

Trends & Traditions

AUGUST 2015

Madison Senior Center

CASH MOB

You may ask, what is a “Cash Mob?” The answer is a group of people, in this case the Madison Senior Center, who assemble at a local business to make purchases. The purpose is to support both the local business and the overall community. This month, “*Elizabeth’s Cafe*” is offering us 10% off! **To participate you must register with the Madison Senior Center. Friday, August 7th, Depart MSC at 11:30am Fee: \$2**

The Adventurous Culinary Club

Come on a culinary adventure to explore cuisines from around the world and make new friends! Go somewhere new every month. Lunch on your own, prices will vary. This month enjoy lunch at Abbott’s in Noank, CT.



Fri., August 21st Depart MSC at 10:00 am Bus Fee: \$2

Sunflower Maze at Lyman Orchards

Lose yourself amid 350,000 blooming red and yellow sunflowers; wander along miles of pathways and enjoy fun trivia along the way! Experience Connecticut’s original Sunflower Maze and help a great cause. \$7 entrance fee for the maze, \$1 of which is donated to CT Children’s Medical Center. Enjoy 10% off Lunch at their Deli. Bring your sneakers for some walking. *Note: you do not have to do the maze you can sit back and relax and just enjoy being at Lyman Orchards.*



Monday, August 10th Depart MSC at 10:30 Fee:\$2



LUNCH BUNCH, Shopping & Adventures!

*Lunch is on your own~Bus fee \$2
minimum of 5 people needed*



Mon., August 3rd

Maritime Grill (Guilford)
Depart MSC at 10:30

Mon., August 17th Mirsinas (Old Saybrook) for breakfast;
Mini-Golf at Saybrook Point Golf Fee: \$5 & Good Humor
Ice Cream on your own Depart MSC at 9:00

Mon., August 24th

Marley’s (Essex)
Depart MSC at 10:30

Friday, August 28th The Ivory Restaurant (Deep River)
Lavender Pond Farm (Killingworth) Depart MSC at 10:45

Mon., August 31st

“Trip to Nowhere” & Lunch
Depart MSC at 11:30

MADISON SENIOR CENTER

50th ANNIVERSARY CELEBRATION AND CAFÉ GRAND OPENING



Join us as we celebrate the 50th Anniversary of the Madison Senior Center and the Grand Opening of our New Senior Center Café.

Enjoy Live Music, Presenters, 1965 Madison Trivia, Hors d’Oeuvres and much more. Making this day even more special we are welcoming our new Café Manager and Chef, Kevin Wolfe to the Senior Center family. Meet Kevin and learn about the exciting new Café service we are bringing to the Senior Center. Discover new menu offerings, learn how you can have input in the menus and try some of his tasty creations.

Please RSVP by Thursday, August 20th

**Wednesday, August 26th • 10am-1pm •
Madison Senior Center**

Ice Cream Social

Join us for an ice cream social.
Wednesday, August 5th at 12:45 Fee: \$2



Basic Italian-New Course!

Learn common expressions, phrases and essential communication related to travel, transportation, dining and sightseeing. This four week course is fun, interactive and stress free!

Instructor: Elaine Jackson pre-registration is required.

**Wednesday, Sept. 16th-Oct. 7th
minimum of 4 people needed**

**10:30-11:30am
Fee: \$36R | \$46NR**

BRIDGE BASICS 1

An 8-week class that covers the fundamentals of the game of Bridge which will consist of play, and defense. This class is for anyone who wants to learn to play bridge. In addition to discussion, practice hands will be provided for actual play. Please purchase the book, **Bridge Basics 1, An Introduction**” by Audrey Grant and bring to the first class. It is available at R.J. Julia’s at a 10% discounted price of \$10.75 (*may need to be ordered*).



