

Trends & Traditions

August 2013

Madison Senior and Activities

MUSEUM OF THE MONTH TRIP

Connecticut River Museum in Essex, CT



Steamboat Dock, the home of the Connecticut River Museum tells the story of the Connecticut River Valley. The current exhibit is one of their most popular, a full scale working reproduction of the first submarine, the American Turtle invented by David Bushnell in 1776. Hop onboard the free water taxi to enjoy lunch on your own at Marley's Café. Museum Fee: \$7 to be paid at the door. **Depart MSC at 10:00.**

Friday, August 16th

FEE: \$2

Hawaiian Style Luau

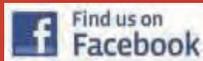
Grab your "grass skirt" and "leights" and come to the Madison Senior Centers Hawaiian Luau. Enjoy a tasty lunch provided by the Hearth at Tuxis Pond. Hawaiian Activities to follow. Party Begins at 11:30 am Register by Thurs. August 29th

Wednesday, September 4th

Fee:\$5

Like us on Facebook!

Look for: Madison Senior Center



Harkness Memorial Park in Waterford, CT

Revel in the panoramic views of Long Island Sound from Eolia, the elegant summer mansion of the Harkness family. Bring a picnic lunch and enjoy the sweeping lawns and spectacular gardens. Stop at Cowlicks Creamery for ice-cream or frozen yogurt on the trip home. Please bring your Charter Oak pass to enter the park. **Depart MSC at 11:30am**

Friday, August 23rd

Fee \$2

Statewide Senior Outing at Holiday Hill in Prospect

Enjoy a great day at Holiday Hill with entertainment by Vinnie Carr., bocce, shuffleboard, horseshoes, 9 hole of Mini Golf, pools, bingo games with prizes plus raffle prizes. In the am, unlimited donuts, pastry, bagels and fresh fruit. Lunch: unlimited NE clam chowder, cheese & crackers, cherrystones on a half shell, picnic foods, baked chicken, and much more!

Deadline for sign ups Thursday, August 8th.

Monday, August 19th Depart MSC at 8:00am Fee: \$34

DISCOVER LOCAL AUTHORS

Local author, Lynne Kathryn Cote comes to discuss *The Long Road* a collection of short stories set in a world too often less than kind. She will share a few excerpts on being from her short story, "One -Eye" which is set in a hospice based on our very own CT Branford Hospice, the first Hospice program in the United States. Pre-registration is required

Monday, August 26th at 1:00pm

Free

COMING SOON



BRIDGE LESSONS

ON TUESDAYS

STARTING IN SEPTEMBER

FOR MORE INFORMATION

CALL KRISTIN AT (203)-245-5695

AUGUST ADVENTURES

Project O, Oceanographic Cruise

Hop aboard the Oceanographic Research Cruise presented by "Project O". This a 2 1/2 hour cruise on the Long Island Sound, departing from UCONN's Avery Point Campus. You will have a hands on marine experience. Troll the bottom of the Long Island Sound looking for sea animals. Bring deck shoes, sweatshirt or windbreaker, sunscreen, camera and motion sickness meds if necessary. Lunch on your own at "The Shack" in Groton. **Depart MSC at 8:30am Return approx. 3pm. Fee: R\$30 NR \$35**

Monday, August 5th

Mohegan Sun Friday

Every turn leads to a new adventure. Enjoy the 55 foot waterfall, and electrifying water wall, the world's largest indoor planetarium dome, and a glowing crystal mountain. Upon arrival receive a food vouchers & bet coupons. **Depart MSC 9am. Fee: \$7**

Friday, August 9th

"Let the Good Times Roll", The Dave Colucci Show at The Aqua Turf

An incredible music variety show featuring some of the greatest singers and songs of all times! From the swinging days of Sinatra, to the Golden Oldies of the 50's, 60's, along with some classic country favorites, enjoy this spectacular music variety show! Coffee, donuts, door prizes, family style lunch including; Soup, Pasta, Chicken Kathryn, Baked Ham, Vegetables, Potato, and Dessert **Depart MSC at 10:00 am. Fee: \$43**

Tuesday, August 20th

DREAMGIRLS at Ivoryton Playhouse

A smash Broadway musical, *Dreamgirls* captures the spirit and hope of Motown when a girl group from Chicago makes it big. This female trio fights for recognition, fellowship, and love as superstardom challenges their musical and cultural identity.

