

# Trends & Traditions

August 2012

Madison Senior News and Activities

## FREE TECH SUPPORT FOR SENIORS

Were you given an I-Pad or a Tablet and don't know how to use it? How about these crazy smart phones? "Facebook and Skype".... What's that?

Get all your questions answered this summer as the Madison Senior Center, Scranton Memorial Library Teen Advisory Group and Madison Youth and Family Services will be offering free "drop-in" learning sessions. Teen volunteers will be available to help on topics such as: creating and sending e-mail, word processing, Facebook, Skype, downloading e-books, tablets, cell phone and any other general tech question you may have.

Volunteers will be available to answer your questions on: Thursdays from August 2 to August 16, 10am to 11am

## PAPA JOE'S GOOD HUMOR TRUCK ICE CREAM MONDAYS

Papa Joe's Ice Cream Truck will be stopping by the Senior Center at 12:30pm on Mondays in August. He will be offering ice cream at a discounted Senior Citizen rates.



## PET THERAPY SESSION

Need a warm fuzzy? Come meet Chumani and Kammy, two Keeshonden, lovingly known as fuzz butts (you'll see why!) who will be accompanied by their Delta/Pet Partners; Madison Seniors Pat and Katharine Patterson. Katharine has spent the last 5-years visiting local facilities with her Keeshond doing pet therapy, as well as, assisting in the instruction of pet therapy classes in Old Saybrook for the past 2 years. Please come and meet the dogs and find out what pet therapy is all about.

Wednesday August 15, 2012 at 1:00pm.  
Madison Senior Center - Room TBD



## Miss Martha's Bake Shoppe Peach Cobbler

Crisps and Cobblers are easy desserts for entertaining and buffets. You'll be making a juicy Peach Cobbler baked with a hint of spice and delicious biscuit topping.

Monday August 27, 2012  
Senior Center Kitchen  
1:45p to 3:45p - Fee: \$3.00



## HULA DEMONSTRATION



Join us for a live demonstration of Hula Dancing as Joanne Wilder and her class from the Guilford Senior Center show us what Hula Dancing is all about.

Friday August 10, 2012 at 1:00 pm in the Café.

## HULA CLASS

Join this fun exercise class and learn traditional hula moves. Also, get a better understanding about island culture. Helps trim the waistline and improve strength, flexibility and balance.

Mondays - 3:00p to 4:00p

August 13 to October 22 10 Classes

No Class September 3, 2012

R \$15 NR \$25

Instructor: Joanne Wilder Exercise Room

## LUNCH BUNCH

Once a month the Senior Center will be hosting a catered meal in the Senior Center Café. We will also be traveling to a local restaurant to enjoy a meal out on the town.

Lunch at Westbrook Lobster.

Tuesday August 21- Depart Senior Center at 11:30 am Drive on your own or ride the Senior Bus, either way please reserve your spot by August 14 so, we can provide the restaurant with an exact number of people attending.

## COMPUTER CLASSES

### Computer Basics For Beginners

For the person who is new or relatively new to computers. We start with the basics - terminology, components etc. We will learn what can be done with a computer; composing a letter, e-mail, entertaining and E-MAIL, and an introduction to the internet.

Tuesday - 1:00p to 2:00p

September 4 to October 9.....6 Classes

### Computers II

Meant to build upon skills learned in Computer Basics. We will build upon email skills, learn to manage your inbox, learn about attachments etc. We will learn more about the internet like, setting your home page, creating a favorites list, searching the internet for what you are looking for, social networking and more.

Thursdays - 1:00p to 2:00p

September 6 to October 11.....6 Classes

R \$40 NR \$50

Instructor: Robert Hartz

Computer Lab

## 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](http://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 ..... Dr. Gerard Kerins  
Secretary: ..... Robert Hale  
Members ..... Mitchell Cohan  
..... Patricia Melady  
..... 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 August 9, 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

### RENT REBATE

May 15<sup>th</sup> – September 14<sup>th</sup> 2012

The filing period for the Rent Rebate program has begun. Participants must submit proof of income for 2011 as well as proof of rental, heating, electric, & water payments made in 2011. This proof can easily be obtained by contacting your landlord, oil/gas/propane company, CL&P and Connecticut Water Company.

An eligible participant must be age 65 & over or disabled & have incurred rental expenses in 2011, not necessarily in Madison.

