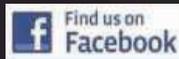


Trends & Traditions

December 2013



Madison Senior Center

MUSEUM OF THE MONTH TRIP

Knights of Columbus

Established in 1982 the Knights of Columbus Museum is a non-profit institution that features world class exhibitions of artwork and history. The museum is renowned for its annual Christmas exhibitions, this year's feature display is a beautiful paper nativity scene. Enjoy lunch on your own at Twin Pines Dinner in East Haven.

Depart MSC at 10:00

Friday, December 20th

\$4.00 fee



Madison Senior Center Holiday Party



Join us for a Ziti dinner, salad, dinner rolls, dessert, coffee or tea. Enjoy holiday entertainment by pianist Sal Anastasio

Wednesday, December 18th 11:30am

\$10 fee

Pre-registration is required

Healthy Cooking with Jessica Dean

Join Jessica for a hands-on cooking demonstration of meals that are cost effective, easy to prepare, healthy and most important, YUMMY! At the end of class, we will enjoy the meal together family style. Each day we will focus on one meal. 'Bone Building' Breakfast, Love Your 'Lazy Day' Lunch, Dinner for YOU-Cooking for 1 or 2.

Jessica is a Madison resident, mom of 3 daughters and holds multiple degrees in Nutrition. She is completing her post-baccalaureate program in Dietetics.

Lunch Monday, December 9th

1:00-3:00pm

Tuna Melt on English Muffin, White Bean and Spinach Stew, Peanut Butter Treat

Dinner Thursday, December 12th

4:00-6:00am

Almond Encrusted Salmon, Kale and Brown Rice Salad with Cranberries and Pecans, Lime Yogurt Cake with Blackberry Sauce

Breakfast Thursday, December 19th

9am-11:00am

Blueberry Oat Quick Bread, Crust-less spinach pie

Pre-registration Required

\$5.00 per class

to help us to purchase the supplies for the class



New Years Eve Celebration



Come dressed in your fanciest duds and wear your kookiest hat. Enjoy pizza, sparkling grape juice and a treat!

Monday, December 30th at 11:30

\$5 fee

"SAFETY CHECK LIST"

Are you concerned for your safety in the event of a storm or do you know someone you are worried about? The "safety check list" will be utilized in the case of an emergency. To add your name to the list, call (203) 245-5627.



Our Lady of Mercy Early Childhood Center will be dropping off cards for us as well as entertaining us by singing a few holiday songs. Come join these wonderful children and get into the holiday spirit!



Friday December 13th at 12:45pm

FREE

Daniel Hand High School Holiday Choral Concert and Decorating

To help you get in the spirit for the holidays we will have the Daniel Hand Wassail Singers performing at 10:00. Then after lunch help us decorate your Senior Center for the holidays! If you would like, bring in your favorite Christmas cookies to share and we'll supply the mulled cider!

Wednesday, December 4th at 12:30pm

Free



Beginner Bridge Lessons

An 6 week session consisting of bidding, play, and defense. The lessons will focus on preparing students to play duplicate bridge sponsored by the ACB League but will include guidelines for rubber and social bridge. Please purchase the book, "*Bridge Basics 1 An Introduction*" by Audrey Grant for \$9.66, and to bring to the first class.

Inst. C. Graham

Friday Jan.10th-Feb. 14th

6 Weeks

10:00am-Noon

Fee: R \$48 NR\$58



Advanced/Beginner Bridge Lessons Part 2

A 6 week session focusing on competitive bidding. The lessons will focus on preparing students to play duplicate bridge as sponsored by the ACB League but will include guidelines for rubber and social bridge. Please purchase the book, "*Competitive Bidding*" by A. Grant for \$9.99 (available on Amazon), & bring to the first class.

