

Trends & Traditions

December 2012

Madison Senior News and Activities

Italian Two Day Lecture Series

An in-depth exploration of the arts of Italy. Discussion topics will include famous artists, composers and other individuals who have made this country famous for its rich culture. Instructor: Stephanie O'Sullivan **Thursday, Dec. 6 & Dec. 20th 1:00-2:00pm Fee: \$16**

Cremation and Your Options

Chris Palumbo of Swan Funeral Home will discuss cremation and your options as well as the importance of having a plan. Pre-Registration required **Mon. Dec. 3rd 1:00pm**



Art with Liz

This class focuses on realism, abstraction, or somewhere in-between, depending on the students' personal choice. For the first class bring with you a large head shot of yourself (5x7 or larger) or a large mirror that can sit on a table, color or charcoal pencils and a sketch pad. Instructor: E. Musante 3 classes...**Fee: R \$35 R\$45 Mondays, Jan. 7th -28th (no class on Jan. 21) 1-3pm**

Living a Heart Healthy Lifestyle

A VNA Community Healthcare seminar for living a healthy lifestyle. Discover the facts about heart disease, risk factors, and how the information applies to you. How to promote health and wellness—the importance of healthy diet, exercise and the need for medical intervention. Nurses will provide: blood pressure tests, pulse oximetry readings, glucose/blood sugar checks, & Body Mass index results Services on first come first serve basis.



Pre-registration required. Wednesday, Dec. 12th 1:00pm

LUNCH BUNCH

Thursday, Dec. 6th leave MSC 10:00am

Enjoy brunch on your own at Chips Restaurant in Milford, with shopping to follow the Christmas Tree Shop. **Fee: \$3.**



Senior Singles Group

"Get Out and Live"

We have established a group of "like-minded" individuals who want to do fun things. This is an active group that will be doing active things. Activities will include movies, lunches, dinners, concerts, plays, kayaking... you name it, we can do it. If you are interested in joining other singles age 55 and up, please give us a call at 203-245-5627 to register. **December 11th 5:30 pm-6:30p**
Monthly membership fee & Monthly outing TBD



Celebrate the Holidays at the Madison Senior Center (Pre-registration is required for all events)



Holiday Bingo & Wreath Viewing

The Hearth at Tuxis Pond in Madison is hosting a Holiday Bingo. Before bingo play take a walk around to view the Holiday Wreaths which were made by local patrons. Vote on which wreath you think is the most beautifully decorated! Wreath **Monday, Dec. 3rd at 12:45pm**



Rescheduled DHHS Performance

Due to Hurricane Sandy our DHHS holiday performance was reschedule to **Wednesday, Dec. 5th at 1:00pm**

Decorate the Senior Center

Stop in, share some holiday cheer, and help decorate the Senior Center for the holidays **Wednesday, Dec. 5th at 1:30pm**



Holiday Party

Come celebrate the holidays with your friends at the Madison Senior Center. Coffee, tea, and cookies will be served. Be sure to check under the tree for what your Secret Santa brought you! Sing along with Jan Royce. Pre-registration by Friday, Dec. 14th. **Wed., Dec. 19th at 12:30pm -Fee: \$7**

Hawaii Holiday Hula Performance

Come watch a hula performance led by Instructor Joanne Wilder, **Thursday, Dec. 20th at 1:00pm**



Art History 1



Illustrator and fine art painter, Elizabeth Musante has taught Art History for over 25 years. Discuss & view famous Art and Architecture. This class will begin with a quick overview of the evolution of art from pre-historic times to early 13th century. Then explore in detail, the amazing period of "Early and High Renaissance Art." Interactive discussions will be encouraged for these sessions. Instr: Liz Musante **Mondays, Jan. 7th– Feb. 25th 10:30-11:30am**
(6 Classes) (no class Jan. 21st & Feb. 18th) **Fee: R\$35 NR\$45.**

"SAFETY CHECK LIST"

Are you concerned for your safety in your home in the event of another Hurricane or do you know someone you are worried about? The "safety check list" will be utilized in the case of an emergency, such as Hurricane Sandy 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.**



MADISON SENIOR CENTER

29 Bradley Road, Madison, CT 06443

PHONE: (203)245-5627

FAX: (203)245-6186

WEBSITE: www.madisonct.org/seniors

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

SR. COMMUNITY CAFÉ

(203)245-5686

For lunch reservations call before noon the day before and leave a message.

