

# Trends & Traditions

## MADISON SENIOR NEWSLETTER

Madison Senior Center  
29 Bradley Road  
Madison, CT 06443

# December 2011

OFFICE HOURS:  
8:30 AM – 4:00 PM  
MONDAY – FRIDAY

Website: <http://www.madisonct.org/seniors>

### SENIOR COMMISSION

CHAIR  
Maureen Lopes  
VICE-CHAIR  
Gerard Kerins  
SECRETARY  
Robert Hale

### MEMBERS:

Mitchell Cohan  
Patricia Melady  
Leslie Macarelli-Naizby  
Barry Miller  
Wendy Oberg  
Marcy Sanders

### LIAISON TO THE BOARD OF SELECTMEN

Diane Stadterman

### STAFF

Scot Erskine  
Joseph Petrella  
Heather Castrilli  
Carrie Gazda  
Ellie Gillespie

### BUS DRIVERS

Pat Cocchiaro  
Michael Rand  
Ed McLaughlin  
Helen Sneider

### CAFÉ MANAGER

Joan Waldron



Please call the Senior Center if you are interested in receiving the newsletter via email!

### TOWN WEB PAGE

[www.madisonct.org](http://www.madisonct.org)

Main: 203-245-5627

Fax: 203-318-0670

Café: 203-245-5686

### MADISON SENIOR SERVICES COMMISSION

Senior Commission meetings are scheduled for the second Thursday of the month. The next meeting is December 8, 2011 at 5:30 pm at the Senior Center.

### THE WAIT IS OVER..... WE ARE MOVING HOME!

Firstly, the Madison Senior Center staff and patrons would like to thank the First Congregational Church and their staff for allowing us to use their facility over the past 14 months and being a great help. They were gracious hosts, but now it's time to move to our new home at **29 Bradley Road**. Staff will be working on setting the facility up during the month of November with all activities and programs being moved to the new Senior Center by the first week of December. This is an exciting time, so be sure to visit us during our open house to get a tour.

### MADISON SENIOR CENTER "OPEN HOUSE"

Come join us at the new Senior Center on **Friday, December 9th from 9:00a to 12:00p** as we open our doors to the public and provide guided tours of the facility. Groups and individuals are welcome to join us, but we recommend that groups call Joe at (203)245-5627 to set up a scheduled time.

### \*\*\*\*\*CHANGES TO DIAL-A-RIDE\*\*\*\*\*

Due to State budget cuts to our transportation grant, the Dial-A-Ride Transportation Service will change from a 5-day service to a 3-day service. Starting December 1, 2011 we will only be operating on Mondays, Wednesdays and Fridays from 9:00am to 3:30pm. Tuesday and Thursday service will no longer be available. If you utilize our services, please be aware of this change and schedule your appointments accordingly. We apologize in advance for any inconveniences this may cause you. As always, please give us 48 hours advance notice for your appointment.

### WINTER BILLIARDS LEAGUES NOW FORMING

Are you stuck in the house all winter and looking for something else to do during the cold days of winter? If so, join the Madison Senior Center Billiards League and see if you have what it takes to be called a pool shark. Both individual and doubles leagues are now forming for anyone who is age 55 or older. Leagues will begin sometime in January. **All games are played in the Madison Senior Center Game Room.** There is a registration fee of \$5 for residents and \$10 for non-residents. Days and times of the league will be determined. The league will run from January to April. For more information, please contact Joe at (203)245-5627.

### SENIOR CENTER HOLIDAY PARTY

Come celebrate the holiday season on **December 21, 2011** at the Madison Senior Center. Holiday snacks and refreshments will be provided. Please bring a bag lunch or order lunch through the café. We will also be holding a cookie swap and grab bag program. Interested individuals wishing to participate must pre-register for those programs separately so we know how many people will be participating. (The grab bag will be limited to a \$5.00 maximum gift purchase) **Madison Senior Center Café. Pre-Registration is required by December 16, 2011, so we can plan accordingly. 12:00 pm start. Fee: \$3.00**

### ADOPT A GRANDCHILD / HELP A CHILD LEARN TO READ

The Madison Senior Center and Island Avenue School have joined forces and are looking for Seniors who are interested in helping grade school children learn to read. Spend an enjoyable half hour a week being read to by children, discussing stories and making a difference in the lives of students. The program will run on Tuesdays, Wednesdays and Thursdays at various times. **If you are interested in helping out, please contact Joe at the Senior Center (203)245-5627.**

## MUNICIPAL AGENT FOR THE ELDERLY INFORMATION

Please contact Heather Castrilli at (203) 245-5627 OR [castrillih@madisonct.org](mailto:castrillih@madisonct.org)

### **ANNOUNCEMENTS/CURRENT SOCIAL SERVICE PROGRAMS**

#### CHANGES TO OPEN ENROLLMENT FOR MEDICARE D

The federal government has changed the open enrollment dates for The Medicare D Program. The new open enrollment period is October 15<sup>th</sup>, 2011 to December 7<sup>th</sup>, 2011. Please take a look at your current Health & Prescription Drug Insurance. Are you happy with the coverage and cost? If not, you might consider making a change.

