

**MADISON LIFESTYLE &  
LEARNING CENTER**  
1282 Hughes Road  
Madison, AL 35758  
256.772.6242



## THE MADISON MESSENGER – 3<sup>RD</sup> QUARTER, 2021 - ISSUE # 13



### GREETINGS!

It is hard to believe that July is already here and the year is half over. Even though we are in the middle of summer, autumn, along with return of children to school, is rapidly approaching. At the Madison Lifestyle & Learning Center, we continue with our structured programming format as we forward to the future. We are constantly looking at our registrations and ways to improve our programs. To find the latest offerings at the center, check the center's website page ([www.madisonal.gov/235/Senior-Center](http://www.madisonal.gov/235/Senior-Center)) and Facebook page ([www.facebook.com](http://www.facebook.com) – Madison City Senior Center) for the most up-to-date information.

Remember that all activities require **preregistration**. If you wish to participate in an activity, call the Center to have your name added to the activity list. **[Join Us! Call the Center at 256-772-6242](#)**, Monday through Friday, 8:00 am to 4:00 pm.

### PREREGISTRATION INFORMATION

Many have asked why we require preregistration, and the answer is simply it helps in providing programming that best meets the needs of the community. Preregistration provides an accurate account of interests and staffing requirements. Additional benefits include meeting safety issues of capacity according to fire and health codes. So, how exactly do you preregister for an activity? Once you select the activity/activities in which you want to participate, you may preregister in the following ways:

- Call the center's main number **[256-772-6242](tel:256-772-6242)**, and select option 1.
- Send an email to **[seniorcenterinfo@madisonal.gov](mailto:seniorcenterinfo@madisonal.gov)**
- Text a message to 256-701-3165
- When at the center, stop by the reception desk and provide your name, activity for which you wish to participate, and the date.

You may register for activities a week at a time, so preview the Activities Descriptions on our website, then check out the Activities Calendar to see when the activities are scheduled, and finally, contact us in one of the above methods to preregister.

### 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.

### NUTRITION TIP OF THE MONTH:

In continuing in our theme of focusing 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 a very attractive option. It is usually inexpensive, satisfying to 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 somewhat challenging. So, what are you craving: finger licking fried chicken, Taco Tuesday, Fish Fry Friday, or that cheeseburger in Paradise? Can any of these cravings actually qualify as healthy fast food? In our last issue, we spotlighted that all-American staple: the hamburger chain. In this issue, we visit chicken chain menus. Naturally, many of us think that chicken is healthier than beef; however, when it comes to fast food, that is not always the case. Many menu items at the chicken chains are actually higher in fat and sodium than a burger. That's not to say that you can't find healthier options, but do not just assume that chicken means "healthy."

When ordering at the chicken restaurants, the kind of meat you order naturally influences the calorie count. Chicken breasts are highest in calories simply due to the quantity of meat, followed closely by the thigh. Chicken wings and drumsticks are much

lower in calories, thereby making them smarter choices. If you do prefer breast meat though, you can make it healthier by simply removing the skin. So, what are some guidelines for making smarter choices at fast food chicken restaurants? Check out the suggestions below in order to enjoy an outing at fast-food chicken restaurant chains:

- Choose baked, broiled, or grilled chicken over fried or breaded chicken. Do not even think about chicken nuggets, which are loaded with as much fat and sodium as a burger.
- Go easy on the honey mustard, barbecue sauce, and other special sauces. Each sauce packet adds around 60 calories, and if you remember from the last issue, you have to count those calories of every addition in with your meal.
- Be wary of sides. Half the fun when ordering chicken is choosing the sides such as coleslaw, biscuits, baked beans, mac n' cheese, and mashed potatoes (with gravy of course). However, these standard side dishes are all high in calories and/or sodium, so make sure to count them toward your meal calorie count.
- Pass on the crispy chicken sandwich, though undoubtedly yummy, it is fried and fatty. A much better choice is a grilled chicken sandwich. Order it skinless to make it even healthier.