DIAL-A-RIDE (203)245-5627

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

MUNICIPAL AGENT FOR THE ELDERLY (203)245-5687

SENIOR COMMISSION

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

The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be **December 13, 2012 at 5:30pm**

LIAISON TO BOARD OF

SELECTMAN Diane Stadterman

SENIOR CENTER STAFF

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

IMPORTANT TAX DOCUMENTS

If you file for any state or local programs it is important that you hold on to all your 1099's and income benefit statements. Year end statements should be in the mail starting January 1st. Tuck them away in a save spot for the upcoming year.

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Application intake begins **October 1st, 2012**

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. ***Specific income guidelines not available at time of printing. Please plan ahead to contribute toward your heating expenses this season.**

HOME ENERGY SOLUTIONS PROGRAM

Certified and insured contractors will evaluate household energy usage and provide an average of \$700 of energy efficiency and weatherization services at no additional cost to you. Basic Fee: \$75, however - fee waived for income eligible residents. For information please call Home Energy Solutions: 1-877-389-3221

MEDICARE ANNUAL ELECTION PERIOD

October 15th – December 7th, 2012

This is the time of year to be thinking about your health insurance options for 2013. Is your Medicare D Plan covering all your prescriptions? Are you happy with your Medicare Advantage Plan? Do you feel you are paying too much for your Medicare Supplemental Plan? Counseling available to help select the right insurance options for you.

MADISON FOOD PANTRY

The food pantry is operated by Madison Community Services and available for those residents who need the assistance. The Pantry is now located at Orchard Park off Mungertown Rd. The food pantry is open on Wednesdays from 11:00 AM – 3:00 PM. If you are unable to leave your home but would like to use the food pantry special arrangements can be made from the homebound delivery program. **Transportation is available through the Senior Center. Regular Bus Pick up for Concord Meadows will be around 12:30pm**

MEDICARE SAVINGS PROGRAM

The Medicare Savings Program assists eligible participants with paying their Medicare Part B premiums each month. In addition, participants will have \$2.60 co-pay for generic Rx's and \$6.50 co-pay for name brand Rx's. This may also cover doctor Co-Pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program. **Maximum gross monthly income for a single: \$2,308.88 and for a couple: \$3,127.28**



What's New??



Wii Bowling

Wednesday, January 2nd, 1pm

Seniors Across the country are playing the WII, providing a gentle low-impact aerobic exercise. 1st Wednesday monthly.

Knitting Group

Stop by with your knitting supplies, no need to worry if you haven't knitted before, Ann Ward will teach you!
Thursday's 10:00 am-12:00am

Indoor Shuffle-Board League

Shuffle board is a non-strenuous sport played inside. No partner is required. Flexible days and times. Call the MSC to express interest, for more information, or to schedule your day and time.

BOOK CLUB

Next meeting: **Mon. Dec. 31st 1-2pm**
Next Book: **The Room,**
by Emma Donoghue



MEDICARE MONDAY

Monday, Dec. 3rd 9 - 11:00am
 Unbiased information, counseling, and assistance on Medicare, Supplemental Insurance & Medicare Advantage Plans. Carlos A. Maynard assists Madison Residents. By appointment only.



WELL RIGHT NOW CLINICS

Monday, Dec. 10th 12 - 1:30pm
 VNA Community Healthcare holds Well Right Now Clinics on the 2nd & 4th Mondays of the month at the Senior Center.