**Instructor: Don Brueggemann
Tuesday, Sept. 22nd – Nov. 10th**

**10-11:30am
Fee: \$60R | \$70NR**



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

DIAL-A-RIDE (203)245-5627

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

MUNICIPAL AGENT FOR THE

ELDERLY (203)245-5687



SENIOR COMMISSION

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

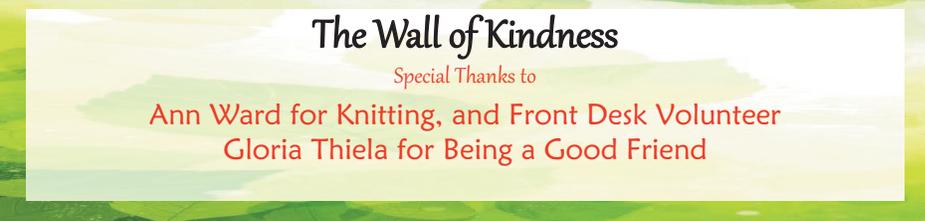
The Senior Commission meets on the second Thursday of the month at the Senior Center.

The next meeting will be August 13th, 2015 at 5:30pm

LIAISON TO BOARD OF SELECTMEN.....Diane Stadterman

SENIOR CENTER STAFF

- Director of Senior Services.. Austin Hall
- Asst. Manager Heather Castrilli
- Secretary: Ellie Gillespie
- Café Manager Kevin Wolfe
- Bus Driver: Michael Rand
- Bus Driver: Helen Sneider
- Bus Driver: Dennis Marron
- Bus Driver: Tina Macero



Novice Duplicate Bridge Game

Begin the session with a mini-lesson with the instructor. The games that follow will be “supervised,” meaning that you can ask questions about bidding or plays as you play the hands. It is best to come with a partner, but if you can’t, you can call the instructor, to be paired with someone. No reservations.

Director: Connie Graham 860-505-7833

Friday’s - 12:15- 3:30

Fee: \$6 per session



“Quilts of Joy”

with **Ellen Olson**

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

Meets Tuesday’s from 1:15-3:30 No class on 8/4

MAH JONGG GAME PLAY

It’s a game of skill, strategy and a certain degree of chance. There are many opportunities to play at MSC, we have open play on the following days:

Wednesdays: 9:30-12 & 11:30 - 3:45pm

Thursdays: 12 - 3:45pm

Fridays: 9:30-12 11:30 - 3:45pm

All are welcome!



Crochet with Mrs. Wimble



Learn how to make beautiful crocheted bags from your recycled plastic shopping bags. Please bring 2-3 colored bags, scissors and a large crochet hook, size (7-10). **Wednesday, September 9th, 1-3pm**

Ongoing Activities at the Senior Center

Bridge	Thursdays & Fridays	1 – 4 pm
Canasta	Tuesdays	1 – 4 pm
Crocheting Bags	Wednesdays re-starting Sept. 9 th	1 – 3 pm
Hand & Foot	Fridays	1 – 4 pm
Set Back	Wednesdays	12:45pm
Swedish Weaving	Tuesday’s	10am - 1pm
Knitting Group	Tuesdays & Thursdays	10am - 12pm
MSC Mah Jongg	Thursdays	1 – 4 pm
Walking Club	Mondays & Tuesdays	9am

**RENT REBATE****Application intake until Wednesday, September 30th, 2015**

Participants will receive a one-time check in the fall to help offset rental expenses. Participants must submit proof of income for 2014, proof of rental, heating, electric, & water payments made in 2014. Eligible participants are age 65 & over, or disabled & have incurred rental expenses in 2014, in Connecticut. Applications will be accepted for *previous* and *new* Applicants
2014 max. income: single: \$34,600 & couple: \$42,200

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 and \$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.

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

FARMERS MARKET COUPONS

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, & participating in another program that has means testing and meets income requirements. Eligible participants receive \$15 in coupons, good at the Madison Farmers' Market. **Coupons should be available beginning July 1st, 2015.** The market is open on the town green on Fridays from 3 to 6pm until the end of October. **Single Maximum Monthly income: \$1,814.58 and Couple: \$2,455.91**

VOLUNTEER CORNER**Madison Community Services Pantry Volunteers Needed**

MCS Food Pantry is in need of volunteers to work at the pantry on Wednesdays. **No heavy lifting required.** Volunteers can assist by:

- bag/weigh groceries • distribute frozen meat
- distribute fresh produce • distribute milk & eggs
- distribute bread/pastries.

There are 2 sessions:

AM session: 11AM – 1PM and PM Session: 1PM – 3PM.

The pantry is located at **50 Mungertown Road** (Milano Storage) Units 3 & 4. If you are interested call **Margaret Diglio** (203 804-5501) or **Vincent Diglio** (203 444-0476).

