



# Trends & Traditions



August 2014



Madison Senior Center

## Fort Griswold and Ebenezer Avery House

The Americans who were chased out of Fort Trumbull at the end of the Revolutionary war, found refuge at Fort Griswold, East of the Thames River. Explore the Ebenezer Avery House (admission is free), where soldiers were brought to tend to their wounds. The house is fully restored and furnished to reflect daily life during the Revolution. Bring your picnic lunch to enjoy.



Fri., August 15<sup>th</sup> at 9:30am

Bus fee: \$3

## Otago Strength & Balance Exercise Presentation

Mary Jane Fegan of Rehab Concepts, presents the *Otago Strength and Balance* program, an individualized program proven to reduce falls by 35-40%. Otago can also increase your energy level, help maintain your independence to participate in life's activities and help you feel safer, happier and more secure in your home. If you have fallen during the past year, are concerned about falling, have problems getting in and out of your chair, are unsteady on your feet or have difficulty walking, you should attend! Caregivers welcome! Screening to follow for those who are interested. **Pre-registration is required**

Tuesday, Aug. 26<sup>th</sup> at 10:45 am

FREE

## MIDDLEBURY CONSIGNMENT

A beautiful showroom displaying furniture and decorative accessories. One of Connecticut's premier consignment destinations for shopping and enjoy lunch on your own in their café.



Friday, August 1<sup>st</sup> Depart at 10am Bus fee:\$5

## Co-Creating Art

Space in the MSC Café for artists to come paint, draw, create and inspire each other in the air conditioned Café.

Tuesdays-1:30-3:30pm



## The Adventurous Culinary Club

Come on a culinary adventure to explore cuisines from around the world and to make new friends! Go somewhere new for lunch every month (*on your own*). Prices vary, stop in for a copy of the menu. In August we visit **Aqua in Clinton**.



Fri., Aug. 22<sup>nd</sup> Depart MSC at 11:30am Bus Fee \$2

## Jamie Cat Callan Local Author "Ooh LaLa"

Learn a french women's secrets to feeling beautiful every day. Jamie Cat Callan is an American gal who grew up under the tutelage of her mysterious and elegant French grandmother. She's traveled to France many times and interviewed hundreds of French women (*and more than a few men*), to find out their secrets for love, romance, marriage and how they keep their *ooh la la!*

Please call to register. Mon., August 25<sup>th</sup> 1:00pm

## "New" Ballroom Line Dancing



Reminisce with songs and dances you love, enjoy the memories they evoke while having fun and getting fit. Your instructor, Karen Pfrommer, certified through the Imperial Society of Teachers of Dance, began teaching in the 80's, and in 1991 opened her own dance studio "Dance in Rhythm", in Branford. She currently teaches two ballroom classes at Quinnipiac University, as well as, coaches the Yale Ballroom Newcomer team and club and is the instructor for Sacred Heart University Ballroom Ensemble. **No class Oct. 13<sup>th</sup>**

Mon. Sept. 9<sup>th</sup> - Oct. 20<sup>th</sup> - 2 to 3 pm Fee: \$37R/\$47NR  
Dancing Demonstration: Wed., August 20<sup>th</sup> 12:45pm

## TV Series Band of Brothers.

Escape the afternoon heat, sit back, relax, and enjoy the TV series *Band of Brothers*. A story of E Company of the US Army 101st Airborne Division and their mission in WWII Europe. The series is drawn from interviews with survivors of Easy Company, as well as their journals and letters. *Band of Brothers* chronicles the experiences of these men from paratrooper training in Georgia through the end of the war. Based on Stephen E. Ambrose's acclaimed book of the same name.



Aug. 11<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup>, Aug. 18<sup>th</sup>- 21<sup>st</sup>, Aug 25<sup>th</sup> - 28<sup>th</sup> 12:45pm

## NURSES CLINICS

VNA Community Healthcare holds a Nurse Clinic on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of each month. A Registered Nurse is available to check your blood pressure, pulse and weight, assess your health, and work with you to set goals. The Nurse can also review your medications and help you to create a medication list, as well as discuss how to prepare for an appointment with your doctor.