LEGAL ASSISTANCE

Thursday, Dec. 20th 9-10:00am
 Attorneys Thomas Cronan, Michael Sweeney, & Timothy Shields volunteer counseling services on a one-on-one basis. Thank you to our legal team for their monthly assistance! **By appointment only: Call the Senior Center**

NOTARY SERVICES

Tuesday, Dec. 11th 10-12p
By appointment only, on the 2nd Tuesday, monthly, at the Senior Center. Please call the Senior Center to set up a time and day.

MEALS-ON-WHEELS

Prepared by The Estuary Council of Seniors (860) 388-1611 Ext. 207
 Hot meals delivered around noontime to the homebound or just recently out-of-the-hospital & recovering. Please call the number above. **Requires 4-5 days notice and doctor or nurse referral.**

HANDICAPPED PARKING PERMIT

New application form from the DMV available on the www.ct.gov/dmv.org or in the Senior Center office.



BUNCO CLUB

Bunco is a game of dice and a handful of luck! If you don't know how to play, we can teach you. We're looking for at least (12) regular players to play on a monthly basis....maybe that's you. Sign up at the Senior Center to save your spot. 3rd Tuesday of the Month **Bring a holiday treat to share.**
Dec. 18th Holiday Bunco 1 to 3p

SENIOR CAFÉ

Monday through Friday at Noon

A hot, full-course meal is served in the Senior Center Café. Menus are available at the Senior Center Reception Desk. Suggested donation is \$2.00 and you must be over 60 years old or disabled. Please remember to call Jodie at (203)245-5686 by Noon the previous day to order your lunch.

DIAL-A-RIDE

Available M, W & F - 8:45a to 3:30p



A public transportation service designed to meet the transportation needs of the elderly and disabled. Must be a Madison resident. Rides are provided to a 14 town region for medical appointments, legal appointments, work, and personal business. Appointments must be made at least 48 hours in advance and are on a first-come, first-served basis. Please call (203)245-5627 for more information or to set up an appointment.

SENIOR CENTER BUS

Monday through Friday 9:00a to 3:30p

The Senior Center provides fixed route transportation to the senior center, downtown, special events, senior café, grocery shopping and other locations around town. If you need to get to one of the locations listed, call the Senior Center. 48-hour advanced notice is required.

FOOD PANTRY

Donations to the Food Pantry are welcome. Please contact Madison Community Services, (203)245-3031.

LUNCH AND BOWL AMF Lanes in Old Saybrook

Have fun with friends! 3 games of bowling, shoe rentals, lunch and a soft drink all for \$10, paid for at AMF, at the time you bowl. **Fee: \$2**
Thursday, Dec. 13th 10:15 am

DESSERT BINGO

Friday, December 7th 1:00pm
 Come join us on the first open Friday of every month at 1:00pm for an afternoon of Bingo at the Senior Center and dessert. **Joyce Beebe** is your expert number caller.



ST. MARGARET'S BINGO

Wednesday, December 12th 12p
 Join us for bingo at St. Margaret's Church on the 2nd Wednesday of the month.



TECH SUPPORT

Were you given an I-Pad or have a smart phone and don't know how to use it? "Facebook and Skype"....
What's that?

Get all your questions answered for free at The Madison Senior Center, Scranton Memorial Library Teen Advisory Group and Madison Youth and Family Services will be offering **free "drop-in"** learning sessions. Teen Volunteers will be available to answer your questions. **FREE!!**
January 28, 2013 5:00-6:00pm

OUT-OF-TOWN SHOPPING

This month we will be traveling to the following destinations:

