

Trends & Traditions

April 2012

Madison Senior Center News and Activities

2012 BOCCE LEAGUE



We are now accepting teams for the 2012 Bocce League. Enjoy the summer sun and cool breeze with some old and new friends while participating in a game of bocce.

Practice sessions begin on May 3, 2012
Official Season begins on May 17, 2012

Matches are held on Thursdays at 9:30am
at the Surf Club.

Residents: \$15; Non-Residents \$25
Fee includes end-of-season picnic

We are also looking for substitute players.

TAI CHI DEMONSTRATION

Join us for a short demonstration on the ancient Chinese practice of Tai Chi. Because of its soft and gentle movements, Tai Chi can be done by anyone at any age. In Chinese, Tai Chi means supreme ultimate, referring to the possible effects one realizes when practicing this mind-body movement. Tai Chi improves one's overall health and well-being. This demonstration will be led by Suzanne Hanley.



Wednesday, April 11

12:30pm at the Senior Center Cafe

VNA PROGRAMS AT MSC

Free Caregiver Consultation - April 10, 10:30a to 2:30p -
Are you a caregiver and need information? If so, schedule a private 30 minute session to discuss concerns and receive information about respite, benefit entitlement programs, senior services and care for the caregiver. Please call ahead to schedule your appointment.

Living with Chronic Disease - May 9, 1 to 2pm -
Join us and hear about what a chronic condition is. Learn how to be in control and feel better and how to live how you want to live.

Stronger Seniors Now - May 16 to June 20, 1 to 2pm -
Join us for this 6 week program featuring 30 minutes of strengthening exercise (for all levels) and 30 minutes of nurse led motivational health talks. R \$10, NR \$15
To register for these programs please call the Visiting Nurs-

EGGCIING EASTER FUN & CRAFTS **WITH CARRIE**



Join us for an afternoon of crafts at the Senior Center. Make your own Easter Bunny and color some eggs.

Monday - April 2 - 1:00
Fee: \$3.00 - Activity Room 2



COMPUTER **BASICS**



This six-week course is intended for the beginning computer user. The attendee may be someone who has recently purchased a computer, may be thinking about purchasing one, or may just need additional instruction and practice. Topics to be covered include personal computer basics, email introduction, and more.

Classes are limited to 6 participants. This is a joint program with the Guilford Senior Center.

Tuesday - 1:00p to 2:00p
April 3 to May 8.....6 Classes
R \$40 NR \$50 (unless you live in Guilford)
Computer Lab
Instructor: Robert Hartz

Thursdays - 1:00p to 2:00p
April 5 to May 10.....6 Classes
R \$40 NR \$50 (unless you live in Guilford)
Computer Lab
Instructor: Robert Hartz

RSVP / GRAY IS GREEN SEMINAR

April 30, 2012 - 11:00am

Are you interested in learning more about helping the environment? RSVP of South Central CT is starting an exciting new program to help senior communities go green! Learn about decreasing electric and water usage; increasing recycling; adopting green practices in landscaping, gardening, lawn maintenance and nutrition. **If you are interested in learning more, please plan on attending our program on the above date and time.**



2 General Information/Municipal Agent For The Elderly Information



MADISON SENIOR CENTER

29 Bradley Road, Madison, CT 06443

PHONE: (203)245-5627

FAX: (203)245-6186

WEBSITE: www.madisonct.org/seniors

HOURS:

Monday to Friday 8:30am to 4:00pm

SR. COMMUNITY CAFÉ

(203)245-5686

For lunch reservations call before noon the day before and leave a message.

DIAL-A-RIDE (203)245-5695

Operates on Mondays, Wednesdays and Fridays only. 48 hour notice required.

SENIOR COMMISSION

Chair: Maureen Lopes
Vice-Chair..... Gerard Kerins
Secretary:..... Robert Hale
Members Mitchell Cohan
..... Patricia Melady
..... Leslie Marcarelli-Naizby
..... Barry Miller
..... Wendy Oberg
..... Marcy Sanders

The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be April 12, 2012 at 5:30pm

LIAISON TO BOARD OF

SELECTMAN Diane Stadterman

SENIOR CENTER STAFF

Director:..... Scot Erskine
Sr. Services Supervisor..... Joe Petrella
Municipal Agent Heather Castrilli
Recreation Supervisor:..... Carrie Gazda
Secretary:..... Ellie Gillespie
Bus Driver: Michael Rand
Bus Driver: Helen Sneider
Bus Driver: Pat Cocchiaro
Café Manager Jodie Shevlin

PROGRAM REGISTRATION REMINDER

Please be sure to register for your programs at least one week in advance so we can make sure that we have enough people to run the class. If not, then the class will surely be postponed or canceled.

