

Trends & Traditions

April 2015



Madison Senior Center

Museum of the Month Gateway Museum

Visit Montville's Nature's Art Village's newest attraction, *The Gateway Museum!*

Ever wonder how newspapers were printed in the early 20th century? Or how a real engine works? You will take a historic walk through an indoor village of progress and discover a wide variety of exhibits that showcase the rapid transformation of American technology. **Admission paid at the door is \$6**



Fri., April 17th Depart MSC at 9:00am Bus Fee: \$2

BRIDGE BASICS 2

An 8 week session focusing on Competitive bidding. The lessons will focus on preparing students to play duplicate bridge sponsored by the ACB League but will include guidelines for rubber and social bridge. Please purchase the book "Competitive Bidding" by Audrey Grant. **R.J Julia's is offering a 10% off Audrey Grant's book.** Please bring the book to the first class. Instructor: Don Brueggemann



Tuesday, April 7th-May 26th at 10am R\$64 | NR\$74

Local Author: Sarah Pemberton Strong

Author of two novels, "*The Fainting Room*" and "*Burning Sea*," and a poetry collection, "*Tour of the Breath Gallery*" winner of the Walt McDonald First-Book Prize. Sarah's writing has appeared in many journals, including *Mississippi Review*, *Rattle*, *River Styx*, *The Southern Review*, *Spoon River Poetry Review*, *Southwest Review*, and *The Sun*. She is the recipient of a Promise Award from The Sustainable Arts Foundation and the Elizabeth Matchett Stover Award from *Southwest Review*. She is currently a poetry editor at *New Haven Review*. Sarah lives in Hamden, Connecticut, with her spouse and daughter. *Please call to register.*



Monday, April 27th at 1:00pm FREE

AARP INCOME TAXES
Get Free Help with Your Tax Return

AARP Certified Tax-Aide counselors provide free income tax preparation assistance for low-and-middle-income taxpayers of all ages, with special attention to those 60 & older. **Taxes are prepared by appointment only Taxpayers must bring copies of their 2013 tax return.**

LAST DAY!! Wednesday, April 15th 10:00am to 2:30pm
Please call (203) 245-5627 for an appointment.

The Adventurous Culinary Club "Chucks, Margarita Grill" in Branford

Come on a culinary adventure to explore cuisines from around the world and make new friends! Go somewhere new every month, *on your own*. Prices vary, stop in for a copy of the menu.

Mon., April 24th Depart MSC at 11:30am Bus Fee \$2

Pay It Forward at the Literacy Lunch

Our *Pay It Forward* for the month of April is a Literacy Lunch. Help us read stories to second grade students at Country School in Madison. After reading to the children the school will provide lunch for us! **Please call to register**



Monday, April 27th depart MSC at 11:30

Basic Drawing

Develop your drawing skills and learn the value of gesture, contour, shading, and composition. This is for beginner and intermediate students. Learn to draw with a variety of mediums (*pencil, charcoal, and ink*) using the human body and still life. Bring a drawing pad and pencil the first day and we will discuss a supply list. Instructor: Jacqueline Peterson



Wednesdays, March 11th - April 15th 10:30 5 weeks
no class March 25th R\$36 | NR\$46

ARBOR DAY WITH BOB KUCHTA

Join Bob Kuchta, Madison's Tree Warden, for a "Tree Walk to the Town Green." Madison is an arboretum of rare and native trees. Enjoy this educational program where you will learn about our communities trees and their role.



Pre-registration is required, wear comfortable shoes
Friday, April 24th at 2:00pm FREE

Earth Day "Egg Carton Green Houses"

Join Kristen in an Earth Day project making greenhouses out of egg cartons. We will be planting tomatoes and peppers. Please bring egg cartons, and fresh pineapple plastic containers or large deli salad containers.



Wed., April 22nd at 12:45 "Create Greenhouse"
Wed., April 29th at 12:45 "Create Containers for Seedlings"
Wed., May 6th at 12:45 "Transplant your seedlings"
Pre-registration required Material fee \$4

**MADISON SENIOR CENTER**

29 Bradley Road, Madison, CT 06443

PHONE: (203)245-5627**FAX:** (203) 318-0670**WEBSITE:** www.madisonct.org/seniors**HOURS:** Monday-Friday 8:30-4:00pm**SR. COMMUNITY CAFÉ****(203) 245-5686**

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

DIAL-A-RIDE (203)245-5627

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

MUNICIPAL AGENT FOR THE**ELDERLY (203)245-5687****SENIOR COMMISSION**

Vice-Chairs..... Dr. Gerard Kerins
 Wendy Oberg
 Members..... James Ball
 Craig Bernard
 Mitchell Cohan
 Patricia Melady
 Sheri Puricelli
 Marcy Sanders
 Susan Woodall

*The Senior Commission meets on the second
 Thursday of the month at the Senior Center.*

The next meeting will be

April 9th, 2014 at 5:30pm

LIAISON TO BOARD OF**SELECTMEN.....Diane Stadterman****SENIOR CENTER STAFF**

Sr. Services Manager Austin Hall
 Asst. Manager Heather Castrilli
 Program Coord Kristen Caramanica
 Secretary: Ellie Gillespie
 Bus Driver: Michael Rand
 Bus Driver: Helen Sneider
 Bus Driver: Dennis Marron
 Bus Driver: Tina Macero
 Café Manager..... Jodie Shevlin

Mark Twain once said that *“the first of April is the day you remember who you are the other 364 days of the year”*. If there was ever a time in your life to try something new or do that one thing you have put off, now is the perfect time. Have you wanted to learn another language, or travel to the other coast or finally learn how to email friends? We have all that covered for you and are happy to help you along your journey. I am sure you will find a program of interest in our *Trends and Traditions*.