Mon., August 11<sup>th</sup> & 25<sup>th</sup> 12-1:30pm





### 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

Chair: ..... Maureen Lopes  
 Vice-Chair ..... Dr. Gerard Kerins  
 Members..... Mitchell Cohan  
 ..... Patricia Melady  
 ..... Sheri Puricelli  
 ..... Wendy Oberg  
 ..... Marcy Sanders  
 ..... Craig Bernard  
 ..... Susan Woodall

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

*The next meeting will be*

**August 14<sup>th</sup>, 2014 at 5:30pm**

### LIAISON TO BOARD OF

SELECTMEN.....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 ..... Domenick Vitti  
 Café Manager..... Jodie Shevlin

Summer sure is flying by. I can't believe we are publishing our August Newsletter already. We are a month into our new *My Senior Center* registration system and we are very happy with the progress we have made. Change is not easy, and I thank my wonderful staff and our seniors for their willingness to accept this new system. To thank you for your registrations, during the month of August when you swipe in you will be entered into a raffle. At the end of the month we will announce the winner!!

Have you seen me on television? Each month I film a television show which broadcasts on Madison Public Access. The show consists of a "What's Happening" segment and an interview portion where I have a guest speak about a topic important to seniors. The program is on a couple of times a day at different times throughout the month. If you have topics you would like me to discuss, please let me know and I will be sure to bring it up.

I hope you take the time to stop in and check out what is happening at the Madison Senior Center. Enjoy the rest of your summer season and stay cool during the coming dog days.

*Austin*

### *Director's Pick of the Month...*

My pick of the month for August are the free "*Nurse's Clinics*" provided by the Visiting Nurse Association. The clinics are held the 2<sup>nd</sup> and 4<sup>th</sup> Mondays of the month from 12:00pm-1:30pm and are open to the public free of charge. During the clinics, a Registered Nurse from the VNA will give you one-on-one care and provide you with information tailored to fit your medical needs. The Nurse is able to check your blood pressure, weight, pulse and help you set goals for future clinics. The Nurse will also go over all of your prescriptions and help you develop a list for you to keep on hand as a reference. The RN will also help you prepare to go on a doctor visit. They will help you cultivate a list of questions to ask, questions about your treatments, medications and anything else that will help you get the most out of your doctor's visit. It's like having a Registered Nurse in the family that you can call on to answer all of your questions. I urge you to take advantage of this very worthwhile and free program.

### **"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.**

## RENT REBATE

**Application intake begins Friday, May 16<sup>th</sup> 2014**

Participants will receive a one-time check in the fall to help offset rental expenses. Participants must submit proof of income for 2013, proof of rental, heating, electric, & water payments made in 2013. Eligible participants are age 65 & over or disabled & have incurred rental expenses in 2013, in Connecticut. Applications will be accepted for PREVIOUS and NEW Applicants. **2013 max. income: single: \$34,100 & couple: \$41,600**

## FARMERS MARKET COUPONS ARE HERE!!!!



Eligible participants enjoy CT Grown fruits, vegetables, fresh cut herbs, & honey from local Farmers' Markets. To be eligible: age 60 or older or are disabled and living in senior housing, and participating in another program that has means testing and meet income requirements. Eligible participants receive \$15 in coupons, good at the Madison Farmer's Market. Coupons are currently available. The market is open on the town green on Fridays from 3 to 6pm until the end of October.

**Single Maximum Monthly income: \$1,773 and Couple: \$2,393.**

## 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 is one who is 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: \$1,671, Couple: \$2,248.**

## THINKING OF VOLUNTEERING?



Looking for volunteers to assist in a variety of areas at The Madison Senior Center. Do you have a favorite activity or craft you would like to teach others? Some additional areas we need assistance are: greeters to help direct and assist visitors, assist with the new computer check in process, answer phones, assist with newsletter, and Meals on Wheels volunteer drivers.

Please contact the Senior Center at (203) 245-5627 to express interest

## 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 or filing deadline for this program.

**Monthly Max. Income: Single: \$2,393.58 & Couple: \$3,225.06**

## 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 3<sup>rd</sup> Tuesday of the month.

**Tuesday, August 19<sup>th</sup> 11 am-12pm FREE**



## IMPORTANT INFORMATION: CHANGES IN CERTAIN SOCIAL SECURITY SERVICES

To meet the increasing demands for their service, social security needs to make changes in how they provide some services to their customers. To protect the integrity of the Social Security Number and to prevent fraud, they will discontinue providing Social Security number printouts effective August 1st, 2014. If you need proof of your Social Security Number and you do not have your Social Security card, you will need to request a replacement Social Security card by completing the *Application for a Social Security Card (Form SS-5)* and provide the required documentation.

