Center).

NUTRITION TIP OF THE MONTH:

In continuing our focus on some of the pitfalls of fast food, we are looking at another favorite fast-food genre in this issue. When we are out and about and hunger strikes, fast food is an attractive and appealing option. It is usually inexpensive, satisfies the taste buds, and best of all, convenient. Remember though, fast food is typically loaded with calories, sodium, and unhealthy fat, many times a day's worth of each in a single meal. These food choices also tend to be low in nutrients and almost totally lacking in fruits, vegetables, and

fiber. If you are watching your weight and/or health, finding a healthy, well-balanced meal at a fast-food restaurant can be a challenge.

So, what are you craving: finger licking fried chicken, Taco Tuesday, Fish Fry Friday, or that cheeseburger in Paradise? Now, can any of these cravings qualify as healthy fast food?

In previous issues, we looked at burger chains, chicken chains, Mexican restaurants, and pizza restaurants. As the weather warms in spring, picnic season is just around the corner. Therefore, we explore healthy sandwich options in this issue.

Thanks to the Subway sandwich chain, sub sandwiches come to mind for many people when they think of "healthy" fast food. While it is true that relatively healthy choices at the top sandwich chains can be found, their menus are not without pitfalls. The sandwich shop commercials promote their health benefits; however, studies show that many people eat more calories per meal at a sub sandwich shop than at McDonald's hamburger chain. One reason is that many people feel virtuous eating "healthy" as the commercials suggest. They then tend to "reward" themselves with chips, sodas, and extra condiments that turn that healthy meal into an unhealthy combo. Making healthier, and delicious choices at a deli or sub shop can be done, but it requires a little common sense.

So, here are your tips for making smarter choices at that sandwich fast food restaurant:

- Go for the smaller sized subs. Ordering a 6-inch sub over the foot-long sandwich can save between 500 to 700 calories, and it tastes just as yummy.
- Choose whole-grain buns or bread instead of white bread, French rolls, or cheese breads.
- Go easy on the mayonnaise and condiments. You can save even more calories by asking for the condiments on the side.
- Dress your sandwich with mustard, vinegar, or low-fat dressing instead of mayonnaise or calorie-laden special sauces.
- Go light on the cheese, especially the yellow cheeses and opt for the white cheeses. Better yet, skip the cheese altogether.
- Eat only half the sandwich at lunch, and then save the other half for later. Not only are you saving calories but saving money by getting two meals for the price of one.
- Load up on veggies, such as tomato, lettuce, pickles, onions, green and red peppers, and olives.
- Skip the chips. Get something healthier on the side, such as fruit, a small side salad, or yogurt.

Therefore, if you plan to grab a sub sandwich and head to the park to enjoy an impromptu picnic under the blue skies, check out our suggestions to make your sandwich a healthier option.

Instead of a foot-long sub, go for the six-inch sub. Swap out those high-fat

meats such as ham, tuna salad, bacon, meatballs, and/or steak for leaner choices of roast beef, chicken breast, lean ham, turkey, or even veggies. Instead of the “normal” amount of higher-fat cheeses (cheddar and American), ask for one or two slices of lower-fat cheeses (Swiss or mozzarella). Substitute some of the cheese and meat toppings for extra vegetables. Finally, choose the whole grain bread or remove the top slice off the sandwich and eat it open-faced. Finally, skip the “wraps” as they are often higher in fat than normal bread.

Did you get a chance to try last issue’s recipe for Gramma’s Vegetable Beef Soup? If so, we hope that you enjoyed it. Since warmer weather is here, we are offering a lighter option to celebrate the seasonal change.

RECIPE: SLOW-COOKED LEMON CHICKEN

Our recipe this month is a flavorful, yet easy dish to designed to usher in spring. Garlic, oregano, and lemon juice spark this healthy, easy main dish meal. Just brown your chicken in a skillet, and then your slow cooker can do the rest of the work.