This months **Wall of Kindness** enrollees are: Cynthia Barker (Front Desk, Meals on Wheels, trips) Barbara McDonald (Book Club), Eleanor Wimble (Crocheting).

Join us on April 27th for a fun morning and lunch at the Country School as we read to the students and they host us for lunch afterwards. This is an excellent opportunity to take part in an intergenerational activity and interact with the youth of Madison.

Austin Hall

Foot & Ankle Ailments

Select Physical Therapy will be presenting bimonthly topics with Physical Therapist Kevin Russel. The first topic to be discussed is **“Foot and Ankle Ailments.”** Kevin will educate us on anatomy, ankle sprain, ankle fracture, bunions, neuropathy, and arthritis. Please call to register

**Friday, April 10th
 at 10:30 Free**



“Quilts of Joy”

with Ellen Olson

If you are someone who can sew, cut or iron or wants to learn how to quilt and contribute your time, join us for “Quilts of Joy.” Volunteer your time to help create beautiful quilts that are being donated to New Horizons Women’s Shelter in Middletown. Please bring scissors, pin cushions (*rotary cutter and board if you have one*) and an excitement for quilting! Please call to register. **FREE Meets Tuesdays from 1:15-3:30**

“SAFETY CHECK LIST”

Are you concerned for your safety in the event of a Hurricane or other weather event, or do you have someone you would worry about in the aftermath of an emergency weather event? The “safety check list” will be utilized in the case of an emergency. In the days following an emergency weather event, a representative from Madison Senior Services will contact those on the list. To add your name to the list, call **(203) 245-5627**.

Always plan and be prepared for at least 3 days following a weather emergency.



BILLIARDS



**Next tournament will start in June. Stay tuned for details.
 Please give us a call if you are interested!**

REMINDER: SENIOR & DISABLED TAX RELIEF PROGRAM

Monday, February 2nd through Friday, May 15th, 2015

The Town of Madison and State of CT offer tax relief for elderly and/or 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. **2014 income taxes must be filed prior to appointment. Maximum Annual Income: \$63,660.**

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TAX DEFERRAL PROGRAM

Monday, February 2nd through Friday, May 15th, 2015

Eligible participants can defer payment of the real estate taxes for as long as they meet the qualifications of the program. Deferral of taxes cannot exceed \$8,000 in any one tax year. Tax deferrals will be secured by a lien in the full amount and an interest rate is charged. The current interest rate is 1%. An applicant must first apply for the Tax Relief Program to be eligible for a deferral. **Maximum Annual Income: \$63,660.**

MEDICARE SAVINGS PROGRAM *Updated Program limits*

Helps to pay the monthly Medicare Part B premiums for qualifying participants. Depending on income level this program may also lower co-pays for prescriptions to between \$2.60 \$6.50 and may cover doctor's co-pays, if your doctor accepts State Medical Insurance. There is no asset test of filing deadline for this program.

NEW GUIDELINES EFFECTIVE MARCH 1st 2015 Monthly Max. Income: Single: \$2,413.26 & Couple: \$3,266.88

RENT REBATE

Application intake begins Monday, May 18th, 2015

Participants will receive a one-time check in the fall to help offset rental expenses. Participants must submit proof of income for 2014, proof of rental, heating, electric, & water payments made in 2014. Eligible participants are age 65 & over, or disabled & have incurred rental expenses in 2014, in Connecticut. Applications will be accepted for PREVIOUS and NEW Applicants

2014 max. income: single: \$34,600 & couple: \$42,200

SAFELINK WIRELESS CELLPHONE

Provides eligible low-income households a free cell phone, mobile access to emergency services, and 3 different plan choices with free minutes of airtime monthly for 1 year. A qualifying customer must participate in one of the following programs: state energy assistance, Federal Public Housing Assistance/Section 8, Food Stamps, Medicaid/ Title 19, Personal Care Assistance, Refugee Program, Rental Assistance, SAGA, State Supplement to the Aged, Blind, or Disabled, SSI, TFA.



FOOD PANTRY

The food pantry is operated by Madison Community Services and available for those residents who need the assistance. The Pantry is located at Orchard Park off Mungertown Rd. and is open on Wednesdays from 11:00 AM – 3:00 PM. **Transportation is available through the Senior Center. Regular Bus Pick up for Concord Meadows will be around 12:30pm.**

Food Pantry Homebound Delivery - If you are unable to leave your home but would like to use the pantry arrangements can be made to have a delivery to your house. Volunteers deliver food from the pantry on Wednesday mornings. A qualifying person will be unable to physically go to the food pantry. Please contact Heather to register for this program.