REMINDER: SENIOR & DISABLED TAX RELIEF PROGRAM

Wednesday, February 1, 2012 through Tuesday May 15, 2012.

The Town of Madison and State of Connecticut offer tax relief for elderly and totally disabled residents that own and occupy their property as a primary residence. There are income, age, and residency requirements in order to be eligible and qualify for the program. Please stop into the Senior Center for a complete list of guidelines. **2011 income taxes must be filed prior to appointment. Maximum Qualified Income: \$60,641.**

MEDICARE "TURNING 65" SEMINAR

Are you getting ready to turn 65? Does Medicare get you confused? Are you concerned about your finances for retirement? Do you need some information about how to select a Medigap or Medicare Advantage Plan Policy? Join Carlos Maynard, our Medicare expert, and Craig Bernard of Madison Investments for information about what you need to know before you turn 65. **Please call ASAP to reserve your place, space is limited. June 4, 2012 - 5:00pm**

CONNECTICUT ENERGY ASSISTANCE PROGRAM

The Connecticut Energy Assistance Program assists CT residents by paying for a portion of their heating costs for the winter season. To qualify, an applicant must meet specific income & asset guidelines. The asset limit for homeowners is \$10,000 & for renters the limit is \$7,000. Proof of all income, rent, & utility expenses, as well as bank statements for the 4- week period prior to the date of the application are required. **Single maximum: \$2655 per month, Couple \$3472 per month. Due to State budget cuts the Energy Assistance Benefits have been reduced. Please plan ahead as your contribution towards your heating bill will be larger.**

MEDICARE SAVINGS PROGRAM

The Medicare Savings Program assists eligible participants with paying their Medicare Part B premiums each month. In addition, participants will have \$2.50 co-pay for generic Rx's and \$6.30 co-pay for name brand Rx's. This may also cover doctor Co-Pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program. **Maximum gross monthly income for a single: \$2,260.92 and for a couple: \$3,052.74**

MADISON FOOD PANTRY

The food pantry is operated by Madison Community Services and available for those residents who need the assistance. The Pantry is now located at Orchard Park off Mungertown Rd. The food pantry is open on Wednesdays from 11:00 AM – 3:00 PM. If you are unable to leave your home but would like to use the food pantry, please contact Heather to discuss special arrangements from the homebound delivery program. **Transportation is available through the Senior Center. Regular Bus Pick up for Concord Meadows will be around 12:30pm**

SNAP PROGRAM (Formerly Food Stamps)

This program helps offset food expenses. A set amount of money each month given to eligible participants put on an EBT debit card to use at local grocery stores. The guidelines for monthly income: **Single: \$1,671, Couple: \$2,248.**

TOWN OF MADISON "SAFETY CHECK LIST"

Senior Services along with the Beach and Recreation Department are trying to put together a "Safety Check List" in case of emergency-situations. The "safety check list" will be utilized in the case of an emergency. To add your name to the list, please contact the Senior Services Department (203)245-5627.

3 Programs & Services



MEDICARE MONDAY

Monday April 2, 2012..... 9-11:00a
Unbiased information, counseling, and assistance on Medicare, Supplemental Insurance & Medicare Advantage Plans. Carlos A. Maynard assists Madison Residents. By appointment only: Call the Senior Center

BLOOD PRESSURE CHECK

Monday Apr. 9 & 23, 201212-1:30p
VNA Community Healthcare holds BP Clinics on the 2nd & 4th Mondays of the month @ the Senior Center. **Blood Pressure Monitor also available for use in office. Just ask!**

LEGAL ASSISTANCE

Thursday, Apr. 19, 2012 9-10:00a
Attorneys Thomas Cronan, Michael Sweeney, & Timothy Shields volunteer counseling services on a one-on-one basis. Thank you to our legal team for their monthly assistance! **By appointment only: Call the Senior Center**

NOTARY SERVICES

At the Senior Center by appointment only. Please call the Senior Center to set up a time and day.

MEALS-ON-WHEELS

Prepared by The Estuary Council of Seniors (860) 388-1611 Ext. 207
Hot meals delivered around noontime to the homebound or just recently out-of-the-hospital & recovering. Please call the number above. **Requires 4-5 days notice and doctor or nurse referral.**

HANDICAPPED PARKING PERMIT

New application form from the DMV available on the www.ct.gov/dmv.org or in the Senior Center office.