#### CONNECTICUT ENERGY ASSISTANCE PROGRAM

Intake begins October 3<sup>rd</sup> for Oil/Propane/Wood clients and October 24<sup>th</sup> for Electric/Gas.

The Connecticut Energy Assistance Program assists CT residents by paying for a portion of their heating costs for the winter season. To qualify, an applicant must meet specific income & asset guidelines. The asset limit for homeowners is \$10,000 & for renters the limit is \$7,000. Proof of all income, rent, & utility expenses, as well as bank statements for the 4- week period prior to the date of the application are required. **Single maximum: \$2655 per month, Couple \$3472 per month. Due to State budget cuts the Energy Assistance Benefits have been reduced. Please plan ahead as your contribution towards your heating bill will be larger.**

#### REMINDER: SENIOR & DISABLED TAX RELIEF PROGRAM

Filing period:

Wednesday, February 1, 2012 through Tuesday May 15, 2012.

The Town of Madison and State of Connecticut offer tax relief for elderly and totally disabled residents that own and occupy their property as a primary residence. There are income, age, and residency requirements in order to be eligible and qualify for the program. **Please remember to save all 2011 tax information and 1099's.**

#### TOWN OF MADISON "SAFETY CHECK LIST"

Senior Services along with the Beach and Recreation Department are trying to put together a "Safety Check List" in case of emergency-situations, such as, Hurricane Irene. The "safety check list" will be utilized in the case of an emergency, and will provide us with the necessary information so we can check in with you and make sure you are safe. To add your name to the list, please contact the Senior Services Department at (203)245-5627.

#### FOOD PANTRY

The food pantry is operated by Madison Community Services and available for those residents who need the assistance.

The Pantry is now located at Orchard Park off Mungertown Rd. The food pantry is open on Wednesdays from 11:00 AM – 3:00 PM. If you are unable to leave your home but would like to use the food pantry, please contact Heather to discuss special arrangements from the homebound delivery program.

Transportation is available, call Dial-a-Ride, (203)245-5695.

Regular Bus Pick up for Concord Meadows 10:15 a.m.

#### SNAP PROGRAM (Formerly Food Stamps)

This program helps offset food expenses. A set amount of money each month given to eligible participants put on an EBT debit card to use at local grocery stores. The guidelines for monthly income: **Single: \$1,671, Couple: \$2,248.**

#### SAFELINK WIRELESS CELLPHONE

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

#### MEDICARE SAVINGS PROGRAM

The Medicare Savings Program assists eligible participants with paying their Medicare Part B premiums each month. In addition, participants will have \$2.50 co-pay for generic Rx's and \$6.30 co-pay for name brand Rx's. This may also cover doctor Co-Pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program.

**Maximum gross monthly income for a single: \$2,260.92 and for a couple: \$3,052.74**

## SENIOR COMMUNITY CAFÉ

Lunches are served Monday, Wednesday, Thursday and Fridays at 12:00pm. Please remember to call to order lunch by 12:00pm on the previous day. To order lunch held on a Monday, call the Friday before. All meals include bread and butter, milk, coffee & tea. All soups come with unsalted crackers. Soups, entrees, gravies, sauces, salad dressings and desserts are low fat, low sodium. **Lucky lunch Fridays include a free raffle for those purchasing lunch.** If you cannot attend a luncheon that you have reserved, please call Joan in the Café at 203-245-5686.

## CT VETERANS AFFAIRS COMMISSIONER COMES TO MADISON

The Veterans Affairs Commissioner of Connecticut will be at the Senior Center to talk about VA services and answer questions you may have. If you are a veteran or a loved one of a veteran, this is a great opportunity to learn more and get questions answered. Join us for lunch at the cafe prior to the speech. **Wednesday, December 14, 2011 at 1:00 pm in the Senior Center Café.**