SENIOR CENTER VOLUNTEERS NEEDED

We are 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 customers, assist with computer check in process, answer phones, assist with newsletter, Meals on Wheels volunteer drivers. Please contact the Senior Center at (203) 245-5627 to express interest.

MADISON COMMUNITY SERVICES FOOD PANTRY

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

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

SNAP PROGRAM (Formerly Food Stamps).

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

**CAREGIVER SUPPORT GROUP**

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

Tuesday, August 18th, 11am-12pm FREE



We are pleased to announce Kevin Wolfe as our new Café Manager and Chef. Kevin is a wonderful addition to our Senior Center family as we look forward to watching him provide an array of beautifully prepared dishes for the seniors of Madison.

Kevin fell in love with Madison after his first visit. Kevin, his wife of 16 years, Stephanie, and his 6 year old son, Shain, recently relocated to Madison from Pennsylvania. They can be seen using all of the open spaces in town; from the spacious town Greens to the beach at the Surf Club. Kevin coaches Tee ball for Madison Little League, and serves on the Ryerson School PTO Board.

Kevin has an extensive culinary background, from fine dining restaurants to hotels and senior care. He has toured multiple regions in France which has helped him understand the diversity and influences that impact the food preparation of local cuisine. His excitement and love of food is visible through both his conversations and actions.

Kevin has an open mind and would love to speak with you about your favorite menu items and any family recipes you may wish to share.

Please help us welcome Kevin and his family to our community.

Austin Hall

Director of Senior Services



Senior Center Book Club

Thursday, August 27th
Meets at 1 pm to discuss

"Racing in The Rain" Discussion led by Barbara MacDonald

The Friday Movie Matinee at MSC

All movies begin at 1:00

8/7 "Jersey Boys" 8/14 "The Theory of Everything"

8/21 "Love and War" 8/28 "My Old Lady"

EVERYONE HAS A STORY!

*Roundtable discussion and
writing group*

Reflect on your life, relive special moments, and begin to come to terms with issues. Exercises will be exciting and help motivate you to write! All attendees should be good listeners, able to maintain confidentiality, and have a willingness to share.

Mondays, 1-2pm **Free**

Swedish Weaving

Swedish Weaving is a fun needle craft that dates back centuries. The beauty of this needle-craft is that it only requires a few items: Monk's cloth, 4-ply yarn, a #13 yarn needle, scissors, a pattern, and the desire to create a unique, impressive hand-craft. Start with a small project, instructor Dolores Sacridier will explain what is needed. New students are always welcome.

Tues. Sept. 8th - Nov. 24th 10-12pm

Bingo!

Dessert Bingo with Watrous
Friday, August 7th at 1pm

St. Margaret's Bingo
Aug. 12th 2015

ESCAPE THE HEAT AT THE MOVIES

"The Roosevelt's: An Intimate Story
Profiles Theodore, Franklin and Eleanor as the most prominent members of the most important family in history. Through their stories, PBS chronicles the history they helped to shape, from the Square Deal to the New Deal, San Juan Hills to the Western Front, to founding the United Nations.

Call to Register **FREE**

Monday's and Tuesday's starting,
August 3rd—August 24th at 12:45

MSC ART GALLERY

Join the Madison Senior Center as we welcome our latest exhibit by **Vista Art Students**. The show will run from July 6th through August 17th and is open Monday thru Friday from 8:30am-4pm (*other open times can be found by calling the Senior Center at 245-5627*).

Our next show will feature the work of photographer **Tom Benincas**, August 18th to Sept. 28th.

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

**LEGAL ASSISTANCE**Thurs., Aug. 20th 9-10am

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

**HANDICAPPED PARKING PERMIT APPLICATION**

Available in the Senior Center office

NOTARY SERVICES

By appointment only

MEDICARE COUNSELLING

By appointment only

DIAL-A-RIDE (M, W & F)

8:45am to 3:30pm (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 daily service to the MSC, and Tuesdays & Thursday service downtown, & grocery shopping.

MEALS-ON-WHEELS

by The Madison Senior Center (203) 245-5627

Meals delivered around noon to the homebound or recently recovering. **Need 5 days notice & a doctor's referral.**

**SENIOR CAFÉ**

Monday through Friday at 11:45am

Reservations needed the day before by 12pm. Call (203)245-5627, to make a reservation.