SENIOR CAFÉ

Monday through Friday at Noon
A hot, full-course meal is served in the Senior Center Café. Menus are available at the Senior Center Reception Desk. Suggested donation is \$2.00 and you must be over 60 years old or disabled. Please remember to call Jodie at (203)245-5686 by Noon the previous day to order your lunch.

DIAL-A-RIDE

Available M, W & F - 8:45a to 3:30p
A public transportation service designed to meet the transportation needs of the elderly and disabled. Must be a Madison resident. Rides are provided to a 14 town region for medical appointments, legal appointments, work, and personal business. Appointments must be made 48 hours in advance and are on a first-come, first-served basis. Please call (203)245-5695 for more information or to set up an appointment.

SENIOR CENTER BUS

**Monday through Friday
9:00a to 3:30p**

The Senior Center provides fixed route transportation to the senior center, downtown, special events, senior café, grocery shopping and other locations around town. If you need to get to one of the locations listed, call the Senior Center. 48-hour advanced notice is required.



FOOD PANTRY

Donations to the Food Pantry are welcome. Please contact Madison Community Services, (203)245-3031.



DESSERT BINGO PROVIDED BY WATROUS NURSING CENTER



Come join us on the first Friday of every month (*that the Center is open*) at 1:00pm for an after-noon of Bingo at the Senior Center and dessert. Provided by **Watrous Nursing Center**. **Joyce Beebe** will be your number caller.

ST. MARGARET'S BINGO

Join us for bingo at St. Margaret's Church on the 2nd Wednesday of the month. Bingo starts at 12:00pm. Bring a bag lunch!



MOVIE MATINEE

@ MSC

Join us for an afternoon movie at the Madison Senior Center. Each Friday will be showing a classic or a newer movie, as well as, a movie provided by SSILL. **Movies start at 1:00pm. No Fee.**

Upcoming movies are:

- April 13 - Abbott and Costello Meet Frankenstein and Wuthering Heights
- April 20 - A Fish Called Wanda
- April 27 - Les Miserable

KEURIG COFFEE AT THE MADISON SENIOR CENTER



ONLY 75 CENTS A CUP

A VARIETY OF FLAVORS ARE AVAILABLE

Breakfast Blend, French Roast, Dark Magic, Vermont Country Blend Wild Mountain Blueberry, French Vanilla, Hazelnut Noisette, Caramel Vanilla, Breakfast Blend Decaf, Vermont Country Blend Decaf, Newman's Special Decaf, Dark Magic Decaf, Green Tea, English Breakfast Black Tea, Sleepytime Herbal Tea, Lemon Zinger Herbal Tea, Green Tea Decaf, and Hot Cocoa

SENIOR CENTER CLUBS & GROUPS

We are currently looking for individuals who are interested in participating in the following clubs/groups:

**Chess Club / Crossword Puzzle Club / Train Club
Madison Senior Singles Group / Choral Group / Wii Club
Current Events Discussion Group / Biking Club
Downtown Walkers Group / Hiking Club / Poker Club**

If you are interested in joining a group call us at (203) 245-5627.

4 Senior Center Activities and Programs



BASIC PILATES CORE/FLEX

Overall strength training combined with basic Pilates this program is designed to increase overall body strength and core stability. Participants will build muscle strength and increase flexibility.

Tuesdays - 10:00a to 11:00a

April 17 to May 22.....5 Classes

No Class May 15, 2012

R \$33 NR \$43

Exercise Room 1 & 2

Instructor: Kris Reaske

CHAIR EXERCISES

Designed for those who need to exercise while seated. This program focuses on muscle tone, joint flexibility, and cardiovascular strength.



Mondays - 10:30a to 11:30a

April 23 to June 259 Classes

No Class 5/28/12

R \$30 NR \$40

Exercise Room 1 & 2

Instructor: Pat Velleca

Fridays - 10:30a to 11:30a

April 27 to June 229 Classes

R \$30 NR \$40

Exercise Room 1 & 2

Instructor: Pat Velleca

EXERCISE & RELAX WITH YOGA

Learn Hatha Yoga techniques that are used to increase circulation and relaxation. Know your body physically and mentally. Yoga postures provide deep tension release, self-control, and increase energy. Suitable for all ages and conditions. Loose clothing and mats needed.