- 6 bone-in chicken breast halves, skin removed
- 1 teaspoon dried oregano
- ½ teaspoon seasoned salt
- ¼ teaspoon black pepper
- 2 tablespoons butter
- ¼ cup water
- 3 tablespoons lemon juice
- 2 garlic cloves, minced
- 1 teaspoon chicken bouillon granules
- 2 teaspoons minced fresh parsley

1. Pat chicken dry with paper towels. Combine the oregano, seasoned salt, and pepper; rub over chicken. In a skillet over medium heat, brown the chicken in butter, transfer to slow cooker. Add water, lemon juice, garlic, and bouillon to the skillet; bring to a boil, stirring to loosen browned bits. Pour over chicken.
2. Cover and cook on low 5 to 6 hours. Baste Chicken with juices. Add parsley. Cover and cook 15 to 30 minutes longer, or until meat juices run clear.

AGING WELL:

How are you doing with adopting a healthier lifestyle? Have you made progress in your exercise goals? Studies recommend to maintain a healthy lifestyle; adults need 150 minutes of physical activity per week. While that number may appear to be unattainable, it is only 30 minutes per day, 5 days per week, and you do not have to do an entire 30-minute block each day. You can break it down into 10-minute segments. Not sure you can start out at that 150 minutes per week? Then opt for a goal of 50 minutes per week and increase the time by 10 minutes each week until you reach that magic number of 150 minutes. By doing this slowly, you reduce the risk of injury. Remember, even if you are not running marathons or participating in triathlete events, you can still move toward a healthier lifestyle. The easiest way to get to a healthier you is simply to **START**. An easy, low-cost, no-frills activity is to "walk the dog," even if you do not have a dog.

Why should you exercise and increase your physical activity? Check out these benefits, and then decide.

- Exercise reduces your risks for heart disease, stroke, diabetes, and certain types of cancer.
- It makes bones and muscles stronger, which can reduce the risk of falls and fractures.
- Balance is improved with exercise.
- Exercise improves blood flow; thus, increasing the body's ability to deliver oxygen and nutrients to cells
- It reduces symptoms of arthritis.
- Your body and mind test younger than your physical age.
- Illness can be reduced through physical activity.
- It helps you to sleep better
- Finally, exercise is good for your brain as it improves learning and memory

Not sure where to start your fitness journey? Check out some of the great options offered by our center.

ACTIVE ADULT WATER AEROBICS/LAP SWIMMING:

Active Adult water aerobics are available at Dublin Park for clients who are 60 or older and reside within the city limits of Madison. These exercises can help reduce the risk of heart disease without the high impact of traditional cardio workouts. They also provide benefits for balance, coordination, and mobility. If organized swimming activities are not for you, lap swimming is available. You can enjoy both activities at Dublin Park on Tuesday and Thursday from 9:30 am to 10:30 am. If you meet the above eligibility requirements, and you wish to participate in swimming activities,

please check in at the front desk located at Dublin Park. If you have any questions, call the center at [256-772-6242](tel:256-772-6242).

ALL ABOUT LINE DANCING:

Do you enjoy our Line Dancing for Fun & Fitness classes? Maybe you are ready to step it up a notch and go for something a little more advanced. Then you will want to check out the All About Line Dancing class. In this class, you take the basic steps and apply them to more advanced dances. Sessions are offered on Tuesdays and Thursdays from 1:30 pm to 3:00 pm.

BALANCE CLASS:

Designed to keep you moving, this class is a fun, low-impact workout class that assists in improving balance and stability. The class meets Monday and Wednesday, 9:00 am to 9:45 am.

BIG GREEN BUS:

The Big Green Bus, part of the Huntsville Hospital Mobile Medical Unit, returns to the Center on the fourth Wednesday of the month from 9:30 am to 12:00 pm. This unit promotes preventative health care. The unit's nurses perform blood pressure checks, as well as glucose and cholesterol screenings. There is no charge, and all ages are welcome to visit the bus.