**MEET, MINGLE & MUNCH SOCIAL GROUP**

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



August 13th at
The Madison Beach Hotel

TECH SUPPORT

Have an iPad or a smart phone and don't know how to use it? Get your questions answered for free at the Madison Senior Center. Scranton Library Teen Advisory Group and Madison Youth & Family Services will be offering **free** learning sessions. Teen Volunteers will be here to answer your questions.
Mon. Aug. 3rd & 10th 4-5pm Free

Please register with Katie Fargo at the Scranton Memorial Library (203) 245-7365 to receive updates regarding cancellations and changes in programming.

MASSAGE THERAPY

Loosen up those tight muscles and get the blood flowing with a twenty minute chair massage. Let an experienced massage therapist help you achieve your wellness goals and feel better in the process. Choose between relaxation techniques or deep tissue massage, incorporating bamboo, or anything in between!

*Licensed Massage Therapist
 Susan Graham*

Offered on 1st and 3rd Friday monthly
 Call Senior Center for appointment.
 Friday, Aug. 7th & 21st Fee: \$24

CHIROPRACTIC WELLNESS SERIES

Dr. John Mastrobattisto, of *Shoreline Chiropractic* will host a **Lunch & Learn**. A practical guide on how to live with achy joints. Learn proper ways to move, sit and stand to avoid added stress on your joints. Lunch and information provided by Dr. John Mastrobattisto of Shoreline Chiropractic in Madison, space is limited, so call soon!

Tues. Sept. 29th at 12:30 **FREE**

MEDICARE SAVINGS PROGRAM

Shayla Del Giudice, an independent living advocate from Access Independence, Inc. will join us to discuss the Medicare Savings Program.

This program could add \$104.90 back into your Social Security Check each month, help pay your Medicare Part "D" premiums/deductible and may even help pay your doctor/lab co-pays.

"You've worked hard, it's your money that you have paid into the system. Let us help you get your money back.

Pre-registration required. Wednesday, September 16th at 1:00 FREE

"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.

**HEARING CLINICS**

Nancy Jablonski, from *Audiology Concierge* will be at the Madison Senior

Center on the 3rd Monday of every month, for free hearing testing, hearing aid checks, wax inspection, and listening demonstrations.

By Appointment Only August 17th

**Exercise With Patty Velleca****CHAIR EXERCISES**

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

**Mondays - 10:30 to 11:30am**Aug. 3rd-Aug. 31st no class 8/19**R\$19 | NR\$29****4 classes****Fridays - 10:30 to 11:30am**Aug. 7th-Aug. 28th No class 8/21**R\$15 | NR\$25****3 classes****SENIORS IN MOTION**

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

Wednesdays - 10:30 to 11:30amAug. 5th-Aug. 26th No class 8/19**R\$11 | NR\$21****3 classes****EXERCISE & RELAX YOGA**

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

Mondays 9:30-10:30amAug. 3rd-Aug. 31st No Class 8/19**R\$34/NR\$44****4 classes****Tuesday's 9:30-10:30am**Aug. 4th-Aug. 25th No Class 8/18**R\$26 | NR\$36****3 classes****FITNESS & MOVEMENT**

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

Wednesdays - 9:00-10:00amAug. 5th-Aug. 26th No class 8/19**R\$26 | NR\$36****3 Classes****Fridays - 9:00-10:00am**Aug. 7th-Aug. 28th No Class 8/21**R\$26 | NR\$36****3 Classes****"NEW" BASIC PILATES**

Offering a mat class with Kate Perez. All levels of students are welcome. Class utilizes the classic trainings of Joseph Pilates. Journey through the basic Mat Flow of exercises that teach you how to articulate and elongate the spine, strengthen and tone your core and make that ever important mind body connection to help you achieve balance.

Class dates:**Wed. Aug. 5th - 26th at 12 noon-1pm****(4 weeks)****Fee: R\$29 | NR \$39****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

August 3rd-August 31st (5weeks)**Fee: R\$30 | NR\$40****No Excuses Tap Dance Club**

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

Instructor Annette Smith will be here on August 6th & 20th Fee: \$12

Tap shoes & registration required. Thurs. from 10-11am FREE

Walkie Talkies

If you are tired of walking alone and want to meet other walkers. Walk with us weather permitting

Mon. & Tues. at the MSC 9:00 am- new time for the summer!