Also effective October 1st, 2014, Social Security will stop providing benefit verification letters in our offices. You will still be able to get an instant letter online with a personal ***My Social Security*** account or you may call us toll-free.

See steps below to request a replacement Social Security card or to obtain your benefit verification letter. We also encourage you to visit [www.socialsecurity.gov](http://www.socialsecurity.gov) to learn about the many convenient online services available to you.

### HOW TO GET REPLACEMENT SOCIAL SECURITY CARDS

Your Social Security card is your legal proof of your Social Security number. If you need proof of your number, and you can't find your card, you will need a replacement card. To get a replacement card, you must complete an Application for a Social Security Card (Form SS-5), which you can find online at [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber). You also will need documents proving you identity, age, and citizenship or lawful immigration status.

In most cases, you can take, or mail, your completed application and original documents to any Social Security office. Go to [www.socialsecurity.gov/locator](http://www.socialsecurity.gov/locator) to find the Social Security office or Social Security Card Center that serves your area. After processing, they will return your documents to you.

### HOW TO GET BENEFIT VERIFICATION LETTERS

If you need proof of your Social Security or Supplemental Security Income benefits, you can get a benefit verification letter online instantly through a ***My Social Security*** account. To create an account, visit [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). With ***My Social Security***, you can easily view, print or save an official letter that includes:

- Benefit amount and type; Medicare start date and withholding amount (if applicable), Age.

If you are unable to go online, call their toll-free number, 1-800-772-1213 (TTY 1-800-325-0778) to request your that letter be mailed to you. You also can use your annual cost of living adjustment notice or SSA Form 1099 as proof of income from Social Security.

## FACTS ABOUT MEDICAID (Title 19)

Medicaid, also known as Title XIX, can pay for health care for low income Connecticut residents who are receiving State Supplement benefits; disabled or legally blind; 65 years old or more; a child under 21 years of age; the caretaker relative of a child under age 19; or pregnant.

Medicaid pays for many medical services, such as doctor visits, Rx drugs, inpatient and outpatient hospital care, laboratory services, home health care, nursing home care, transportation necessary to receive medical care and various other services. Some services may need prior approval from the Department.

If you qualify, you will receive a Connect card or Managed Care insurance card. Show the card to your doctor or other health care provider when you need medical care. If your doctor or health care provider participates in Medicaid, your bill will be paid by the State, minus any other health insurance you may have.

### How to Qualify

To qualify, you must meet an income limit of \$506.22 for a single and \$672.10 and an asset limit of \$1,600 for a single person and \$2,400 for a couple. The income limit for a single person in a nursing home is \$2,094. **People who have too much income still can get Medicaid by deducting medical bills from their excess income. This process is called a spend-down.** There are limits on what you can have for life insurance, motor vehicles, burial funds, and non-home properties.

### Transfer of Asset Penalties

These apply only to individuals who receive long term care. Individuals residing in the community may transfer assets without penalty, unless they receive home and community based services. A penalty may result if an asset is transferred within 60 months of the date the individual enters a nursing home for less than the fair market value of the asset.

### If you own a home

Be aware, if you own a home and are planning on staying in a nursing home, once your home is sold, DSS will be reimbursed for what was paid for your nursing home care. If your spouse wishes to remain in the home, DSS will not force you to sell the home.

### Pre-paid Burial Contract and Whole Life Insurance Policies

If the total of your life insurance policies is less than \$1500 they do not count as an asset. If the total is more you must verify the cash surrender values of each policy, and those values will be counted as an asset.

You can have a funeral contract with a CT funeral home, with a value up to \$5400, or with a funeral home outside of CT if the contract is irrevocable.

**For more details or to apply, please contact Heather (203)245-5687.**

**LEGAL ASSISTANCE**

Thurs., Aug. 21<sup>st</sup> 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.

**HEARING CLINICS**

Nancy Jablonski, owner and licensed audiologist of Audiologist Concierge will be at the Madison Senior Center on the 3<sup>rd</sup> Monday, monthly, for free hearing testing, hearing aid checks, wax inspection, and listening demonstrations.

**By appointment only.**

Monday, Aug. 18<sup>th</sup> 1-4 pm



Thursday, August 28<sup>th</sup>  
Meets at 1 pm to discuss  
"A Train in Winter"

*Discussion led by Barbara MacDonald*

**"Madison Seniors Supper Club"**

Formerly "The Singles Group"

Do you like to do things, but not alone? At the supper club you can join others for activities and fun events. Looking for new members, both men and women, and **new ideas**. Meetings are the 2<sup>nd</sup> Thursday of every month at 5:30pm. at a local restaurant.