So, if your favorite fast-food chicken restaurant is on the menu for dinner this evening, here are some good substitutions to make your dining experience healthier:

- Instead of fried chicken, original or extra-crispy, select a skinless chicken breast without breading.
- Instead of teriyaki wings or popcorn chicken, ask for a honey BBQ chicken sandwich with the sauce on the side.
- Pass on the fried chicken sandwich and opt for the grilled chicken sandwich.
- Skip that chicken and biscuit "bowl" and ask for a small mashed potato without gravy.
- Instead of adding extra gravy and sauces, limit those and ask for them on the side.
- Instead of fried chicken "nuggets" or tenders, select the grilled chicken strips.

We realize that giving up fast food is difficult, and these days, with our busy schedules, next to impossible. However, if you plan ahead, take time to review your options, and make wise choices, you can enjoy fast foods in ways to help you stay on the healthy lifestyle track.

Did you get a chance to try last month's recipe for Low-Calorie Ricotta Cheesecake with Warm Blueberries? With fresh

blueberries in season, a number of staff members tried it and loved it, so we hope you enjoyed it as well. This month, our recipe is a breakfast tribute to Elvis Presley. We hope that you like this Peanut Butter and Banana Oatmeal recipe.

### **RECIPE: Oatmeal with Peanut and Banana**

- 4 ½ cups water
  - 2 cups rolled oats
  - Pinch of salt
  - 2 bananas, sliced
  - 2 Tbsp. peanut butter
  - ¼ cup chopped almonds
  - 2 Tbsp. agave syrup
1. In a medium saucepan, bring the water to a boil. Turn the heat down to low and add the oatmeal and salt. Cook, stirring occasionally, for about 5 minutes, until the oats are tender and have absorbed most of the liquid.
  2. Add the bananas, peanut butter, almonds, and agave syrup and stir to incorporate evenly. If the oatmeal is too thick, add a splash of milk.

If peanut butter and bananas are not to your liking, try the following options:

- Diced apples (raw or sautéed in a bit of butter), toasted walnuts, and a pinch of cinnamon.
- Sliced peaches, brown sugar, and chopped pecans (think peach cobbler).
- Soy sauce, scallions, and a fried egg (unusual, but a savory take on oatmeal).

July signals the beginning of the Dog Days of Summer. The period between July 3 and August 11 is when the Sun occupies the same region of the sky as Sirius, the Dog Star. If corn crops have grown to knee-high by Independence Day, then farmers expect a successful yield. If ant hills are high in July, winter will be snowy. If the sky beyond the clouds is blue, be glad, as there is a picnic for you. When the wind comes before a rain, soon you will make sail again.

For every fog in August, there will be a snowfall the following winter. If the first week in August is unusually warm, the coming winter will be snowy and long. If a cold August follows a hot July, it foretells a winter high and dry.

Thirty days hath September, April, June, and November. Fair on September 1, fair for the month. Heavy September rains bring drought. September dries up ditches or breaks down bridges. September winds blow soft, until the fruit is in the loft. If the storms of September clear off warm, the storms of the following winter will be warm. If married in September's gold glow, smooth and serene your life will go.

### **AGING WELL:**

We continue our shift toward more active programs in an attempt to help clients maintain independence by embracing more fit lifestyles. Remember, not participating in marathons or triathlete events, does not mean that you cannot begin your journey to a healthy lifestyle. The easiest way to get to that level: **START**. Remember, an easy, low-cost, no-frills activity is to “walk the dog,” even if you do not have a dog. So, 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 in turn can reduce the risk of falls and fractures.
- 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.
- It reduces illness
- It helps you to sleep better
- It 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.