Instructor: C. Graham

Friday, Jan.10th-Feb. 14th

6 Weeks

1:00pm-3:00pm

Fee: R \$48 NR\$58



MADISON SENIOR CENTER

29 Bradley Road, Madison, CT 06443

PHONE: (203)245-5627

FAX: (203) 318-0670

WEBSITE: www.madisonct.org/seniors

HOURS: Monday-Friday 8:30-4:00pm

SR. COMMUNITY CAFÉ

(203)245-5686

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

DIAL-A-RIDE (203)245-5627

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

MUNICIPAL AGENT FOR THE ELDERLY (203)245-5687



SENIOR COMMISSION

Chair: Maureen Lopes
 Vice-Chair Dr. Gerard Kerins
 Members..... Mitchell Cohan
 Patricia Melady
 Sheri Puricelli
 Wendy Oberg
 Marcy Sanders
 Margaret Walden

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

The next meeting will be

December 12th, 2013 at 5:30pm

LIAISON TO BOARD OF

SELECTMAN.....Diane Stadterman

SENIOR CENTER STAFF

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

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Application intake has begun! Eligible applicants will receive assistance to heat their home. An applicant must meet income & asset guidelines. Asset limit for homeowners is \$10,000 & for renters is \$7,000. Proof of all income, rent, & utility expenses, & bank statements for the month prior to the application date are required. ***Single maximum monthly income age 60 or older: \$2683 and for a couple: \$3508.**

MEDICARE SAVINGS PROGRAM

Pay the monthly Medicare Part B premiums for qualifying participants. May lower co-pays for prescriptions to between \$2.60 - \$6.50. May also cover doctor co-pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program.

Monthly Max. Income: Single: \$2,356.68 & Couple: \$3,180.78

FOOD PANTRY DONATION LOCATION

The Madison Senior Center is now a donation location for the Madison Food Pantry. Please consider helping your local friends and neighbors with a donation. Madison Community Services, Inc. and the Madison Lions annually provide holiday baskets to Madison residents in need of assistance. Holiday Baskets are provided to families, seniors and singles. This year they plan to offer a healthier meal that will include fresh fruit and vegetables. Families will receive a turkey and seniors/singles will receive a roasting chicken. They will, also, supply "the fixings" for the meal. There are items, like condiments, that are not in the baskets. The goal is to include a \$10 Stop & Shop Gift Card with the food. Recipients, would then be able to use the card to purchase items that will complement the meal. If you would like to help you can send your donation to: Wendy Larson, Social Services Coordinator, 10 School Street, Madison, CT 06443

MEDICARE SAVINGS PROGRAM

Pay the monthly Medicare Part B premiums for qualifying participants. May lower co-pays for prescriptions to between \$2.60 - \$6.50. May also cover doctor co-pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program. **Monthly Max. Income: Single: \$2,356.68 & Couple: \$3,180.78**

MEDICARE ANNUAL ELECTION PERIOD

October 15th – December 7th, 2013

It's the time of year to make changes to your health insurance for 2014. Is your Medicare D Plan covering all your prescriptions? Are you happy with your Medicare Advantage Plan? Paying too much for your Medicare Supplemental Plan? Sick of paying co-pays at the doctor? Counseling is available to help select insurance options.

Top 5 Facts Regarding the Affordable Care Act & Medicare

- 1. Your Medicare coverage is protected.** you don't have to replace your Medicare coverage with Marketplace coverage. Keep your Original Medicare or a Medicare Advantage Plan, you'll still have the same benefits, No Changes Needed.
- 2. You get more preventive services, for less.** Medicare now covers certain preventive services, like mammograms & colonoscopies without charging the Part B coinsurance or deductible. You get a free yearly "Wellness" visit.
- 3. You can save money on brand-name drugs.** Once you hit the donut hole, you'll get a 50% discount when buying Part D-covered brand-name Rx's. The discount is applied automatically at the pharmacy. Donut hole will be closed by 2020.
- 4. Your doctor gets more support.** There are new initiatives to support care coordination, your doctor may get additional funding to ensure consistent treatments.
- 5. The ACA ensures the protection of Medicare for years to come.** The life of Medicare will be extended to at least 2029, due to reductions in waste, fraud, abuse, & Medicare costs. **information from the Medicare.gov website.*

**MEDICARE MONDAY**

Mon., December 2nd 9-10am
Information, counseling, & assistance
Carlos Maynard assists by appointment

WELL RIGHT NOW CLINICS

Mon., Dec. 9th & 23rd 12-1:30pm
VNA Community Healthcare holds Well Right Now Clinics on the 2nd & 4th Mondays of the month., included blood pressure check.

LEGAL ASSISTANCE

Thurs., Dec. 19th 9-10am 
Attorneys from Cronan and Sweeney offer private 15 min. counseling services
Call the MSC for an appointment.

DIAL-A-RIDE

M, W & F - 8:45 to 3:30
(203) 245-5627.