Dreamgirls sizzles with sparkling dance and R&B soul. **Depart MSC at 1:00 includes ticket and transportation. Fee: R\$35 NR \$40**

Wednesday, August 28th



MADISON SENIOR CENTER

29 Bradley Road, Madison, CT 06443

PHONE: (203)245-5627

FAX: (203)245-6186

WEBSITE: www.madisonct.org/seniors

HOURS: Monday-Friday 8:30a-4:00p

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

Chair:Maureen Lopes
 Vice-ChairDr. Gerard Kerins
 Secretary:Robert Hale
 Members..... Mitchell Cohan
 Patricia Melady
 Wendy Oberg
Marcy Sanders
 Margaret Walden

The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be **August 8th, 2013 at 5:30pm**

LIAISON TO BOARD OF SELECTMAN Diane Stadterman

SENIOR CENTER STAFF

Sr. Services Manager..... Austin Hall
 Municipal Agent.....Heather Castrilli
 Program Coord.....Kristen Caramanica
 Secretary:Ellie Gillespie
 Bus Driver:..... Michael Rand
 Bus Driver:.....Helen Sneider
 Bus Driver:.....Pat Cocchiaro
 Bus Driver.....Dennis Marron
 Bus Driver.....Domenick Vitti
 Café Manager.....Jodie Shevlin

RENT REBATE

Monday, April 1st – Tuesday, October 1st 2013

Participants must submit proof of income for 2012, proof of rental, heating, electric, & water payments made in 2012. This proof can be obtained by contacting your landlord, oil/gas/propane company, CL&P & Connecticut Water Company. Eligible participants are age 65 & over or disabled & have incurred rental expenses in 2012, in Connecticut. **2012 max. income: single: \$33,500 & couple: \$40,900**



FARMERS MARKET COUPONS

To qualify: Madison Resident's age 60 or older or disabled & living in senior housing, participating in a program with means testing, income guidelines apply. Eligible participants receive \$15 in coupons to use at the Madison Farmer's Market. Coupons **should** be available beginning July 1, 2013. Located on the town green on Fridays 3 to 6pm until October 25th. **Monthly income: Single \$1,723 and Couple: \$2,333**

IMPORTANT MEDICARE CHANGES

The DMEPOS Competitive Bidding Program

Beginning July 2013, Medicare implemented a new program called DMEPOS or Durable Medical Equipment, Prosthetics, Orthotics, and Supplies Competitive Bidding Program. This program assists those with Original Medicare in certain service areas save money purchasing durable medical equipment and supplies. Contractors bid in order to be approved to receive payment from Medicare. Medicare Advantage Plan enrollees use suppliers designated by their plan.

For a list of covered equipment or to find an approved contractor please call 1-800-MEDICARE, visit their website medicare.gov/suppliers or discuss with Heather.

National Mail-Order Program for Diabetic Testing Supplies

Beginning July 2013, Medicare implemented a new program that will help you save money on diabetic testing supplies. In order to do so, you need to use a Medicare national mail-order contract supplier in order for Medicare to pay for a portion of your diabetic testing supplies delivered to your home. Or you can go to any local stores that are enrolled with Medicare and buy them there (*CVS and Stop & Shop both qualify*).

This affects those who use original Medicare, **Medicare Advantage Plan participants are NOT effected**. To find out which suppliers you can use, call 1-800-MEDICARE, visit medicare.gov/suppliers or discuss with Heather.

BE ALERT – NEW MEDICARE CARD SCAM

Scams targeting older adults are endless, primarily because they keep working. In the newest scam an “official” with Medicare calls because Medicare is sending out new cards and he needs to verify some information. Of course he is looking for is your banking information.

What do you need to know?

- 1) Medicare will **NEVER** call you on the phone;
- 2) Medicare & Social Security **DO NOT** need your banking information. The callers are convincing, even the most knowledgeable seniors can fall prey to this scam. They often have some of your banking information to sound real. They use a little information to get more from you.