CHAIR EXERCISES:

Are you looking for a low impact, yet challenging workout that is also a blast? These chair-based exercise classes are an excellent way to improve balance

and flexibility and are an integral part of helping you be more active and healthier. We now offer two sessions of the classes with drumming classes on Monday and Wednesday from 10:00 am to 10:45 am and stretching/balance exercises on Tuesday and Thursday from 10:30 am to 11:00 am.

DIVINELY WALKING:

Grab your water bottle, lace up those walking shoes, slather on some sunscreen, and make plans to meet up with your friends for Divinely Walking at Dublin Park on Tuesdays and Thursdays from 9:30 am to 10:30 am. At Dublin Park, several options exist for your walking pleasure, including the indoor track, around the parking lot, or the winding trail around the soccer fields. If you wish to participate in this activity, check in at the front desk located at Dublin Park. If you have questions, please call the center at [256-772-6242](tel:256-772-6242).

LINE DANCING FOR FUN & FITNESS:

Did you know that dancing is one of the most enjoyable ways to exercise? It is great for losing weight, building strong bones, improving posture and muscle strength, increasing balance and coordination, and beating stress. So, if you like to jump or jive, tap, or tango, and are looking for a fun way to exercise, then you might want to consider Line Dancing for Fun & Fitness. In this class, you learn the basics of line dancing and improve your fitness as well. This class meets on Tuesday and Thursdays from 9:00 am to 10:00 am.

In addition to our physical activities, we also offer several activities to help stimulate your mind. Check out these offerings:

BILLIARDS:

We have two beautiful Diamond pool tables in our billiards room. If you are interested in playing, we have three time slots available daily. Available times are Monday through Friday, 8:00 am to 10:00 am, 10:30 am to 12:30 pm, or 1:00 pm to 3:00 pm.

BACKYARD GARDENING:

With the warmer temperatures and gorgeous spring weather, you might be itching to get out and enjoy a little gardening. Join us in the Center's backyard garden to help with planting and tending our raised bed gardens. We are hopeful for a bumper crop this year and are looking forward to your help. This class is on the fourth Friday from 10:00 am to 11:00 am. Capacity for this class is limited to 10. The next class scheduled is Friday, April 22, 2022.

CARD PLAY:

Do you enjoy playing Bridge and/or Rook and are looking to join in with others who share your love of cards? Then, you will want to reserve a spot in one of the two daily sessions of Card Play. Available times are Monday through Friday, 8:00 am to 11:00 am or 12:00 pm to 3:00 pm.

CREATIVE EXPRESSIONS:

Do you long for the simple days of youth spent with a new box of crayons? If so, then you will want to join our Creative Expressions coloring/crafting sessions on Tuesday afternoons from 1:15 pm to 2:15 pm.

HEALTHY LIFESTYLE (Wise Eating Approaches for a Lifetime of Health – W.E.A.L.T.H.):

In a quest for pursuing a healthier lifestyle, you will want to join us on the second Wednesday of each month from 12:00 pm to 1:00 pm. These Urban SNAP Education classes are sponsored by the Alabama Extension Service in conjunction with Alabama A&M University provide nutrition and exercise tips to help you obtain a healthier lifestyle.

JEWELRY MADE EASY:

Have you wanted to learn about making jewelry to add a special accessory to an outfit or create a unique gift for someone? Then sign up for Jewelry Made Easy on the second Friday this month. The class meets from 10:00 am to 11:00 am, with supplies provided. Capacity for this class is limited to 10.

LearningQUEST:

LearningQUEST, a non-profit, volunteer-led organization for adults of all ages, is dedicated to building a learning community through educational and enrichment opportunities. LearningQUEST is partnered with the Huntsville Madison County Public Library. For additional information,

please contact LearningQUEST at www.lquest.org, 256-529-8695, or learningquest.email@gmail.com

LET'S GET CRAFTING:

Teresa Allison from the Madison Library leads a creative make-and-take seasonal craft workshop on the first Friday of each month from 10:00 am to 11:00 am. As in the past, Teresa furnishes all the supplies for this craft, while you bring your creativity and enthusiasm. For a description of the month's planned activity, please visit the center's website (www.madisonal.gov/235/Senior-Center) and/or Facebook page (www.facebook.com – Madison City Senior Center) for complete information. Capacity is limited to 12.

