

# Trends & Traditions

December 2014

Madison Senior Center

## DAVISON ART CENTER AT WESLEYAN "Call to Action-American Posters in World War I"

Following the declaration of war in Europe in August 1914, each of the rival powers adopted extensive advertising campaigns to recruit soldiers, encourage women factory workers, and raise the money essential for this new "total" war. Dramatic posters soon covered train stations, city squares, and stores, exhorting passers-by to new levels of patriotism and self-sacrifice.



After the United States entered the war in April 1917, Charles Dana Gibson founded the Division of Pictorial Publicity to organize American illustrators for war posters. Selected from the collection of the Davison Art Center, the exhibition *Call to Action* includes more than 30 American World War I posters designed by James Montgomery Flagg, Howard Chandler Christy, and others. With vibrant colors and dramatic strokes, the designers reinforced ideals of masculinity and femininity, as well as the integration of immigrants into a unified concept of American identity. Stop at The First and Last Tavern in Middletown for lunch then on to Wesleyan for a 1:30 tour.

Friday December 5<sup>th</sup> Depart MSC at 10:30 Bus Fee:\$2

## The *Adventurous* Culinary Club



Come on a culinary adventure to explore cuisines from around the world and make new friends! Go somewhere new every month, *on your own*. Prices vary, stop in for a copy of the menu. This month visit *Aspen* in Old Saybrook, which offers Contemporary American cuisine created from the highest quality, freshest sustainable ingredients and methods.

Friday, Dec. 19<sup>th</sup> Depart MSC at 11:45 Bus fee \$2



## Sculpture – Explore the Creativity With-in

Learn about sculpture techniques and have fun creating your own pieces. Learn carving, modeling, how forms develop in 3-D, how to produce light and shade and how to make reliefs. Instructor Robert Trupin has been a sculptor for over 20 years. He learned how to sculpt from world famous sculptor Stanley Bleifeld and master teacher Peter Rubino. All levels of sculptors are welcomed, individual instruction provided.

All supplies are included in fee.

Thurs. Jan. 8<sup>th</sup>-Feb. 5<sup>th</sup>  
1:30-3:30pm



(5 Classes)  
Fee: R\$90 NR\$100



## Learn Italian and Travel to Italy



Monica Georgeo, a 15-year Yale, Italian language, instructor will present her 5-month class to learn Italian and then guide you on a tour of Italy. The dates of the class are January 14<sup>th</sup> through May 20<sup>th</sup> 10:30 to 11:45.

Informational Session : Thursday, December 11<sup>th</sup> at 10:45pm



## HOLIDAY FESTIVITIES



### Decorate the Senior Center

Stop in, share some holiday cheer, and help decorate the Senior Center for the holidays  
Monday, Dec. 1<sup>st</sup> at 10

### Cookie Baking with Rosemarie

Let's bake up a storm, not a winter storm, a COOKIE STORM! We will be baking, "Springli". Please bring with you, (only if you have) a rolling pin, a springli mold, and a "cut-out wheel" these will be used for our holiday party !!

Pre-registration required. Monday, Dec. 15<sup>th</sup> at 12:45.

### Egg Nog Day and Game Day

Come enjoy eggnog and fun games!

Wednesday, Dec. 24<sup>th</sup> at 12:45



Fee: \$1.50

### Holiday Party and Sing a-Long

with "Music by Ann & Frank"

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 to see what your Secret Santa brought you! Sponsored in part by the Strong House. Pre-registration by Thursday, Dec. 11<sup>th</sup>.  
Wednesday, Dec. 17<sup>th</sup> at 12:30pm



Fee: \$6

### New Years Eve Day Party

Wear your fanciest duds and join us for sparkling cider, snacks, piñata, balloons and games, bring your resolutions to share!  
Wednesday, Dec. 31<sup>st</sup> at 12:45

Fee: \$3



**MADISON SENIOR CENTER**  
29 Bradley Road, Madison, CT 06443

**PHONE:** (203)245-5627

**FAX:** (203) 318-0670

**WEBSITE:** www.madisonct.org/seniors

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

**SR. COMMUNITY CAFÉ**  
(203) 245-5686

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

**DIAL-A-RIDE (203)245-5627**

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

**MUNICIPAL AGENT FOR THE ELDERLY**  
(203)245-5687



**SENIOR COMMISSION**

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

*The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be December 18<sup>th</sup>, 2014 at 5:30pm*

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

**SENIOR CENTER STAFF**

- Sr. Services Manager ..... Austin Hall
- Municipal Agent ..... Heather Castrilli
- Program Coord ..... Kristen Caramanica
- Secretary: ..... Ellie Gillespie
- Bus Driver: ..... Michael Rand
- Bus Driver: ..... Helen Sneider
- Bus Driver: ..... Tina Macero
- Café Manager..... Jodie Shevlin



With the arrival of December, it is time to contemplate your New Year's Resolution. This year could be the year for you to try something new, learn a new language, or take that trip to Ireland you have always wanted to make. We will be there every step of the way to help you fulfil your resolution in 2015.