What can you do?

- 1) Never answer your phone! Your answering machine can screen the calls.
- 2) Have a safety script by your phone. Tell the caller, ***“I don't give out personal information over the phone. I need to verify who you are, I need your name, your agency's name, and a call back number.”*** Most likely, they will hang up and move on to the next potential victim.
- 3) Report it to the senior center to share the information to educate others.



MEDICARE MONDAY

Mon., August 5th 9-10am
Information, counseling, & assistance for Medicare, Supplemental Insurance & Medicare Advantage Plans. Carlos Maynard assists by appointment only.



WELL RIGHT NOW CLINICS

Mon., August 12th & 26th 12-1:30pm
VNA Community Healthcare holds Well Right Now Clinics on the 2nd & 4th Mondays of the month, included blood pressure check.

LEGAL ASSISTANCE

Thurs., August 15th 9-10am
Attorneys from Cronan and Sweeney offer quick 15 minute counseling services on a one-on-one basis. **Call the Senior Center for an appointment.**



DIAL-A-RIDE

M, W & F -
8:45a to 3:30p
Transportation designed for elderly and disabled Madison residents only. Rides are given in a 14 town region for medical appointments, work, & personal business. 48 hour advance notice required Call (203)245-5627.



SENIOR CENTER BUS

Monday - Friday 9am to 3:30pm
A fixed route bus service to the senior center, downtown, grocery shopping and other locations around town. Call the Senior Center for a schedule.

HANDICAPPED PARKING PERMIT

Available in the Senior Center office.



MEALS-ON-WHEELS

Prepared 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 Noon
Over age 60 or disabled, suggested donation of \$3.00. Please call Jodie at (203)245-5686 by Noon the previous day to order lunch.

NOTARY SERVICES

Tues., August 13th10am-12pm
By appointment only, on the 2nd Tuesday of the month, at the Senior Center. Please call for an appointment.



MOVIE MATINEE @ MSC

Movies start at 1:00pm **FREE**

Early Start at 12:30pm August 2nd "*Les Miserables*" August 9th "*The Artist*" August 16th "*Larry Crowne*"
August 23rd "*War Horse*" August 30th "*Guilt Trip*"



Thursday Book Club

The book club will meet on the last Thursday of every month

Thursday, August 29th

Discussing: "*Shoemakers Wife*"

Discussion led by Barbara MacDonald
September's Book: "*The Curse*"
By Robert H. Steele

Senior Singles Group

Next Meeting: Tuesday, August 13th
at the MSC at 5:30pm

Dinner on your own to follow at a local restaurant, TBA.

Lunch Bunch

Meals on your own

Bus fee \$2

Friday August 30th Lenny and Joes
Depart MSC at 11:00 am

Madison Academy of Music

(MAM) Come enjoy an afternoon of piano and singing. A performance by the talented and disciplined students of Madison Academy of Music **FREE**
Thursday, August 15th at 1:00pm

FREE TECH SUPPORT

for Seniors

Get all your tech questions answered at the MSC. Scranton Library Teen Advisory Group and Madison Youth & Family Services offer **free "drop-in"** learning sessions. Teen Volunteers are available to answer questions. **FREE!!**
Wed., August 7th & 14th 10-11am
Thurs., August 1st - 15th 10-11am

Bingo!

Dessert Bingo 1st Friday of the month
at 1pm **Friday, August 2nd**

St. Margaret's Church Bingo
2nd Wed. monthly. Bingo starts at 12pm.
Bring a bag lunch! **Wed. August 14th**

Local Trips

Bus Fee: \$2

Fri., August 2nd Dairy Queen
Depart MSC 1:00

Mon., August 12th New Goodwill
Depart MSC at 12:45

Mon., August 26th Bishops Orchards
Depart MSC at 12:45



Craft with Kristen

Thursday, August 8th
Help make Leigh's
for our Hawaiian Luau
FREE

A Walk Down Memory Lane

BRING IN YOUR PHOTO ALBUMS
to share your memories with your friends. Bring in a childhood picture for a "Guess Who" contest. We will display your pictures, and play "Guess Who This Is". A prize will be awarded for the most correct guesses.
Wednesday, August 21st 12:45pm