- Thurs., Dec. 6th - Christmas Tree Shop & Chips in Milford**
 Leave MSC 10am.....Fee: \$3
- Wed., Dec 12th - West Farms Mall**
 Leave MSC 9am.....Fee: \$5
- Mon., Dec. 17th - Kohl's Branford**
 Leave MSC 1:00pm.....Fee: \$2
- Fri., Dec. 21st - Tanger Outlets W'brook**
 Leave MSC 10am.....Fee: \$2
- Fri., Dec. 28th - Shoprite, Walgreens, & Jo-Ann Fabric, in Clinton**
 Leave MSC 1:15p.....Fee: \$2
Please note: Meals not included

Miss Martha's Bake Shoppe Holiday Cookies

You'll be making a variety of delicious cookies for your holiday cookie tray.
Monday, Dec.17 1:45 to 3:45p
12 Max. Fee: \$7.00

4 Senior Center Activities and Programs



CHAIR EXERCISES

Designed for those who need to exercise while seated. This program focuses on muscle tone, joint flexibility, and cardiovascular strength.



Mondays - 10:30a to 11:30a

Sept. 17 to Dec. 17.....10 Classes

No Class 10/8 & 11/12

R \$33 NR \$43

Instructor: Pat Velleca

Fridays - 10:30a to 11:30a

Sept. 28 to Dec. 2110 Classes

No Class 11/23

R \$33 NR \$43

Instructor: Pat Velleca

EXERCISE & RELAX WITH YOGA

Learn Hatha Yoga techniques that are used to increase circulation and relaxation. Yoga postures provide deep tension release, self-control, and increase energy. Suitable for all ages and conditions.



Tuesdays - 3:00 to 4:00pm

Sept 18 to Dec. 4.....10 Classes

No Class 11/06/12

R \$66 NR \$76

Instructor: Pat Velleca

Thursdays - 3:00 to 4:00pm

Sept 20 to Dec. 1310 Classes

No Class 11/22/12

R \$66 NR \$76

Instructor: Pat Velleca



ART 101

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

Tuesdays- 1:30 to 3:30pm

Oct. 2 to Jan. 29th

Mar. 5 - May 28

No Class 12/25/12

Fee: \$5 Instructor: Muriel Waldvogel

HULA CLASS

Join this fun exercise class and learn traditional hula moves. Helps trim the waistline and improve strength, flexibility and balance.

Mondays - 3:00 to 3:55pm

Jan. 7 until Mar. 1810 Classes

No Class 2/18/13

R \$15 NR \$25 Inst- Joanne Wilder

FITNESS & MOVEMENT

Low impact aerobics for folks interested in continuing good health. Good cardiovascular workout with muscle and joint strengthening.



Mondays - 9:00 to 10:00am

Sept. 17 to Dec. 17 10 Classes

No Class 10/8 & 11/12

R \$33 NR \$43

Instructor: Pat Velleca

Wednesdays - 9:00 to 10:00am

Sept. 19 to Dec. 12 10 Classes

No Class 11/21 R \$33 NR \$43

Instructor: Pat Velleca

Fridays - 9:00 to 10:00am

Sept. 28 to Dec. 21 10 Classes

No Class 11/23

R \$33 NR \$43

Instructor: Pat Velleca

SENIORS IN MOTION

This class will include standing exercises to help improve balance, strength, and stability.



Wednesdays - 10:30 to 11:30am

Sept. 19 to Dec. 12.....10 Classes

No Class 11/21

R \$26 NR \$36

Instructor: Pat Velleca

TAI CHI

T'ai Ch'uan is a gentle and profound way of nourishing body, mind and spirit. Practicing the slow movements can improve health, vitality, balance, concentration and mindfulness.



Mondays - 9:00 to 10:00am

Dec. 17 - Jan 28.....5 Classes

No Classes 12/24 or 1/21

R \$44 NR \$54

Instructor: Suzanne Hanley

MOVIE MATINEE @ MSC

Movies start at 1:00pm. No Fee.

Dec. 7 - It's a Wonderful Life

Dec. 14 - The Polar Express

Dec. 21 - Elf

Dec. 28 - Holiday Inn

SILL movies will also be shown on each day above and are listed in the SSILL Catalog.