Take the time this month to enjoy your family and friends, maybe donate a gift for "Be a Santa to a Senior" and remember to shop local and support the many wonderful shops in downtown Madison.

If you are getting frail or unsteady on your feet when you walk, it's time to hang up the snow shovel. Find a friend or family member to shovel your path and driveway. Over 1,200 people die each year from shoveling snow, please do not become part of that statistic. If you need assistance finding a plow company, give us a call and we will help you locate someone.

From all of us at the Madison Senior Center, have a healthy and happy holiday season.

*Austin Hall*



**ITALIAN FOR FUN**

Enjoy the journey learning Italian phrases and expressions, including the weather, travel, shopping and food! This four week-course is interactive with hand-outs of the program. **Instructor: Elaine Jackson**  
**Monday's Dec. 1<sup>st</sup>-22<sup>nd</sup> 10:30-11:30**  
**R\$29 | NR\$39**



**"Quilts of Joy"**

with **Ellen Olson**

If you are someone who can sew, cut or iron or wants to learn how to quilt and contribute your time, join us for "Quilts of Joy." Volunteer your time to help create beautiful quilts that will be donated to area Women's Shelters. Please bring scissors, pin cushions (*rotary cutter and board if you have one*) and an excitement for quilting! Please call to register. Instructor: Ellen Olson **FREE**  
**Meets Tuesdays from 1:15-3:30**

**"SAFETY CHECK LIST"**

Are you concerned for your safety in the event of a Hurricane or other weather event, or do you have someone you would worry about in the aftermath of an emergency weather event? The "safety check list" will be utilized in the case of an emergency. In the days following an emergency weather event, a representative from Madison Senior Services will contact those on the list. To add your name to the list, call (203) 245-5627.

**Always plan and be prepared for at least 3 days following a weather emergency.**



**BILLIARDS**



**Next tournament will start November 10<sup>th</sup>**  
**Informational meeting to be held November 3<sup>rd</sup> at 1:30**  
**Please give us a call if you are interested!**



## CONNECTICUT ENERGY ASSISTANCE PROGRAM

**Early Application Intake!!! Begins Monday, September 1st, 2014.** Energy Assistance helps to offset heating expenses during the winter. All fuel sources welcome to apply. An applicant must meet income & asset guidelines. Income and assets are counted for all members living in the household who are benefitting from the heat. 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. \*Last Year's Monthly Income Guidelines: Single: \$2683 Couple: \$3508 *\*This year's guidelines will be announced at the end of October. Income guidelines not available at time of this printing.*

## MEDICARE ANNUAL ELECTION PERIOD

October 15<sup>th</sup> – December 7<sup>th</sup>, 2014

It's the time of year to make changes to your health insurance for 2015. 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.

## Keep your peepers open for paperwork coming in the mail.

Often, in December and January, Social Security and Medicare send important papers through the mail. One of these papers, called your social security benefit letter, notifies you of your new monthly social security amount. Another is your social security 1099 which you need to file income taxes, you will also need this if you want to apply for the rent rebate program. This statement notifies you of the total amount of social security received in the previous year. Please be sure to hold on to these documents, you will need them during the up coming year.

## FOOD PANTRY

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

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

## SNAP PROGRAM (Formerly Food Stamps).

Helps offset food expenses. Money is given to eligible participants monthly, on an EBT debit card to use at local grocery stores.

**Monthly Max. Income: Single: \$1,773, Couple: \$2,393.**



## MEDICARE SAVINGS PROGRAM \*Updated Program limits\*

Helps to pay the monthly Medicare Part B premiums for qualifying participants. Depending on income level this program may also lower co-pays for prescriptions to between \$2.60 \$6.50 and may cover doctor's co-pays, if your doctor accepts State Medical Insurance. There is no asset test of filing deadline for this program.

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

## CAREGIVER SUPPORT GROUP

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

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



## Needing Homemaker Companion Services in Your Home?

### Some Things You, the Consumer of Services, Should Consider:

In the State of Connecticut, Homemaker-Companion Agencies must be registered with the Department of Consumer Protection. Some of the requirements of the Department are [From Department of Consumer Protection C.G.S. §§20-670 through 20-680]:

- \* The Agency must conduct a criminal background check of all employees;
- \* The consumer must receive a written service plan signed by the agency and the consumer; among other items this plan includes the term and cost of services;
- \* The service plan must also include a process for filing a complaint.