### **WEATHER FOLKLORE:**

## **100 ALABAMA MILES:**

Are you tracking your mileage? Remember, you can sign up at any time for the 100 Alabama Miles Challenge. Designed to kick-start an active, healthy lifestyle, while exploring the natural beauty of the state, participants can walk, run, hike, bike, swim, paddle, ride, or roll 100 miles each year by visiting Alabama's parks, nature preserves, and rivers. Do you realize that is less than two miles per week? For information, visit the following link for suggestions and events:

<https://100alabamamiles.org/content/about-100-alabama-miles>

## **ACTIVE ADULT STROLLING:**

As the weather gets warmer, Active Adult Strolling moves to mornings. Join your friends on Monday and Wednesday from 10:15 am to 11:15 am at the Lifestyle & Learning Center on Hughes Road for an enjoyable stroll around the area. Feel free to walk around the parking lot, the track out behind the center, on the sidewalk along Hughes Road, or the tennis courts (if not occupied). With so many options, new adventures await you on every stroll. Grab those walking shoes, a bottle of water, your BFF, and enjoy a little fresh air and exercise. Please note this is a self-directed activity.

## **ACTIVE ADULT WATER AEROBICS/LAP SWIMMING:**

Active Adult water aerobics are available at Dublin Park. 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 of these activities at Dublin Park on Tuesday and Thursday from 10:30 am to 11:30 am. Please note the later time for June and July due to the Summer Camp activities. If 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).

## **BILLARDS**

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. So, if you would like to enjoy a lively game or two of billiards, contact [256-772-6242](tel:256-772-6242) as you **MUST PREREGISTER IN ORDER TO PLAY.**

## **CHAIR EXERCISES:**

Are you looking for a low-impact, yet challenging workout that is also a blast? Then you definitely need to check into our **CHAIR EXERCISES**. These chair-based 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 10:30 am to 11:15 am and chair yoga on Tuesday and Thursday from 11:00 am to 11:30 am. In order to comply with ADSS guidelines and maintain a socially distanced environment, **you must preregister**. If you wish to register for any or all of the classes, please call the center at [256-772-6242](tel:256-772-6242).

## **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 9:30am to 10:30am. 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:**

Do you like to jump or jive, tap or tango? Are you looking for a fun way to exercise? 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. 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 9:15 am to 10:15 am. As with all center activities, **preregistration is required**. Please call **256-772-6242** if you are interested in participating.

### **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 screenings. There is no charge, and all ages are welcome to visit the bus. To assist the unit in preparing for the number of participants, **preregistration is required**. Please contact the center at **256-772-6242** to register.

### **CARD PLAY**

Do you enjoy playing Bridge, Rook, and/or Pinochle, 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 three daily sessions of Card Play. 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. To reserve a spot, please call the center at **256-772-6242**.

**PREREGISTRATION IS REQUIRED**. **PLEASE NOTE:**

No instruction is provided so experience is necessary.

### **GRAB & GO HOT MEALS:**

A limited number of Grab & Go hot 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 Lifestyle & Learning Center client with current TARCOG paperwork on file. If you are interested in this program, and you need an application for lunch, contact the center's main number at **256-772-6242** for information.

### **GRIEF SUPPORT GROUP:**

Are you experiencing hurt from the loss of a loved one? The Grief Support Group conducts weekly sessions to provide support in finding healing, and hope. Huntsville Hospital's Hospice Family Care Bereavement Team hosts these meetings on Thursdays from 1:00 pm to 2:00 pm. To **preregister** for this weekly meeting, please call the center at **256-772-6242**.

### **LearningQUEST:**

LearningQUEST is a non-profit volunteer-led organization for adults of all ages, dedicated to building a learning community through educational and enrichment opportunities. LearningQuest is partnered with the Huntsville Madison County Public Library. For information and registration for the fall program, please contact LearningQUEST at **www.lquest.org**, 256-529-8695, or **learningquest.email@gmail.com**

### **LET'S GET CRAFTING:**

Each month, Teresa Allison from the Madison Library leads a creative make-and-take seasonal craft workshop. These workshops are scheduled for the first Friday of the month from 10:00 am to 11:00. As in the past, Teresa furnishes all the supplies for this craft, and you supply your creativity and enthusiasm. For a description of the month's planned activity, please visit the center's website and/or Facebook page for complete information. Please remember that all activities require **preregistration**, and capacity is limited. If you wish to participate, please call the center at **256-772-6242** no later than Wednesday prior to the activity. Capacity for this class is limited to 12 participants.