Aug. 14<sup>th</sup> *The Wharf* at the Madison Beach Hotel

**End of the Summer Picnic**

Mark your calendars for our End of the Summer Picnic planned in partnership with the Hearth on Tuxis Pond. More information to follow in the September Newsletter.

Wed., Sept. 3<sup>rd</sup> 11:30-2:00 Fee: \$8

**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.

**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; there is a suggested donation of \$3.00. **To order: call Jodie, (203) 245-5686 by Noon the day before.**

**MATINEE @ MSC**

**FREE**

**Fridays at 1:00 pm**

Aug. 1<sup>st</sup> Second Hand Lions  
Aug. 8<sup>th</sup> Emperors Club  
Aug. 15<sup>th</sup> Must Love Dogs  
Aug. 22<sup>nd</sup> Catch Me if You Can  
Aug. 29<sup>th</sup> Full Monty

**"Musical Wednesday"**

The last Wednesday of the month

August 27<sup>th</sup> 12:45pm

*Chicago*

Cool off, enjoy some popcorn and a movie

**Summer Outings**

*please note: lunch on your own*

Mon., August 4<sup>th</sup> at 11:45 - *Marley's* in Essex, **Bus Fee: \$2**

Mon., August 18<sup>th</sup> at 11 - *Abbotts* in Noank **Bus Fee: \$3**

Mon., August 25<sup>th</sup> at 10:30 - *Olive Garden and Trader Joe's* in Orange **Bus Fee: \$3**

Fri., August 29<sup>th</sup> at 12:45pm - *Ashley's Ice Cream & Scenic Drive* **Bus Fee: \$2**

**ROOT BEER FLOAT & PRIZE BINGO**

Try your luck and cool off with Root Beer Float Bingo!  
Wednesday, August 6<sup>th</sup> 12:45 at MSC Fee: \$2

**Italian for Conversation**

This four-week course will include basic greetings, numbers (telling time), days of the week, months of the year, asking questions, shopping and phrases for travel and ordering in restaurants. Enjoy the journey. 4 weeks

Tue., Sept. 15<sup>th</sup> - Oct. 6<sup>th</sup>  
10:30-11:30am **R \$29 NR \$39**

**Tai Chi Silk Reeling (Chan Ssu Jing) Class**

A form of Tai Chi that involves reeling movements that are slow and benefit the whole body, while increasing one's flexibility, joint movement and balance.

**Very popular, so sign up fast!**

Thurs., Sept. 11<sup>th</sup> - Oct. 2<sup>nd</sup>  
9- 10 am **Fee: R\$30 NR \$40**

### Exercise With Patty Velleca

#### CHAIR EXERCISES

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



**Mondays - 10:30 to 11:30am**

Aug. 4<sup>th</sup>-25<sup>th</sup>

R\$17.00/NR \$27.00

4 classes

**Fridays - 10:30 to 11:30am**

Aug. 8<sup>th</sup>-29<sup>th</sup>

R\$17.00 | NR \$27.00

4 classes

#### SENIORS IN MOTION

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

**Wednesdays - 10:30 to 11:30am**

Aug. 6<sup>th</sup>-27<sup>th</sup>

R\$13.00 | NR\$23.00

4 classes

#### EXERCISE & RELAX YOGA

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

**Tuesdays 9:30-10:45am**

Aug. 5<sup>th</sup>-26<sup>th</sup> no class on Aug. 12

R\$27.00 | NR\$37.00

3 classes

#### FITNESS & MOVEMENT

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

**Mondays - 9 to 10am**

Aug. 4<sup>th</sup>-25<sup>th</sup>

R\$17.00 | NR \$27.00

4 classes

**Wednesdays - 9 to 10am**

Aug. 6<sup>th</sup>-27<sup>th</sup>

R\$17.00 | NR\$27.00

4 classes

**Fridays - 9 to 10am**

Aug. 8<sup>th</sup>-29<sup>th</sup>

R\$17.00 | NR\$27.00

4 classes

### ॐ Body, Mind & Spirit ॐ Workshop

Take an afternoon to reconnect your body, mind and spirit through conversation, gentle movement, relaxation and contemplation. Bring a mat, a small pillow and a water bottle.