# SENIOR CENTER PROGRAMS

|  |   |   |  |   |  |   |   |
|--|---|---|--|---|--|---|---|
|    | <h2 style="text-align: center;">Exercise and Relax with Yoga</h2>   |    | <h2 style="text-align: center;">Line Dancing</h2>  |   |  |   |   |
| <p>Learn Hatha Yoga techniques that are used to increase circulation and relaxation. Know your body physically and mentally. Yoga postures provide deep tension release, self-control, and increase energy. Suitable for all ages and conditions. Loose clothing and mats needed. <b>Madison Senior Center. Instructor: Pat Velleca.</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;"><b><u>Session A</u></b></p> <p>Day: Tuesdays<br/>           Dates: 1/10 to 2/21<br/>           Time: 3:00 to 4:00p<br/>           Fee: \$62.00</p> </td> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;"><b><u>Session B</u></b></p> <p>Day: Thursdays<br/>           Dates: 1/12 to 2/23<br/>           Time: 3:00 to 4:00p<br/>           Fee: \$62.00</p> </td> </tr> </table>   |   | <p style="text-align: center;"><b><u>Session A</u></b></p> <p>Day: Tuesdays<br/>           Dates: 1/10 to 2/21<br/>           Time: 3:00 to 4:00p<br/>           Fee: \$62.00</p>                                     | <p style="text-align: center;"><b><u>Session B</u></b></p> <p>Day: Thursdays<br/>           Dates: 1/12 to 2/23<br/>           Time: 3:00 to 4:00p<br/>           Fee: \$62.00</p>                                 | <p>Come join us and learn or better your line dancing skills. A great way to exercise while learning something fun to do in your spare time. <b>Madison Senior Center. Instructor: Gayle Melonson.</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;"><b><u>Session C</u></b></p> <p>Day: Monday<br/>           Dates: 1/02 to 2/6<br/>           Time: 1:30 to 2:30p<br/>           Fee: \$22.50 (R)<br/>           \$32.50 (NR)</p> </td> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;"><b><u>Session D</u></b></p> <p>Day: Monday<br/>           Dates: 2/13 to 3/19<br/>           Time: 1:30 to 2:30p<br/>           Fee: \$22.50 (R)<br/>           \$32.50 (NR)</p> </td> </tr> </table>                                |  | <p style="text-align: center;"><b><u>Session C</u></b></p> <p>Day: Monday<br/>           Dates: 1/02 to 2/6<br/>           Time: 1:30 to 2:30p<br/>           Fee: \$22.50 (R)<br/>           \$32.50 (NR)</p>    | <p style="text-align: center;"><b><u>Session D</u></b></p> <p>Day: Monday<br/>           Dates: 2/13 to 3/19<br/>           Time: 1:30 to 2:30p<br/>           Fee: \$22.50 (R)<br/>           \$32.50 (NR)</p>     |
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|    | <h2 style="text-align: center;">Chair Exercise</h2>   |    | <h2 style="text-align: center;">Seniors in Motion</h2>   |   |  |   |   |
| <p>Designed for those who need to exercise while seated. This program focuses on muscle tone, joint flexibility, and cardiovascular strength. <b>Madison Senior Center. Instructor: Pat Velleca.</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;"><b><u>Session A</u></b></p> <p>Day: Mondays<br/>           Dates: 1/9 to 2/27<br/>           No Class: 1/16, 2/20<br/>           Time: 10:30 to 11:30a<br/>           Fee: \$20.00</p> </td> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;"><b><u>Session B</u></b></p> <p>Day: Fridays<br/>           Dates: 1/6 to 2/24<br/>           No Class: -----<br/>           Time: 10:30 to 11:30a<br/>           Fee: \$27.00</p> </td> </tr> </table>   |   | <p style="text-align: center;"><b><u>Session A</u></b></p> <p>Day: Mondays<br/>           Dates: 1/9 to 2/27<br/>           No Class: 1/16, 2/20<br/>           Time: 10:30 to 11:30a<br/>           Fee: \$20.00</p> | <p style="text-align: center;"><b><u>Session B</u></b></p> <p>Day: Fridays<br/>           Dates: 1/6 to 2/24<br/>           No Class: -----<br/>           Time: 10:30 to 11:30a<br/>           Fee: \$27.00</p>   | <p>Designed for seniors who want more than Chair Exercise, this class will include standing exercises to help improve balance, strength, and stability. <b>Madison Senior Center. Instructor: Pat Velleca.</b></p> <p style="text-align: center;"><b><u>Session A</u></b></p> <p>Day: Wednesdays<br/>         Dates: 1/4 to 2/29<br/>         No Class: -----<br/>         Time: 10:15 to 11:15am<br/>         Fee: \$30.00</p>   |  |   |   |
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|    | <h2 style="text-align: center;">Fitness and Movement</h2>   |    | <h2 style="text-align: center;">Art Classes</h2>   |   |  |   |   |
| <p>Low impact aerobics for folks interested in continuing good health. Good cardiovascular workout combined with muscle and joint strengthening. Please bring sneakers, a floor mat, and cool, comfortable clothing. <b>Madison Senior Center. Instructor: Pat Velleca.</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;"><b><u>Session A</u></b></p> <p>Day: Mondays<br/>           Dates: 1/9 to 2/27<br/>           No Class: 1/16, 2/20<br/>           Time: 9:00 to 10:00a<br/>           Fee: \$20.00</p> </td> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;"><b><u>Session B</u></b></p> <p>Day: Wednesdays<br/>           Dates: 1/4 to 2/29<br/>           No Class: -----<br/>           Time: 9:00 to 10:00a<br/>           Fee: \$30.00</p> </td> </tr> </table> <p><b><u>Session B</u></b></p> <p>Day: Fridays<br/>         Dates: 1/6 to 2/24<br/>         No Class: -----<br/>         Time: 9:00 to 10:00a<br/>         Fee: \$27.00</p> |   | <p style="text-align: center;"><b><u>Session A</u></b></p> <p>Day: Mondays<br/>           Dates: 1/9 to 2/27<br/>           No Class: 1/16, 2/20<br/>           Time: 9:00 to 10:00a<br/>           Fee: \$20.00</p>  | <p style="text-align: center;"><b><u>Session B</u></b></p> <p>Day: Wednesdays<br/>           Dates: 1/4 to 2/29<br/>           No Class: -----<br/>           Time: 9:00 to 10:00a<br/>           Fee: \$30.00</p> | <p>Instruction in drawing, charcoal, pastel, watercolor, acrylics, and oils. <b>Instructed by local Madison artist Muriel Waldvogel. Madison Senior Center. List of needed art supplies is available at the Senior Center.</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;"><b><u>Session E</u></b></p> <p>Day: Tuesdays<br/>           Dates: 12/6 to 2/21<br/>           Time: 1:30 to 3:30p<br/>           Fee: \$12.00 (R)<br/>           \$17.00 (NR)</p> </td> <td style="width: 50%; vertical-align: top;"> <p style="text-align: center;"><b><u>Session F</u></b></p> <p>Day: Tuesdays<br/>           Dates: 3/6 to 6/26/12<br/>           Time: 1:30 to 3:30p<br/>           Fee: \$17.00 (R)<br/>           \$22.00 (NR)</p> </td> </tr> </table> |  | <p style="text-align: center;"><b><u>Session E</u></b></p> <p>Day: Tuesdays<br/>           Dates: 12/6 to 2/21<br/>           Time: 1:30 to 3:30p<br/>           Fee: \$12.00 (R)<br/>           \$17.00 (NR)</p> | <p style="text-align: center;"><b><u>Session F</u></b></p> <p>Day: Tuesdays<br/>           Dates: 3/6 to 6/26/12<br/>           Time: 1:30 to 3:30p<br/>           Fee: \$17.00 (R)<br/>           \$22.00 (NR)</p> |
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# SENIOR CENTER PROGRAMS