SNAP PROGRAM (Formerly Food Stamps)

Helps offset food expenses. Money is given to eligible participants monthly, on an EBT debit card to use at local grocery stores. **Monthly Max. Income: Single: \$1,800, Couple: \$2,425.**



CAREGIVER SUPPORT GROUP

Join VNA's Caregiver Support Network expert, Molly Standley for an interactive, confidential support group. Share experiences, discuss ideas and problem-solve with other caregivers. Discuss different options such as: Curative, Palliative or Hospice Care. Discover ways to be mindful in healing from grief. Group meets the 3rd Tuesday of the month.

Tuesday, February 17th 11 am-12pm FREE





Legacy Writing: Sharing Life Lessons

Instructor: Bob McCandlish



Revisit life experiences, and capture them in creative writing. Each session begins with a reading to break from our busy lives and prepare for remembering and writing.

Wk 1: Traveling & Journeys Wk 2: First Love & Fun Wk 3: Growing Up
Wk 4: Jobs & Life Callings Wk 5: Family Bonds & Gatherings Wk 6: My 3
Wishes Monday's, April 13th-May 18th 1:00 (6 weeks) **Fee: \$26 R | \$36NR**

Easy Group Meditation

Instructor: Bob McCandlish

Cultivate greater self-awareness, acceptance and a quiet, stable mind. Develop tools to create a more mindful state. Learn to be comfortable with silence. With practice, deeper levels of awareness reveal themselves, time slows and we are more able to manage life from a stable "middle point" rather than quickly react. Sessions begin with a reading from literature, poetry, current event this helps to set the intentions for the practice. Meditations run from 5 to 40 minutes.

Meditation Themes: Week 1: Resistance Week 2: Outside Expectations Week 3: Patience is a Virtue Week 4: Silence & Stillness Week 5: The Power of Allowing Week 6: Self Acceptance & Love Week 7: Following Your Bliss Week 8: The Shift from "I think" to "I know" Week 9: Openness & New Journeys

Thurs., April 2nd-May 28th 9 -10am (9 classes)

\$45R | \$55 NR

VOLUNTEERS NEEDED

to read to elementary school children at *The Country School* in Madison on **April 27th.**

Call Kristen for more details.
203-245-5695



ART 101



This popular class provides instruction in drawing, pastel, watercolor, acrylic and oil. Get your creative juices flowing!

Tuesdays until June 30th

1:30-3:30pm

Fee \$5

Instr: Muriel Waldvogel

Crochet with Mrs. Wimble



Learn how to make beautiful crocheted bags from your recycled plastic shopping bags. Please bring 2-3 colored bags, scissors and large crochet hook size (7-10). **Wednesdays 1-2:30pm**



Join the Madison Senior Center as we welcome our latest exhibit by local artists: *Gayle Spence, Cindy Longhini, and Casey Shain*. The show will run from April 14th thru May 24th and is open Monday thru Friday from 8:30am-4pm (*other open times can be found by calling the Senior Center at 245-5627*).

The Art Gallery is a rotating gallery with a new local artist every 6 weeks. If you are an artist or know of a local artist with interest in exhibiting, please contact the Senior Center.

Intergenerational Book Club

Share your love of books and exchange ideas in the intergenerational book club for seniors and 4th grade students from Country School. Participants will read the same book and gather at the Senior Center and once at the Country School to discuss the book. The teacher, Heather Butler is going to lead the discussion. Please call to register. All begin at 10:15 at the MSC

Dates are: **Wed., April 8th, Mon., April 20th, Wed., April 29th**



JOHN ADAMS HBO Mini Series

While our new nation was suffering attacks from both within and without, John Adams had a vision of a nation of "liberty and justice for all." He guided his peers, General George Washington, Benjamin Franklin, and Thomas Jefferson, in setting the values and agenda for a glorious, free America. Adams and his wife Abigail refined these ambitious democratic ideals, and their partnership became one of the most moving love stories in American History. There are three discs/7parts.

Mondays & Tuesdays

Mar. 23rd - April 7th at 12:45pm

DENTAL HEALTH Dentists Sawchuk & D'Occhio



Did you know that gum disease-and not the aging process-is the leading cause of tooth loss in adults? Good oral health habits and a healthy life style can help you keep your gums healthy and your smile bright for a lifetime. Dr. Tony D'Occhio, of *Sawchuk & D'Occhio Dental* in Madison, will be educate us on Good Oral Health Habits, Relief for Dry Mouth and Sleep Apnea, Proper Denture Care and alternatives to Dentures. Following his brief presentation, Dr. D'Occhio will also be available for a special Q&A session. A special gift will be provided to all attendees! Please call to register

Thursday, April, 16th at 1:00 FREE

LEGAL ASSISTANCEThurs., April 16th 9-10am

Attorneys from Cronan and Shields offer private 15 min. counseling services
Call the MSC for an appointment.

**HANDICAPPED PARKING PERMIT**

Available in the Senior Center office.