### Other questions to ask before initiating services in your home:

- \* What letters of reference can they provide?
- \* What kind of orientation and supervision does the agency provide to the employee that will be assigned to you?
- \* What is the name of the employee's supervisor and how do I reach him/her?
- \* What is the process for reviewing what tasks the homemaker-companion will be responsible for? If any teaching is needed to complete the tasks, who will do this?
- \* What kind of insurance/bonding does the agency hold in the event an employee is hurt on your premises or something of value is broken or stolen?
- \* How do you assess satisfaction with services or lack thereof?

Be safe: We always hope that everyone in your home is trustworthy. However, it is wise to lock up valuables and secure personal information, bank statements, check books, credit cards, passwords and your personal identifying information (e.g. social security number etc.). The more you know about what to expect as a consumer of services, the more likely you will receive the quality of services you deserve



## BEGINNING MANDARIN CHINESE

Ni Hao! Would you like to greet people and ask some simple questions when you travel to China? If so, then this class is for you. If you want to go a step further, the instructor will be glad to accommodate you. Let's have some fun together in this class! **6 classes**

**Wed., Dec. 3<sup>rd</sup>-Jan. 21<sup>st</sup> 1:30-2:30**  
**no class 12/24 & 12/31 Fee: \$10**

### Local Author:

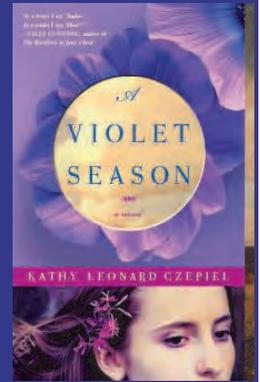
### Kathy Leonard Czepiel, "A Violet Season"

Author of *A Violet Season* (Simon & Schuster), which was named one of the best books of 2012 by *Kirkus Reviews*. A recipient of a 2012 creative writing fellowship from the National Endowment for the Arts, her short fiction has appeared in a variety of publications including *Cimarron Review*, and *Indiana Review*. Czepiel teaches writing at Quinnipiac University in Connecticut, where she lives with her husband and two daughters. **PLEASE CALL TO**

### REGISTER

**Monday, January 26<sup>th</sup> at 1:00**

**FREE**



## Crochet with Mrs. Wimble



Learn how to make beautiful crocheted bags from your recycled plastic shopping bags. Please bring with you 2-3 colored bags, scissors and large crochet hook size (7-10).

**Wednesday's 1-2:30pm**

## MEDICARE REFORM SEMINAR

How this will change your health care requirements for Hospital, Doctor and Prescription. Join Bankers Life Casualty Company and agent Kathy Figgis for this free seminar and refreshments. Please call to reserve your seat.

**Mon., December 15<sup>th</sup> at 10:30am.**

## ART 101

This popular class provides instruction in drawing, pastel, watercolor, acrylic and oil. Get your creative juices flowing!

**Tuesday's until - Jan. 27<sup>th</sup> '15**

**1:30-3:30pm**

Instr: Muriel Waldvogel



**Fee \$5**

**LEGAL ASSISTANCE**

Thurs., Dec. 18<sup>th</sup> 9-10am

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

**HANDICAPPED PARKING PERMIT**

Available in the Senior Center office.

**NOTARY SERVICES**

By appointment only.

**MEDICARE COUNSELLING**

By appointment only.

**Christmas in Mexico with Elaine Jackson**

Come enjoy a cultural presentation on "The Posadas" as celebrated by millions of Mexicans and Mexican Americans  
**Wed., Dec. 17<sup>th</sup> at 10:30** Free

**HEARING CLINICS**

Nancy will be at the Madison Senior Center on the 3<sup>rd</sup> Monday every month, for free hearing testing, hearing aid checks, wax inspection, and listening demonstrations.

**By Appointment Only**  
**Monday, December 17<sup>th</sup>**

**Book Club**

Thursday, December 18<sup>th</sup>  
Meets at 1 pm to discuss  
**"Gone Girl" by Gillian Flynn**  
*Discussion led by Barbara MacDonald*

**MEET. MINGLE & MUNCH SOCIAL GROUP**

Formally "The Singles Group"  
Do you like to do things, but not alone? At the social club you can join others for activities and fun events. Looking for new members, both men and women, and **new ideas**. Social hour is at **5:30pm.** at a local restaurant.  
December 11<sup>th</sup> we're going to The Wharf in Madison

**DIAL-A-RIDE**

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

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

**SENIOR CENTER BUS**

Monday - Friday 9am to 3:30pm

A fixed route service to the MSC, downtown, & grocery shopping. Call for a schedule.

## Bingo!

**Dessert Bingo with Watrous**  
Friday, Dec. 5<sup>th</sup> 1-2:30pm

**St. Margaret's Bingo at Noon,**  
Wednesday, Dec. 10<sup>th</sup>

**Senior Ready Bingo**  
Senior READY Bingo is a fun, interactive game targeted at ages 55 that uses bingo to educate the audience about emergency preparedness.  
Monday, Dec. 22<sup>nd</sup> at 10:00am

**BRIDGE**

If interested in learning how to play bridge please contact **Kristen at (203)245-5695**  
New class starting soon!