EXERCISE CLASSES WITH KRIS

The "exercise pass" is good for 5 or 10-classes taught by Kris and is valid for 6 months from the date of purchase.

5 - Class Pass - R \$33 NR \$43

10 - Class Pass - R \$66 NR \$76

All classes taught by Kris Reaske

BASIC PILATES CORE/FLEX

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

Tuesdays - 10:00 to 11:00am

LOW IMPACT AEROBICS

Designed to increase your heart rate and your enjoyment of exercise as well. Please bring a floor mat.

Tuesdays - 11:00 to 12:00pm

ZUMBA FOR ALL

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

Mondays - 6:00 to 7:00pm

ZUMBA GOLD

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

Mondays - 1:00p to 1:55p

Thursdays - 11:10 to 12:10pm



LINE DANCING

A great way to keep moving, good exercise, dancing with fun people! Purchase a pass and join us when you are available. Passes last for 6 months.

Mondays - 2:00p to 2:55p

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

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

Dec. Class Dates : 3rd, 10th

Jan. Class Dates - 7th & 28th

(no class 1/21):

SILVER TAPPERS CLASS

Did you love tap dancing as a child and your mother always told you not to tap in the house? All you need to do is register for the course, show up and Mardyanne will do the rest.

Thursdays - 10:00 to 11:00am

Dec. 6th - Jan. 24th8 Classes

R \$50 NR \$60 - Instructor -M Goglia

5 Madison Travel Club Trips



Christmas in Hawaii at the Hu Ke Lau with Bright Nights

Thursday, December 6th

This morning we head to Chicopee, MA and the Hu Ke Lau Restaurant and Dinner Theater. Upon arrival, you will receive a Lei greeting, sit down to a complete luncheon featuring a *choice of Prime Rib or Stuffed Boneless Chicken*. Following lunch, enjoy the show “Christmas in Hawaii” featuring Polynesian dancers. Following the performance, depart for the **Holyoke Mall and the Christmas Tree Shop**. Last stop on this fun filled adventure: Springfield for **Bright Nights** at Forest Park, New England’s largest lighting display. **Fee: \$75 includes transport, lunch, and show, admissions and driver’s gratuity. Departure TBD.**

Festival of Silver Lights at Hubbard Park

Monday December 10th

Start your evening off with a meal at Ruby Tuesdays, following dinner, enjoy a bus tour through a spectacular display of 200,000 white lights and 300 colored lighted characters throughout Hubbard Park. Displays in trees, on ponds, and nestled in the natural habitat. **Fee is \$7.00 (dinner on your own) Depart Senior Center at 5:00 pm.**

Winter Wonderland at the Aqua Turf

Tuesday, December 18

Head to the Aqua Turf for a family style luncheon and entertainment by “**The Sin Sisters Band.**” This shoreline act visits the 40’s swing we all know and love, but adds a new twist keeping their audience engaged. Lunch will include salad, pasta, Chicken Kathryn, salmon, potatoes, vegetables, dessert and a complimentary glass of wine or beer. **Fee \$42. Depart Senior Center at 10:00am.**

Mohegan Sun Overnight

Wednesday & Thursday January 30-31, 203

Enjoy an overnight stay at Mohegan Sun., which is nothing less than extraordinary. Gamble on your own and enjoy your time at the casino. There is shopping, dining, live entertainment, and a swimming pool. A truly perfect way to escape the cold of winter! Surprise casino bonus package. **Fee: \$170pp Double, \$240pp Single, \$160pp Triple. Depart Senior Center TBA.**

UCONN WOMEN’S BASKETBALL GAME

Saturday, February 16, 2013

Enjoy a 4:00pm game between the UCONN Women Huskies as they take on the Rutgers’s Scarlet Knight’s at Rutgers Athletic Center in Piscataway, NJ. Make wonderful memories with friends and loved ones at a UCONN Basketball Get-a-way!! **No transport to the MSC Fee: \$66.00 includes transport and tickets to game. Dinner on your own. Depart time: TBD**

