

# Trends & Traditions

February 2013

Madison Senior News and Activities



## Senior Singles Group "Get Out and Live"

An active group participating in a variety of activities. Some of the activities include movies, luncheons, dinners, concerts, plays, kayaking. If you are interested in joining, please give us a call at 203-245-5627.  
**Next Meeting: Tues. Feb. 12<sup>th</sup> at 5:30pm** **FREE**

## Crocheting with Plastic Bags

Do you know how to crochet? Come join Eleanor Wimble to learn how to make beautiful crocheted bags from recycling your plastic shopping bags. Please bring with you 2-3 colored plastic bags, scissors and a large crochet hook (size 7 to 10) **Wed., Feb. 6<sup>th</sup>-27<sup>th</sup> 1-2:30pm** **Fee: \$3**



## Sports Discussion Group

Stop in to discuss your team! How well they are playing? Discuss the past weekends NFL playoff games or college basketball games. Who do you think will get into the Super Bowl? **Please call to register** so we can record games that you are interested in to analyze.  
**Tues. Feb. 5<sup>th</sup>-26<sup>th</sup> 10:30-11:30am** **FREE**



## Valentines Day Celebration



Join the Madison Senior Center and celebrate by wearing red. Lunch prepared by Kristen & Jodie. Menu: Spaghetti Dinner, Italian Bread, Salad, and Homemade Chocolate Cake. **Entertainment** provided by piano-man Sal Anastasio.  
**Wed. Feb. 13<sup>th</sup> 11:30am** **Fee: \$10**

## COOKING FOOD FOR ENERGY



A class focusing on making vegetarian cooking both fun and fulfilling. Plant based meals can help you manage your weight and **Increase Your Energy!** Learn to incorporate grains, vegetables and soy. The first three classes will include a

demonstration and samples of all recipes. The last class show off what you have learned and bring a healthy dish to share, & a discussion led by Assoc. Chef, Ainjali Dipaola.

**Thursdays, Feb. 7<sup>th</sup> - 28<sup>th</sup>, 1-2:30pm, Fee: \$18R \$23NR**



## AARP INCOME TAXES

Get Free Help with Your Tax Return

AARP Certified Tax-Aide counselors provide free income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 60 & older. **Taxpayers MUST bring copies of their 2011 tax return.** Taxes will be prepared by appointment only on **Wednesdays from 12:00 to 3:30PM beginning Feb. 6<sup>th</sup>.** Please call (203)245-5627 for an appointment.

## SENIOR & DISABLED TAX RELIEF PROGRAM

**Friday, February 1, 2013 - Wednesday, May 15, 2013**

The Town of Madison and State of Connecticut offer tax relief for elderly and totally disabled residents that own and occupy their property as a primary residence. There are income, age, and residency requirements in order to be eligible and qualify for the program. Please stop into the Senior Center for a complete list of guidelines. **2012 income taxes must be filed prior to appointment. Maximum Qualified Income Guidelines not available at time of printing.**

## MADE STRONGER CHALLENGE

A fun and friendly, community-wide, 10-week healthy living team challenge, brought to you by MADE. The challenge is not necessarily about losing weight, it is about implementing at least one healthier habit and embracing a lifestyle of wellness. Not only do you win by creating a healthier lifestyle. Raffle prizes are awarded at the end of the program. **Fee: \$10**  
**Computer Registration with Kristen Feb. 4<sup>th</sup> at 12:30pm.**



## Women's Empowerment Group

**Instructor, Melissa Guilfoyle from the Women & Family Life Center will host a bi-weekly woman's discussion group focusing on topics affecting women. Topics include family, health & wellness, and self esteem.**

### Mask Painting & Identity

**Feb 11<sup>th</sup> 12:45-2PM**



Painting Paper-Mache pre formed masks and discuss the various masks that women often have to wear such as mother, sister and wife. How often do these roles affect our lives and what are the challenges and rewards for each role?  
**FREE**

### Mason Jar Decorating & Self-Worth

**Feb 25<sup>th</sup> 12:45-2PM**

Decorate and paint Mason Jars. While they are drying we write different activities that we love to do to be placed in your jar. Activities include things that we do when we are bored or sad. So when you are feeling down you can open the jar and take out one of the slips of paper to lift your spirits.  
**FREE**



## LUNCH BUNCH TRIPS

*Meal on your own*



### Yankee Clipper

**Wed. Feb. 20<sup>th</sup>**

Enjoy music by a Dixieland band while you eat delicious seafood by the water. **Depart MSC at 10:30** **Bus Fee: \$2**



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

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

FAX: ..... (203)245-6186

WEBSITE:

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

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

SENIOR 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

Liaison to Board of Selectman:

..... Diane Stadterman

The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be February 14<sup>th</sup>, 2013 at 5:30pm