**NOTARY SERVICES**

By appointment only.

MEDICARE COUNSELLING

By appointment only.

BRIDGE

If interested in learning how to play bridge please contact
 Kristen at (203)245-5695
 New class starting soon!

HEARING CLINICS

Nancy will be at the Madison Senior Center on the 3rd Monday every month, for free hearing testing, hearing aid checks, wax inspection, and listening demonstrations. **By Appointment**

Sculpture**Explore the Creativity With-in**

Learn sculpture techniques and have fun creating your own pieces. Learn carving, modeling, how forms develop in 3-D, how to produce light and shade and how to make reliefs. Instructor Robert Trupin has been sculpting for over 20 years and studied under world famous sculptor Stanley Bleifeld and master teacher Peter Rubino. All student levels are welcomed, individual instruction provided. **All supplies are included in fee. (5 Classes)**
Thurs. April 2nd-April 30th
1:30-3:30pm Fee: R\$90 | NR\$100

THINKING OF VOLUNTEERING?

Do you have a favorite activity/craft you would like to teach others? Maybe you would like to be a greeter & direct and assist customers, assist with computer check in process, answer phones, assist with newsletter, Meals on Wheels volunteer drivers.

DIAL-A-RIDE

M, W & F - 8:45 to 3:30
 (203) 245-5627.



Transportation for elderly and disabled Madison residents. Rides are given in a 14 town region for medical appointments, & personal business. Minimum 48 hour notice needed.

SENIOR CENTER BUS

Monday - Friday 9am to 3:30pm

A fixed route service to the MSC, downtown, & grocery shopping. Call for a schedule.

Book ClubThursday, April 30th

Meets at 1 pm to discuss
 "Guernsey Literacy and Potato Peel Pin Society" Written by Mary Ann Shaffer and Annie Barrows

Discussion led by Barbara MacDonald

MOVIE MATINEE

@ MSC

Presented by SSILL

All movies begin at 1:00

April 10th, "The African Queen"

April 17th "The Big Sleep"

April 23rd "High Sierra"

Lunch Bunch & Shopping

please note: lunch is on your own

Mon., April 6th Five Guys and Kohl's in Old Saybrook,
Depart MSC at 11:45 \$2bus fee

Mon., April 13th Mirsina's Restaurant and Benny's in Old Saybrook
Depart MSC at 11:45 \$2 bus fee

Mon., April 20th Town House Dinner and Walmart in Branford
Depart MSC at 11:45 \$2 bus fee

MEALS-ON-WHEELS

by The Estuary Council of Seniors

(860) 388-1611 Ext. 207

Meals delivered around noon to the homebound or recently recovering. **Needs 5 days notice & doctor referral.**

**SENIOR CAFÉ**

Monday through Friday at 11:45

Serving people ages 60 and up or disabled folks; with a suggested donation of \$3. **To order: call Jodie, (203)245-5686 by Noon the day before.**

**Bingo!**

Dessert Bingo with Watrous
 No bingo in April. Next bingo:
 Friday, May 1st-2:30pm

St. Margaret's Bingo
 Wednesday, April 8th

MEET. MINGLE & MUNCH SOCIAL GROUP

Formally "The Singles Group"
 Do you like to do things, but not alone? At the social club you can join others for activities and fun events. Looking for new members, both men and women, and **new ideas**. Social hour is at **5:00pm** at a local restaurant.

April 9th at the Madison Beach Hotel,

TECH SUPPORT

Have an iPad or a smart phone and don't know how to use it? Get all your questions answered for free at the Madison Senior Center. Scranton Library Teen Advisory Group and Madison Youth & Family Services will be offering **free** learning sessions. Teen Volunteers will be available to answer your questions.
Mon., April 27th 4-5pm Free

Please register with Katie Fargo at the Scranton Memorial Library (203) 245-7365 to receive updates regarding cancellations and changes. This also assists the library to schedule an appropriate number of volunteers.



Exercise with Patty Velleca

CHAIR EXERCISES

Seated exercise. increase muscle tone, joint flexibility, and cardiovascular strength.

Mondays 10:30 to 11:30am

April 13th-May 18th

R\$26 | NR\$36

6 classes



Fridays - 10:30 to 11:30am

April 17th-May 29th

R\$30 | NR\$40

7 classes

SENIORS IN MOTION

Standing & chair exercises to help improve balance, strength, and stability.

Wednesdays - 10:30 to 11:30am

April 15th-May 27th

R\$23 | NR\$33

7 classes

EXERCISE & RELAX YOGA

Hatha Yoga is used to increase circulation and relaxation. Yoga postures provide deep tension release, self-control, and they increase energy.

Tuesdays 9:30-10:30am

April 14th-May 26th

R\$58 | NR\$68

7 classes

Thursdays 3:00-4:00pm

April 16th-May 28th

R\$58 | NR\$68

7 classes

FITNESS & MOVEMENT

Low impact aerobics for continuing good health. Cardiovascular workout with muscle and joint strengthening. Light weights will be used.