|  |   |   |   |  |  |  |  |
|--|---|---|---|--|--|--|--|
|    | <h2 style="text-align: center;">Adult Tai Chi</h2>  |    | <h2 style="text-align: center;">Solid Gold Fitness</h2>   |  |  |  |  |
| <p>T'ai Ch'uan is a gentle and profound way of nourishing body, mind and spirit. It is a moving meditation based on principles of traditional Chinese medicine, martial arts, and the teachings of the Tao Te Ching. Practicing the slow movements can improve health, vitality, balance, concentration and mindfulness. <b>Madison Senior Center.</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><b><u>Session A</u></b><br/>                     Day: Mondays<br/>                     Dates: 11/28 to 12/19<br/>                     (4 weeks)<br/>                     Time: 9am to 10:00am<br/>                     Fee: \$53.00 (R)<br/>                     \$58.00 (NR)<br/>                     Instr. S. Hanley</p> </td> <td style="width: 50%; vertical-align: top;"> <p><b><u>Session B</u></b><br/>                     Day: Wednesdays<br/>                     Dates: 11/30 to 12/28<br/>                     (5 weeks)<br/>                     Time: 9am to 10:00am<br/>                     Fee: \$66.00 (R)<br/>                     \$71.00 (NR)<br/>                     Instr. S. Hanley</p> </td> </tr> </table> <p><b><u>Session C</u></b><br/>                     Day: Fridays<br/>                     Dates: 1/06 to 2/03<br/>                     (5 weeks)<br/>                     Time: 9am to 10:00am<br/>                     Fee: \$66.00 (R)<br/>                     \$71.00 (NR)<br/>                     Instr. Luz Shosie</p> |   | <p><b><u>Session A</u></b><br/>                     Day: Mondays<br/>                     Dates: 11/28 to 12/19<br/>                     (4 weeks)<br/>                     Time: 9am to 10:00am<br/>                     Fee: \$53.00 (R)<br/>                     \$58.00 (NR)<br/>                     Instr. S. Hanley</p>  | <p><b><u>Session B</u></b><br/>                     Day: Wednesdays<br/>                     Dates: 11/30 to 12/28<br/>                     (5 weeks)<br/>                     Time: 9am to 10:00am<br/>                     Fee: \$66.00 (R)<br/>                     \$71.00 (NR)<br/>                     Instr. S. Hanley</p> | <p>This unique exercise program combines a stretching, light cardio routine along with weight training that will make you feel wonderful, develop strength, balance, and coordination. More than half of the program is done while you're sitting down. Anyone can do it! Join us for fun, smiles, great music and effective exercises. <b>Madison Senior Center. Instructor: Donna Scott</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><b><u>Session A</u></b><br/>                     Day: Tuesdays<br/>                     Dates: 11/29 to 12/27<br/>                     Time: 1:00p to 2:00p<br/>                     Fee: \$33.00 (R)<br/>                     \$38.00 (NR)</p> </td> <td style="width: 50%; vertical-align: top;"> <p><b><u>Session B</u></b><br/>                     Day: Thursdays<br/>                     Dates: 12/1 to 12/29<br/>                     Time: 1:00p to 2:00p<br/>                     Fee: \$33.00 (R)<br/>                     \$38.00 (NR)</p> </td> </tr> </table> <p><b><u>Fun Fact:</u></b><br/> <b>Did you know that exercising helps increase your energy levels, boosts brain power and helps melt away stress.</b></p> |  | <p><b><u>Session A</u></b><br/>                     Day: Tuesdays<br/>                     Dates: 11/29 to 12/27<br/>                     Time: 1:00p to 2:00p<br/>                     Fee: \$33.00 (R)<br/>                     \$38.00 (NR)</p> | <p><b><u>Session B</u></b><br/>                     Day: Thursdays<br/>                     Dates: 12/1 to 12/29<br/>                     Time: 1:00p to 2:00p<br/>                     Fee: \$33.00 (R)<br/>                     \$38.00 (NR)</p> |
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|    | <h2 style="text-align: center;">Spanish For Fun</h2>  |    | <h2 style="text-align: center;">Zumba Gold</h2>   |  |  |  |  |
| <p>This is a “<b>stress free</b>” course that will focus on learning practical vocabulary for everyday basic needs. Some of the topics that will be covered are; common phrases, clothing, places and parts of the body. <b>Madison Senior Center. Instructor: Elaine Jackson</b></p> <p><b><u>Session A</u></b><br/>                     Day: Mondays<br/>                     Dates: 1/9 to 2/6<br/>                     No Class: 1/16<br/>                     Time: 10:30am to 11:30am<br/>                     Fee: Free</p>   |   | <p>Come party yourself into shape with this Latin inspired, easy-to-follow, calorie burning, dance fitness-party. Feel the music and let loose. <b>Madison Senior Center Instructor: Donna Scott</b></p> <p><b><u>Session A</u></b><br/>                     Day: Monday<br/>                     Dates: 11/21 to 12/19<br/>                     Time: 1:00p to 2:00p<br/>                     Fee: \$33.00 (R)<br/>                     \$38.00 (NR)</p> |   |  |  |  |  |
| <h3 style="text-align: center;">TAP DANCE LESSONS</h3> <p>Did you love tap dancing as a child and your mother always told you not to tap in the house? Better yet, you always wanted to tap or just dance and never did, is tap dancing on your “bucket list”? Well you can tap all you want at our new Senior Center. All you need to do is register for the course, show up and Mardyann will do the rest. She promises you will leave tap dancing the first class! Fun environment, no judgement zone! Work your feet your body and brain all at the same time! Open to all capabilities! Men and women, experienced or not. You will need tap shoes (with taps) preferably a heel, flats will do if needed, (men flats for sure), comfortable clothing, a good attitude, and a smile. Come join the fun. <b>Meets Thursdays 10:00am to 11:00am from 1/5/12 to 2/23/12. Madison Senior Center.</b><br/> <b>\$39.00 Residents \$49.00 Non-Residents – This class will run year round, so look for February sign-up information in the next newsletter. Classes are taught by Mardyann Goglia.</b></p>  |   |   |   |  |  |  |  |