Transportation for elderly and disabled Madison residents. Rides are given in a 14 town region for medical appointments, & personal business. Minimum 48 hour notice needed.

**SENIOR CENTER BUS**

Monday - Friday 9am to 3:30pm
A fixed route service to the MSC, downtown, grocery shopping and the center of town. Call for a schedule.

HANDICAPPED PARKING PERMIT

Available in the Senior Center office. 

MEALS-ON-WHEELS

by The Estuary Council of Seniors
(860) 388-1611 Ext. 207
Meals delivered around noon to the homebound or recently recovering.
Needs 5 days notice & doctor referral.

SENIOR CAFÉ

Monday through Friday at Noon
Age 60+ or disabled, suggested donation of \$3.00. To order: call Jodie, (203) 245-5686 by Noon the day before.

NOTARY SERVICES

Tues., Dec. 10th 10am-12pm
By apt only, 2nd Tues. of the month.

**MOVIE MATINEE @ MSC**

Presented by SILL on Fridays, movies start at 1:00pm FREE
Dec. 6th "The Day of the Jackal" Dec. 13th "All the King's Men" Dec. 20th "White Christmas"
Dec 27th "Old Movie Double Feature" 9:30-11:30 break for lunch on your own then 1:00-3:00"

**Thursday Book Club**

The book club will meet December 5th
(Discussing *Unbroken*)
Future Meetings: Jan 2nd discussing
"Parlor Games" and Jan. 30th
Book TBD
1pm
Discussion led by Barbara MacDonald

**CRAFT CORNER: "NEW" UFO -
Un Finished Objects**

We supply the space, you supply the talent! If you have unfinished artwork, jewelry making; needle work or any craft pieces come and join the bunch to work on your project and socialize with others!
Tuesdays, 10am FREE

Holiday Nail Painting

Come and get beautified by Kristen and Cynthia for the holidays! **FREE!**
Please bring a non-perishable food item for the Madison Food Pantry
Mon. Dec. 23rd 10-11:30 & 12:30-1:30
Pre-registration is required

**Lunch Bunch & Shopping**

Mon., Dec. 2nd Westfarms Mall
10:00am \$5 fee
Mon., Dec. 9th Clinton Walgreens &
Shoprite 12:45pm \$2 fee
Mon., Dec. 23rd Pink Sleigh
Saybrk Diner/Pasta Vita 10:00 \$2 fee

TECH SUPPORT

*Have an iPad or a smart phone and
don't know how to use it?
"Facebook & Skype" What's that?*

Get all your questions answered for free at the Madison Senior Center. Scranton Library Teen Advisory Group and Madison Youth & Family Services will be offering free "drop-in" learning sessions. Teen Volunteers will be available to answer your questions.

Mondays, Dec. 2nd-16th FREE!!
4:30-5:30 pm. *No session on 12/23 or 30*

NEW!! French Class

Parlez-vous Francais? All levels welcome; some prior exposure to French helpful. This will be a class to learn conversational phrases and French culture. *Optional conversational French starting at 9:45am*

10:15-11:15am Jan. 8th-Feb. 12th (6wks)
Fee: R\$34/NR\$44

**ART 101**

Instruction in drawing, pastel, watercolor, acrylics and oils.
Tuesdays-1:30-3:30pm
Oct. 1st — Jan. 28th
No class 12/24
Instr: M.Waldvogel Fee \$5

**Holiday Card Making with Liz**

Create your own unique Holiday card. They are fun & easy to make!
Pre-Registration is required.
Thursday, Dec. 5th 10:00am.
Fee: \$3 paid to Instructor at class time

**Bingo!**

St. Margaret's Bingo
Bingo starts at 12pm.
Bring a bag lunch!
Wednesday, Dec. 11th

Senior Singles Group

Tuesday, December 10th
at MSC at 5:30pm
Dinner on your own to follow
at Donohues

**Christmas in Mexico
with Elaine Jackson**

Come enjoy a cultural presentation on "The Posadas" as celebrated by millions of Mexicans and Mexican Americans.