Wednesdays - 9 to 10am

April 15th-May 27th

R\$30 | NR\$40

7 Classes

Fridays - 9 to 10am

April 17th-May 29th

R\$30 | NR\$40

7 classes



TAI CHI

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

Instructor: S. Hanley

Mondays, 9-10am (5 weeks)

March 30th-April 27th **R\$30 | NR\$40**



No Excuses Tap Dance Club

Tap dancing is not only great exercise, it's also great for your memory, sequencing skills, large and small motor skills, balance, core muscle work, right and left brain work, a great workout, and fun too! Dancers get together to practice weekly without an instructor.

Instructor Annette Smith will be here on April 9th, the fee is \$12

Tap shoes & registration required.

Thursdays from 10-11am FREE

Walkie Talkies

Join our Walkie Talkies on April 7th for World Health day



If you are tired of walking alone and want to meet other walkers.

Mon. & Tues. at the MSC 10 am.

Weather permitting (*no snow, ice, or rain*)

Wednesday's at 10

Walking the Madison section of the Shoreline Greenway Trail. Starts at Hammonasset State Park. A new parking area is now available just east of the main entrance, on Rte 1.

Protecting Your Assets

A representative from Banker's Life will discuss ways to protect your assets in the event you need Long Term Care.

Wednesday, April 15th at 10:30

"Get Fit" Walking Workout

Get out of the cold and walk indoors with Pat. Move your legs, arms and feet to music.

Mondays -9:15-10am

March 16th-April 6th

R\$17 | NR \$27

4 classes

April 13th-May 18th

R\$26 | NR\$36

6 classes

EXERCISE CLASSES WITH KRIS

The "exercise pass" is good for 5 or 10 classes taught by Kris and is valid until the end of the fiscal year of purchase. **Fiscal Year ends: June 30th, 2015.**

5 - Class Pass - R \$40 | NR \$50

10 - Class Pass - R \$80 | NR \$90

ZUMBA GOLD

Latin inspired, easy-to-follow, calorie burning, dance fitness-party. Feel the music and let loose.

Mondays - 1:00 to 1:55pm

Thursdays - 11:10 to 12:10pm



nurses Clinic

The VNA holds a Nurses Clinic on the 2nd and 4th Tuesday monthly. Check your blood pressure, pulse and weight; assess your health and work to set goals. The Nurse can also review your medications and help you to create a medication list, and discuss how to prepare for an appointment with your doctor.

Tues. April 14th and 28th 12:30pm

STRONGER SENIORS

Presented by VNA Community Healthcare. Increase muscle strength, improve flexibility, gait and balance to help avoid falls. Exercises performed in a chair or standing. Register at the Senior Center, checks made payable to VNA Community Health Care. **(No class 5/12, 21)**

Tuesdays & Thursdays

Mar. 17th - June 4th 1-2 pm



Ballroom Line Dancing

Reminisce with songs and dances you love, enjoy the memories they evoke while having fun and getting fit.

Instructor, Karen Pfrommer

No class 2/16

Mon., Mar. 30th-May 4th 6 weeks

2-3pm Fee: \$37R | \$47NR

For all trips departing from MSC, please park across the street from the Senior Center at the softball fields.

Mohegan Sun Friday

Every turn leads to a new adventure. Food vouchers & bet coupons included. **Depart MSC at 9am.**

Friday, April 10th

\$7

“Stand By Your Man”

Relive the journey of country music legend, Tammy Wynette, from the cotton fields of Itawamba, Mississippi, to international superstardom, including the five husbands she stood by. Among the 26 songs are “*D-I-V-O-R-C-E*,” “*Till I can Make It On My Own*,” and “*Golden Ring*.” **Depart MSC at 1:00**

The Ivoryton Theater

Wednesday, April 1st

Fee: \$38R/\$48NR

Neil Sedaka

Singer, songwriter Neil Sedaka will perform many of his recorded hits. Sing along as Neil shares the familiar songs you know so well, “*Oh Carol*,” “*Calendar Girl*,” and “*Breaking Up is Hard to Do*.” Reserved 3:00 show time with seats in the lower level of the Mohegan Sun Arena. Time at the casino before the show to enjoy a gaming package and a meal voucher. Please arrange your own transportation home from the senior center. **Depart MSC at 11:30am.**

Mohegan Sun

Tuesday, April 21st

Fee: \$80R | \$90NR

“When The Cat’s Away”

A luncheon buffet of salads, vegetables, homemade meatballs, chicken, ham, baked scrod, cakes, pies, fruit and much more! After lunch, view “*When the Cat’s Away*,” a comedy, in which, Mildred and Ethel go off on a trip to Paris and leave their husbands behind. Egged on by Ethel’s philandering husband, Humphrey, Mildred’s husband George agrees to invite two charming women over. Guess what happens next—the wives come home prematurely! After the show, enjoy a Cabaret by Company members. Price includes transportation, lunch, show and driver’s gratuity. There maybe multiple stops. TBD

