

MADISON SENIOR CENTER
1282 Hughes Road
Madison, AL 35758
256.772.6242



THE MADISON MESSENGER – ISSUE # 9



GREETINGS!

Will March blow in like a roaring lion or will it be a soft whisper like a gentle lamb? Regardless of how the winds blow, the Senior Center continues to provide a wide selection of entertaining activities to our calendar. At press time, we do not have an anticipated opening date; however, our staff continues to plan fun-filled events in compliance with CDC guidelines. Remember, you can always find the latest happenings on our Facebook page (www.facebook.com – Madison City Senior Center) and/or the Senior Center website at www.madisonal.gov/235/Senior-Center. To provide you with the most current information, we update events in real-time on our Facebook page.

Are you enjoying our monthly recipes? Remember, we want your feedback. Please 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.

In honor of St. Patrick's Day, our recipe this month is an easy take on a traditional Irish favorite. Our Slow Cooker Corned Beef and Cabbage provides you with a stroke of good fortune on St. Patrick's Day.

RECIPE: Slow Cooker Corned Beef and Cabbage

- 1 corned beef brisket with seasoning packet, 3-4 pounds
 - 1 onion
 - 3 cloves garlic
 - 2 bay leaves
 - 2 ½ - 3 cups water
 - 2 pounds potatoes peeled & quartered
 - 2 large carrots chopped
 - 1 small head of cabbage cut into wedges
1. Chop onion into large chunks and place in the bottom of a 6-quart slow cooker. Top with corned beef and seasoning packet.
 2. Pour water into slow cooker until it just about covers the corned beef. Add garlic and bay leaves.
 3. Cook on low 8-10 hours.
 4. After the initial 3 hours, add potatoes and carrots to the slow cooker.
 5. Two hours before serving, add cabbage wedges to the slow cooker.
 6. Remove corned beef from slow cooker and let rest 15 minutes. Then slice across the grain and serve with the potatoes, carrots, and cabbage.

MARCH WEATHER FOLKLORE:

According to old Anglo-Saxon traditions, a dry March and a wet May fill barns and bays with corn and hay. As it rains in March, so will it rain in June. March winds and April showers bring forth May flowers.

FARMERS MARKET VOUCHERS:

Remember, as the spring season approaches, the state website for the Farmers Market Vouchers is now open. 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. If you do not have access to a computer, or if you need assistance please call the center Monday through Friday, 8:00 am to 4:00 pm.

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. Here you have several options for walking. You can walk on the indoor track, around the parking lot, or along the trail that winds around the soccer fields.

AGING WELL:

Are you someone who feels as you age that your balance is not as it was a few years ago? Do you tend to lose your balance, or have you even fallen? Take heart in knowing that you are not alone. As we age, sometimes our balance does change, and falls are one of the leading causes of injury for seniors. However, with a few simple exercises, you can build back your balance.

KEEPIN' U MOVIN':

Have you missed the Keepin' U Movin' exercises classes with LaWanda? As part of our new focus on helping seniors be more active and healthier, we are bringing back a modified version of the class with limited attendance that meets CDC guidelines. LaWanda is doing the balance portion of the exercise program on Tuesdays and Thursdays from 11:00 am to 11:30 am at Dublin Park. To maintain a COVID-safe environment, class size is limited to 12, and attendance is by reservation only. So, if you are interested, please RSVP to LaWanda at [256-701-3165](tel:256-701-3165).

STROLLING SENIORS:

In keeping with the direction of moving toward healthier lifestyles for our seniors, we are offering a second walking activity. Instead of feeling heavy after lunch and taking a nap, join us Monday and Wednesday from 12:30 pm to 1:30 pm at the center for an enjoyable stroll around the center. We might walk around the parking lot, the tennis courts, on the sidewalk along Hughes Road, or the track out back. With so many options, your walks will never be boring. So, grab your most comfortable walking shoes, a bottle of water, and come on out and join staff and friends for a little exercise. No Strolling on 03/17/2021.

AARP TAX AIDE (256-513-8291)

AARP TAX AIDE UPDATE: In previous years, many of you have relied upon the AARP Tax Aide volunteers for your tax preparations. Unfortunately, the COVID pandemic has severely affected the AARP Tax Aide office, and they are unable to prepare in-person tax returns at their locations this year. However, they have provided us with the following list of alternatives:

1. Showers Recreation Center: 256-851-4001

2. Owens Cross Roads UMC:
256-723-2273
3. United Way of Madison
County: 256-886-8542
4. Family Services: 256-886-
8542
5. Community Network Learning
Center: 256-539-3300

- Alabama Asthma Allergy and Immunology Center – 4030
Pepperwood Circle SW
- Crestwood Medical Center – 1 Hospital Drive SW

Madison vaccine location is:

- Madison Health Mart Pharmacy – 8498 Madison Blvd,
Suite A

In addition to the above locations, a number of Walmart pharmacies and Sam's Clubs locations are offering the vaccines. For a list of the locations –

COVID-19 VACCINATION UPDATE:

Just a reminder about the availability and locations of the COVID-19 vaccination. On February 8, the Alabama Department of Public Health (ADPH) extended eligibility for COVID-19 vaccinations to include people 65 or older.