# Ongoing Programs

| PROGRAM   | DAY                | TIME           |
|---|--------------------|----------------|
| <b>Billiards</b> – Currently forming leagues to be held at the New Senior Center. Call for more info. | TBD                | TBD            |
| <b>Bridge</b> – Drop in and join us for a game.   | Thursdays          | 1:00 – 4:00 pm |
| <b>Canasta</b> – Come join us for a game, if it has been a while, we will help refresh your skills.   | Tuesdays           | 1:00 – 4:00 pm |
| <b>Chess Club</b> – Looking to play some chess? We are looking for players – Call to sign-up.         | TBD                | TBD            |
| <b>Computer Free Time</b> - Need time on a computer? Call (203)245-5627 for an appt.                  | Monday thru Friday | By Appointment |
| <b>Mah Jongg</b> – All levels welcome.  | Thursdays          | 1:00 – 4:00 pm |
| <b>Mah Jongg Lessons</b> – Call the Senior Center if you would like to learn.                         | Wednesdays         | 1:00 pm        |
| <b>Pinochle</b> – We are looking for players. Call the Senior Center if you are interested.           | Tuesdays           | 1:00 – 4:00 pm |
| <b>Setback</b> – We are looking for players. Call the Senior Center if you are interested.            | Tuesdays           | 1:00 – 4:00 pm |
| <b>Wii Bowling</b> – We are looking for players. Call the Senior Center if you are interested.        | 12/28/11           | 1:00 – 4:00 pm |