The Newport Playhouse

Thursday, April 23rd

Fee: \$100R | \$105NR

Shades of Ireland

Travel to the Emerald Isle and find yourself surrounded by its “forty shades of green.” Soak in the landscapes of rolling hills and feel the warmth of an Irish welcome. Itinerary at a glance: **Day 1:** Over night flight, **Day 2:** begin your tour in Dublin, this evening enjoy some traditional entertainment during a fun filled Irish evening. **Day 3:** Tour Dublin— visit St. Patrick’s Cathedral, O’Connell Street, Grafton Street, Phoenix Park, and see the city’s trademark Georgian town homes. **Day 4:** Travel to Kilkenny to explore the medieval atmosphere, situated on the banks of the River Nore. Visit the House of Waterford Crystal. **Day 5:** journey to historic Blarney Castle and kiss the famous Blarney Stone to receive the gift of eloquence. **Day 6:** Travel along one of the most beautiful coastal routes in the world, the Rind of Kerry. Shop for traditional Irish goods, enjoy pristine ocean scenery, view the Lakes of Killarney. **Day 7:** Experience the customs and daily life of a traditional Irish family during a memorable visit to the Molanna Dairy Farm. Continue to Limerick to see a panoramic city tour showcasing King John’s Castle and the Treaty Stone. **Day 8:** Journey to the stunning 700ft. High Cliffs of Moher for awe-inspiring views of the might Atlantic and Aran Islands. Travel through the vast limestone landscape of the Burren, known for its stark beauty and Neolithic tombs and enjoy a city tour of Galway. **Day 9:** Journey to Irish Whiskey territory. The ancient towns of Tullamore and Kilbeggan, taste the final product during a visit to one of the historic distilleries. Overnight stay on the regal grounds of Cabra Castle, where you will toast the end of this great trip during your farewell dinner. **Day 10:** the tour ends in Kingscourt— travel home. This ten day trip includes: 13 meals: 8 breakfasts, 5 dinners, ground transportation to and from New York Airport Round Trip Air from New York, Air Taxes, and fees/surcharges, hotel transfers. **Fee does not include Cancellation Waiver or Insurance of \$260 pp.**

Thursday, April 16th–to Saturday, April 25th, 2015

Fees as of October 17th, 2014: Double \$3,349, Single \$3749 and Triple \$3,319.

National September 11th Memorial Museum

The National September 11th Museum serves as the country’s principal institution concerned with exploring the implications of the events of 9/11, documenting the impact and exploring 9/11’s continuing significance. The Museum displays artifacts associated with the events of 9/11, while presenting stories of loss and recovery. Also visit Chelsea Market place, where you will have lunch on your own. Following lunch, your escort will take you on a brief walk of the High Line (a public park with beautiful gardens). Tour includes motorcoach, admission to 9/11 Museum, Escort and driver gratuities **Depart MSC at 7:30am return approximately 7:00pm.**

Sunday, May 17th

Fee: \$68R | \$78NR

Hidden Gardens of Beacon Hill

The Beacon Hill Garden Club will hosts a walking tour of the Hidden Gardens of Beacon Hill. This ever popular show is the one day of the year that the public is invited to enter these private landscapes, which are not visible from the street. Twelve gardens will be on tour this year. See the wonders than can be wrought despite New England weather, urban pollution, space limitations and shade. Suitable shoes are strongly recommended. Tour includes: motorcoach transportation, admission to the Hidden gardens, and a tour director. There is leisure time for eating and shopping at Quincy Market at Faneuil Hall Marketplace. We will be leaving Boston at 5:00pm. Please note: PICK UP at exit 61 in Madison at the commuter lot

Thursday, May 21st

Departure time TBD

R\$109 | NR\$119


Married to Broadway™ *presented by Friendship Tours*
The Aqua Turf
Tuesday, May 26th

Ron Sharpe and Barbra Russell first met playing the young romantic leads of Marius and Cosette in *“Les Miserables.”* After being married on stage hundreds of times, they decided to do it for real. Ron and Barbra, and their friends share their love affair with the music of The Great White way, performing show stopping numbers including *“Phantom of the Opera,” “Cats,” “Evita,” “West Side Story,”* and many more. Delicious lunch at the Aqua Turf includes a family style menu of Garden Salad, Pasta, Chicken ala Kathryn, Broiled Scrod with Tomato and Spinach Topping, Vegetables, Potatoes, Rolls, Dessert and Beverage.

Depart Madison Senior Center at 10:00am
Fee: \$80R | \$90NR
Newport Flower Show
Newport, RI
Friday June 19th

The Grand Ballroom of Rosecliff Mansion is the perfect place for bowers of flowers. Colorful displays of specialty plants beckon you closer, out on the terrace. Stroll onto the sweeping lawn and enjoy music, dance, food and interesting vendors from everywhere! The harbor view is spectacular. Free time for shopping and lunch in Newport, on your own. Price includes deluxe motor-coach, sightseeing and **attractions as per flyer and** drivers gratuity. **Depart MSC at 9:00am** Estimated return: 5:30pm