Huntsville locations include:

- **Huntsville Hospital Community Vaccination Clinic** You can get on the Waitlist online by filling out the appropriate form (link follows), 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

https://corporate.walmart.com/media-library/document/covid-19-vaccine-locations-walmart-and-sams-clubs-alabama-2-9-21/_proxyDocument?id=00000177-87d4-d0dc-af7f-ffff0bae0000

Please remember all locations operate on an appointments-only basis, and appointments are scheduled based on vaccine availability.

HOT MEALS – GRAB & GO

We are continuing to offer a limited number of Grab & Go meals. These meals are available for drive-through pickup Monday through Friday, 11:15 am – 11:45 am, and are by reservation **ONLY**. If you are interested in Grab & Go meals, please contact Michele at **256-774-4416**. 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.

STAFF SPOTLIGHT:

With this extended closure, we thought it might be good to show case a different staff member each month. This month, our spotlight is focusing on Michele Georgantis, our Food Service Worker. Michele previously volunteered in the kitchen prior to joining our staff. Michele handles all the day-to-day activities associated with getting the meals to our homebound and Grab & Go clients. Additionally, Michele verifies client updates for lunch eligibility. If you have not met Michele, check out our Facebook page (www.facebook.com – Madison City Senior Center) to see her smiling face.

ST. PATRICK'S DAY PICNIC IN THE PARK

Pack your favorite picnic fare and head out to Dublin Park on Wednesday, March 17, 2021 at 12:00 pm for our St. Patrick's Day Picnic in the Park. Following the picnic, we will have BINGO at 12:30 pm with a special cover-all prize. You definitely want to put this event on your calendar.

MARCH MADNESS ON MAIN:

Last month, we had the International Passport Foodie Tour, and we want to thank everyone who participated. This month, we are having another great outing event. With warmer weather approaching, this is an excellent time to get out and explore the businesses in Historic Downtown Madison. Therefore, we are launching March Madness on Main. This event will run from Monday, March 1 through Wednesday, March 31, and as with our foodie tour, we will draw for a gift basket filled with wonderful prizes at the end of the month. So, put on your walking shoes and tour the variety of shops located along Main Street in Historic Downtown Madison. Remember to take pictures and text them to LaWanda at [256-701-3165](tel:256-701-3165), or post them to our Facebook page, to document your adventures. The more places you visit, the better your chances at winning the Grand Prize.

Highlighted businesses include:

Bullfeathers Barbershop
CJ's Hair & Art Studio
Madison Monogram
Hook a Frog
Old Black Bear Brewing
Madison Station Antiques
Opie Balch Realty
Studio 106 Hair & Nail
Zion Gourmet Popcorn
Filthy Gorgeous on Main
South & Pine Home
Pure Barre

LR Salon
Expressions Salon
Click Photo Designs
Animal Trax
Noble Passage Interiors
Jacklyn's Keepsakes
Main Street Café
Lemon & Lavender
The Madison Record
Kathleen's Bridal
Tiny Pines Children

CHA, CHA, CHA, CHANGES...

As we approach the change in seasons, changes continue at the Senior Center. Remember that newsletter delivery is via email for clients with email addresses, and puzzles are not included in the emailed versions of the newsletter. If you would like a copy of the puzzles, these are available for pickup in the Madison Messenger bin located at the Center's entrance. We are also implementing an automated phone notification system to notify clients of important happenings at the center, such as holiday closures, weather-related closures, etc. These calls will display on your caller id from the center's main number: **256-772-6242**.

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

MARCH MADNESS ON MAIN Instructions

Last month, we had the International Passport Foodie Tour as our event to encourage seniors to get out and explore great international restaurants in the area. We want to thank all who participated, and we hope you enjoyed the experience. This month, we are excited to present "**MARCH MADNESS ON MAIN**". With warmer weather approaching, this is an excellent time to get out and explore the businesses in Historic Downtown Madison. Our launch date for this event is Monday, March 1, and it runs through Wednesday, March 31. As with our foodie tour, we will draw for a gift basket filled with wonderful prizes at the end of the month. So, put on your walking shoes and tour the variety of shops located along Main Street in Historic Downtown Madison. Remember to take pictures and text them to LaWanda at [256-701-3165](tel:256-701-3165) or post them to our Facebook page to document your adventures. The more places you visit, the better your chances at winning the Grand Prize.

MARCH MADNESS ON MAIN HIGHLIGHTED BUSINESSES:

Bullfeathers Barbershop
LR Salon
CJ's Hair & Art Studio
Expressions Salon
Madison Monogram
Click Photo Designs
Hook a Frog
Animal Trax
Old Black Bear Brewing
Noble Passage Interiors
Madison Station Antiques
Jacklyn's Keepsakes

Opie Balch Realty
Main Street Café
Studio 106 Hair & Nail
Lemon & Lavender
Zion Gourmet Popcorn
The Madison Record
Filthy Gorgeous on Main
Kathleen's Bridal
South & Pine Home
Tiny Pines Children
Pure Barre