Monday, Dec. 16th 10:30-11:30am
Pre-registration is required Free

Exercise With Patty Velleca

CHAIR EXERCISES

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



Mondays - 10:30a to 11:30a

Jan. 6th-Jan. 27th 4 classes

R\$17.00/NR \$27.00

No class Jan 20th

R\$17.00/NR \$27.00

Fridays - 10:30a to 11:30a

Jan 10th-Jan.31st 4 classes

R\$17.00/NR \$27.00

SENIORS IN MOTION

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

Wednesdays - 10:30 to 11:30am

Jan.8th-Jan.29th 4 classes

R\$13.00/NR\$23.00

EXERCISE & RELAX YOGA

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

Tuesdays 9:30-10:30am (New Time)

Jan.7th-Jan. 28th 4 weeks

R\$33.00/NR\$43.00

Thursdays 3:00-4:00pm

Jan 9th-Jan.30th 4 weeks

R\$33.00/NR\$43.00

FITNESS & MOVEMENT

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

Mondays - 9 to 10am

Jan.6th-Feb3rd 4 weeks

No class Jan. 20th

R\$17.00/NR \$27.00

Wednesdays - 9 to 10am

Jan. 8th-Jan. 31st 4 weeks

R\$17.00/NR\$27.00

Fridays - 9 to 10am

Jan. 10th - Jan 31st 4 weeks

R\$17.00/NR\$27.00

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.

FREE Tues., Dec. 17th 11-12.

TAI CHI

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



Instr.: S. Hanley

Monday - 9am to 10 am

January 6th - Feb 10th 5 weeks

No class Jan. 20th

R \$44/NR \$54



LINE DANCING

A great way to keep moving, & exercise, dancing & have fun!

Mondays 2:00pm to 2:55pm

Classes begin September 9th

5 Class Pass

R \$23 NR \$33

10 Class Pass

R \$46 NR \$56



SILVER TAPPERS CLASS

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

"you will be tap dancing your first class!"

Thursday's 10:00-11:00am

Jan. 9th - Mar. 6th, 2014 9 weeks

R \$60/NR \$70

Instr. M. Goglia



Are You Sleeping? (Sponsored by the VNA)

Join us to find out why you may have trouble sleeping, how to have a restful night sleep, when to get help and potential causes for sleepless nights.

Monday, December 9th, 1-2pm **Pre-registration is required**

FREE

EXERCISE CLASSES WITH KRIS

The "exercise pass" is good for 5 or 10-classes taught by Kris and is valid until the end of the fiscal year of purchase. **Fiscal Year ends: June 30th, 2014.**

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

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

All classes taught by Kris Reaske

ZUMBA FOR ALL

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



Mondays - 6 to 7pm

ZUMBA GOLD

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

Mondays - 1:00 to 1:55pm

Thursdays - 11:10 to 12:10pm



Aqua Dome "Silver Splash"

A fun and exciting class designed for active older adults, increasing muscle strength, flexibility and range of motion through water exercise. The focus of this class is building core control. Participants do not need swimming skills.

Weds. 12:00-2:00 Fee \$7/class,

Payable to Aqua Dome upon arrival

If transportation is needed inquire at the Madison Senior Center

Senior Center Preview for January

Learn all about the new programs that will take place during the month ahead. Questions about the Newsletter? Do you want to learn about new programs and special events?

Thursday, Dec. 19th at 12:30



Mohegan Sun Friday

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

Friday, December 13th

Fee: \$7



Aqua Turf Seasons Greetings

High 5- Vocal Works presenting their holiday show "Times Square Quartet" Comp. beverage, coffee & donuts, door prizes, Family style lunch: Salad, Pasta, Roast Turkey, Baked Scrod, Vegetables, Potato, and Dessert. Depart MSC at 10am

Tuesday, Dec. 10th

Fee: \$43



UCONN WOMEN'S BASKETBALL GAME at Rutgers Athletic Center in Piscataway, NJ.

Sunday, Jan 19th

This afternoon enjoy a game between your favorite UCONN Women's Huskies as they take on the Rutgers Scarlet Knights. There is nothing like seeing a live game, it will surely be a night to remember! At the conclusion of the game we will board our motor coach and head back home with fond memories! Trip includes: Transportation and Tickets to the UCONN Women's basketball game. Departure time TBD, there may be multiple pick ups.