SHEN YUN 2013 at Palace Theater in Waterbury

Thursday February 14, 2013

A global sensation returns to Palace Theater! Enjoy a divinely inspired cultural journey with Chinese dancers, gorgeous hand-crafted costumes, and massive animated backdrops all in one spectacular performance! Over a million people have seen Shen Yun. Standing ovations at the world’s top venues, royalty attending in Europe , sold-out shows throughout North America, and packed houses across Asia have now made Shen Yun an international phenomenon! **Fee: \$76. Departure time TBD Call Guilford Senior Center to Register at (203)453-8086**

CT Flower and Garden Show

Friday February 22, 2013

We will start our day with brunch at Mitchells in Cromwell. After brunch, continue to the Connecticut Convention Center in Hartford. For over 30+ years the CT Flower and Garden Show has grown to be one of the premier shows on the East Coast. This year’s theme is “Love in Bloom”. CT’s flower show boasts over 250 booths and over 12,000 square feet of competitive design and horticulture exhibits. Other exhibits occupy from 300 to 2,000 square feet of pure, natural beauty. The flower show is sure to brighten your day and lift those winter doldrums!

Bus Fee: \$7.00 tickets purchased at the door for \$14.00 (brunch on your own). Depart MSC at 9:00a

Tribute to Barry Manilow at the Aqua Turf

Tuesday, March 22, 2013

Enjoy an outstanding show featuring the legendary entertainer Barry Manilow’s popular songs. The popular songs will be performed by the very talented vocal entertainer Dave Colucci. In addition to the show enjoy, soup and salad with Baked Salmon or Chicken Francais with vegetable, potato and dessert \$43.⁰⁰ per person. **Depart Senior Center at 10:00a.**

Exotic Southern Caribbean Cruise aboard the Norwegian Dawn

November 1—15, 2013

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

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\$1,245.00 Complete

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203-245-1950

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00a Tai Chi 9:00a Fit & Move 9:00a Medicare Monday 10:30 Chair Exercises 12:45p Holiday Bingo @ The Hearth 1:00p Cremation Options 1:00p Zumba Gold 2:00p Line Dancing 6:00p Zumba for All	4 10:00a Basic Pilates 10:00a Social Hour 11:00a Low Impact Aero. 1:00p Canasta 1:30p Art 101 3:00p Hatha Yoga	5 9:00a Fit & Move 10:30 Chair Exercises 11:00a Discussion Group 1:00p DHHS Performance 1:00p Poker 1:30p Decorating the Center	6 TBA Hu Ke Lau 10:00a Tap Dance 10:00a Knitting 10:00a Lunch Bunch & Shop 11:10a Zumba Gold 1:00p Mah Jongg 1:00p Italian Lecture 3:00p Hatha Yoga	7 9:00a Fit & Move 10:30 Chair Exercises 1:00p Movie Matinee 1:00p Dessert Bingo 1:00p Hand & Foot
10 9:00a Fit & Move 10:30 Chair Exercises 12:00p Well Right Now 1:00p Zumba Gold 2:00p Line Dancing 5:00p Silver Lights 6:00p Zumba for All	11 10:00a Notary Services 10:00a Basic Pilates 10:00a Social Hour 11:00a Low Impact Aero 1:00p Canasta 1:30p Art 101 5:30p Senior Singles	12 9:00a West Farms Mall 9:00a Fit & Move 10:30 Chair Exercises 11:00a Discussion Group 12:00p St. Margaret's Bingo 1:00p Poker 1:00p Living a Heart Healthy Lifestyle	13 10:00a Tap Dance 10:00a Knitting 10:15a Lunch & Bowl 11:10a Zumba Gold 1:00p Mah Jongg 3:00p Hatha Yoga 5:30p Senior Commission	14 9:00a Fit & Move 9:00a Mohegan Sun 10:30 Chair Exercises 1:00p Movie Matinee 1:00p Hand & Foot
17 9:00a Fit & Move 10:30 Chair Exercises 1:00p Zumba Gold 1:00p Kohl's in Branford 1:45p Miss Martha 6:00p Zumba for All	18 10:00a Winter Wonderland @ Aqua Turf 10:00a Basic Pilates 10:00a Social Hour 11:00a Low Impact Aero. 1:00p Canasta 1:00p Bunco Club 1:30p Art 101	19 11:00a Discussion Group 12:30p Holiday Party 1:00p Poker	20 9:00a Legal Assistance 10:00a Tap Dance 10:00a Knitting 11:10a Zumba Gold 1:00p Mah Jongg 1:00p Italian Lecture 1:00p Hawaiian Holiday	21 9:00a Fit & Move 10:00 Tanger Outlets in Westbrook 10:00a Vet's Social Group 10:30 Chair Exercises 1:00p Movie Matinee 1:00p Hand & Foot
24 Madison Senior Center Closed Christmas Eve	25 Madison Senior Center Closed Christmas Day	26 11:00a Discussion Group 1:00p Poker 	27 10:00a Tap Dance 10:00a Knitting 11:10a Zumba Gold 1:00p Mah Jongg	28 1:00p Movie Matinee 1:00p Hand & Foot 1:00p Shoprite, Walgreen, & Jo-ann Fabric in Clinton
31 1:00p Zumba Gold 1:00p Book Club 6:00p Zumba for All	 <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p>Storm Closing Information</p> <p>In the event of bad weather, please check WFSB Channel 3 or NBC Channel 4 for the latest storm closings, cancellations, or delays.</p> </div>  </div>			