Wednesday's at 9:00 am

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

**Ballroom Line Dancing**

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

Instructor: Karen Pfrommer

Monday, Sept. 14th-Oct. 26th 2-3pm**Fee:\$37R | \$47NR****EXERCISE CLASSES WITH KRIS**

The "exercise pass" is good for 5 or 10 classes taught by Kris and is valid until the end of the fiscal year of purchase. **Fiscal Year ends: June 30th, 2016.**

5 - Class Pass - R \$40 | NR \$50**10 - Class Pass - R \$80 | NR \$90****ZUMBA GOLD**

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

Mondays - 1:00 to 1:55pm**Thursdays - 11:10 to 12:10pm****Ask the Nurse**

The VNA holds a Nurses Clinic on the 2nd and 4th Tuesday monthly. Check your blood pressure, pulse and weight; assess your health and work to set goals. The Nurse can also review your medications and help you to create a medication list, and discuss how to prepare for an appointment with your doctor. **12:30 pm on:**

Tues. August 11th and August 25th**"NEW"****Open Exercise Room**

Get off of the couch and move! Take advantage of our exercise room. Bring music and jump rope or do jumping jacks, walk, stretch, & bring your hand weights. Bring a mat for yoga, rehearse your tap or ballroom line-dance moves. The open exercise room schedules change monthly. Check the newsletter for availability.

Monday's: 12-12:45, 3:15-3:45**Tuesday's: 11-12:45, 2:15-3:45****Wednesday's: 1:15-3:45****Thursday's: 9-9:45****Friday's: 12-3:45**

**Mohegan Sun Friday**

Every turn leads to a new adventure. Food vouchers & bet coupons included. **Depart MSC at 9am. See Director's Note on page 1 for new sign up rules.**

Friday, August 14th

Fee:\$7

"On Golden Pond"

Stage-loft Theater in Sturbridge, MA

Sunday, September 20th

An aging couple, Ethel and Norman Thayer, spend each summer at their home on a lake called Golden Pond. They are visited by daughter, Chelsea with her fiancé and his son. The play explores the often turbulent relationship the young woman shared with her father growing up, and the difficulties faced by a couple in their twilight years of long marriage "*On Golden Pond.*" Pre-Show Lunch at Salem Cross Inn includes house salad, bread basket, baked scrod or roast stuffed chicken breast, vegetable and potato, ice cream cake ball with hot fudge and beverage. **Depart MSC at 8:15am return 6:30pm**

\$83 | NR\$93**"The Big E Fair" on Connecticut Day**Wednesday, September 23rd

The "Big E" New England's greatest fair, is the premier event each fall with nearly one million guests. Located in West Springfield, MA., it's ranked among the top fairs in the country. The "Big E" encompasses a wide variety of events including: The Storowton Village Museum, shopping, The Avenue of States, agricultural and livestock events, rides, horseshow, lots of food! Price includes transportation, Admission and Driver's Gratuity. with beach and recreation. Depart time TBA **Fee: \$51**

Oktoberfest

Platzl Brauhaus

Tuesday, October 20th

Travel to the Platzl Brauhaus located in Pomona, NY. The fun starts while you enjoy delicious homemade donuts and Danish served with coffee or tea. Later delight in an Oktoberfest dinner including a choice of Roast 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. A wonderful German band and dancers will perform all day! Price includes transportation, festivities, luncheon and driver's gratuity. **There may be multiple stops Departure TBD.**

Fee: R\$92 | NR \$97**Dancing in the Street**

Aqua Turf

Monday, October 26th

Latshaw Pops Orchestra presents *Dancing In The Street!* It's an unforgettable musical show featuring Doo Wop, Disco, Motown and more! You will be transported through the Fabulous 50's, the Vibrant 60's and the Disco 70's with the Latshaw Pops Orchestra, Singers and Katie Kelly Dancers! Price includes full course family style lunch, show and transportation. Depart MSC at 10