**TECH SUPPORT**

*Have an iPad or a smart phone and don't know how to use it?* 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.  
**No class in December**  
**Mon., January 26<sup>th</sup> 4-5pm** Free

**MEALS-ON-WHEELS**

by The Estuary Council of Seniors

(860) 388-1611 Ext. 207

Meals delivered around noon to the homebound or recently recovering. **Needs 5 days notice & doctor referral.**

**SENIOR CAFÉ**

Monday through Friday at 11:45

Serving people ages 60 and up or disabled folks; there is a suggested donation of \$3.00. **To order call Jodie at (203) 245-5686 by Noon the day before.**

**MOVIE MATINEE at MSC**

**Fridays at 1:00 pm**

Dec. 5<sup>th</sup> "Shane"

Dec. 12<sup>th</sup> "The Yearling"

Dec. 19<sup>th</sup> "The Bishop's Wife"

**THINKING OF VOLUNTEERING?**

Do you have a favorite activity/craft you would like to teach others? Maybe you would like to be a greeter & direct and assist customers, assist with computer check in process, answer phones, assist with newsletter, Meals on Wheels volunteer drivers.

**Lunch Bunch & Shopping**

*please note: lunch on your own*

**Monday, Dec. 15<sup>th</sup>**

*Walmart in O.S. & Haywire in Westbrook*  
**Depart MSC at 10:30 bus fee: \$2**

**Monday, December 29<sup>th</sup>**

*Christmas Barn in Essex & Lunch at the Griswold Inn*  
**Depart MSC at 10:30 bus fee:\$2**

*Exercise With Patty Velleca*

**CHAIR EXERCISES**

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



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

Jan. 5<sup>th</sup>- 26<sup>th</sup> **No class 1/19**  
**R\$13 | NR \$23** 3 classes

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

Jan. 9<sup>th</sup>-30<sup>th</sup>  
**R\$17 | NR\$27** 4 classes

**SENIORS IN MOTION**

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

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

Jan. 7<sup>th</sup>-28<sup>th</sup>  
**R\$13 | NR\$23** 4 classes

**EXERCISE & RELAX YOGA**

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

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

Jan. 6<sup>th</sup>-27<sup>th</sup>  
**R\$33 | NR\$45** 4 classes

**Thursdays 3:00-4:00pm**

Jan. 8<sup>th</sup>-29<sup>th</sup>  
**R\$33 | NR \$43** 4 classes

**FITNESS & MOVEMENT**

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

**Mondays - 9 to 10am**

Jan. 5<sup>th</sup>-26<sup>th</sup> **No class 1/19**  
**R\$13 | NR \$23** 3 classes

**Wednesdays - 9 to 10am**

Jan. 7<sup>th</sup>-28<sup>th</sup>  
**R\$17 | NR\$27** 4 classes

**Fridays - 9 to 10am**

Jan. 9<sup>th</sup>-30<sup>th</sup>  
**R\$17 | NR\$27** 4 classes



**TAICHI**

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



Instructor: S. Hanley

**Mondays, 9-10am** (5 weeks)

No class Jan. 19<sup>th</sup>

Dec. 29<sup>th</sup> – Feb 2<sup>nd</sup> **R\$30 | NR\$40**



**No Excuses Tap Dance Club**

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

**Thursdays from 10-11am FREE**



**HEALTHY FAMILIES NOW**  
 VNA Community Healthcare

Join us and learn how to positively manage a chronic condition, work in harmony to build a healthy caregiving relationship and create a sense of team.

**Wed. Dec. 10<sup>th</sup> 1-2pm Free**

**Please contact VNA to register : (203)458-4200**



**Nurses Clinics**

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



**Mon., Dec. 8<sup>th</sup> & Mon., Dec. 22<sup>nd</sup> 12-1:30pm**

**EXERCISE CLASSES WITH KRIS**

The "exercise pass" is good for 5 or 10 classes taught by Kris and is valid until the end of the fiscal year of purchase. **Fiscal Year ends: June 30<sup>th</sup>, 2015.**

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

**All classes taught by Kris Reaske ZUMBA GOLD**

Latin inspired, easy-to-follow, calorie burning, dance fitness-party. Feel the music and let loose.  
**Mondays - 1:00 to 1:55**  
**Thursdays - 11:10 to 12:10**

**Walkie Talkies**



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

**Mon. & Tues. at the MSC 10 am.**  
 Weather permitting (*no snow, ice, or rain*)

**"NEW" Wed. at 10**  
 Walking the Madison section of the Shoreline Greenway Trail. Starts at Hammonasset State Park. A new parking area is now available just east of the main entrance, on Rte 1.