Classes held the 3<sup>rd</sup> Tuesday monthly.

12:30-4pm

\$12.50R | \$17.50NR

## TAICHI

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** July 28<sup>th</sup>- Aug 25<sup>th</sup>  
(5 weeks) **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.

*Tap shoes & registration required.*

**Thursdays from 10-11am FREE**

**With Instructor: Thurs. Aug. 7<sup>th</sup>**

**Fee: \$12**

## TECH SUPPORT

*Have an iPad or a smart phone and don't know how to use it? "Facebook & Skype" What's that?* 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 "drop-in"** learning sessions. Teen Volunteers will be available to answer your questions. Last session is 8/13 During the summer, support held on **Wednesdays from 10-11am FREE!!**

## Health Seminars

### Managing Your Back Pain

Middlesex Hospital's Rehab Department presents ways to manage your back pain.

**Thursday, August 28<sup>th</sup> at 10:30 Free**

### Balance & Incontinence

Branford PT Phyllis Quinn  
Free Pre-registration required

**Thursday, August 14<sup>th</sup> at 10:30 Free**

## 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 30<sup>th</sup>, 2015.**

**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. Will start up again in September!

### 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**

### Walkie Talkies!!



Get moving by becoming a member of the walking club. If you are tired of walking alone and want to meet other walkers, join us!

**Mondays & Tuesdays 9:00am.**

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



### New Smart Driver Course

AARP Driver Safety is offering its newly revised Smart Driver Course at The Madison Senior Center. The classroom **Fee: \$15 for AARP members \$20 for non-members.** *To get the member fee you will need to bring your current AARP Membership card.*

The 4-hour AARP Smart Driver course teaches valuable defensive driving skills and provides a refresher of the rules of the road. Payment is required with registration. Please make checks or money orders payable to AARP.

**Wed., Aug. 13<sup>th</sup> 12 pm-4pm**

Can't Make it in August?

*Future Classes: , Sept. 10<sup>th</sup>, Oct. 8<sup>th</sup> & Nov. 12<sup>th</sup>*

**Mohegan Sun Friday**

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

**Friday, August 8th****Fee: \$7****The Company Men**

Classy, funny, charming and witty, *The Company Men* have a unique talent for combining timeless classics with today's hits and turning them into a brilliant musical. Old Hollywood charm, dynamic choreography, and harmonies add to their musical creations. Family style lunch of Salad, Pasta, Chicken ala Kathryn and Broiled Scrod with Spinach and Tomato topping, Vegetables, Potato, Rolls, Dessert and Beverages. Transportation included. **Depart the MSC at 10:15am.**

**Aqua Turf****Wednesday, August 13<sup>th</sup>****Fee: \$77R | \$82NR****Saratoga and Lake George****Wednesday, August 13<sup>th</sup>—Friday, August 15<sup>th</sup>**

*Day One:* Travel into the Adirondack Mountains to Saratoga Springs, NY, home of Saratoga Racetrack, where you will enjoy the finest horse racing in the world. After the last race, travel to your home for the night, The Queensbury Hotel. Dinner is included with a choice of entrees. *Day Two:* After breakfast (included) hop on board the Saratoga and North Creek Railway for a two hour scenic train ride. Following the tour, explore North Creek, where you can shop and have lunch on your own. Tonight's dinner is also included, at the Georgian Lakeside Resort, with a show to follow. Marvel at entertainer Laura Roth, who will perform a show of extraordinary characterizations of Bette Midler, Cher, Marilyn Monroe, Judy Garland and more. *Day Three:* After breakfast (included) board "Lac du Saint Sacrament" for a two hour cruise on Lake George that includes a wonderful buffet lunch. Explore Lake George Village before heading home. There may be multiple stops and departure time TBD. **Resident pricing:** \$646<sup>00</sup> pp single, \$504<sup>00</sup> pp double, \$484<sup>00</sup> pp triple. **Non Resident Pricing:** \$651<sup>00</sup> pp single; \$509<sup>00</sup> pp double; \$489<sup>00</sup> pp triple.