## SENIOR CENTER PROGRAMS AND ACTIVITIES CONTINUED

### SCHILLER SHORELINE

#### INSTITUTE FOR LIFE-LONG LEARNING

The Shoreline Institute for Lifelong Learning offers intellectual programs to retired and semi-retired citizens of Guilford and Madison, who share a love of learning and passion for expanding their knowledge base. Membership is open to all adults looking to enjoy a few hours of intellectual stimulation and social interaction. Residents from other communities who are interested are also welcome to attend. Membership Fee: \$25 for the year. Registrations accepted at the Madison Senior Center. **Brochures detailing SSILL's programs are available at the Madison Senior Center**

Upcoming programs are as follows:

November 30<sup>th</sup> – Broken Hearts in a Promised Land – MSC  
 December 7<sup>th</sup> – Nicaragua – Where Are We Today - GCC

#### GUILFORD SAVINGS BANK SEMINAR – IDENTITY THEFT PROTECTION

Learn how to better protect your identity and how to better understand what can happen to you if someone does get a hold of your information. **Tuesday December 6, 2011, 11:30a to 1:00p. Lunch will be provided. Pre-registration for this program is appreciated. Madison Senior Center. No Fee.**

#### VNA SEMINAR – HEALTHY ORGANIZATION

Learn tips and tools to: manage your medications and health records, reduce stress by keeping your records and cabinets organized, take care of yourself and your loved ones. **Wednesday, December 7, 2011. 1:00pm start. Pre-registration for this program is appreciated. Madison Senior Center. No Fee**

### MADISON SENIOR'S BOOK CLUB

This is a fun way to read a variety of genres, socialize and have fun sharing your thoughts and ideas. **Pre-registration required one month before book is to be picked-up.** All new books can be picked-up after discussion of previous book. **The book club meets at 1:00pm at the Madison Senior Center. No Fee**

Upcoming books are as follows:

December 19<sup>th</sup> – Blame by M. Huneven  
 January 23<sup>rd</sup> - The Help by Kathryn Stockett  
 February 27<sup>th</sup> – Delirium by Lauren Oliver

### MOVIE MATINEE AT THE SENIOR CENTER

Join for an afternoon movie at the Madison Senior Center. Each month we will be scheduling days throughout the month where we will be showing a classic or a newer movie. If you have a movie that you would like to watch let us know and we will try to schedule it in for next month. **Movies start at 1:00pm. No Fee.**

Upcoming movies are as follows:

December 16<sup>th</sup> - It's a Wonderful Life  
 December 30<sup>th</sup> – Sleepless in Seattle

### AROUND TOWN SHOPPING TRIPS

Need to get some shopping done? Join us as we make our way to various shopping destinations in the area? **The shopping bus departs the Senior Center at 1:00pm. No Fee**

Upcoming Shopping Trips:

December 2<sup>nd</sup> – Westfarms Mall, Depart SC at 9:30am  
 Return by 3:00p. Lunch on your own at the mall.  
 December 9<sup>th</sup> – Downtown Mystic Depart SC at 11:00am  
 Return by 3:00p. Lunch on your own.  
 December 16<sup>th</sup> -Crystal Mall, Depart SC at 10:00am  
 Return by 3:00p Lunch on your own at the mall.