AARP DRIVER SAFETY CLASS

A refresher course aimed at the 60+ driver. Call your insurance company you may be eligible for a discount for completing this course! The class will be held on Wednesdays from 12:30p to 4:30p

Aug. 14th • Sept. 11th

Oct. 9th & Nov. 6th

Instructor: Cliff McGuire

Fee: Member \$12 Non \$14

Crocheting with Plastic Bags

Come join Eleanor Wimble & learn to make beautiful crocheted bags from recycled plastic shopping bags. Please bring 2-3 colored bags, scissors and large crochet hook size (7-10).

Wednesdays 1-2:30pm

Fee \$3



Exercise With Patty Velleca

CHAIR EXERCISES

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



Mondays - 10:30a to 11:30a

R \$16.50 NR \$21.50

July 29th- August 26th

4 classes

R\$16.50 NR \$21.50

No Class August 12th

Fridays - 10:30a to 11:30a

August 2nd-August 30th

4 classes

R\$16.50 NR \$21.50

No Class August 16th

SENIORS IN MOTION

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

Wednesdays - 10:30a to 11:30a

July 31st- August 28th

4 classes

R \$13.00NR \$18.00

No Class August 14th

EXERCISE & RELAX YOGA

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

Tuesdays - 8:30-10:00am

July 9th-August 27th

7 weeks

R\$83.00 NR\$95.00

No Class August 13th

FITNESS & MOVEMENT

Low impact aerobics for continuing good health. Cardiovascular workout with muscle and joint strengthening.

Mondays - 9 to 10am

July 29th- August 26th

4weeks

R\$16.50 NR \$21.50

No Class August 12th

Wednesdays - 9 to 10am

July 31st-August 28th

4weeks

R\$16.50 NR \$21.50



No Class August 14th

Fridays - 9 to 10am

August 2nd - August 30th

4 weeks

R\$16.50 NR \$21.50

No Class August 16th



Local Business Wednesday

The last Wednesday at 1:00pm. Learn about a local business and be introduced to their services.

Wednesday August 28th

**Laurie Murphy
the Strong House**

TAI CHI

T'ai Ch'uan is a gentle way of nourishing body, mind and spirit. Practicing slow movements can improve health, vitality, balance, & concentration. Sessions: 5 Classes Instr.: S. Hanley



Mondays - 9 to 10 am

July 29th-August 26th. R \$44 NR \$54

September 9th-Oct 7th R \$44 NR \$54

SILVER TAPPERS CLASS

Have you ever wanted to Tap Dance? Did you love Tap Dancing as a child? Are you looking for a different way to exercise? Great for memory, sequencing, large and small motor skills, balance, core work, right and left brain work, a great workout, & did I mention? FUN! Tap shoes required.

Mardyann's promise, "you will be tap dancing your first class!" Inst. M. Goglia

Sept. 5th- Oct. 31st (8 classes)

R \$60 NR \$70

Beginning Ballroom Dancing

The perfect class for first time dancers. Learn easy steps to the most popular dances (fox trot, waltz, and rhumba). Gain confidence to dance in social situations, weddings, parties and night clubs. Singles and couples are welcome. Please wear comfortable, leather soled shoes



Instructors: Carole & Nick Long

Tuesdays 10:30 am - Noon

August 6th & August 13th \$10

August 20th & August 27th \$10

Walk with Kristen

Take a morning walk with Kristen around beautiful downtown Madison.

Tuesdays at 10 am FREE

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. Your loved ones can take part in a supervised activity run by the program director. Group meets the 3rd Tuesday of the month. **FREE**



Tuesday, August 20th 11 am-12.

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. **This year: June 30th, 2014.**

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

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

All classes taught by Kris Reaske

ZUMBA FOR ALL

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

Mondays - 6 to 7pm

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

**Middlesex Hospital
Living With Arthritis**

Learn how to protect your joints and simplify the activities of daily living. The therapists will teach you exercises that can help you live with your arthritis. Learn a variety of adaptive equipment, splints and other assistive devices.