**Block Island****Tuesday, August 19<sup>th</sup>**

Travel by ferry to beautiful Block Island, RI. The island is much as it was 200 years ago—unspoiled, unhurried. A local guide will meet the bus for an insightful, narrated tour of the island. Stop at the National Hotel for lunch, with a choice of Herb Baked Salmon, Pan Fried Chicken or a Jumbo Crab Cake each served with all the trimmings. After lunch, finish the tour and return to the mainland. Transportation, roundtrip ferry ride from Port Judith, narrated Island Tour, lunch at the National Hotel are all included in the price. There may be multiple stops, **departure time to be determined.**

**Fee: \$114R | \$119NR****Cruising Through****Tuesday, August 26<sup>th</sup>**

Hop on Board the Lady Catherine in Haddam, CT. Enjoy cruising down the picturesque Connecticut River, while enjoying a delicious lunch buffet. Following the cruise, head to the famous Apple Barrel at Lyman Orchards. This unique market has become known throughout New England as a favorite destination for fun and great food! Price includes motor coach transportation, Lady Catherine Luncheon Cruise and drivers gratuities There may be multiple stops.

**Fee: \$97R | \$102NR****Ivoryton Playhouse****La Cage Aux Folles****Wednesday, August 27<sup>th</sup>**

The Tony Award winning musical *La Cage Aux Folles* remains one of the all-time biggest hits, adding a new dimension to the boulevard comedy. After twenty years of unwedded bliss George and Albin, two men partnered for better-or-worse, get a bit of both, when George's son announces his impending marriage to the daughter of a bigoted, right-wing politician. Albin tries to help make a perfect family, with hilarious results. Transportation is included. **Depart MSC at 1:15pm**

**Fee: \$35R | \$45NR****Mohonk Mountain House****Friday September 5<sup>th</sup>**

Join us for Music Week at the beautiful and elegant Mohonk Mountain House located in New Paltz, NY! This "unspoiled resort" has over 2,000 wooded acres and beautiful landscapes, with the main building, a Victorian-style castle, sitting lakeside. You'll feast at the fabulous Grand Buffet for lunch and have time to stroll through the award winning gardens or relax by the lake. Celebrate music week with two concerts throughout the day. Music acts vary from classical, contemporary, Broadway, to big band and everything in between! You will also get to enjoy a trip to the Mohonk Barn Museum, one of the largest barns in the

Northeast. Complimentary tea and cookies will follow the performance and before departing you will receive a 15% discount in the gift shop. Price includes transportation, buffet lunch, barn museum, and driver's gratuity. There may be multiple stops.

**Please arrange for pick up from the Madison Senior Center. Departure time TBD**

**Fee: \$119R | \$124NR****The Big E Fair****Wednesday, September 17<sup>th</sup>**

The Big E, "New England's Great State Fair," is the premier event of fall with nearly one million guests passing through the gates every September. Located in West Springfield, Mass., it is ranked among the top fairs in the country. Prices include motor-coach transportation, admission into the Big E and driver's gratuity. There may be multiple stops. *Please arrange for pick up from the Madison Senior Center* **Please note this trip requires extensive walking.**

**Departure time TBD. Fee: \$52R | 57NR**

**Yakov****Foxwoods****Wednesday, September 17<sup>th</sup>**

Fans who loved comedy of Russian born entertainer Yakov Smirnoff throughout his extensive career on television, the silver screen and Broadway, can experience the hilarity once again with Yakov Live! In his new national tour, audience members will enjoy Yakov's insightful and laughter-filled philosophy on life, love, family and country. The *New York Times* called his one-man show, "warm-hearted, delightful and splendidly funny." Package includes transportation, a 2:30 show, current Foxwoods bonus package, and buffet lunch. **Depart MSC at 10am, return approx. 5:15pm** **Fee: \$44R | \$49NR**

**Celebrate Polka****Aqua Turf****Tuesday, September 23<sup>rd</sup>**

An 18 time Grammy Award winner, Jimmy Stur and his orchestra perform at the Aqua Turf. He was on the top ten list for all time Grammy Awards and more consecutive Grammy nominations than anyone in the history of musical awards. Voted the number one Polka band in the country for the past 12 years, they have appeared on shows such as "Grand Ole Opry," "Saturday Night Live," as well as television commercials for Budweiser, Pontiac and Mrs. T's Pierogies! Price includes transportation, coffee and donuts, complimentary beverage, family style luncheon, salad, pasta, stuffed cabbage, kielbasa and kraut, pierogies, vegetable, potato and dessert. **Depart MSC at 10:00.** **Fee: \$45**