Fee: R\$65 | NR \$75**"Show Boat"**

Westchester Theater

Thursday, November 12th

Travel to Elmsford, NY for a day of entertainment and fun. Enjoy a matinee performance of "*Show Boat*" and lunch at Westchester Broadway Theater. Choice of entrée upon arrival. This wonderful musical follows the lives, loves and losses of a troupe of riverboat performers on the Mississippi, while illuminating the racial and social changes that were shaping the country from 1890-1927. Its timeless score contains some of the most beautiful, emotionally charged songs ever written, including *Old Man River*, *Can't Help Lovin' Dat Man*, and *Make Believe*. Tour includes transportation, lunch and show, and driver's gratuity. There may be multiple stops. **Departure time TBD**

Fee: R\$104 | NR \$109**"Country Diva's"**

Aqua Turf

Tuesday, November 17th

Patsy! Reba! Minnie Pearl! and the one and only Dolly! Three women performing four legends, one great show, unlike any you've seen before! Country's top legends and their # 1 hits portrayed by nationally renowned tribute artists, Wendy T, Holly Faris and Roxanne Bailey. This show is an event, there will be no dancing. Lunch includes: Salad, Pasta, Chicken Florentine, Sliced Roast Beef, Vegetable, Potato, Dessert. Price includes lunch and entertainment. **Depart MSC on 10:00am bus.**

Fee: \$50**Christmas Spectacular**

Radio City Music Hall, New York City

Friday, November 20th

Upon arrival enjoy your family style lunch at Carmine's including: Rigatoni with Broccoli and Sausage, Penne a la Vodka and Chicken Parmigiana. After lunch we will depart for Radio City Music Hall to see the world famous Rockettes! Be part of this American tradition as a new show will be introduced with a bounty of exciting segments and special effects yet still retaining your favorite classical Christmas sights and songs! This is a Holiday Getaway that can't be missed! Price includes transportation, Radio City Christmas Spectacular and lunch at Carmine's. There may be multiple stops, departure time TBA

Fee: \$173R | \$183NR

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

**Tropical Costa Rica****March 14th-March 22nd, 2016**

9 Days, 14 meals: 8 Breakfasts, 1 lunch, 5 dinners

Highlights: San Jose, Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Hanging Bridges, Arenal Volcano, Lake Arenal Cruise, Cano Negro Refuge, Zarcero, National Theatre. Costa Rica has lush forests and stunning waterfalls, exotic wildlife and endless coastlines. Upon arrival, relax and soak up the sights of your new surroundings. Tour San Jose-Doka Coffee Estate-Guanacaste which highlights the history and cultivation of coffee and its importance to the Costa Rican economy. Travel to secluded Monteverde Cloud Forest where you will take a nature walk through this spectacular ecosystem! Visit Selvatura Park, a cloud forest reserve and cruise around Lake-Arenal. Embark on a Cano Negro guided riverboat trip in a panga (covered canoe), stopping along the way to observe and photograph the wildlife that surrounds you. It may include crocodiles, river otters, sloths, river turtles, exotic birds, and rare butterflies— all known to live in the area. Visit Zarcero a well-known topiary garden, and on to Grecia, and the National theatre in San Jose. Leave Costa Rica with fabulous memories! Price includes Group Transportation from the Madison Senior Center to and from JFK International, Round Trip Air from JFK, Air Taxes and Fees/Surcharge, Hotel Transfers. **Not included is Cancellation Waiver and Insurance of \$250 per person. A deposit of \$250pp is due upon reservation. Upgrade your rate to First Class with an additional rate of Business class for \$1,290 more.**

Double \$2,479, Single \$3,029, Triple \$2,449 Must book by 9/7/15 for discounted rate, rates increase \$100 pp after 9/14/15.