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

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 29 Bradley Road
 Madison, CT 06443

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12/2012

Interested in classes and other offerings at night?? Have an idea for an activity? Contact Kristen Caramanica- (203) 245-5695

RETURN SERVICE REQUESTED

Computer Basics For Beginners

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

Tuesdays, January 8th to February 12th 1:00p to 2:00pmFee: R \$42 NR \$52 (6 classes)

Computers II

Build upon skills learned in Computer Basics. Practice email skills, learn to manage your inbox, learn about attachments etc. We will learn more about the internet-setting your home page, creating a favorites list, searching the internet , social networking and more.

Thursdays, January 10th to February 14th - 1:00p to 2:00pmFee: R \$42 NR \$52 (2 classes)

Social Networking

Learn to create a Facebook account and keep up with your friends and family. Find out what the grandkids are doing. Share photos of your vacation. Find and reconnect with old friends and high school classmates. Use Twitter to follow your friends and family, and your favorite stars. Investigate genealogical tools and more. Build your own web page if time permits.

Thursdays, January 10th to February 14th - 11:00a to 12:00pm.....Fee: R \$42 NR \$52 (2 classes)

Digital Photography Class

Did you get a new camera for the holidays? This course will guide you from taking a picture to processing them on your computer. Instructor: Steve Smith. **Mondays, January 7th– 28th (No class Jan 21st) 7pm-8:30pmFee: R:\$40NR\$50.**

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

Ongoing Activities at the Senior Center

Bridge	Thursdays	1– 4 pm	Hand & Foot	Fridays	1– 4 pm	Social Hour	Tuesdays	10 am
Canasta	Tuesdays	1– 4 pm	Mah Jongg	Thursdays	1– 4 pm	Veteran’s Social Group	3rd Friday	10 am
Chess Club	Tuesdays	1– 4 pm	Pinochle	Tuesdays	1– 4 pm	Walking (1 Mile)	Wed.	9am
Discussion Group	Wednesdays	11 am	Poker	Wednesdays	1– 4 pm	Cribbage	Mondays	1-4pm