**Pumpkin Festival****Keene New Hampshire****Saturday, October 18<sup>th</sup>**

Late morning departure en route to Keene, NH, where you will experience the town's 23<sup>rd</sup> Annual Pumpkin Festival. It has set 8 Guinness Book of World Records for the largest number of pumpkins. The festival features food, craft vendors, live entertainment and even a children's costume parade! Entertainment will be played on three different stages throughout the day, featuring many different artists and dancers. Bring a carved pumpkin to add to the scaffoldings in the Connecticut section, in hopes of breaking another world record of over 31,000 pumpkins. As dark begins to fall, enjoy the luminous glow as pumpkins light up the night sky. **Depart for home around 7-7:30 pm. Please arrange transportation to and from the MSC.** Price includes transportation, driver's gratuity and time at the Pumpkin Festival. *(there may be multiple pick ups)*

**Departure time to be determined.****Fee: \$54R | \$59NR****Oktoberfest****Platzl Brauhaus****Tuesday, October 21<sup>st</sup>**

Travel to the well known Platzl Brauhaus in Pomona, NY for an Oktoberfest Celebration. The fun begins while you enjoy delicious homemade donuts and danish served with hot coffee or tea. Later, revel in an Oktoberfest dinner including a choice of Roasted Half Chicken, Roast Pork Platter, or Sauerbraten. Also enjoy spare ribs, red cabbage and sauerkraut served with all the trimmings. soda, beer and apple cider will be served throughout the day. Dessert is fresh apple pie! Feel free to dance or sing along with the German band and dancers performing all day long! Come and enjoy all the music, excitement and great food of these October festivities! Price includes transportation, festivities, family-style luncheon and driver's gratuity.

Departure time: to be determined *(there may be multiple pick ups)***Fee: \$90R | \$95NR****Las Vegas & Atlantic City Legends Show****Aqua Turf****Tuesday, October 28<sup>th</sup>**

Critically acclaimed impressionist, Mark Verselli captivates audiences with an ever-changing cast of characters, which now includes over 120 personalities. Holy Faris is a one woman show unlike anyone you have ever seen! Holy has thrilled audiences from coast to coast with her assortment of celebrity impersonations and comedy. Coffee and donuts, door prizes, complimentary beverage, family style lunch: salad, pasta, chicken francais, roast beef, vegetable, potato, and dessert

**Depart MSC at 10:00am****Fee: \$45R****Say Goodnight Gracie****Ivoryton Playhouse****Wednesday, October 29<sup>th</sup>**

The life, laughter and love of George Burns and Gracie Allen. This Broadway play invites you to spend a hilarious, heart-warming afternoon in the uplifting company of the world's favorite and funniest centenarian. George Burns, who spanned one hundred years of American entertainment history, is now miraculously alive and kicking in a stunning tour de force. **Say Goodnight Gracie** was Broadway's third longest running solo performance show and was nominated for a 2003 Tony Award for BEST PLAY and won the 2003-04 National Broadway Theatre Award for Best Play! **Depart MSC at 1:15** **Fee: \$35R/\$45NR**