Tuesdays - 3:00p to 4:00p

April 24 to June 19 8 Classes

No Class May 15, 2012

R \$70 NR \$80

Exercise Room 1 & 2

Instructor: Pat Velleca

Thursdays - 3:00p to 4:00p

April 26 to June 14 8 Classes

R \$70 NR \$80

Exercise Room 1 & 2



FITNESS & MOVEMENT

Low impact aerobics for folks interested in continuing good health. Good cardiovascular workout combined with muscle and joint strengthening. Please bring sneakers, a floor mat, and cool, comfortable clothing.



Mondays - 9:00a to 10:00a

April 23 to June 25.....9 Classes

No Class 5/28/12

R \$30 NR \$40

Exercise Room 1 & 2

Instructor: Pat Velleca

Wednesdays - 9:00a to 10:00a

April 25 to June 20 9 Classes

R \$30 NR \$40

Exercise Room 1 & 2

Instructor: Pat Velleca

Fridays - 9:00a to 10:00a

April 27 to June 22.....9 Classes

R \$30 NR \$40

Exercise Room 1 & 2

Instructor: Pat Velleca

LINE DANCING

Come join us and learn or better your line dancing skills. A great way to exercise while learning something fun to do in your spare time.

Mondays - 2:00p to 3:00p

April 16 to May 21..... 6 Classes

R \$27.00 NR \$37.00

Exercise Room 1 & 2

Instructor: Gayle Melonson

LOW IMPACT AEROBICS

Have fun while getting a great workout. Program uses music and low-impact movements designed to increase your heart rate and your enjoyment of exercise as well. Please bring a floor mat.



Tuesdays - 11:00a to 12:00p

April 17 to May 15.....5 Classes

R \$33 NR \$43 - *Free Trial Class 3/6/12*

SENIORS IN MOTION

Designed for seniors who want more than Chair Exercise, this class will include standing exercises to help improve balance, strength, and stability.

Wednesdays - 10:30a to 11:30a

April 25 to June 20.....9 Classes

R \$30 NR \$40

Exercise Room 1 & 2

Instructor: Pat Velleca



SOLID GOLD FITNESS

This unique exercise program combines a stretching, light cardio routine along with weight training that will make you feel wonderful, develop strength, balance, and coordination. More than half of the program is done while you're sitting down. Anyone can do it!

Thursdays - 1:00p to 2:00p

March 29 to April 26..... 5 Classes

R \$33 NR \$43

Exercise Room 1 & 2

Instructor: Donna Scott

TAI CHI

T'ai Ch'uan is a gentle and profound way of nourishing body, mind and spirit. Practicing the slow movements can improve health, vitality, balance, concentration and mindfulness.



Mondays - 9:00a to 10:00a

April 9 to May 5..... 5 Classes

R \$66 NR \$76

Activity Room 2

Instructor: Suzanne Hanley

SENIOR ART CLASS

Instruction in drawing, charcoal, pastel, watercolor, acrylics, and oils.



Tuesdays - 1:30 to 3:30p

No Class May 15, 2012

February 7 to June 26

Fee: \$5

Senior Center Café

Instructor: Muriel Waldvogel

MEN'S SENIOR GOLF CLUB

For ages 55 and up. Hit the links and find that Arnold Palmer hidden inside you. The home course is Portland West where we will begin and end our season and play every other week. As a group you can decide where you can play the other weeks. Meet at the Madison Senior Center every Tuesday morning so you plan/talk about directions, car pool etc. A catered luncheon will be held at the Senior Center. For more information call 203-245-5623. **Registration is required. Fee is \$15 and covers administrative costs and the banquet.**

5 Senior Center Activities and Programs



TAP DANCE

Did you love tap dancing as a child and your mother always told you not to tap in the house? All you need to do is register for the course, show up and Mardyanne will do the rest. Open to all capabilities! Come join the fun.

Thursdays - 10:00a to 11:00a

April 19 to June 78 Classes
R \$39 NR \$49
Exercise Room 1 & 2
Instructor: Mardyanne Goglia

ZUMBA GOLD

Come party yourself into shape with this Latin inspired, easy-to-follow, calorie burning, dance fitness-party. Feel the music and let loose.



Mondays - 1:00p to 2:00p

April 2 to April 305 Classes
R \$33 NR \$43
Exercise Room 1 & 2
Instructor: Kris Reaske

Thursdays - 11:00a to 12:00p

March 29 to April 26.....5 Classes
R \$33 NR \$43
Exercise Room 1 & 2
Instructor: Kris Reaske

ZUMBA FOR ALL

Use Zumba dance steps and lively music to create your own intensity level.