Thurs., August 22nd 10:30-11:30a FREE

"FIT For LIFE"

A Senior Wellness Program

A program combining exercise & a health-wellness seminar. Each week focus on a different health topic. Increase overall strength, improve balance and alignment, increase core strength, increase lean muscle mass, improve bone density and feel increased energy! Bring an Exercise mat & bath towel.

Instructor: Jennifer McManus
RN/Certified Exercise Specialist

Wed., Sept. 18th-Oct. 9th 1-2pm

Fee: R\$38 NR\$43 (4 Classes)

Wed. Oct. 16th-Nov. 6th 1-2pm

Fee: R\$38 NR\$43 (4 Classes)



LINE DANCING

A great way to keep moving, & exercise, dancing & have fun! Mondays -2 to 2:55pm

Classes begin September 9th

5 - Class Pass R \$23 NR \$33

10 - Class Pass R \$46 NR \$56



Doo-Wop Show and Dancing Featuring “In Harmony” at the Aqua Turf **Tuesday, September 24th**
 New England’s Premier oldies group hits the stage with 50’s & 60’s music! A sweet sounding six person ensemble and a multi-talented keyboardist! Coffee, donuts, door prizes, complimentary beverage. Family style lunch includes salad, pasta, Pan Seared Salmon, Flank Steak, Vegetable, Potato, and Dessert. Depart MSC at 10:00 am **Fee: \$43**

New York Botanical Gardens **Wednesday, September 18th**
 An escorted tour at the New York Botanical Gardens, spectacular seasonal exhibitions inside a landmark glasshouse that also features a tropical rain forest and cactus-filled desert.. Free time to follow on Arthur Avenue, “Little Italy” of the Bronx. Price includes transportation and admission to Garden, lunch on your own. **Please arrange for a drop off and pick up to the MSC.** Depart MSC at 7:30 am and return approximately 7:00pm. **Fee: R\$76 NR \$81**

Myrtle Beach/The Grand Strand PLUS Charleston **Sunday, October 6th - Saturday October 12th**
 White Sandy Beaches, great seafood, championship golf courses, beautiful gardens, abundant shopping and fine entertainment! This tour includes transportation, six nights accommodation(4 in Myrtle beach: 2 in Virginia), 12 meals: 6 breakfasts, 6 dinners, Three shows in Myrtle beach, “Barefoot Landing” an outdoor shopping adventure, a riverboat cruise, tour of Charlestown, visit Brookgreen Gardens, Breakfast and visit Ripley’s Aquarium. Also included: baggage & handling, Tour Director, cancellation ins. Departure time TBA Add \$10 for Non-Madison Residents. **Payable to Guilford Senior Center** **Fee: Single: \$1044, Double: \$905, Triple: \$865**

“I Love You, You’re Perfect Now Change” at the Ivoryton Playhouse **Wednesday October 9th**
 This hilarious revue pays tribute to those who have loved and lost and lived to try again. Catchy tunes and witty lyrics, an affectionate look at love and marriage. Depart MSC at 1:00pm **Fee: R\$35 NR \$40**

Kiss Me Kate at The Westchester Broadway Dinner **Wednesday, October 16th**
 A delightful romp of a play within a play. Located in Elmsford, NY, this elegant, year round equity theater features dining and full scale musical productions. Once seated at your reserved table, menu includes house salad, chicken, beef or fish entrée and pasta, dessert, and a specialty drink for a pre-show lunch. Checks payable to **Guilford Parks and Rec.** Meet at the GUILFORD SENIOR CENTER at 8:45am Return Approx. 5:30pm **Fee: R\$90 NR\$95**

Noah at The Millennium Theater in Lancaster, **Monday & Tuesday, October 21st&22nd**
 Become a member of Noah’s family, watch the animals march two by two and sail through the great flood. Motor coach to the Sands Casino, lodging at the Crowne Plaza in Reading, a wine and cheese reception, dinner and a musical comedy one man show. Day two includes a breakfast buffet, sightseeing in Amish country and the Noah at The Millennium Theater. Dinner on your own on the way home. Checks payable to **Guilford Parks and Rec.** Trip insurance not included. Depart the GUILFORD SENIOR CENTER at 7:00am return at 10:45pm Non Madison Residents add \$10. **Fee: Single: \$359, Double: \$289, Triple: \$279**