Fee \$64 R/\$69NR



Mohegan Sun Overnight

Upon arrival to "The Sun" you will receive your bonus package and check into the hotel. AT Mohegan's hotel accommodations are nothing less than extraordinary. The remainder of your time is on your own. Enjoy, fine dining, retail shops, live entertainment, sporting events and a luxurious spa. Bring your bathing suit to swim in their magnificent pool. Depart MSC at 9:00am Rooms may not be ready for check in until 4pm Price includes hotel accommodations, 2 \$15 Food Coupons, 2 \$10 Free bets, taxes and baggage handling, and transportation.

Wednesday, Jan., 29th-Jan 30th

Double: R\$114 PP/NR \$119 PP; Single: R\$180 PP/NR \$185 PP; Triple: R\$104 PP/NR \$109 PP



Eastern Caribbean Cruise

10 Days and 9 Nights

March 8-17th, 2014

This sparkling cruise ship is the perfect choice for year-round cruises from New York. From a chic, four-lane bowling alley to tons of dining choices and Freestyle Cruising, Norwegian Gem has it all. Chill out by the pool, get lucky in the casino, unwind at the spa. Entertainment day & night. Spectacular stage shows, The Second City® comedy, dance clubs, bars & lounges, piano bars, live music and much more. Start in New York and going to: San Juan, Philipsburg, St. Maarten, St. Thomas, US Virgin Islands, Samana Dominican Republic, ending in back in New York. **Inside Cabin:** \$1,359 double, \$1,259, triple, \$2,313 single

Outside Cabin: \$1,524 double, \$1,374 triple, single \$2,628 **Balcony Cabin:** \$1,810 double, \$1,573 triple, 3,174 single



The Gardens of London featuring the Chelsea Flower Show

Saturday, May 17th, 2014

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

Pricing for booking by Nov. 17th: Single: \$4999, Double: \$3899.



Rockies Rail Highlights

8 days /11 Meals/6 Breakfasts /1 Lunch /4 Dinners

Thursday, July 3rd-10th, 2014

Trip includes transportation to Bradley International Airport and Round trip airfare from Bradley International Airport to the lovely city of Calgary, Alberta. Highlights are: Banff, Yoho National Park, Icefields Parkway, Jasper, VIA The Canadian, Vancouver. Itinerary at a glance; *Westin Hotel Calgary*, Calgary, Alberta, *The Fairmont Banff Springs Hotel*, Banff, Alberta, *Sawridge Inn and Conference Centre*, Jasper, Alberta, *Via Canada*, Toronto, Ontario, *Westin Bayshore*, Vancouver, British Columbia. Price does **not** include cancellation waiver or insurance at \$315 a person, this would be an additional charge.

Double \$3,999; Single \$4,599; Triple \$3,949 Book now and you will save \$100



Merry Christmas and Happy New Year
from all of us at
the Madison Senior Center



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Strong House Adult Day Center can help with weekday respite! Nurturing & Home-like, ideal for those with memory impairment

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An affiliate of VNA Community Healthcare

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860-388-1788

County Hearing and Balance

Jeffery W. Worgul, Au.D., Doctor of Audiology
203-245-1950
82 Bradley Road, Madison, CT 06443

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For Information Call
Mark Carofano
1-800-732-8070 ext. 3445
email: mcarofano@4LPi.com

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Swan Funeral Home is dedicated to serving the Madison community. We pride ourselves in providing compassionate care to local families during their most difficult times, when they need us most. Our instant feel selection of services make us the right choice today... and into the future.

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Jennifer Jones

Director of Community Relations



Memory Care Residence

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Email: jjones@peregrine-companies.com
Website: www.peregrineslandingshoreline.com

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your loved ones,
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At Madison House our short term rehab will get you back on your feet quickly.

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- Physical, Occupational & Speech Therapies
- Post Surgical Orthopedic and Cardiac Care
- IV Therapy



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Sylvia Patterson NMLS# 528441, GSB NMLS# 536590



Guilford Savings Bank
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Equal Housing Lender Member FDIC