**It's All About the '50's****Costa Azzurra, Milford, CT****Thursday, November 6<sup>th</sup>**

You can't beat the scenic water views of Long Island Sound and Charles Island, making for a breathtaking dining experience. After lunch, enjoy the performance, "It's All About the Fifties." Tap your feet and sing along as "Big John" Hartman walks you through the many styles of music that came over the airwaves during this incredible decade. A talented pianist and singer, "Big John" also plays the banjo and ukulele. This fabulous '50's Getaway is not to be missed! Lunch is included today at this delectable Italian restaurant. Choice of the following entrees: Sliced Sirloin Steak, Stuffed Sole or Chicken Parmesan. Price includes transportation, driver's gratuity, luncheon and show. There may be multiple stops. **Fee: 70\$R/75\$NR**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please make your reservation with Jodie Shevlin at (203) 245-5686 by 12 Noon the day before you plan to come for lunch. Also please note we will be closed August 12<sup>th</sup> for Primary Voting at the Senior Center.</p>				<p>1 Whole Grain Veg. Lasagna, Caesar Salad, Croutons, Caesar dressing, Garlic, Breadstick, Pineapple, Milk</p>
<p><b>4 Happy Birthdays</b> Sliced Pork w/ Gravy, Apple Stuffing, Mixed Veg, Roll, Applesauce, Grape Juice, Iced Vanilla Cake, Milk</p>	<p><b>5</b> Philly Cheesesteak with onions and peppers, Steak fries, Green Beans, Mandarin Oranges, Milk</p>	<p><b>6</b> Ziti Primavera w/ Chicken, Spinach Salad w/ Mushrooms &amp; Vinaigrette, Italian Bread, Apple Juice, Sherbet, Milk</p>	<p><b>7 Taste of Italy</b> Cannelloni Cheese pasta w/ White Sauce, Cauliflower &amp; Zucchini, Baked Tomato Half, Italian Bread, Mousse, Milk</p>	<p><b>8</b> Herbed Baked Chicken, Israeli Couscous, Fresh Zucchini, Dinner Roll, Peaches, Milk</p>
<p><b>11</b> Tilapia with Lemon and Dill, Oven Roasted Potatoes, Spinach, Rye Bread, Pineapple, Milk</p>	<p><b>12</b> <b>No Lunch Served Today</b> <b>CLOSED FOR PRIMARY VOTING</b></p>	<p><b>13</b> Spaghetti &amp; Chicken Meatballs in Marinara, Tossed Salad w/ Carrot, Vinaigrette, Garlic Bread, Cranberry Juice, Italian Ice, Milk</p>	<p><b>14</b> Sliced Turkey with Gravy, Baked Sweet Potatoes, Green Beans, Cranberry Sauce, Wheat Bread, Peaches, Milk</p>	<p><b>15</b> Vegetarian Soup w/ Crackers, Spinach Quiche, 3-Bean Salad, Wheat Dinner Roll, Grape Juice, Choc. Chip Cookie, Milk</p>
<p><b>18</b> Stuffed Chicken, Rice Pilaf, Country Style Veggies, Rye Bread, Fresh Fruit, Milk</p>	<p><b>19</b> Spinach Grandioli, Ravioli with Marinara, Parmesan Cheese, Tossed Salad with Cucumbers &amp; Ital. Dressing, Ital. Bread, Fruited Jello, Milk</p>	<p><b>20</b> Chicken Gumbo Soup, Crackers, Crab Cake &amp; Tartar Sauce, Swt. Potato Fries, Colesaw, Pumpnickel Bread, Pears, Milk</p>	<p><b>21</b> Pot Roast, w/ gravy, Mashed Potato, Fresh Zucchini &amp; Yellow Squash, Dinner Roll, Cranberry Juice, Carrot Cake, Milk</p>	<p><b>22</b> Cold Cut Grinder with Turkey, Ham, Cheese, Shredded Lettuce and Tomato on Grinder Roll, Mustard, Carrot-Raisin Salad, Fruit Cocktail, Milk</p>
<p><b>25</b> Hamburger on Wheat Bun, Baked Beans, Carrots, Pineapple Juice, Ice Cream Cup, Milk</p>	<p><b>26</b> BBQ Chicken, Macaroni and Cheese, Green Beans, Wheat Dinner Roll, Fresh Fruit, Milk</p>	<p><b>27</b> Sweet &amp; Sour Pork, Brown Rice, Oriental Blend, Bread, Mandarin Oranges, Milk</p>	<p><b>28 Labor Day Fest!</b> Hamburger w/ Roll, Cheese, L&amp;T, Summer Veg. Blend, Ger. Potato Salad, Blueberry Parfait, w/ Vanilla Pudding, Milk</p>	<p><b>29</b> Lightly Breaded Fish, Mashed Sweet Potatoes, Peas &amp; Pearl Onions, Herbed Breadstick, Mixed Fruit Juice, Coffee Cake, Milk</p>



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### Computer Basics For Beginners

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### IPad for Beginners

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

**July 24<sup>th</sup>- August 21<sup>st</sup> Thursdays, 1 to 2:00pm Fee: R \$42 | NR \$52 (5 classes)**

### E-Bay: and "New" Crag's List

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. 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, and a pad and pencil. Classes are 2 hours. If you have your own laptop, please bring it with you.

**August 5<sup>th</sup>- August 26<sup>th</sup> No class on Aug. 12<sup>th</sup>. Tuesdays, 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

Canasta	Tuesdays	1- 4 pm	Hand & Foot	Fridays	1- 4 pm
Bridge	Thursdays & Fridays	1- 4 pm	Knitting Group	Tuesdays & Thursdays	10a-12p
Mah Jong	Thursdays	1- 4 pm	Poker	Wednesdays	1- 4 pm
Crocheting w/ Plastic Bags	Wednesdays	1-3 pm	Walking Club	Mon and Tues.	9:00am

**There's  
 LOTS  
 to do at the  
 Madison Senior Center**