**"New" Ballroom Line Dancing**

Reminisce with songs and dances you love, enjoy the memories they evoke while having fun and getting fit. Your instructor, Karen Pfrommer, certified through the Imperial Society of Teachers of Dance, began teaching in the 80's, and in 1991 opened her own dance studio "Dance in Rhythm," in Branford. She currently teaches two ballroom classes at Quinnipiac University, as well as, coaches the Yale Ballroom Newcomer team and club and is the instructor for Sacred Heart University Ballroom Ensemble.

**No classes on Dec. 29<sup>th</sup> or Jan. 19<sup>th</sup>**  
**Mon., Dec. 15<sup>th</sup>-Feb. 2<sup>nd</sup> 6 weeks**  
**Fee: \$37R | \$47NR**



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

### Mohegan Sun Friday

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

Friday, December 12<sup>th</sup>

\$7

### Holiday Wishes at the Aqua Turf

Featuring *Red Satin Band!* Versatile and experienced, Red Satin has the talent for sparking enthusiastic audience response whether they're listening or dancing up a storm. Price includes: coffee and donuts, complimentary beverage, door prizes, family style luncheon of salad, pasta, roast turkey, sliced roast beef, vegetable, potato and dessert. **Depart MSC at 10:00**

Tuesday, Dec. 9<sup>th</sup>

\$43

### Early Snapshots of 2015 Shows

#### 2015 AAC Women's Basketball Tournament Semi-Final Games at Mohegan Sun Arena

Sunday, March 8<sup>th</sup>, 2015

Depart on a motorcoach from the Madison Senior Center and enjoy two American Athletic Conference (AAC) Tournament semi-final games, played between the winners of the tournament's quarter-final games held the previous day. Come out and enjoy your favorite female basketball players! Price includes transportation, tickets to the AAC Semi-Final Games, Food Voucher, Casino bonus, and drivers gratuity. There may be multiple stops. **Departure time to be determined.**

\$69R | \$79NR

#### St. Patrick's Day Celebration at Gavin's Resort "A Bit of Ireland in the Catskills"

Thursday, March 12, 2015

Depart Madison Senior Center and stop with a coffee stop, on your own, en route to the Catskill region of New York. A complete and special Irish Luncheon is included at Gavin's Golden Hill Resort. After lunch enjoy one of the finest U.S Irish/American entertainment featuring, sing-alongs with some of your favorite Irish tunes and Irish Step Dancers. Also included is a visit to the village of East Durham featuring Irish gift shops and a country store. Please let us know your meal selection which is either, corned beef and cabbage, baked salmon or chicken francaise, also included is a complimentary glass of wine or beer, soda bread, homemade beef barley soup and apple pie a la mode for dessert. Transportation, Irish luncheon and entertainment, visit to East Durham and driver's gratuity are all included. There may be multiple stops. **Departure time TBD**

\$90R | \$95NR

#### Neil Sedaka at Mohegan Sun

Tuesday, April 21<sup>st</sup>, 2015

Singer, songwriter Neil Sedaka will perform many of his recorded hits as well the songs he has written for other artists. Sing along as Neil shares the familiar songs you know so well, "Oh Carol," "Calendar Girl," and "Breaking Up is Hard to Do." Reserved 3:00 show time. Seats are located in the Lower level section of the Mohegan Sun Arena. You will also have time at the casino before the show to enjoy the casino gaming package (*details to be announced*), and a meal voucher. Please arrange your own transportation home from the senior center. **Depart MSC at 11:30am.**

Fee: \$80R | \$90NR

#### "Married to Broadway" at the Aqua Turf, Presented by Friendship Tours

Tuesday, May 26<sup>th</sup>, 2015

Ron Sharpe and Barbra Russell first met when they were playing the young romantic leads of Marius and Cosette in "Les Misérables." After being married on stage hundreds of times, they decided to do it for real. Ron and Barbra, together with their friends will share their love affair with the legendary music of The Great White way. They will perform the big show stopping numbers that are audiences favorites around the world-from "Phantom of the Opera," "Cats," "Evita," "West Side Story," and many more. Delicious lunch at the elegant Aqua Turf will include a family style menu of Garden Salad, Pasta, Chicken ala Kathryn, Broiled Scrod with Tomato and Spinach Topping, Vegetables, Potatoes, Rolls, Dessert and Beverage.

**Depart Madison Senior Center at 10:00am**

Fee: \$80R | \$90NR

#### Celebrate Italia

Aqua Turf

Tuesday, July 21<sup>st</sup>, 2015

Offers a wide variety of American and Italian favorites so that everyone will have a chance to enjoy the celebration. The band, "The Italian Connection," has performed in many prestigious venues such as The Ritz Carlton Hotel, The Four Seasons Hotel, The World Trade Center and hundreds of area's best country clubs. Enjoy Coffee and Donuts, Door Prizes and a Complimentary Beverage. Then lunch will include Salad, Pasta with Sausage and Meatballs, Chicken Cacciatore, Vegetables and Dessert.