7 Menu



DECEMBER 2013



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BBQ Chicken Qtr, Veg. Baked Beans, Green Beans, Multigrain Roll, Fruit Cocktail, Milk	3 Pot Roast w/ Gravy, Mashed Potatoes, Peas and Carrots, Whole Wheat Bread, Fruit Cocktail, Milk	4 Cheeseburger on Wheat Bun, Swt Potato Fries, Green Beans, Fresh Fruit, Milk	5 Sliced Turkey w/ Gravy, Herbed Stuffing, Roman, Oat Bread, Orange Juice, Raisin Oatmeal Cookie, Milk	6 Tomato Basil Soup, Spinach Quiche, Zucchini, Beet Salad, Whole Wheat Bread, Fruit Cocktail, Milk
9 Salisbury Steak w/ Gravy, Smashed Potatoes, Mixed Vegetables, Oat Bread, Fresh Fruit, Milk	10 Lentil Soup, Vegetable Omelet, Roasted Potato, Grilled Vegetables, Multigrain Bread, Peaches, Milk	11 Chicken w/ Broccoli and Cheese, Brwn Rice, Carrots, Dinner roll, Cranberry Juice, Apple Strudel, Milk	12 Spaghetti and Meatballs, California Blend Veggies, Parmesan Cheese, Breadstick, Pineapple Tidbits, Milk	13 Fresh Baked Ham w/ Gravy, Rstd White & Sweet Potatoes, Cauliflower & Peas, Whole Wheat Dinner Roll, Seasonal Pie, Milk
16 Eggplant Rolatini, Penne Pasta w/ Sauce, Tossed Salad w/ Cucumbers & Ital. Dressing, Parm Cheese, Ital. Bread, Peaches & Milk	17 Herb Roasted Chicken Thigh, Baked Sweet Potato, Summer Spring Blend Veggies, Rye Bread, Apple Juice, Coffee Cake, Milk.	18 Holiday Party Ziti dinner, salad, dinner rolls, dessert, coffee or tea. Pre Register \$10.00	19 Christmas Meal Beef Wellington, Baked Potato, Peas and Mushrooms, Dinner Roll, Holiday Cake, Milk	20 Swt & Sour Pork, Lo Mein, Oriental Vegetable Blend, Whole Wheat Bread, Fresh Fruit, Milk
23 Birthday Cake Day Rsted Chicken Leg, Mashed Potato, Carrots, Wheat Dinner Roll, Mixed Fruit Juice, Birthday Cake, Milk	24 & 25 		26 Split Pea Soup, Crab Cakes w/ Lemon & Tartar Sauce, Confetti Brown Rice, Scandinavian Veggies, Wheat Bread, Fruit Cocktail, Milk	27 Fresh Baked Ham w/ Gravy, Baked Potato w/ Sour Cream, Green Beans, Whole Wheat Bread, Cranberry Juice, Rice Pudding, Milk
30 New Year's Eve Celebration Pizza, sparkling grape juice and dessert. Pre Register \$5.00	31 Roast Pork w/Gravy, Scalloped Potato, Spinach, Applesauce Garnish, Dinner Roll, Pineapple, Milk		Please remember to make your reservation with Jodie Shevlin at (203) 245-5686 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.)	



Find businesses that support your community at **SeekAndFind.com**



Madison Senior Center
 29 Bradley Road
 Madison, CT 06443

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12/2013

RETURN SERVICE REQUESTED



COMPUTER CLASSES

Computer Basics For Beginners

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

Tuesdays, Jan. 7th-Feb. 4th 1 to 2:00pm

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

IPad for Beginners

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

Thursdays, Dec. 5th-Jan 16th (no class 12/26 or 1/2) 1 to 2:00pm

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

E-Bay: Buying and Selling Online



This is sure to be a fun class! You will learn how to Open E-bay & PayPal accounts online, search and bid on an item, pay and complete the transaction, investigate sellers, and find the best deal. Also learn how to become an eBay seller, what it costs, how to price your items, take and upload a picture, complete the sale, and the best words to describe your item. Please bring a camera, charged battery, a pad and pencil, & questions you may have. Classes are 2 hours.

Tuesdays, Jan 7th- Jan. 21st 10 to 12pm

Fee: R \$42 NR \$52 (3 classes)

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

Ongoing Activities at the Senior Center

Bridge	Thursdays	1- 4 pm	Hand & Foot	Fridays	1- 4 pm	Crocheting w/ plastic bags	Wednesdays	1-3 pm
Canasta	Tuesdays	1- 4 pm	Knitting Group	Tuesdays & Thursdays	10a-12p	Walk with Kristen	Tuesdays	10:00am
Mah Jong	Thursdays	1- 4 pm	Poker	Wednesdays	1- 4 pm	There's LOTS to do at the Madison Senior Center		
Kings in the Corner	Tuesdays	1- 2 pm	Bocce	Thursdays	9-11 am			