## DECEMBER 2011 ACTIVITIES CALENDAR

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
|   |  |   | 1  | 2  |
| PLEASE REMEMBER TO REGISTER FOR EVERY PROGRAM YOU WOULD LIKE TO PARTICIPATE.  |  |   | 9:00a Grocery/Town<br>9:00a Sr. Basketball<br>1:00p Grocery/Town<br>1:00p Cards & Mah Jongg<br>1:00p Solid Gold Fitness<br>3:00p Yoga                                  | 9:00a Fit & Move<br>9:30a West Farms Mall<br>Lunch on own<br>10:30a Chair Exercises  |
| 5   | 6  | 7   | 8  | 9  |
| 9:00a Fit & Move<br>9:00a Tai Chi<br>9:00a Medicare Monday<br>9:00a Holiday Cabaret/<br>Foxwoods<br>10:30a Chair Exercises<br>1:00p Zumba Gold<br>1:30p Line Dancing    | 9:00a Grocery/Town<br>9:00a Sr. Basketball<br>11:30 Identity Theft<br>Protection<br>1:00p Grocery/Town<br>1:00p Card Play<br>1:00p Solid Gold Fitness<br>1:30p Art Class<br>3:00p Yoga | 9:00a Fit & Move<br>9:00a Tai Chi<br>10:15a Srs in Motion<br>1:00p VNA Seminar<br>Healthy<br>Organization                                   | 9:00a Grocery/Town<br>9:00a Sr. Basketball<br>1:00p Grocery/Town<br>1:00p Cards & Mah Jongg<br>1:00p Solid Gold Fitness  | 9:00a Fit & Move<br>10:30a Chair Exercises<br>11:00a Downtown Mystic<br>Lunch on Own<br><br>9:00am – 12:00pm<br>OPEN HOUSE AT THE<br>NEW SENIOR CENTER |
| 12  | 13   | 14  | 15   | 16   |
| 9:00a Fit & Move<br>9:00a Tai Chi<br>10:30a Chair Exercises<br>12:00p Blood Pressure<br>1:00p Dessert Bingo w/<br>Joyce Beebe<br>1:00p Zumba Gold<br>1:30p Line Dancing | 9:00a Grocery/Town<br>9:00a Sr. Basketball<br>9:30a Tribute to the<br>Greatest Gen.<br>1:00p Grocery/Town<br>1:00p Card Play<br>1:30p Art Class  | 9:00a Fit & Move<br>9:00a Tai Chi<br>10:15a Srs in Motion<br>12:00p St. Margaret's<br>Bingo<br>1:00p CT Veterans<br>Affairs<br>Commissioner | 9:00a Grocery/Town<br>9:00a Sr. Basketball<br>9:00a Legal<br>Assistance<br>(By appt only)<br>1:00p Grocery/Town<br>1:00p Cards & Mah Jongg<br>1:00p Solid Gold Fitness | 9:00a Fit & Move<br>10:00a Crystal Mall<br>Lunch On Own<br>10:30a Chair Exercises<br>1:00p Movie Matinee at<br>the Senior Center                       |
| 19  | 20   | 21  | 22   | 23   |
| 9:00a Fit & Move<br>9:00a Tai Chi<br>1:00p Book Club<br>1:00p Zumba Gold<br>1:30p Line Dancing  | 9:00a Grocery/Town<br>9:00a Sr. Basketball<br>1:00p Grocery/Town<br>1:00p Card Play<br>1:00p Solid Gold Fitness<br>1:30p Art Class   | 9:00a Fit & Move<br>9:00a Tai Chi<br>10:15a Srs in Motion<br>12:00p Holiday Party   | 9:00a Grocery/Town<br>9:00a Sr. Basketball<br>1:00p Grocery/Town<br>1:00p Cards & Mah Jongg<br>1:00p Solid Gold Fitness  | <b>SENIOR<br/>CENTER<br/>CLOSED</b>  |
| 26  | 27   | 28  | 29   | 30   |
| <b>SENIOR<br/>CENTER<br/>CLOSED</b>   | 9:00a Bus/Town<br>9:00a Sr. Basketball<br>1:00p Bus/Town<br>1:00p Card Play<br>1:00p Solid Gold Fitness<br>1:30p Art Class   | 9:00a Tai Chi<br>1:00p SILL Presentation<br>1:00p Wii Bowling   | 9:00a Grocery/Town<br>9:00a Sr. Basketball<br>1:00p Grocery/Town<br>1:00p Cards & Mah Jongg<br>1:00p Solid Gold Fitness  | 9:30a Diana the Exhibit<br>@ Foxwoods<br>1:00p Movie Matinee at<br>the Senior Center   |

# Monthly Services and Information

|   |  |
|---|--|
| <b>MEDICARE MONDAY</b><br>Monday, December 5, 2011<br>9:00 – 11:00 AM                           |  Unbiased information, counseling, & assistance on Medicare, Supplemental Insurance & Medicare Advantage Plans. Carlos A. Maynard assists Madison Residents.<br><b>By appointment only: Call Heather 203-245-5627</b> |
| <b>BLOOD PRESSURE CHECK</b><br>December 12, 2011<br>12:00-1:30 PM                               | VNA Community Healthcare holds BP Clinics on the 2 <sup>nd</sup> & 4 <sup>th</sup> Mondays of the month @ the Senior Center.<br><b>Blood Pressure Monitor also available for use in office. Just ask!</b>  |
| <b>LEGAL ASSISTANCE,</b><br>December 15, 2011<br>9:00 – 10:00 AM.                               | Attorneys Thomas Cronan, Michael Sweeney, & Timothy Shields volunteer counseling services on a one-on-one basis.<br>Thank you to our legal team for their monthly assistance!<br><b>By appointment only: Call the Senior Center 203-245-5627.</b>  |
| <b>HANDICAPPED PARKING PERMIT</b>   |  New application form from the DMV available on the <a href="http://www.ct.gov/dmv.org">www.ct.gov/dmv.org</a> or in the Senior Center office.  |
| <b>NOTARY SERVICES</b><br>At The Senior Center By Appointment                                   | Heather Castrilli<br>Call the Senior Center for an appointment   |
| <b>Meals-On-Wheels</b><br>Prepared by The Estuary Council of Seniors<br>(860) 388-1611 Ext. 207 | Hot meals delivered around noontime to the homebound or just recently out-of-the- hospital & recovering. please call<br><b>Requires 4-5 days notice and doctor or nurse referral.</b>  |
| <b>Madison Food Pantry Donations</b>  | Donations to the Food Pantry are welcome. Please contact Madison Community Services, (203)245-3031.  |