Fee: \$66R | \$76NR
Celebrate Italia
The Aqua Turf
Tuesday, July 21st

Offers a wide variety of American and Italian favorites so that everyone will have a chance to enjoy the celebration. The band, *“The Italian Connection,”* has performed in many prestigious venues such as The Ritz Carlton Hotel, The Four Seasons Hotel, and The World Trade Center. Enjoy Coffee and Donuts, Door Prizes and a Complimentary Beverage. Lunch includes Salad, Pasta with Sausage and Meatballs, Chicken Cacciatore, Vegetables and Dessert. **Depart MSC at 10:00**

Fee: \$48
Bobby Rydell *presented by Friendship Tours*
The Aqua Turf,
Wednesday, August 12th, 2015

Starring in the hit film *“Bye Bye Birdie,”* and performing on countless TV shows. Bobby has earned a reputation as a classic performer. Not only is he a superb singer, he is an outstanding drummer, dancer and actor. A polished performer at a young age, he was the youngest ever to headline the Copacabana. Bobby performs *“Wild One,” “Volare,” “We Got Love,” “Kissin’ Time,”* and *“Forget Him.”* Lunch at the Aqua Turf includes a Garden Salad, Pasta, Chicken Francaise and Baked Salmon with Dill Sauce, Vegetable, Potato, Rolls, Dessert, and Beverage. **Departure Madison Senior Center at 10:00 am**

Fee: \$88R | \$98NR
Historic Philadelphia Overnight
Phenomenal Price!!
August 18th-19th

Enjoy a fun-filled 2 days in Philadelphia. Explore Longwood Gardens, at the renowned DuPont Estate. Overnight accommodations at the Holiday Inn Express in midtown Philadelphia. A welcome dinner marks our arrival. Day two ride the Ducks Tour on Philadelphia’s only land and water tour! Enjoy Reading Terminal Marketplace for shopping and lunch on your own. Price includes motor coach, hotel, 1 dinner, 1 breakfast, sightseeing and admission as per itinerary, driver and tour guides gratuity.

Departure Time 7:30am
\$302 pp Twin/Triple, \$382 pp Single
\$100 deposit due by May 26th with final deposit due by July 7th
Pacific Northwest and California
September 14th-21st, 2015

Day 1: Overnight stay in Seattle and welcome dinner **Day 2:** Sightseeing tour of the *“Emerald City,”* including waterfront area, historic Pioneers Square, and lively Pike Place Market. Departing Seattle, travel south through Olympia and stop at Mount St. Helens Visitor Center. Learn about the 1980 eruption of Mount St. Helens. Continue to Portland for a two-night stay at the Hotel Eastland. **Day 3:** Drive along the Mt. Hood route to the Columbia River Gorge for a day of sightseeing. Tour the gorge and the Bonneville Dam, learn about its fascinating hydropower and history. At night, relax on a dining and sightseeing cruise, glide along the Willamette River and Lake Oswego for an unforgettable evening. Enjoy a vibrant setting enhanced by dazzling city lights, festive cuisine and live performances. **Day 4:** Journey through what was the promised land for many pioneers during the days of the Oregon Trail., the Willamette Valley. Head to the coastal town of Newport and stop along the beautiful coastline and the Oregon Dunes National Recreation Area. **Day 5:** Drive to Bandon State Natural Area and be amazed by the scenery along the striking Beach Loop with sights such as Bandon Rocks and Face Rock. Stop in the picturesque town of Gold Beach. Enter redwood country of California. Travel through Redwood National Park, get close-up to some of the world’s largest trees. Arriving in Eureka, enjoy a delightful tour through this historic timber and fishing village and witness the Victorian architecture of Old Town. **Day 6:** Continue through the Redwood Forest and see the *“Avenue of the Giants,”* drive over the Golden Gate Bridge and arrive in the *“City by the Bay,”* San Francisco. Tonight offers exceptional views of San Francisco and the Bay Bridge. **Day 7:** After breakfast discover this amazing city with a sightseeing tour. You will see the Twin Peaks, the Golden Gate Bridge and China Town. Enjoy the rest of your day at leisure to explore on your own. **Day 8:** Your Tour ends, head home. Included in the price: Group transportation from a central location to and from Bradley International Airport, round trip airfare, air taxes and fees/surcharges, hotel transfers, 8 Days & 7 Nights, 10 meals: 6 Breakfasts, 4 dinners. Book by March 13, 2015 and Save \$100 per person. **Not included in price is cancellation waiver insurance, cost of \$205 a person.**

Double: \$2,699, Single: \$3,349, Triple: \$2,669 Reg rates are Double: \$2,799, Single: \$3,449, Triple: \$2,769.