**Depart MSC at 10:00**

Fee: \$48

#### Bobby Rydell at the Aqua Turf, Presented by Friendship Tours

Wednesday, August 12<sup>th</sup>, 2015

Bobby's career spans six decades and encompasses every area of the entertainment world. Starring in the hit film "Bye Bye Birdie," and performing on countless TV shows. Bobby has earned a reputation as a classic performer. Not only is he a superb singer, he is an outstanding drummer, an agile dancer and a fine actor. A polished performer at a young age, he was the youngest ever to headline the Copacabana. Bobby will perform "Wild One," "Volare," "We Got Love," "Kissin' Time," and "Forget Him." A delicious lunch at the Aqua Turf will include a Garden Salad, Pasta, Chicken Francaise and Baked Salmon with Dill Sauce, Vegetable, Potato, Rolls, Dessert, and Beverage.

**Departure Madison Senior Center at 10:00 am**

Fee: \$88R | \$98NR



### Shades of Ireland

Thursday, April 16<sup>th</sup>-to Saturday, April 25<sup>th</sup>, 2015

Travel to the Emerald Isle and find yourself surrounded by its “forty shades of green.” Soak in the landscapes of rolling hills and feel the warmth of an Irish welcome. Itinerary at a glance: **Day 1:** Over night flight, **Day 2:** begin your tour in Dublin, this evening join your fellow travelers for some traditional entertainment during a fun filled Irish evening. **Day 3:** Tour Dublin– visit St. Patrick’s Cathedral, O’Connell Street, Grafton Street, Phoenix Park, and see the city’s trademark Georgian town homes. **Day 4:** Travel to Kilkenny to explore the medieval atmosphere of this city situated on the banks of the River Nore. Visit the House of Waterford Crystal. **Day 5:** journey to historic Blarney Castle and kiss the famous Blarney Stone to receive the gift of eloquence. **Day 6:** Travel along one of the most beautiful coastal routes in the world, the Ring of Kerry. Shop for traditional Irish goods, enjoy pristine ocean scenery, gaze upon the Lakes of Killarney. **Day 7:** Experience the customs and daily life of a traditional Irish family during a memorable visit to the Molanna Dairy Farm. Continue to Limerick to see a panoramic city tour which showcases King John’s Castle and the Treaty Stone. **Day 8:** An exciting day awaits– journey to the stunning 700ft. High Cliffs of Moher for awe-inspiring views of the mighty Atlantic and Aran Islands. Travel through the vast limestone landscape of the Burren, known for its stark beauty and Neolithic tombs. Continue past scenic countryside into Galway for a brief city tour. **Day 9:** Start your day with a cross-country journey to Irish Whiskey territory. The ancient towns of Tullamore and Kilbeggan, enjoy a tasting of the final product during a visit to one of the historic distilleries. Top your day off with an overnight stay on the regal grounds of Cabra Castle, where you will toast the end of this great trip during your farewell dinner. **Day 10:** the tour ends in Kingscourt– travel home. This ten day trip includes: 13 meals: 8 breakfasts, 5 dinners, ground transportation to and from New York Airport Round Trip Air from New York, Air Taxes, and fees/surcharges, hotel transfers.

**Fee does not include Cancellation Waiver or Insurance of \$260 pp.**

Rates as of October 17th, 2014: Double \$3,349, Single \$3749 and Triple \$3,319.