America's Music Cities**April 15th-April 22nd, 2016**

8 Days/11 Meals: 7 Breakfast, 4 Dinners

Highlights: Historic RCA Studio B, Country Music Hall of Fame, Ryman Auditorium, Grand Ole Opry Show and backstage Tour, Graceland, French Quarter, Swamp Tour, New Orleans School of Cooking. **Day 1:** your tour will begin with a journey to "The Music Capital of the World", Nashville. **Day 2:** you will tour RCA Studio B for an up-close look at Nashville's oldest remaining record studio where Elvis Presley, Dolly Parton and Charlie Pride once recorded some of their classic hits! Later that day, relish in a sightseeing tour of the Music City. **Day 3:** explore *The Country Music Hall of Fame*, in Nashville then travel to Memphis on **Day 4:**, the birth place of the Blues, Rock 'n' Roll and Soul. Don your blue suede shoes when you visit Graceland, the palatial home of Elvis Presley which you will visit. **Day 5:** Step back in time and travel to New Orleans, Louisiana. **Day 6:** in New Orleans you will enjoy a walking tour in the famous French Quarter and a on **Day 7:** Enjoy a drive through Louisiana's swamp on a cruise narrated by your captain. When we return you will view a unique cooking demonstration at the New Orleans School of Cooking, indulge in everything Louisiana cuisine has to offer. **Day 8:** The tour ends with memories of the country music of Nashville, the sounds of Memphis and New Orleans' jazz and food comprise a journey full of experiences that you will have humming and smiling along after you return home. Price includes round trip airfare from Bradley International, Air Taxes and fees/surcharges, hotel transfers, group transportations to and from Bradley Intl Airport Not included in price; Cancellation waiver insurance of \$205 pp. **Travel Presentation** September 22nd at 10:30. **Must book by Oct. 8th, 2015 to receive the discounted rate**, rates will go up after 10/15 \$100pp.

Double \$2,649, Single \$3,349, Triple \$2,619 . A deposit of \$250 pp due at time of reservation

Reflections of Italy**Depart Monday, October 10th – October 20th, 2016**

10 Days 13 Meals: 8 Breakfasts, 1 lunch, 4 dinners. **Trip highlights** are Rome, Colosseum, Assisi, Perugia, Siena, Florence, Chianti Winery, Venice, Murano Island and Milan Malpensa. Tour begins in Rome. Here you will tour impressive Venezia, the Circus Maximus, the Arch of Constantine, the famous Piazza Navona and the Colosseum. Travel to Assisi, birthplace of St. Francis. Take a walking tour of the old city including the Basilica of St. Francis. Then your off to Perugia, the historic capital of Umbria. Behold the grandest squares-the Piazza IV November and delight in medieval palaces and ornate cathedrals. Next enjoy a scenic journey through Tuscany which brings you to the mystical city of Siena to explore. Arrive in Florence, "the Cradle of the Italian Renaissance," and visit the world-famous Academy Gallery to see Michelangelo's incredible Statue of David. You'll also view the Cathedral of Santa Maria del Fiore, the Palazzo Vecchio and the church of Santa Croce. We will visit Florence and Venice. Enchanting Venice awaits with 117 tiny islands and it's latticework of 150 canals and 400 bridges. We will take a boat (weather permitting) bound for Murano Islands. Next, travel to Milan where you will take in some of the city's amazing sights on a locally guided panoramic tour. Including Duomo. The trip will conclude in Milan Malpensa for a farewell dinner celebrating the end of an unforgettable trip. Price Includes; Round Trip Ground Transportation to and from airport, round trip air from J.F. Kennedy International, Air Taxes and fees/surcharge, and hotel transfers. Not included is cancellation waiver insurance of \$260 a person. There are additional pre-paid trip options such as: The Vatican museums and St. Peter's Basilica (\$80.), Tuscan Feast (\$85.), Rome By Night (\$89.), (Venetian Serenaded Gondola Cruise (\$75.) A deposit of \$250 by April 4th will save \$100 per person.

Double \$4349pp, Single \$5,049pp, Triple \$4,299pp.