Exotic Southern Caribbean Cruise Aboard the Norwegian Dawn **November 1st - 15th 2013**
AMAZING PRICE!!! It’s almost like getting a week free!!! 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. Cruise docks at St. Thomas, USVI, Antigua, Barbados, Curacao, Aruba, Cozumel and ends in Tampa, FL for your flight home. \$500 deposit is due at time of registration. **Book early to keep these rates!** **Fee: Inside State Room - \$1509, Ocean view - \$1799, Balcony - \$2239**

Sneak Peek for 2014

The Gardens of London featuring the Chelsea Flower Show. **Saturday May 17th, 2014**
 Join the Madison Senior Center and the Royal Horticultural Society on a journey to discover the horticultural heritage of Britain, complete with members only day access to the Chelsea Flower Show on opening day. Explore modern displays and new innovative designs that will leave you speechless but inspired. See the sights of London with a local guide, view Buckingham Palace, the Tower of London, Big Ben, the Houses of Parliament, Westminster Abbey, and the Changing of the Guard* (*if held). Discover the wonders of majestic Hampton Court palace. Marvel at the Tudor Kitchens and Great Hall, stroll in the riverside formal gardens and be transported through five hundred years of royal history. Visit the Royal Botanic Gardens at Kew, a 300 acre site which houses one of the world’s great collection and is featured as a UNESCO World Heritage site. Step into the formal world of the British Monarchy when you visit the stately and expansive Windsor Castle. Travel to Wisley, a stunning 60 acre estate and enjoy an exclusive RHS gala dinner at this world-renowned garden. Package includes Round Trip Airfare from New York, Air Taxes and Fees/Surcharges, Hotel Transfers and Transportation to/from Airport, 8 days with 9 meals included: 6 breakfasts and 3 dinners. Cancellation and waiver insurance are available. **Save \$200 per person by booking by November 17th Call Kristen for pricing (203) 245-5695.**

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At Madison House our short term rehab
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(203) 245-8008



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(203) 488-9142

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www.youtube.com/theguilfordhouse



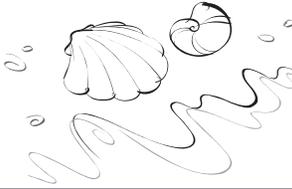
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(203) 458-5414 or SPatterson@GSByourbank.com