## **DAY TRIPS**

Refund requests issued with 2 weeks advanced notice or if your seat can be filled from the waiting list.

### HOLIDAY CABARET AND FOXWOODS CASINO – MONDAY, DECEMBER 5, 2011

Arrive at Foxwoods Resort Casino for 9:45am, for 4.5 hours, that include a complimentary Buffet or \$10 meal Voucher, and game, then depart from Casino at 2:45pm to Cornerstone playhouse for a holiday cabaret show. With all new skits, more sizzle, bigger sets, new songs, and a talented staff, you surely can't miss this one. Must register by November 28<sup>th</sup>.

Leave from Madison Senior Center @ 9:00am, Fee: \$36 pp.

### TRIBUTE TO THE GREATEST GENERATION- TUESDAY, DECEMBER 13, 2011

Come join us as we travel to La Renaissance in East Windsor as we swing to the Greatest Generation songs from the 30's and 40's. Performed by Jim Fryer. The memorable songs of the era by Glenn Miller, Benny Goodman, Harry James, Duke Ellington, Frank Sinatra and Count Basie. They will also feature new Orleans Dixieland and traditional seasonal songs and more. Lunch included. Must register by December 5<sup>th</sup>. Leave from Madison Senior Center @ 9:30am. Fee: \$55 pp. Lunch is included.

### PRINCESS DIANA – A CELEBRATION AT FOXWOODS CASINO - FRIDAY, DECEMBER 30, 2011

Direct from the Althrop Estate in England comes an award winning exhibition featuring more than 150 personal objects celebrating the life and work of Diana, Princess of Wales, including her royal wedding gown, 28 designer dresses, family heirlooms, personal mementos, and rare home movies. Must register by December 20<sup>th</sup>. Leave from Madison Senior Center @ 9:30 am. Fee: \$25pp. Lunch on your own at the Casino. Depart Casino at 2:30pm.

### YALE CENTER FOR BRITISH ART / LUNCH AT LOUIS' LUNCH – WEDNESDAY, JANUARY 18, 2012

Join us for a day in New Haven as we tour the Yale Center For British Art and eat lunch at Louis' Lunch. The Yale Center for British Art holds the largest and most comprehensive collection of British art outside the United Kingdom, presenting the development of British Art and culture from the Elizabethan period to the present day. The Center's Collection includes 2000 paintings and 200 sculptures from the medieval to the contemporary. Leave from Madison Senior Center @ 9:30am. Free Admission to the Museum. Lunch on your own.

RETURN ADDRESS:  
 MADISON SENIOR SERVICES  
 29 BRADLEY ROAD  
 MADISON, CT 06443-2691  
 TELEPHONE: 203-245-5627

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**PLEASE DELIVER PROMPTLY**

# ***VOLUNTEER OPPORTUNITIES***

We are always looking for individuals who would like to volunteer their time, teach a class, instruct a program, or deliver meals. Interested individuals should contact the Senior Center at (203)245-5627 or [petrellaj@madisonct.org](mailto:petrellaj@madisonct.org)

## **TRANSPORTATION OPTIONS**

|  |   |  |
|--|---|--|
| <p><b>DIAL-A-RIDE</b><br/>         Madison Senior Center<br/>         203- 245-5695</p> <p>A public transportation service designed to meet the transportation needs of the elderly &amp; disabled. Rides may be used in a 14 town region for medical, shopping, personal business &amp; work. Monday, Wednesday and Friday appointments only.</p> <p><b>48 HOURS NOTICE REQUIRED!</b></p> | <p><b>SENIOR BUS</b><br/>         Madison Senior Center<br/>         203-245-5627</p> <p>Fixed routes to the senior center, downtown, special events, hot lunch program, &amp; Thursday grocery shopping. See enclosed monthly calendar for route schedule.</p> <p><b>48 HOURS NOTICE REQUIRED!</b></p> | <p><b>MADISON COMMUNITY SERVICES:</b><br/>         203-245-3031</p> <p>Madison Community Services has a group of volunteers who will take Madison residents to Medical Appointments. This program operates locally and in the surrounding areas.</p> <p><b>7 DAYS NOTICE REQUIRED!</b></p> |
|--|---|--|