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The Senior Café Menu

August



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cream of Asparagus Soup, Grilled Flank Steak with Roasted Potatoes and Corn Pudding, Pound Cake, and Milk	4 Beef Minestrone Soup, Ginger Chicken Kabobs with Brown Rice and Peas, Cherry Pie, and Milk	5 Chicken Vegetable Soup, Grilled Pork with Apples, Cinnamon Apple Cake, and Milk	6 Broccoli Cheddar Soup, Fish Taco with Soft Tortilla's, Tilapia, Lettuce and a Fresh Salsa, Orange Cake, and Milk	7 Seafood Bisque, Buffalo Mozzarella Ravioli with Feta and Beef, Chocolate Peanut Butter Pie, and Milk
10 Chicken Lentil Soup, Cavitelli Broccoli and Sausage, Cookies, and Milk	11 Navy Bean Soup with Ham Soup, Salmon Salad Club Sandwich, Strawberry Shortcake and Milk	12 Caribbean Jerk Shrimp Soup, Pork Piccata with Spaghetti and Green Beans, Chocolate Pudding and Milk	13 White Bean and Sausage Soup, Eggplant Parmigiana, Fruited Jell-o and Milk	14 New England Clam Chowder, Chicken Marsala with Mashed Garlic and Asparagus, Chocolate Cake and Milk
17 Tuscan Chicken and Pasta Soup, Quiche Lorraine with Fresh Baby Spinach Salad, Parfait and Milk	18 Corn Chowder, Balsamic Braised Chicken, Vanilla Pudding, and Milk	19 Wild Mushroom Barley Soup, Seared Bassa (White Fish) with Herbed Butter, Roasted Sweet Potatoes, Black Forrest Cake and Milk	20 Asian Pepper Steak Soup, Lasagna, Lemon Cake and Milk	21 Manhattan Clam Chowder, Pulled Pork Sandwich with a Broccoli Slaw, Apple Pie and Milk
24 Potato Soup, Grilled Chicken & Avocado Caesar Salad, Chocolate Cream Pie and Milk	25 Chicken Noodle Soup, Turkey Cutlet, Dijonaise, Jell-o and Milk	26 50th Anniversary Celebration	27 Split Pea Soup, Grilled Salmon with a Melon BBQ Sauce, Cookies and Milk	28 Pasta Faggioli Soup, Grilled Ham, Tomato and Cheese, Blueberry Pie and Milk
31 Chicken Florentine Soup, Crab Cake Sandwich, Cheese Cake and Milk	<p><i>There are a few changes that are coming with our new lunch program. As before, please remember to make your reservation with the Main Desk at (203) 245-5627 by 12 Noon the day before you plan to come for lunch. (If you want to attend on a Monday please call by noon the previous Friday.) There will now be a flat fee of \$4 for lunch and meals can be purchased daily or you can get a 5-meal pass for \$20.</i></p>			

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AARP DRIVER SAFETY CLASS

A refresher course aimed at the age 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 12:30pm to 4:30pm

Aug. 12th • Sept. 9th

Oct. 14th & Nov. 11th

Instructor: Cliff McGuire

Fee: AARP Member \$15

Non-Member \$20

Checks made payable to AARP

Computer Seminar Help Sessions, Two to Three Hours Long

These short courses will introduce and expand your knowledge of their subjects. They are designed for new and beginning users. Bring your own laptop or tablet (if available) in lieu of using the Center's computers. Classes will be available Tues 9am-4pm, Wed. 1-4pm or Thurs. 1-4pm. Contact us to arrange a time. Registration minimum is 2 people.

The fee is \$12/per session

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EMAIL

Learn the email basics. What is an email address? How do I write and send an email? What do I do when I get an email? How do I send a picture to my friends? Can I print that picture my son sent me? How do I make and use an address book or contact list? **Registration**

THE INTERNET

Learn the basics of the Internet. Use the Internet for research, to study a topic, to read the daily news from all over the world, to visit museums online, to watch movies and listen to music. Learn how to effectively search the Internet. You will leave this session knowing how to do search and being prepared to do much more.

FACEBOOK AND SOCIAL MEDIA

Are you interested in Facebook and other forms of social media – Instagram, Twitter, LinkedIn, etc. Learn how to get started and connect with grandchildren, old friends, or even network about health issues through social media.

Computer Basics For Beginners

For those relatively new to computers. Learn the basics terminology, components etc. what can be done with a computer. If you have your own laptop or tablet, feel free to bring it with you.

Weds., Sept. 9th-30th 10 to 11:30am (4 classes)

Fee: \$63R | \$73NR

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, and entertaining. Bring your iPad & Apple password.

Weds., Sept. 9th-Sept. 30th 1-2:30pm (4 classes)

Fee: \$63R | \$73NR

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Open E-bay & PayPal accounts online, search and bid on an item, pay and complete the transaction, and find the best deal. Become an eBay seller, what it costs, how to price your items, take and upload a picture, complete the sale. Bring a camera, charged battery, & a pad and pencil. Classes are 2 hours. If you have your own laptop, please bring it with you.

Thurs., Sept. 10th-24th 10-12:30 (3 classes)

Fee: \$80R | \$90NR

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

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