



SPECIAL EVENTS

February 3
What is It???

February 4
Ceramics Blue Light Special

February 5
Sing-a-long w/Gene
Cornhole

February 5 & 19
Weight Loss Support Group

February 6
Clothing Exchange
Senior Council Meeting

February 7
Cake Walk

February 10
Family Feud

February 11 & 25
Classy Crafters

February 12
Diabetes Talk
Valentine's Activity

February 13
Trip to Yesterday's

February 14
Craft with Teresa
Lucky in Love Lunch

February 17
Presidents' Day – Center Closed

February 18
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February 19
SCAM Talk w/Teresa

February 21
Mardi Gras Party

February 24
Wal-Mart Shopping

February 26
Big Green Bus
Genealogy Class
Coin Slide

February 28
Dirty Little Secrets

Madison Senior Center

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

Love is in the air this month, and we feel you will truly fall in love with the awesome things happening at the Senior Center. We have a number of fun-filled activities for you to enjoy, including both new, as well as revamped versions of tried and true offerings. We hope you will come on over and check us out.

Are you looking for a unique gift for someone special this month? Then join us for our Ceramics Blue Light Special on February 4.

This month, we travel back to the days of the big band era at Yesterday's Event Center. The Silvery Moon Band is the area's premiere band known for big band, swing, and jazz performances. The deadline to sign up is February 7, 2020.

As we anticipate the arrival of spring, we (like the groundhog) are beginning to venture outside of our burrows with some retail therapy. On February 24, we have a trip planned to Wal-Mart. Deadline to sign up is Wednesday, February 19.

In observance of Presidents' Day, our center will be closed on Monday, February 17, 2020.

While we always have games and activities designed to entertain you, we also want to keep you educated and informed. This month, our SCAM Talk with Officer Teresa returns. We also have informational sessions on Veterans' benefits and genealogy scheduled.

Laissez le bon temps rouler! The Rotary Club is again hosting a Mardi Gras party that is sure to rival anything that New Orleans has to offer. So, drape yourself in green, purple, and gold beads, and join us for this lively celebration.

Whether you come to our Center daily or just occasionally, **YOU** are important to us! If you have a suggestion or an idea for our Center, please tell a staff member, or put it in one of the suggestion boxes at either entrance. Together, our Center can be the best for all of us.

Until next month,

Vickie

CENTER HOURS:
Mon. - Fri.
8:00 am to 4:00 pm
1282 Hughes Rd.
Madison, AL 35758

Phone: (256) 772-6242

Staff:

Vickie Parker
Director

Richard Gray
Sr. Facilities Coordinator

Michele Georgantis
Food Service Coordinator

Dee Dee Kanik
Ceramics Instructor

LaWanda Mason
Senior Activities Coordinator

Margaret St. Amour
Administrative Assistant



We are on the web!
Visit the Madison City's
website:

www.madisonal.gov

Under Departments, click on
Parks & Recreation; then
click on Senior Center.
Click Quick Links for the
Senior Center Newsletter,
Calendar, and Menu.

SPECIAL EVENTS

Warm Hearts

Date: Mon., February 3,
Mon., February 10, and
Mon., February 24

Time: 9:00 am

Giving back to our
community and helping
others is a priority for the
Senior Center. This
month, our center is
making fleece blankets for
distribution to those in
need of something warm
and snuggly.

What is It???

Date: Mon., February 3

Time: 12:00 pm

What is It??? We are not
giving away any hints, but
how good are you at
deducing answers from
the clues? Put those
sleuth skills to great use
as you try to determine
"What is It???"

Ceramics Blue Light Special

Date: Tues., February 4

Time: 9:00 am to 11:00 am

Calling all Ceramics
Shoppers! Are you
looking for a gorgeous,
unique present for your
special sweetheart?
Maybe you want to treat
yourself to that piece you
admire each time you
stroll through the lobby.
Then come on over to the
Senior Center, where we
are solving your dilemma
with our Valentine's
Ceramics Blue Light
Special. During this sale,
we feature bargain prices
on the beautiful ceramic
pieces displayed on our
lobby shelves. Your
purchases help the
ceramics classes, while
saving you money. **Please
Note:** the sale now only
runs between 9:00 am and
11:00 am as opposed to all
day.