MINDFUL MEDITATION:

Due to the constant bombardments of bad news on the television, pandemic misinformation left and right, and the ups-and-downs of daily life leave you feeling a little stressed? If so, make plans to join Mindful Meditation on Thursdays, 1:15 pm to 1:45 pm. This peaceful session allows you some time to de-stress and relax, to better deal with life's pressure.

MOVIE MATINEE:

With our Movie Matinee being such a hit, we are continuing it on the third Wednesday of the month from 12:00 pm to 2:00 pm. Be sure to visit our Facebook page and website frequently for updates to the schedule as we plan to show a Hollywood block buster, complete with popcorn.

OAKWOOD UNIVERSITY MOBILE MARKET:

Are you looking for fresh, locally grown fruits and vegetables? Then you want to come out and shop Oakwood University's Mobile Market. The bus parks in front of the center, filled with a variety of fruits and vegetables from 10:30 am to 11:30 am on selected Wednesdays. Be sure to check the center's website (www.madisonal.gov/235/Senior-Center) and/or Facebook page (www.facebook.com – Madison City Senior Center), for the most current dates.

SIT & SEW:

Are you experienced with sewing and want to spend some quality time with others who share your love? If so, check out our Sit & Sew group. This creative group meets weekly to work on a variety of self-selected, individual sewing projects. **PLEASE NOTE:** Basic sewing skills are required for this group, as **NO INSTRUCTION** is provided. You must furnish your own supplies. This group meets Monday from 11:45 am to 2:45 pm. Class size is limited to 8 participants.

THERAPY PARTNERS:

Rosie & Roxie, adorable dogs provided by Therapy Partners, are committed to giving the gift of time and compassion to enrich the lives of our members. Take a moment to say hello when you see them at the Center. They are scheduled to be in the Center on Tuesday, April 5 at 1:00 pm, and then again on Thursday, April 21 at 1:00 pm.

THREADS:

Do you enjoy working with fibers and fabric? Then grab your favorite hand stitching or needlework project and bring it to the center for a bit of relaxation as you work on your self-selected handwork items. Participants share ideas and patterns for projects at this gathering, as well as provide support and advice. The group meets Friday from 9:15 am to 12:15 pm. This is a self-directed class as **NO INSTRUCTION** is provided.

UPCOMING SPECIAL ACTIVITIES

BUNNY BRUNCH:

As Peter Cottontail hops down the bunny trail, he is making plans to stop at the Center for our Bunny Brunch. This activity provides an excellent opportunity to join your friends for a little socializing, along with a light snack. The brunch is Thursday, April 14 from 9:30 am to 11:00 am.

SENIOR PROM:

The Senior Prom sponsored by the United Way Youth Leaders Council is scheduled for Saturday, April 23, 2022, from 1:00 pm to 2:00 pm. The theme is Under the Sea.

VOLUNTEER OPPORTUNITIES:

Do you have extra time on your hands and/or want to give back? Then think about volunteering at the Center. We are always looking for help in the kitchen with meal prep, Meals on Wheels delivery, etc. If this wonderful

opportunity appeals to you, give us a call at 256.772.6242.

NEED A NEWSLETTER?

If you or a family member would like to receive a copy of this newsletter, please contact the center at 256.772.6242 or SeniorCenterInfo@madisonal.gov, and provide us with your email address.

HYPERLINKS IN NEWSLETTER:

When receiving the newsletter via email, you can click on the hyperlinks to open them on your devices. Since we send our newsletter as a PDF file, you may open the links by using the following instructions:

- Place the cursor on the link you wish to open
- A dialog box will open with the following caution warning: "This document is trying to connect to 'the link name.' If you trust this site, choose ALLOW. If you do not trust this site, choose BLOCK."
- By selecting ALLOW, the link will open.