**Maximum income in 2011 for a single person: \$32,300 & for a couple: \$39,500.**

### FARMER'S MARKET COUPONS

This program allows eligible participants to enjoy CT Grown fruits, vegetables, fresh cut herbs, and honey from approved local Farmer's Markets.

Eligible participants are age 60 or older or are disabled and living in senior housing, are participating with another program that requires means testing and have an income at or below 185% of the FPL. An eligible participant will receive \$15.00 of coupons, which are good at the Madison Farmer's Market. Coupons should be available beginning July 1, 2012. The market is open on the town green on Fridays from 3 to 6pm until October 25, 2012. **The maximum monthly income for a single person is \$1,679 and for a couple is \$2,268.**



### 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: \$2,308.88 and for a couple: \$3,127.28**

### 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, Craig Bernard of Madison Investments and David Hampton of Professional Secure Assistance (Social Security Expert) for information about what you need to know before you turn 65. **Please call ASAP to reserve your place, space is limited. Wed. September 12<sup>th</sup> - 6:00 to 8:00pm**

### 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 August 6, 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 August 13 & 27.....12 - 1:30p**  
VNA Community Healthcare holds BP Clinics on the 2<sup>nd</sup> & 4<sup>th</sup> Mondays of the month @ the Senior Center.



### LEGAL ASSISTANCE

**Thursday, August 16, 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](http://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:

August 3 - Sister Act  
August 10 - Forrest Gump  
August 17 - Mrs. Doubtfire  
August 24 - Twister  
August 31 - The Pursuit of HAPPYness

## OUT-OF-TOWN SHOPPING



On special days of the month, we will be traveling to local shopping destinations. This is a fixed route program and we require 48 hours advanced notice telling us you would like to attend the trip. Please call **203-245-5627** to schedule your ride. All busses leave for shopping at 10:00am. This month we will be traveling to the following destinations:

Monday August 6                      Walmart  
    Old Saybrook  
Thursday August 23 -                Westbrook  
    Outlets &  
    Dairy Queen



## SENIOR CENTER CLUBS & GROUPS

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

**Chess 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



### 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

July 9 to August 27 ..... 8 Classes  
R \$26 NR \$36  
Exercise Room  
Instructor: Pat Velleca

#### Fridays - 10:30a to 11:30a

July 13 to August 31 ..... 8 Classes  
R \$26 NR \$36  
Exercise Room  
Instructor: Pat Velleca

### AM 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 - 8:30a to 10:00a

July 10 to August 14 ..... 6 Classes  
R \$80 NR \$90  
Exercise Room  
Instructor: Pat Velleca

### SENIOR ART CLASS

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



#### Tuesdays - 1:30 to 3:30p

**No Class 11/6 and 12/25/12**  
September 18 to June 18  
Fee: \$5  
Activity Room 2  
Instructor: Muriel Waldvogel

### BOOK CLUB

This is a fun way to read, socialize and have fun. **The book club meets at 1:00pm at the Madison Senior Center. No Fee.**

August 27 -

**Discussing:** Devil in the White City

**Reading:** The Girl with the Dragon Tattoo by Stieg Larsson and Reg Keeland

### FITNESS & MOVEMENT

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



#### Mondays - 9:00a to 10:00a

July 9 to August 27 ..... 8 Classes  
R \$26 NR \$36  
Exercise Room  
Instructor: Pat Velleca

#### Wednesdays - 9:00a to 10:00a

July 11 to August 29 ..... 8 Classes  
R \$26 NR \$36  
Exercise Room  
Instructor: Pat Velleca

#### Fridays - 9:00a to 10:00a

July 13 to August 31 ..... 8 Classes  
R \$26 NR \$36  
Exercise Room  
Instructor: Pat Velleca

### 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

July 11 to August 29 ..... 8 Classes  
R \$26 NR \$36  
Exercise Room  
Instructor: Pat Velleca

### 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

August 6 to September 10 ..... 5 Classes  
**No Class 9/3/12**

### TAI CHI FOR ARTHRITIS

#### Wednesdays - 9:00a to 10:00a

August 8 to September 5 ..... 5 Classes

### SITTING TAI CHI

#### Fridays - 9:00a to 10:00a

August 10 to September 7 ..... 5 Classes  
R \$44 NR \$54  
Activity Room 2  
Instructor: Suzanne Hanley

### EXERCISE CLASSES WITH KRIS

The following exercise programs are now grouped together under one "exercise pass" which allow you to attend any one of them on any day they are being held. This allows you to set your exercise schedule around your busy day and ensures that you get the most out of the program.