## LUNCH & LEARN

Join us on Wednesdays from 11:30 am to 12:30 pm and then again from 1:00 pm to 2:00 pm for our health education seminars, Lunch & Learn and Nutrition & Healthy Lifestyle. We have partnered with local health care professionals to provide you with health and wellness tips. If you would like to attend, contact [256-772-6242](tel:256-772-6242) as **preregistration is required. While no lunch is provided, a limited number of picnic lunches will be available ONLY with preregistration one week prior to event.**

## NUTRITION & HEALTHY LIFESTYLE:

We continue our healthy activities on Wednesdays by having our Nutrition & Healthy Lifestyle seminar from 1:00 pm to 2:00 pm. Join us as we discuss ways to enjoy a healthy lifestyle through good nutrition. If you would like to attend, contact [256-772-6242](tel:256-772-6242) as **preregistration is required.**

## SIT & SEW:

Are you an 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. To participate, **you must preregister** for the activity by calling [256-772-6242](tel:256-772-6242).

## THREADS:

Do you enjoy working with fibers and fabric? Then we invite you to bring your own hand stitching or needlework project to the center for a bit of relaxation as you work on self-selected handwork items. Participants share ideas and patterns for projects at this gathering, as well as provide support and advice. This is an excellent opportunity to finish those UFOs. The group meets Friday from 9:15 am to 12:15 pm. To participate, please call the center at [256-772-6242](tel:256-772-6242) **to preregister.**

## STAFF SPOTLIGHT:

We are continuing to highlight a Lifestyle & Learning Center staff member. This month, our spotlight focuses on our Ceramics Instructor, Dee Dee Kanik. Dee Dee has been teaching ceramics at the center for approximately 4 years. Originally, from Chicago, Dee Dee moved to the area to escape the brutal Chicago winters, and to be closer to family. Prior to being at the center, Dee Dee spent 28 years teaching art and photography in both middle and high school, as well as dabbling in real estate. When away from the center, Dee Dee enjoys spending time with her two furry babies, Bailey and Jack, as well as gardening. What does Dee Dee enjoy most about the Lifestyle & Learning Center? She loves encouraging students to have positive outlooks and to expand his/her creativity with the ceramics pieces.

## HYPERLINKS IN NEWSLETTER:

For those new to receiving our newsletters as emails, you can open the hyperlinks. 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.

### **CHA, CHA, CHA, CHANGES...**

As we look towards the future, and ways to provide better service to all actively aging clients, we continue implementing improvements. Remember that hard copies of the newsletter, activities calendar, and activities descriptions are only available on the center's website and/or via email deliver. If you have not given us your email address, please contact the center to update your information.

The newsletter is also going through a major transformation. We are moving from a monthly issue to a quarterly issue. Therefore, newsletters will be emailed and placed on the website in the months of January, April, July, and October. Since updates to our Facebook page and website are in real-time, they are much more current than a printed newsletter. Even though our communication will be different, we will still provide informative tips in the newsletter to help our actively aging clients enjoy a healthier, more enjoyable active lifestyle.

Our daily activity programming format is one in which every activity has a set date and time. Participation in any activity requires **PREREGISTRATION**. The center now utilizes the **MySeniorCenter** software and kiosk for sign-in, which requires a bar-coded key tag. If you have not been to the center to complete the necessary paperwork and receive your membership card, please come by during our normal business hours, Monday through Friday, 8:00 am to 4:00 pm, for membership processing. This applies to all members, even longtime clients.

We are also utilizing an automated phone notification system for important happenings, schedule changes, closures due to holidays, and/or inclement weather, etc. The automated calls will display the center's main phone number **256-772-6242** on your Caller ID. If you prefer not receive the automated phone calls, please contact the center to unsubscribe.

In closing this issue, we leave you with this quote:

***"For things to change, you need to change. For things to get better, you need to get better. The good news is you can get better and you can start right where you are at and you can go as far as you want." - Jim Rohn***

**Join Us! Call the Center at**  
**256-772-6242**