Sing-a-long with Gene

Date: Wed., February 5

Time: 10:15 am to 11:00
am

Gene Walker returns this
month to lead us in
another round of his
sing-a-long favorites.
Please join us for this
morning of musical
celebration.

Weight Loss Support Group

Date: Wed., February 5 and Wed., February 19

Time: 10:15 am

Facilitator: Joyce Still

Are you trying to stick to those New Year's Resolutions, but find it difficult going it alone? Then you might want to attend the Senior Center's Weight Loss Support Group. Here, members meet with others dealing with the same struggles. By sharing ideas, tips, and support, you might just find the help you need to be successful in your weight loss journey.

Cornhole

Date: Wed., February 5

Time: 12:00 pm

Join the Senior Center as we encourage some friendly competition in the lively backyard game of Cornhole. This game promises to provide plenty of fun and excitement. What style of toss do you prefer, Sling, Frisbee, or Overhand? Maybe you just close your eyes, fling the bag, and hope for the best. Regardless of your pitching style, the only skill required is the desire to have a great time!

Clothing Exchange

Date: Thurs., February 6

Time: 9:00 am to 11:00 am

With spring just around the corner, you might be thinking about a new wardrobe. However, the thoughts of fighting the crowds at the mall, along with exorbitant retail prices, leave you a little discouraged. Well, let the Senior Center remove the aggravation of retail shopping, while saving you money. Check out the clothing exchange where fashion finds prevail without those budget-blowing prices. If you are not in the market to add to your wardrobe, remember that we accept donations of clean, gently used, clothing items for future exchanges.

Cake Walk

Date: Fri., February 7

Time: 12:00 pm

Do you remember those Cake Walks from the County Fair back in the day? Well, we are bringing back our version of those fun days of yesteryear. Is today your lucky day to take home a delicious dessert?

Family Feud

Date: Mon., February 10

Time: 12:00 pm.

Sponsored by: ComfortCare

We surveyed one hundred people about the best local place to play "Family Feud." The resounding number one answer was, "Madison Senior Center." You have seen it on television, and our fantastic hosts, Regina and Terrance are bringing it back to the Senior Center. Does your "family" team have what it takes to pick the most popular answers? Join us for an afternoon of fun and laughs.

Classy Crafters

Day: Tues., February 11 and Tues., February 25

Time: 10:00 am

Our Classy Crafters group is making its return this month at the Senior Center. These make-and-take craft classes offer a number of creative crafting methods for a wide variety of skill levels. Whether you are a seasoned crafter or someone who just starting to explore craft options, join us for this enjoyable, creative experience.

Diabetes Talk

Date: Wed., February 12

Time: 10:00 am

Sponsored by: AETNA

A1C? Net Carbs? Three meals or six meals each day? Type I or Type II? Healthy snacks? Have you, or someone you know, recently been diagnosed with diabetes, and now you are trying to navigate the maze of diabetes terms? Then you will want to join us for the Diabetes Talk Session.

Valentine's Activity

Date: Wed., February 12

Time: 12:00 pm

With Valentine's Day just around the corner, the Senior Center wants to get you into the spirit of amore. Join us for an afternoon of theme-related activities that will bring a smile to your face and a warmth to your heart.

Yesterday's Event Center

Date: Thurs., February 13

Time: We will leave the center at 9:45 am.

Cost: \$12.00

This month, our trip to Yesterday's Event Center involves a return to the Big Band Era. The Silvery Moon Band is the area's premiere big band, swing, and jazz band/orchestra. Playing all your favorites from Glenn Miller, Count Basie, Duke Ellington, Frank Sinatra, and many more, the Silvery Moon Band provides music that takes you back to a simpler time, while having you swinging, swaying, and dancing in the aisles. In addition to the musical performance, this trip includes the popular Yesterday's lunch buffet. Make sure to sign up early, as this show fills up quickly. Payment is required with your reservation. **DEADLINE TO SIGN UP IS FRIDAY, FEBRUARY 7.** No tickets will be sold, nor any refunds issued after the deadline. Tickets are non-transferrable. **NOTE:** There is **NO BINGO** today; however, the center will be open for other activities. Only a limited number of sack lunches will be available.