### Pacific Northwest and California

September 14<sup>th</sup>-21<sup>st</sup>, 2015

*This trip features Washington, Oregon and California. Highlights include Seattle, Mt. St. Helens Visitor Center, Portland, Columbia River Gorge, Portland Spirit Cruise, Newport, Bandon State Natural Area, Redwood National Park, Eureka, Avenue of the Giants and San Francisco.* **Day 1:** The tour opens with an overnight stay in one of America’s picturesque cities, Seattle. Get to know your fellow travelers at a welcome dinner. **Day 2:** Embark on a sightseeing tour of the “Emerald City,” including the colorful restored waterfront area, historic Pioneers Square, and lively Pike Place Market, a fish and vegetable market dotted with restaurants and shops. Departing Seattle, travel south through Olympia and stop at Mount St. Helens Visitor Center. Learn about the 1980 eruption of Mount St. Helens as well as the history and geology of the state park. Continue to Portland for a two-night stay in North America’s “Best Big City.” and stay at the Hotel Eastland. **Day 3:** Drive along the Mt. Hood route to the lush Columbia River Gorge for a day of sightseeing you will never forget. Mt. Hood dominates the horizon as you leave the valley and enter the slopes of the Cascade Mountains. Discover the awe inspiring landscapes on a tour of the magnificent Columbia River Gorge and the Bonneville Dam, learn about its fascinating hydropower and history. This evening, relax on Portland’s premier dining and sightseeing cruise. Enjoy a vibrant setting enhanced by dazzling city lights, festive cuisine and live performances. Glide along the Willamette River and Lake Oswego for an unforgettable and delightful evening. **Day 4:** Your scenic journey takes you through what was the promised land for many pioneers during the days of the Oregon Trail. The Willamette Valley contains some of the most fertile agricultural soils of Oregon and nurtures vegetables, flowers, herbs, nuts, and vineyards. Next, head to the coastal town of Newport for a brief stop along some of the country’s beautiful coastline and the Oregon Dunes National Recreation Area. **Day 5:** Begin your day with a drive to Bandon State Natural Area. You will be amazed by the scenery along the striking Beach Loop with sights such as Bandon Rocks and Face Rock, known to many from the American Indian Legend. Stop in the picturesque town of Gold Beach. Enter redwood country of California. Travel through Redwood National Park. Inside the park, get close-up to some of the world’s largest trees. Arriving in Eureka, enjoy a delightful tour through this historic timber and fishing village and witness the Victorian architecture of Old Town. **Day 6:** Continue through the Redwood Forest and see the “Avenue of the Giants”. Next, drive over the Golden Gate Bridge and arrive in the “City by the Bay,” San Francisco. Tonight offers exceptional views of San Francisco and the Bay Bridge. **Day 7:** After breakfast discover this amazing city with a sightseeing tour. You will see the Twin Peaks, the Golden Gate Bridge and China Town. Enjoy the rest of your day at leisure to explore on your own. **Day 8:** Your Tour ends, head home.

Included in the price: Group transportation from a central location to and from Bradley International Airport, round trip airfare from Bradley Intl Airport, air taxes and fees/surcharges, hotel transfers, 8 Days & 7 Nights, 10 meals: 6 Breakfasts, 4 dinners.

Book by March 13, 2015 and Save \$100 per person. Not included in price is cancellation waiver insurance, cost of \$205 a person.

**Double: \$2,699, Single: \$3,349, Triple: \$2,669**

**Reg rates are Double: \$2,799, Single: \$3,449, Triple: \$2,769.**

**Travel presentation for this will be held on Monday, February 23<sup>rd</sup> at 10:30am**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> Eggplant Rollatini, Marinara Sauce &amp; Parmesan Cheese, Penne Pasta, Winter Mixed Veg, Breadstick, Peaches &amp; Pears, Milk</p>	<p><b>2</b> Orange Juice, Cheeseburger on Wheat Bun, Lettuce, Tomato Coleslaw, Brownie, Milk</p>	<p><b>3</b> Sliced Pork with Gravy, Swt Potato, Green Peas with Pearl Onions, Pumpernickel Bread, Scalloped Apples, Milk</p>	<p><b>4</b> Oven Rstd Chicken Qtr, Mashe Potatoes, Green Beans, Biscuit, Mandarin Oranges, Milk</p>	<p><b>5</b> Minestrone Soup, Cheese Ravioli with Basil White Sauce, Grilled Veggies, Parmesan Chees, Italian Bread, Seasonal Fresh Fruit, Milk</p>
<p><b>8</b> Baked Pork with Gravy, Scalloped Potatoes, Cooked Red Cabbage, Rye Bread, Cinnamon Applesauce, Milk</p>	<p><b>9</b> Apple Juice, Rst Turkey with Gravy, Cranberry Sauce, Rsted Swt Potatoes, Green Beans, WW Roll &amp; Pumpkin Pie &amp; Milk</p>	<p><b>10</b> Meatballs with Sauce, Ziti, Sliced Zucchini, Parmesan Cheese, Ital. Bread, Sliced Peaches, Milk &amp; Milk</p>	<p><b>11</b> Taco Ground Beef over Rice, Fiesta Blend Veggies, Corn Tortilla, Taco Sauce, Chopped Lettuce/Tomato, Trop Fruit, Milk</p>	<p><b>12 Happy Birthday!</b> Crab Cakes, Tartar Sauce, Rstd New Potatoes, Broccoli, Rye Bread, Apricots, Milk</p>
<p><b>15</b> Grape Juice, Chicken Stew, Egg Noodles, Spinach Salad, Carrots, Vinaigrette Dressing, Cornbread, Apple Crisp, Milk</p>	<p><b>16 Hanukkah</b>  Pot Roast w/ Gravy, Potato Latkes, Applesauce, Carrots, Rye Bread, Jelly Donut, Milk</p>	<p><b>17</b> Tangerine Baked Chicken Qtr., Brown Rice, Oriental Veg, WW Roll, Fruit Compote, Milk</p>	<p><b>18 Christmas Fete,</b> Beef Wellington, Twice Baked Potato, Peas &amp; Pearl Onions, Snowflake Dinner Roll, Holiday Cake, Milk</p>	<p><b>19</b> Creamed Broccoli Soup, Veg. Omelet, Rstd Potato w/ Pepper and Onion, Peas &amp; Carrots, Multigrain Bread, Fruit Cocktail, Milk</p>
<p><b>22</b> Meatballs, Grinder Roll, Parmesan Cheese, Green Beans Cucumber &amp; Tomato Salad, Fresh Seasonal Fruit, Milk</p>	<p><b>23</b> Cranberry Juice, Rstd BBQ Chicken, Acorn Squash, Potato Salad, Rye Bread, Banana Pudding, Milk</p>	<p><b>24</b> Sweet &amp; Sour Pork Chop, Brown Rice Pilaf, Oriental Blend Veggies, Multigrain Bread, Pineapple Chunks, Milk</p>	<p><b>25</b>  <b>26</b> </p> <p><i>Happy Holidays</i></p>	
<p><b>29</b> Pasta Romensco (Spaghetti, Cherry Tomatoes, Parsley, Parm), Ital. Blend Veg, Parm Cheese, Garlic Bread, Peach Slices in Juice, Milk</p>	<p><b>30 New Years Celebration</b> Chicken Breast w/ Spinach &amp; Red pepper, Brown Rice, Parsley Carrots, Sparkling Juice, Dinner Roll, Holiday Cake, Milk</p>	<p><b>31 New Years Eve Day</b> Mixed Fruit Juice, Salisbury Steak w/ Mushroom Gravy, Egg Noodles, Colard Green Pumpernickel Bread, Oatmeal Cookie Milk</p>	<p><i>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.)</i></p>	