Sylvia Patterson NMLS# 529441, OSB NMLS# 529596





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Please remember to make your reservation with Jodie Shevlin by 12 Noon the day before you plan to attend at (203) 245-5686. (If you want to attend on a Monday please call by noon the previous Friday.)</i></p>			<p>1 AUGUST BIRTHDAYS Roast Beef with LS Gravy Baked Potato, Mixed Vegetables Slices Rye Bread, Margarine, Orange Juice, Frosted Chocolate Cake Low Fat Milk</p>	<p>2 Crab Cake with Tartar Sauce, Macaroni and Cheese, Spinach, Wheat Bread, Margarine, Peaches, Milk</p>
<p>5 Unstuffed Cabbage, Rice, Belgium Carrots, Multi Grain Dinner Roll, Margarine, Fresh Plum, Milk</p> 	<p>6 Teriyaki Veggie Burger with Cheese on Wht Bun, Ketchup, Sweet Potato Fries, Grilled Vegetables, Margarine, Fresh Melon, Milk</p>	<p>7 Chicken Stir Fry, Fried Rice, Oriental Vegetable Blend, Oat Bread, Margarine, Mandarin Oranges, Milk</p> 	<p>8 Minestrone Soup Crackers, Light Crunch Fish, Lemon Wedge, Red Bliss Potato, Fresh Zucchini, Pumpernickel Roll & Margarine, Ice Cream Sandwich, Milk</p>	<p>9 Philly Cheese Steak on Grinder Roll, Steak Fries, Ketchup, Broccoli, Margarine, Apple Juice, Coffee Cake, Milk</p> 
<p>12 Hot Open Roast Beef Sandwich on Wheat Bread w/ Gravy, Smashed Potato, Bean Blend, Grape Juice, Oatmeal Cookie, Margarine, Milk</p>	<p>13 Escarole & Bean Soup, Crackers, Grilled Chicken Caesar Salad with Croutons & Caesar Dressing, Wheat Breadstick, Margarine, Mandarin Oranges, Milk,</p>	<p>14 Spaghetti with Chicken Meatballs Marinara Sauce, Parmesan Cheese, Fresh Zucchini & Yellow Squash, Garlic Bread, Margarine, Italian Ice, Milk</p>	<p>15 Turkey with Gravy, Cranberry Sauce, Apple Stuffing, Roasted Vegetables, Oat Bread & Margarine, Pineapple Juice, Berry Strudel, Milk</p>	<p>16 Parmesan Encrusted Scrod with Lemon, Baked Potato, Tossed Salad with Tomato & Italian Dressing, Wheat Roll ,Margarine, Fresh Fruit-Peach, Milk</p>
<p>19 Baked Ziti with Meat Sauce & Cheese, Parm. Cheese, Cauliflower, Tossed Salad with Tomato & Ranch Dressing, Italian Bread Margarine, Pears, Milk</p>	<p>20 Broccoli Quiche, Broiled Tomato, Cucumber Salad, Multi-grain Roll, Margarine, Cranberry Juice, Marble Cake, Milk</p>	<p>21 Herb Baked Chicken Qtr, Baked Sweet Potato, Scandinavian Blend, Wheat Bread, Margarine, Fresh Melon, Milk</p>	<p>22 Pot Roast Gravy, Smashed Potato, Peas & Carrots, Rye Bread, Margarine, Orange Juice, Ice Cream Cup, Milk</p>	<p>23 Veg. Barley Soup Seafood Salad Plate w/ Lettuce, Tomato & 3 Bean Salad, Pumpernickel Bread, Margarine, Orange Jell-O Mandarin Oranges, Milk</p>
<p>26 BBQ Chicken Qtr, Baked Beans, Cole-slaw, Cornbread, Margarine, Watermelon, Milk</p> 	<p>27 Roast Pork Gravy, Applesauce Garnish, Sweet Potato Pone, French Green Beans, 2 Slices Rye Bread, Margarine, Pears, Milk</p>	<p>28 Shrimp Bisque/ Crackers, Chef Salad with Lettuce, Cucumber, Turkey, Ham, Cheese, French Dressing, Oat Bread, Pineapple Tidbits, Milk</p>	<p>29 Sweet Potato Encrusted Fish Fillet, Tartar Sauce, Brwn Rice, Calif. Blend, Wht Roll & Margarine, Pineapple Juice, Slice Strawberry Shortcake, Milk</p>	<p>30 Eggplant Rolatini, Marinara Sauce, Pasta w/ Marinara Sauce, Parm. Cheese, Tossed Salad, Carrot Ital Dressing, Breadstick & Margarine, Grapes, Milk</p>



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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, and an introduction to the Internet.

Tuesdays, July 30th – August 27th 1:00 to 2:00pm

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. **Thursdays, June 20th –**

Thursdays, August 1st – August 29th 1 to 2 pm

Fee: R \$42 NR \$52 (5 classes)

E-Bay: Buying and Selling Online

This is sure to be a fun class! 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. Also 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, & questions you may have. Classes are 2 hours.

Tuesdays, July 30th – August 13th 10 to 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.

Ongoing Activities at the Senior Center

Bridge	Thursdays	1– 4 pm	Hand & Foot	Fridays	1– 4 pm		
Canasta	Tuesdays	1– 4 pm	Knitting Group	Thursdays	10a-12p		
Mah Jong	Thursdays	1– 4 pm	Poker	Wednesdays	1– 4 pm	Don't sit at home, come join the <i>fun!</i>	
Kings in the Corner	Tuesdays	1– 2 pm	Bocce	Thursdays	9-11 am		