Mondays - 6:00p to 7:00p

April 16 to May 14.....5 Classes
R \$33 NR \$43
Exercise Room 1 & 2
Instructor: Kris Reaske

Wednesdays- 6:00p to 7:00p

April 18 to May 16.....5 Classes
R \$33 NR \$43
Exercise Room 1 & 2
Instructor: Kris Reaske

SENIORS BOOK CLUB



This is a fun way to read a variety of genres, socialize and have fun sharing your thoughts and ideas. **Pre-registration required one month before book is to be picked-up. The book club meets at 1:00pm at the Madison Senior Center. No Fee.**

April 30 - The Book Thief
by Markus Zusak



MEN'S SENIOR TENNIS LEAGUE

All interested players for weekly matches should contact John Sadek at (203)245-1261.

\$10 per player residents / \$15 per player non-resident

SCHILLER SHORELINE INSTITUTE FOR LIFELONG LEARNING

The Shoreline Institute for Lifelong Learning offers intellectual programs to retired and semi-retired citizens of Guilford and Madison, who share a love of learning and passion for expanding their knowledge base. Membership is open to all adults looking to enjoy a few hours of intellectual stimulation and social interaction. Residents from other communities who are interested are also welcome to attend. Membership Fee: \$25 for the year. Registrations accepted at the Madison Senior Center. **Brochures detailing SSILL's programs are available at the Madison Senior Center. If you are interested in receiving SSILL updates via e-mail, contact woberg@hotmail.com**

UPCOMING PROGRAMS AT THE MADISON SENIOR CENTER

DATE/TIME	SPEAKER	TOPIC
April 10, 17 - 10am	C. Fisher	Between the Two World Wars
April 24 - 10am	M. Burns	Poetry of Aging
April 25 - 10am	C. Rizzolo	End of Life Dreams
May 4 - 1pm	J. Guy LaPlante	How to Travel Smarter, Safer, and Cheaper
Feb. 28, March 13, 27 - 10am	K. Kernan	My Life Box 3 Parts
May 18 - 10am	D. Thomas	African American Experience

Ongoing Activities at the Senior Center

PROGRAM	DAY	TIME
Bridge – Drop in and join us for a game.	Thursdays	1– 4:pm
Canasta – Come join us for a game, if it has been a while, we will help refresh your skills.	Tuesdays	1– 4:pm
Chess Club – Looking to play some chess? We are looking for players – Call to sign-up.	Wednesdays	1-4pm
Mah Jongg – All levels welcome.	Thursdays	1– 4:pm
Pinochle – We are looking for players. Call the Senior Center if you are interested.	Tuesdays	1 – 4 pm
Poker – We are looking for players. Call the Senior Center if you are interested.	Wednesdays	1-4pm
Setback – We are looking for players. Call the Senior Center if you are interested.	Tuesdays	1– 4:pm

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*your health,
your loved ones,
your life!*

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- Physical, Occupational & Speech Therapies
- Post Surgical Orthopedic and Cardiac Care
- IV Therapy