The "exercise pass" is good for 5 or 10-classes taught by Kris and is valid for 6 months from the date of purchase. Once you use up your classes, simply purchase another pass.

5 - Class Pass - R \$33 NR \$43  
10 - Class Pass - R \$66 NR \$76

*All classes taught by Kris Reaske*

### BASIC PILATES CORE/FLEX

Overall strength training combined with basic Pilates this program is designed to increase overall body strength and core stability.

**Tuesdays - 10:00a to 11:00a**

### LOW IMPACT AEROBICS

Have fun while getting a great workout. Designed to increase your heart rate and your enjoyment of exercise as well. Please bring a floor mat.

**Tuesdays - 11:00a to 12:00p**

### ZUMBA FOR ALL

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

**Mondays - 6:00p to 7:00p - Starting up again in September.**

### 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**

**Thursdays - 11:10a to 12:10p**

All classes are held in the Exercise Room.

## 5 Madison Travel Club Trips



### **Savor Rhode Islands Culinary Heritage—Wednesday August 8, 2012**

This morning we will enjoy a traditional New England experience at **KENYON'S GRIST MILL**. Nestled along the Queens River, earthen dam, and picturesque waterfall, this 1886 clapboard mill will take you back to a simpler time. Sample Rhode Island Johnny Cakes and learn about their history. Lunch is included today at **MATUNUCK OYSTER BAR** overlooking Potter's Pond. There you will enjoy a delicious meal with oysters, dessert and choice of Linguini and Clams, Ribeye Steak or Lobster Roll. After lunch you will learn about the aquaculture of oysters at the **MATUNUCK OYSTER FARM**. Transportation by motor-coach. **Depart Senior Center at 8:30am. Fee: \$83.00**

### **Connecticut River Expeditions "River Quest" —Monday August 13, 2012**

Cruise along the lower Connecticut River and experience an area that has been labeled by The Nature Conservancy as "*One of the Last Great Places*". We begin the cruise from Eagle Landing State Park across from the Goodspeed Opera House, pass by Gillette Castle and explore the many sights of the river including wildlife and scenery. **Depart Senior Center at 12:30pm for a 1:30pm cruise. Fee: \$25.00**

### **Good Vibrations - Tribute to the Beach Boys at the Aqua Turf- Thursday August 16, 2012**

This exciting show take us on a musical journey of sun and surf with incredible musicians and performers. Capturing the incomparable harmonies of "**The Beach Boys**" and their unique sound. You will be on your feet, singing along with their high energy show featuring the greatest hits of America's most legendary band. Family Style Menu of Garden Salad, Pasta, BBQ Chicken, Roasted Pork, Vegetable, Potato, Rolls, Dessert and Beverage. **Depart Senior Center at 10:15am. Fee: \$73.00**

### **2012 Statewide Senior Outing at Holiday Hill in Prospect, CT- Monday August 20, 2012**

What a day this will be. Holiday Hill is hosting a special day for Connecticut Seniors that shouldn't be missed. Tons of food and activities are planned for your enjoyment including unlimited buffet menus' for breakfast and lunch (detailed menu's can be obtained at the Senior Center). Activities for the day include live entertainment, raffles, bocci, shuffleboard, heated pool swimming, bingo all day with prizes, horseshoes, Budweiser beer on tap, and much more. **Depart Senior Center at 8:30am. Fee: \$35.00 - Must register for this trip by August 6, 2012.**

### **Mohegan Sun on Your Own- Friday, August 24, 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**

### **Mystic Aquarium/Olde Mistick Village/ Lunch at Go Fish - Thursday August 30, 2012 -**

Take the bus to Mystic and choose to spend the morning at the Aquarium or shopping at Olde Mistick Village and then have lunch at "Go Fish". Admission to the Aquarium is for 60+ is \$26 for general admission so bring enough money for your choice of activity. After the aquarium or shopping we will all meet for lunch at "Go Fish" where you will have a choice of soup or salad, beef stroganoff, salmon or chicken, coffee or tea. **Depart Senior Center at 9:00am. Fee: \$28 includes transportation, your meal and gratuity. (Entrance to the aquarium is extra and not included)**