Craft with Teresa from the Madison Library

Date: Fri., February 14

Time: 10:15 am

Instructor: Teresa Allison

Teresa Allison from the Madison Public Library is back again this month with a seasonally inspired, make-and-take crafts. Teresa furnishes all the craft supplies while you furnish your creativity and enthusiasm.

Lucky in Love Lunch

Date: Fri., February 14

Time: We will be leaving the Center at 10:30 am.

Cost: Approximately \$10

Love is in the air, and the Senior Center wants to help you celebrate the day. Whether you are celebrating the day with your significant other, or just want to go out for a nice lunch, join us on this mystery trip to a local restaurant known for amore. We think you will certainly enjoy this outing. At press time, this trip was filled.

Presidents' Day

Date: Mon., February 17

Time: All Day

In observance of the Presidents' Day holiday, our center will be **CLOSED** on Monday, February 17, 2020.

Veterans' Benefit Info

Date: Tues., February 18

Time: 10:00

Facilitator: Herb Hayes

Did you honorably serve in any branch of the armed services? Are you wondering what benefits are available to you? Then plan to attend the Veterans' Benefit Info session. Herb Hayes will lead this discussion to help you sort through the maze of programs designed to benefit veterans.

SCAM Talk with Teresa

Date: Wed., February 19

Time: 12:00 pm

Teresa Taylor-Duncan, the Community Relations Officer with the Madison Police Department, returns this month with another one of her informative sessions on frauds specifically targeting seniors. With scammers constantly thinking up new ways to part you from your money, you definitely want to be knowledgeable about the latest frauds out there. You do not want to fall victim to these con artists.

Mardi Gras Party

Date: Fri., February 21

Time: 12:00 pm

Sponsored by: Madison Rotary Club

Grab a piece of King Cake; put on your feathered mask; layer on the green, gold, and purple beads; and Laissez les bons temps rouler. The good times will definitely be rolling at the Senior Center as The Madison Rotary Krewe sponsors this annual celebration that rivals anything you find in New Orleans.

Walmart/Dollar Tree

Date: Mon., February 24

Time: Leaving the center at 12:00 pm.

We know that you have missed your retail therapy sessions since the holiday season. Therefore, we are starting out the year with a retail adventure to Walmart and Dollar Tree. Since we are limited to 24 participants, you will want to sign up early. Deadline to sign up for this trip is Wednesday, February 19.

Big Green Bus

Date: Wed., February 26

Time: 9:30 am – 12:00 pm

The Big Green Bus, part of the Huntsville Hospital Mobile Medical Unit, is designed to promote preventative health care. The unit's nurses perform blood pressure, glucose, and cholesterol checks. There is no charge, and all ages are welcome to visit the bus.

Genealogy Class

Date: Wed., February 26

Time: 10:15 am

Facilitator: Elder Olyer
from the LDS Church.

Have you wondered who you are and from where your family originated? Then plan to attend the genealogy class at our center as you begin your ancestral search.

Coin Slide

Date: Wed., February 26

Time: 12:00 pm

In this game, contestants try to slide large plastic coins to a line on the table. Who will get closest to that line? Do you have that magic touch?

Dirty Little Secrets

Date: Fri., February 28

Time: 12:00 pm

Join us at the Senior Center as we play our unique version of Dirty Santa. Are you going to select one of those enticing bags, or does someone else have the very item that you want? Once you get a prize, will you be able to hold onto it until the very end? You never know unless you join us for this fun-filled game.

UPCOMING EVENTS:

For March, we have the upcoming events. Please check next month's newsletter for additional information.

YESTERDAY'S EVENT CENTER - Thursday, March 19 (Deadline to sign up is March 13. Please note that there is **NO BINGO** on this day.

PAUL Mitchell Mini-Spa Outing – March 4 and March 11, Limited to 12 participants per session

SENIOR PROM – March 14.