11 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Please remember to make your reservation with Jodie Shevlin at (203) 245-5686 by 12 Noon the day before you plan to come for lunch. (If you want to attend on a Monday please call by noon the previous Friday.)</i></p>		<p>1 Chicken Marsala, WW Pasta w/Olive Oil, Garlic & Basil, Parmesan Cheese, Stewed Tomatoes, Ital. Bread, Cinnamon Applesauce, Milk</p>	<p>2 Easter Celebration, Glazed Ham, Swt Pota-to Pone, Whole Green Beans, Rye Bread, Hot Cross Buns, Milk</p>	<p>3 First Day of Passover Good Friday Senior Center Closed</p>
<p>6 Baked Chicken w/ BBQ Sauce, Mashed Swt. Potato, Fiesta Blend, Wheat Dinner Roll, Seasonal Fresh Fruit, Milk</p>	<p>7 Chicken Orzo Soup, Sausage and Pepper Grinder, Roast Potatoes, Peaches, Milk</p>	<p>8 Turkey Sloppy Joe on a Wheat Roll, Mashed Squash, Spinach, Banana, Milk</p>	<p>9 Swedish Meatballs, Egg Noodles, Steamed Green Beans, Whole Wheat Bread, Fruited Jell-O, Milk</p>	<p>10 Crab Cake w/ Tartar Sauce, Mashed Potato, Broccoli, Rye Bread, Scalloped Apples, Milk</p>
<p>13 Cranberry Juice, Hamburger on WW Bun, Sweet Potato Fries, Baked Beans, Butterscotch Pudding, Milk</p>	<p>14 Chicken Primavera, w/ Egg Noodles, Zucchini, Wheat Dinner Roll, Fresh Fruit, Milk</p>	<p>15 Apple Juice, Light Crunch Fish w/ Lemon Sauce, Southwest Rice, California Blend, 12-grain Bread, Brownie, Milk</p>	<p>16 Meatloaf w/ Gravy, Smashed Potatoes, Roasted Veggies, Rye Bread, Mandarin Oranges, Milk</p>	<p>17 Tomato Soup, Grilled Cheese on Whole Wheat Bread, Tossed Salad w/ Italian Dressing, Fruit Cocktail, Milk</p>
<p>20 Beef Barley Soup, Grilled Caesar Salad, Wheat Breadstick, Fresh Fruit, Milk</p>	<p>21 Eggplant Parmesan, Penne Pasta, Parmesan Cheese, Italian Blend Veg., Garlic Bread, Apricots, Milk</p>	<p>22 Cranapple Juice, Pot Roast, Mashed Potato, Bean Blend, Wheat Bread, Carrot Cake, Milk</p>	<p>23 Oven Baked Chicken Qtr., Pumpkin & Spinach Risotto, Whole Wht Dinner Roll, Tropical Fruit Cup, Milk</p>	<p>24 Cheese Omelet, Spinach, Roasted Potatoes, 12 Grain Bread, Pineapple, Milk</p>
<p>27 Happy Birthday Grape Juice, Stuffed Chicken Breast w/ Lemon Cream Sauce, Rice Pilaf, Spinach, Chocolate Cake with Vanilla Frosting, Milk</p>	<p>28 Seafood Salad w/ Lettuce and Cucumber, Marinated Beets w/ Onion, Wheat Bread, Fresh Fruit, Milk</p>	<p>29 Baked Ham, Scalloped Potato, Green & Wax Beans, 12 Grain Bread, Applesauce, Mandarin Oranges, Milk</p>	<p>30 Chicken Gumbo Soup, Turkey w/ Gravy, Mashed Sweet Potato, Broccoli, Cranberry Sauce, Wht. Dinner Roll, Fresh Fruit, Milk</p>	



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4/2015



2015 Bocce League Informational Meeting
Wednesday, April 15th
10:00am in Senior Center Café
Teams of 4, \$15 per person (cash or check)

COMPUTER CLASSES

Computer Basics For Beginners

For the person who is new or relatively new to computers. Start with the basics - terminology, components etc. what can be done with a computer; composing a letter, e-mail, and an introduction to the Internet. If you have your own laptop, iPad, PC or Mac please feel free to bring it with you.

Wed. April 29th-May 27th **10 to 11:00am** **Fee: R \$42 | NR \$52 (5 classes)**

IPad for Beginners

Learn the basics of using an iPad, terminology, components etc. What can you do with your iPad? Learn e-mail, playing games, entertaining and set a reminder of when to take your medications! Bring your iPad & Apple password.

Wed., April 29th-May 27th **12-1:00pm** **Fee: R \$42 | NR \$52 (5 classes)**

E-Bay: and "New" Craig's List

You will learn how to open E-bay & PayPal accounts online, search and bid on an item, pay and complete the transaction, investigate sellers, and find the best deal. Learn how to become an eBay seller, what it costs, how to price your items, take and upload a picture, complete the sale, and the best words to describe your item. Please bring a camera, charged battery, & a pad and pencil. Classes are 2 hours. If you have your own laptop, please bring it with you.

Thurs., April 9th-April 23rd **10-12pm** **Fee: R \$42 | NR \$52 (3 classes)**

All Computer Classes offered with the Guilford Senior Center. Guilford residents will be charged the resident fee.

Open Lab: computers are available for your personal use when classes are not in session from 9am-4pm free

Ongoing Activities at the Senior Center

Bridge	Thurs & Fri.	1- 4 pm	Knitting Group	Tues. & Thurs.	10am-12pm	Hand & Foot	Fridays	1- 4 pm
Canasta	Tuesdays	1- 4 pm	MSC Mah Jongg	Thursdays	1- 4 pm	Set Back	Wednesdays	12:45pm
Crocheting Bags	Wednesdays	1-3 pm	Walking Club	Mon & Tues.	10am			