### **Priam Vineyards Tour and Wine Tasting in Colchester, CT - Friday August 31, 2012 -**

Enjoy an afternoon tour and wine tasting at beautiful Priam Vineyards; bring your own lunch and picnic in the vineyard or on the patio while tasting some of the wine made on site. Priam Vineyards is the first winery in New England to be completely solar powered and also practices sustainable agriculture by propagating bluebirds instead of using insecticides. **Depart Senior Center at 10:15am. Fee: \$21 includes transportation, tour, wine tasting, gratuity and 11 ounce wine glass.**

### **The Big E Fair - Connecticut Day - Wednesday September 19, 2012**

The Big E, "New England's Great State Fair," is the premier event each fall with nearly one million guests passing through the gates every September. With plenty of food, shopping and entertainment, you'll be sure to enjoy your time. **Depart Senior Center: TBA - Fee: \$50.00 - Includes motorcoach transportation and admission to the "Big E".**

### **Jonah at Millennium Theater - Sights, Sounds and Tastes of Lancaster - October 24 to 26, 2012**

Spend two nights at the Country Inn of Lancaster. Day one we will enjoy dinner and a musical at The Dutch Apple Dinner Theater. Day two we spend the morning at the Turkey Hill Dairy, lunch on your own and a matinee performance of **Jonah**. After the show we will enjoy an Amish style meal at Plain and Fancy. Day three takes us on a tour of the Intercourse Pretzel Factory and shopping at the Kitchen Kettle Village. **\$394 PP Double; \$494 PP Single; \$384 PP Triple**

### **Exotic Southern Caribbean Cruise aboard the Norwegian Dawn - November 1—15, 2013 (yes, 2013) -**

This is a 14-night cruise experience that departs from Boston, MA and heads to the Deep Southern Caribbean which offers the perfect pink and white sand beaches, crystal-clear waters and exquisite island adventures. We will be docking at St. Thomas, USVI, Antigua, Barbados, Curacao, Aruba, Cozumel and ending in Tampa, FL where we will have a flight back home. **Fees: Inside State Room—\$1509, Oceanview—\$1799, Balcony—\$2239. Book early to keep these rates. For more information contact the Senior Center for a cruise flyer.**