CHECKS PAYABLE:

While not expected, monetary donations are always greatly appreciated. If you wish to donate by check, please make it payable to "Madison Senior Center."

Thank you for being a part of the Center. We realize this is one of the activities in life you choose, and we are glad you chose the Center.

SPECIAL THANKS:

- The faithful volunteers who generously give their time and energy to deliver lunches to our homebound members
- Everyone who donates prizes for BINGO
- Bob Jones High School Key Club for handmade Valentines cards for our in-center and homebound members
- The Madison Rotary Club for hosting the annual Mardi Gras Party
- The people who generously donate time and energy to assist daily with kitchen duties to prep meals for in center and homebound members
- The many people who selflessly donate items to our center who wish to remain anonymous
- Valley Internal Medicine & Pediatrics PC for your monetary donation
- Senator Tom Butler, Senate District 2 for your monetary donation
- Bryan Lowe and Parishioners of St. John's Catholic Church for donation to be used for our homebound meal program
- Theresa Allison and Diane Bradshaw from Madison Public Library for donating your time and talents monthly with arts & crafts project for our members
- Arlene Coburn for leading the jewelry making class Jewelry Made Easy
- Fran Jensen, Deena French, and Donnie Myrick for instructing our line dancing classes
- Andrea Thompson for your monetary donation
- The family and friends of Hoang Minh Wheeler for your monetary donations in memory of Mrs. Wheeler
- The family and friends of Blanche Irby for your monetary donations in the memory of Mrs. Irby
- Julie Smith, Certified Senior Advisor Amedisys Home Health for the informative monthly sessions
- Shavita Wood-Warren USNAP-Ed Educator for your presentation every month W.E.A.L.T.H. (Wise Eating Approaches for a Lifetime of Health)
- Oakwood University Mobile Market for fresh fruit and vegetables bi-weekly
- Michele Hollatz, National Charity League Inc., Madison Area Chapter for calling BINGO and event preparation
- St. John the Baptist Catholic School for the tasty treats in celebration of Community Appreciation Week
- North Alabama AHEC for Covid-19 testing and Onsite Vaccinations for our members
- JustMe Ministry Team for your continued support of center activities
- St. John's Giving Tree for your generosity and ongoing support of our members
- Amanda West, Blue Bell Creameries for delicious vanilla ice cream for our Ice Cream Social

SPECIAL THANKS (continued):

- Wavelink incorporated Summer 2021 Outreach Donation for Bingo Prizes and Senior Center operational supplies
- TARCOG
- JustServe Volunteers
- Calhoun Community College Jazz Band Joshua Coutts, Sam & Josh Carpenter for performing during the MSC Expo
- Crestwood Medical Center for the informative monthly presentations
- The Church of Jesus Christ of Latter-Day Saints of Madison for the bountiful food drive
- BINGO Callers:
 - Rachel Harrison, Cigna
 - Erica Hubbard, Hospice North Alabama
 - Deanita Binford, First Community
 - Laurie King, Medicare Chick
 - Gerald Cottone
- Joshlyne Villano, Lystra Physical Therapy & Wellness for the awesome in person balance class instruction and video
- Therapy Partners for sharing Rosie and Roxie with our members
- Martinson & Beason Attorneys for their presentations on legal matters pertaining to seniors
- Steve Jones for his most interesting presentations on Nature Inspired Life and Living sessions
- Ann Marie Martin of Partnership for a Drug-Free Community
- Cathy Miller of Madison County United Way
- Regina Owens of Comfort Care Home Health
- Kelsi Nein of Discovery Donor Clinic
- North Alabama Research Center (N.A.R.C.)
- Caption Call
- Theresa Jones of Auburn University/Alabama A&M Extension Service
- Mangia Italian Restaurant for Christmas Wish Lists.

While we tried to include everyone who has generously donated time, money, and other efforts in making our center a success; however, if you were not mentioned, please note that the omission was unintentional, and we do apologize.