CLASSES

Computer Class

Day: Tuesday

Time: 9:00 am – 1:30 pm

Instructor: Vivian Brown

Are you interested in improving your technical knowledge? Then join Vivian as she helps you navigate Windows 10, Microsoft Word, Smart Phones, the Internet, and email. Due to space limitations, class sizes are limited to twelve students per session. If you would like to enroll in the next session, sign up in the main Activity Room. Your name **must** be on the sign up sheet in order to attend the classes. If you make the class size cutoff, you will receive an enrollment confirmation call prior to the first meeting of the class. **PLEASE NOTE:** The next 8-week session begins on March 3, 2020.

Ceramics

Day: Mon. and Tues,
OR Thurs. and Fri.

Time: 9:00 am – 11:30 am

If you would like to participate in our hand poured mold ceramics classes, please contact Dee Dee at 256-772-6242. **NOTE: You must reside within the city limits of Madison in order to participate in the ceramics classes and be physically able to lift the molds. Addresses will be verified.**

WEEKLY GAMES

Assorted Games

Each day, there are numerous games to choose from including Bridge, Hand and Foot, Rook, Uno, and a Dominos game called Texas Spinner. We also have a jigsaw puzzle set up in the main activity room. For those who like puzzles that challenge the mind, we have Word Search and Sudoku puzzles available each morning.

BINGO

Day: Tuesday & Thursday

Time: 12:15 pm

Join us for this lively, highly competitive game. We feature themed games and guest callers throughout the year. There is no charge to play BINGO. **NOTE: Due to our trip to Yesterday's Event Center, there will be NO BINGO on FEBRUARY 13, 2020.**

CARD GAMES

Bridge, Pinochle, and Rook

If you have experience playing any of these card games, and are looking to join in with others who share your love of cards, please check out our card room. Groups play at various times; so please check the Card Room for additional information.

MEETINGS

Bible Study

Day: Wednesday

Time: 10:00 am

Everyone is invited to enjoy this time of fellowship and learning. Please bring your Bible to this meeting.

Grief Support Group

Day: Thursday

Time: 1:00 pm

Facilitator: Laurel Schmidh

Are you dealing with the loss of a loved one, and wondering which way to turn? Then, you might want to join the Grief Support Group in order to find guidance toward healing and hope. Huntsville Hospital's Hospice Family Care Bereavement Team sponsors this meeting.

FITNESS CLASSES

Keepin U Movin

Day: Mon., Wed., & Fri.

Time: 9:15 am

Instructor: LaWanda
Mason

Keepin U Movin is a fun-filled, high-energy, low-impact workout class designed especially for seniors. This class utilizes stretch bands, weights, and playground balls. These exercises are designed to keep you moving.

ZUMBA® Gold

Day: Tuesday

Time: 5:15 pm – 6:15 pm

Cost: \$5 Walk-In or
\$30 for an eight Class
Punch Card

Instructor: Michelle Durig

Are you looking for an exercise that burns calories, improves cardiovascular health, and reduces stress, while working the muscles of the hips, legs, and arms with fun dance moves? Then join us for ZUMBA® Gold, a low-impact, Latin-inspired dance fitness party, that keeps you in the groove of life.

Beginner Line Dancing

Day: Tuesday

Time: 10:00 am to 11:00
am

Instructors: Fran Jensen
& Carol Wright

If you want to learn from the best, then join Fran and Carol as they introduce you to the basics of line dancing. No dance experience is needed for this class.

Intermediate Line Dancing

Day: Thursday

Time: 10:00 am to 11:00
am

Instructors: Fran Jensen
& Carol Wright

Fran and Carol will continue to expand your line dancing steps with this class. Some line dancing experience is needed for this class.

Advanced Line Dancing

Day: Monday and
Wednesday

Time: 1:00 pm

Instructor: Sandy Parsons

Extensive line dancing experience is required to participate in this class, as it is primarily a practice session for our Performing Line Dancing Team.