Madison House

34 Wildwood Avenue • Madison, CT 06443
(203) 245-8008

APRIL 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Medicare Monday 9:00 Fitness & Movement 9:00 Tai Chi 10:30 Chair Exercises 10:30 Spanish Dos 1:00 Zumba Gold 1:00 Crafts with Carrie 2:00 Line Dancing 6:00 Zumba For All	3 10:00 Basic Pilates 11:00 LI Aerobics 1:00 Computer Basics 1:30 Art Class 3:00 Yoga	4 9:00 Fitness & Movement 10:30 Srs in Motion 1:00 Memory Matters 6:00 Zumba For All	5 10:00 Tap Dance 11:00 Zumba Gold 1:00 Computer Basics 1:00 Solid Gold Fitness 2:45 Computer Assistance	6 CLOSED
9 9:00 Fitness & Movement 9:00 Tai Chi 10:30 Chair Exercises 12:00 Blood Pressure 10:30 Spanish Dos 1:00 Zumba Gold 2:00 Line Dancing 6:00 Zumba For All	10 10:00 Basic Pilates 10:30 Caregiver Cons.. 11:00 LI Aerobics 1:00 Computer Basics 1:30 Art Class 3:00 Yoga	11 9:00 Fitness & Movement 10:30 Srs in Motion 12:00 St. Margarets 12:30 Tai Chi Demo 1:00 Memory Matters 6:00 Zumba For All	12 10:00 Tap Dance 11:00 Zumba Gold 1:00 Computer Basics 1:00 Solid Gold Fitness 2:45 Computer Assistance 3:00 Yoga	13 9:00 Fitness & Movement 10:30 Chair Exercises 1:00 Dessert Bingo w Watrous 1:00 Movie Matinee
16 9:00 Tai Chi 1:00 Zumba Gold	17 9:45 Newport Playhouse 1:00 Computer Basics 1:30 Art Class	18 1:00 Memory Matters	19 9:00 Legal Assistance 10:00 Tap Dance 11:00 Zumba Gold 1:00 Computer Basics 1:00 Solid Gold Fitness 2:45 Computer Assistance	20 9:00 Mohegan Sun 1:00 Movie Matinee
23 9:00 Fitness & Movement 9:00 Tai Chi 10:30 Chair Exercises 12:00 Blood Pressure 1:00 Zumba Gold	24 No Lunch 1:00 Computer Basics 1:30 Art Class 3:00 Yoga	25 9:00 Fitness & Movement 10:30 Srs in Motion 1:00 Memory Matters	26 11:00 Zumba Gold 1:00 Computer Basics 1:00 Solid Gold Fitness 10:00 Tap Dance 2:45 Computer Assistance 3:00 Yoga	27 9:00 Fitness & Movement 9:15 Maritime Aquari. 10:30 Chair Exercises 1:00 Movie Matinee
30 9:00 Fitness & Movement 9:00 Tai Chi 10:30 Chair Exercises 11:00 Green is Gray 1:00 Zumba Gold 1:00 Book Club	<u>SENIOR CENTER ACTIVITY ADVISORY COUNCIL</u> We are currently looking for Madison Seniors interested in taking part in a Senior Center Activity Advisory Board. This board will meet monthly to discuss with staff the types of programs and activities they would like to see happen at the Madison Senior Center. If you are interested in joining our advisory board please contact Joe at (203)245-5627.			



Find businesses that support your community at **SeekAndFind.com**



Madison Senior Center
29 Bradley Road
Madison, CT 06443

PRSR STANDARD
U S POSTAGE PAID
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04/2012

DAY TRIPS

NEWPORT PLAYHOUSE & CABARET RESTAURANT– Tuesday, April 17, 2012

Travel to Newport on a Deluxe Motorcoach and enjoy an extensive luncheon buffet featuring salads, vegetables, beef, chicken, ham, fish, cakes, pies, fruit and more! After lunch, you'll move into the show room where you'll see "The Edwards Twins" who are renowned celebrity impersonators who not only look and sound like the celebrity they portray, they transform themselves through hours of practice. They can impersonate up to 100 different stars. **Depart from the Senior Center at 9:45am. Fee \$92.**

MOHEGAN SUN ON YOUR OWN- Friday, April 20, 2012

Join us for a day at Mohegan Sun on your own. We will arrive at the casino for 10:00am and depart the casino at 3:00pm in order to take advantage of the bonus package coupons. **Depart from the Senior Center at 9:00am. Depart from the Casino at 3:00pm. Fee \$5.00**

MARITIME AQUARIUM AND IMAX SHOW- Friday, April 27, 2012

Take a trip to Norwalk and visit the Maritime Aquarium. Here you will have the opportunity to have a good time while learning about the vital natural resource just off our shore: Long Island Sound. Set in a refurbished 1860s factory at the mouth of the Norwalk River, the Aquarium building and its location reflect the region's industrial past and human uses of Long Island Sound for recreation and commerce. **At 1:00 we will venture to the IMAX theater and see "Too the Wild".** This new film from Warner Bros. Pictures, MacGillivray Freeman Films and IMAX Corporation is an extraordinary journey to the top of the world, where a family struggles for survival. Follow a mother polar bear and her two cubs as they navigate the changing Arctic wilderness they call home. **Depart from the Senior Center at 9:15am. Depart from the Aquarium at 2:30pm. Lunch on your own at the Aquarium Café. Fee \$18.00**

VACATION PACKAGE

DISCOVER SWITZERLAND, AUSTRIA and BAVARIA—September 19 - 28, 2012

Highlights include Bern, Chateau de Chillon, Montreux, GoldenPass Panoramic Train, Gstaad, Lucerne, Innsbruck, Austrian Alps, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Bavaria, Oberammergau and the Tyrolean Folklore Show. 10 days, 12 meals included. Only two hotels. **Double \$3149, Single \$3499, Triple \$3119.**