## Connecticut Cremation Service

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\$1,245.00 Complete

**GRAVESIDE BURIAL SERVICE**  
\$3,370.00 + Cemetery Charges

Visa/Mastercard & Title 19 accepted  
For Info Call 1-800-977-2309

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GUILFORD, CT 06437**

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www.rydershealth.com



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**(203) 488-9142**

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www.youtube/theguifordhouse

## County Hearing and Balance

Jeffery W. Worgul, Au.D., Doctor of Audiology

203-245-1950

82 Bradley Road, Madison, CT 06443

\*\*\*\*\*  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Afternoons at the Surf Club</b> August 1, 9, 17, 22 & 29 Bus Departs Senior Center @ 1:00 A nice relaxing afternoon at the beach! Please call 48hrs in advance to reserve a spot		1 10:30 Seniors in Motion 1:00 Afternoon at the Surf Club	2 10:00 Tech Support 11:00 Zumba Gold	3 9:00 Fitness & Movement 10:00 Veterans Group 10:30 Chair Exercises 1:00 Bingo 1:00 Movie Matinee
6 9:00 Tai Chi 9:00 Fitness & Movement 9:00 Legal Assistance 10:00 Walmart Old Sayb.. 10:30 Chair Exercises 12:30 Papa Joe Ice Cream 1:00 Zumba Gold	7 8:30 AM Yoga 10:00 Basic Pilates 10:00 Social Hour 11:00 LI Aerobics 1:00 Computer Basics	8 8:30 RI Culinary Trip 9:00 Tai Chi for Arthritis 9:00 Fitness & Movement 10:30 Seniors in Motion 12:00 Bingo at St. Margaret's 12:30 AARP Driving	9 10:00 Tech Support 11:00 Zumba Gold 1:00 Computer Basics 1:00 Afternoon at the Surf Club	10 9:00 Sitting Tai Chi 9:00 Fitness & Movement 10:00 Veterans Group 10:30 Chair Exercises 1:00 Movie Matinee 1:00 Hula Dance Demo.
13 9:00 Tai Chi 9:00 Fitness & Movement 10:30 Chair Exercises 12:00 Blood Pressure 12:00 River Quest Trip 12:30 Papa Joe Ice Cream 1:00 Zumba Gold 3:00 Hula Dance Class	14 8:30 AM Yoga 10:00 Basic Pilates 10:00 Social Hour 11:00 LI Aerobics 1:00 Computer Basics	15 9:00 Tai Chi for Arthritis 9:00 Fitness & Movement 10:30 Seniors in Motion 1:00 Pet Therapy Demo.	16 9:00 Legal Assistance 10:00 Tech Support 10:15 Aqua Turf Trip 11:00 Zumba Gold 1:00 Computer Basics	17 9:00 Sitting Tai Chi 9:00 Fitness & Movement 10:00 Veterans Group 10:30 Chair Exercises 1:00 Movie Matinee 1:00 Afternoon at the Surf Club
20 8:30 Holiday Hill Trip 9:00 Tai Chi 9:00 Fitness & Movement 10:30 Chair Exercises 12:30 Papa Joe Ice Cream 1:00 Zumba Gold 3:00 Hula Dance Class	21 10:00 Basic Pilates 10:00 Social Hour 11:00 LI Aerobics 11:30 Lunch Bunch at Westbrook Lobster	22 9:00 Tai Chi for Arthritis 9:00 Fitness & Movement 10:30 Seniors in Motion 1:00 Afternoon at the Surf Club	23 10:00 Westbrook Outlets 11:00 Zumba Gold	24 9:00 Mohegan Sun 9:00 Sitting Tai Chi 9:00 Fitness & Movement 10:00 Veterans Group 10:30 Chair Exercises 1:00 Movie Matinee
27 9:00 Tai Chi 9:00 Fitness & Movement 10:30 Chair Exercises 12:00 Blood Pressure 12:30 Papa Joe Ice Cream 1:00 Book Club 1:00 Zumba Gold 1:45 Bake Shoppe 3:00 Hula Dance Class	28 10:00 Basic Pilates 10:00 Social Hour 11:00 LI Aerobics	29 9:00 Tai Chi for Arthritis 9:00 Fitness & Movement 10:30 Seniors in Motion 1:00 Afternoon at the Surf Club	30 8:30 Mystic Trip 11:00 Zumba Gold	31 9:00 Sitting Tai Chi 9:00 Fitness & Movement 10:00 Veterans Group 10:30 Chair Exercises 10:30 Priam Vineyards 1:00 Movie Matinee



- Live-in caregivers
- Personal care assistants
- Homemakers
- Medication supervision

**203.458.5990 LIFETIMECareatHome.com**  
 An affiliate of VNA Community Healthcare



Madison Senior Center  
 29 Bradley Road  
 Madison, CT 06443

08/2012

PRSR STANDARD  
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**RETURN SERVICE REQUESTED**

## Ongoing Activities at the Senior Center

PROGRAM	DAY	TIME
<b>Bridge</b> – Drop in and join us for a game.	Thursdays	1– 4:pm
<b>Canasta</b> – Come join us for a game, if it has been a while, we will help refresh your skills.	Tuesdays	1– 4:pm
<b>Chess Club</b> – Looking to play some chess? We are looking for players – Call to sign-up.	Tuesdays	1-4pm
<b>Discussion Group</b> - Join us for a weekly discussion about TV shows, current events and other topics	Wednesdays	11 am
<b>Hand and Foot</b> - Beginners welcome	Fridays	1-4pm
<b>Mah Jongg</b> – All levels welcome. Lessons available Thursday mornings by appointment only. Call 203-245-5627 to set a time.	Thursdays	1– 4pm
<b>Pinochle</b> – We are looking for players. Call the Senior Center if you are interested.	Tuesdays	1 – 4 pm
<b>Poker</b> – New player or groups always welcome. Call the Senior Center if you are interested.	Wednesdays	1-4pm
<b>Social Hour</b> – Join us for coffee, pastries and conversation	Tuesdays	10am
<b>Veteran’s Social Group</b> – Join other Veteran’s for a weekly discussion and some goodies.	Fridays	10am
<b>Walking Club</b> – Join our group for some exercise and socialization	Wednesdays	9am

### AARP DRIVER SAFETY CLASS

The AARP Driver Safety Course is a refresher course primarily aimed at the 60+ year old driver. Taking this course may make you eligible for a discount on your auto insurance. **The class will be held on the following Wednesdays in 2012 from 12:30p to 4:30p**

**August 8  
 September 12  
 October 10  
 November 14**

Instr. Cliff McGuire  
 Fee: AARP Member \$12.00  
 Non-Member \$14.00

**Checks payable to AARP**