Water Aerobics at Dublin Park

Day: Tuesday & Thursday

Time: 9:30 am

If you would like to participate in this activity, contact the center at 256-772-6242 to have your name added to the roster. Your name **MUST** be on the roster at the Dublin Park reception desk prior to the month in which you wish to start in order to participate in this activity. **ELIGIBILITY OF WATER AEROBICS:** Participant must be 60 years old and live within the city limits of Madison. Addresses will be verified.

Inside Walking at Dublin Park

Day: Tuesday & Thursday

Time: 9:30 am

If you would like to participate in this activity, please contact the center at 256-772-6242 to have your name added to the roster. Your name **MUST** be on the roster at the Dublin Park reception desk prior to the month in which you wish to start in order to participate in this activity.

MIXED MEDIA CLASSES

Mixed Media Meeting

Day: Thursday

Time: 10:00 am

Do you possess artistic talents? Are you looking for ways to express your creative side? Then the Mixed Media Meeting group just might be the solution. This group of talented individuals meets to share ideas and analyze each other's work, as well as creating beautiful pieces of art. Bring your preferred art supplies for this time of creative expression. **PLEASE NOTE:** There is **NO** instructor for this group.

CRAFTS

Sit and Sew

Day: Monday

Time: 10:00 am

If you have some sewing experience and want to spend some quality time with others who share your love of sewing, then check out our Sit and 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 instruction is not provided.

"Threads"

Day: Friday

Time: 10:00 am

You are invited to bring your own hand stitching or needlework project and meet in the craft room. The Threads participants share ideas and patterns for an assortment of projects, as well as provide support and advice. This is an excellent opportunity to finish those unfinished projects or start new ones. **PLEASE NOTE:** There is **NO** instructor for this group.

MISCELLANEOUS

BILLIARDS

Do you enjoy a great game of pool, as well as some friendly competition? Then stop by the Senior Center to check out the two beautiful Diamond pool tables in our billiards room. These are available on a first come first serve basis.

BLOOD PRESSURE SCREENINGS

Day: Friday

Time: 10:45 am

The dedicated Madison City firefighters from Station #2 come to the Senior Center to check blood pressures each Friday at 10:45 am, unless they are out on an emergency call.

Special Thanks to:

- The Madison Rotary Club for providing a weekly breakfast to our center.
- Cub Scout Pack 351, Den 13 Bears for their adorable, handmade Valentines.
- Lydia Davis for using her creative, budding baker talents to provide beautifully decorated homemade cupcakes and cakes.
- Carol Bradley and Joan Morean for leading the Keepin U Movin exercise classes when needed.
- Marian Moshides who donated the delicious homemade carrot cake for our Jingle Jamboree.
- Sabrina Houston from AETNA for the healthy parfaits she provided to the Weight Loss Support Group.
- The many people who selflessly volunteer their time and/or donate items to our center but who wish to remain anonymous.
- Diane Hunter who donated specialty scissors for use in the Warm Hearts work sessions.
- Jerry and Carole Cottone for assisting with the setup of the BINGO prizes.
- Joan Morean for her tireless dedication to providing the informative and entertaining Anonymouse flyers each month.
- The many people who generously donate time and energy to assist Michele with daily kitchen duties.
- Cheryl Boles for bringing us baked goods from Panera Bread, and those who help distribute the items each week.
- Kelly and Andrew Ramsey for their donations of magazines.
- Panera Bread at Bridge Street for their weekly donations of bread and pastries for our seniors to enjoy.
- Shirley Lawrimore who does a fantastic job decorating our display shelves in the front foyer.
- The Madison firefighters who come to take blood pressures on Friday mornings.
- Our dedicated instructors who freely volunteer give their time and energy to teach classes for us each week.
- Everyone who donates prizes for BINGO, BUNCO, and Dirty Little Secrets.
- Our BINGO callers, Sherlie Clarke and Joyce Duncan who always do an excellent job calling the letters and numbers, as well as Jerry Cottone and Jacqueline Horne who fill in as needed.
- The many faithful volunteers who generously give their time and energy to deliver lunches to our homebound members.
- John & Marian Furno who deliver our newsletter to various locations throughout the Madison area, as well as bring the Huntsville Center's SeniorLife Magazine to our center.