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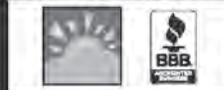


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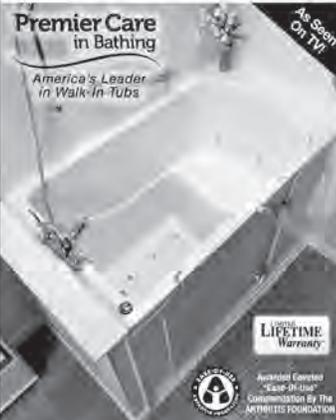
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**Madison Senior Center Art Gallery**

Beginning December 1<sup>st</sup>, the Madison Senior Center is excited to host two local artists in their gallery. Joan McPherson and Sandra Kensler will showcase their painting for 6 weeks in the beautiful setting of the Madison Senior Center Art Gallery. On December 3<sup>rd</sup> from 1-2:30pm Joan and Sandy will be on hand for an Artist Meet & Greet and tour of the gallery. The Madison Senior Center is open Monday thru Friday from 8:30am-4:00pm and select evenings throughout the month. For further information please contact the Center at 203-245-5627.



**COMPUTER CLASSES**

**Computer Basics For Beginners:** For the person who is new or relatively new to computers. Start with the basics - terminology, components etc. what can be done with a computer; composing a letter, e-mail, and an introduction to the Internet. If you have your own laptop, please feel free to bring it with you. **Wed., Dec. 3<sup>rd</sup>-Dec. 31<sup>st</sup> 10 to 11 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. **Starting in January, 2015 Fee: R \$42 | NR \$52 (5 classes)**

**E-Bay: and "New" Craig's List:** Learn how to open E-bay & PayPal accounts online, search and bid on an item, pay and complete the transaction, investigate sellers, and find the best deal. Learn how to become an eBay seller, what it costs, how to price your items, take and upload a picture, complete the sale, and the best words to describe your item. Please bring a camera, charged battery, & a pad and pencil. Classes are 2 hours. If you have your own laptop, please bring it with you. **Thursday's Dec. 4<sup>th</sup>- Dec. 18<sup>th</sup> 10-12pm Fee: R \$42 | NR \$52 (3 classes)**

**Shopping the Internet Safely:** Save money, save time. Find that perfect dress: locate that part for your classic 1955 Plymouth: Comparison shop prices; compare different brands; get that missing piece to your collection. From LL Bean to Macy's to Nordstrom's to e-bay. From new to antique to rare. **Thursday's Dec. 4<sup>th</sup> & Dec. 11<sup>th</sup> 1-3pm Fee: R \$35 | NR \$45 2 classes**

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

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

**Ongoing Activities at the Senior Center**

Bridge	Thursdays & Fridays	1-4 pm	Knitting Group	Tuesdays & Thursdays	10a-12p	Swedish Weaving	Tuesdays	1-4 pm
Canasta	Tuesdays	1-4 pm	Mah Jong	Thursdays	1-4 pm	Walking Club	Mon and Tues.	10:00am
Crocheting Bags	Wednesdays	1-3 pm	Poker	Wednesdays	1-4 pm			
Hand & Foot	Fridays	1-4 pm	Set Back	Wednesdays	12:45pm			