### 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

### 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 1<sup>st</sup>, 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

### 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**

## “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.

## What's Going On!!

### 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.

 **MOVIE MATINEE @ MSC**   
Movies start at 1:00pm. No Fee. Theme: Love Stories

Feb. 1<sup>st</sup> - **Westside Story** Feb. 8<sup>th</sup>-**When Harry Met Sally**  
Feb. 15<sup>th</sup> - **Casablanca** Feb. 22<sup>nd</sup> - **An Affair to Remember**

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



### MEDICARE MONDAY

Mon. Feb. 4<sup>th</sup> ..... 9 - 10:00am

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

Mon. Feb. 11<sup>th</sup> & 25<sup>th</sup> ..... 12 - 1:30pm

VNA Community Healthcare holds Well Right Now Clinics on the 2<sup>nd</sup> & 4<sup>th</sup> Mondays of the month at the Senior Center.



### LEGAL ASSISTANCE

Thurs. Feb. 21<sup>st</sup> ..... 9 - 10:00am

Attorneys from Cronan and Sweeney volunteer counseling services on a one-on-one basis. **By appointment only: Call the Senior Center**

### NOTARY SERVICES

Tuesday, Feb. 12<sup>th</sup> ..... 10 - 12pm

By appointment only, on the 2<sup>nd</sup> 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 Meals delivered around noon to the homebound or recently recovering. **Requires 5 days notice & doctor referral.**

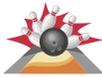
### HANDICAPPED PARKING PERMIT

Available on the [www.ct.gov/dmv.org](http://www.ct.gov/dmv.org) or in the Senior Center office.

### Wii Bowling

Every Wednesday, 1 - 2 pm

Seniors Across the country are playing the Wii, providing a gentle low-impact aerobic exercise.



### BUNCO CLUB

New Years Bunco

*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. 3<sup>rd</sup> Tuesday of the Month **Tuesday Feb. 19<sup>th</sup> 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.



### 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. **Thurs, Feb. 14<sup>th</sup> 10:15a -1:30p** Fee:\$3

### Dessert Bingo!

First Friday of the Month  
Friday, Feb. 1<sup>st</sup> at 1:00pm

**EXTRA DATE!!**

Wednesday, Feb. 6<sup>th</sup> at 1:00pm



Come join us for an afternoon of Bingo at the Senior Center and dessert. Joyce Beebe is your expert number caller.

### 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!!**

Tues. Feb. 19 <sup>th</sup>	2:00-3:00pm
Wed. Feb. 20 <sup>th</sup>	10:00-11:00am
Mon. Feb. 25 <sup>th</sup>	5:00-6:00pm



### OUT-OF-TOWN SHOPPING

This month we will be traveling to the following destinations:

<b>Fri. Feb. 15<sup>th</sup> - Branford Walmart</b>	Depart MSC @ 1:00pm	Bus Fee: \$2
<b>Mon. Feb. 25<sup>th</sup> - Expect/East Haven</b>	Depart MSC @ 1:00pm	Bus Fee: \$2
<b>Wed. Feb. 27<sup>th</sup> - Job Lot in Clinton</b>	Depart MSC @ 1:30pm	Bus Fee: \$2

### Carnival

Celebrated by millions, Carnival is an annual tradition in many households in many countries. Instructor: Elaine Jackson. **Mon., Feb. 4<sup>th</sup> @ 10:30am** Fee: \$5



### Craft with Kristen

**Wednesday, Feb. 11<sup>th</sup> @ 12:30pm**  
Join Kristen for a fun filled craft-making afternoon & delicious treats! Help make table centerpieces for the Valentine's Party and one to take home too! **Fee: \$5**  
**Registration Deadline: Tues. 2/4/13**

### Miss Martha's Bake Shoppe

Ms. Martha is on vacation until April. Stay tuned for upcoming dates and new tasty creations.



## Exercise With Patty Velleca

### CHAIR EXERCISES

For those who need to exercise seated. Focusing on muscle tone, joint flexibility, and cardiovascular strength.



#### Mondays - 10:30a to 11:30a

Jan. 7<sup>th</sup> to Mar. 25<sup>th</sup> 10 Classes

No Class 2/18 R\$33 NR \$43

#### Fridays - 10:30a to 11:30a

Jan. 11<sup>th</sup> to Mar. 15<sup>th</sup> 10 Classes

R \$33 NR \$43

### SENIORS IN MOTION

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

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

Jan 9<sup>th</sup> to March 13<sup>th</sup> 10 Classes

R \$26 NR \$36

### EXERCISE & RELAX 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

Jan. 8<sup>th</sup> to Mar. 12<sup>th</sup> 10 Classes

R \$66 NR \$76

#### Thursdays - 3:00 to 4:00pm

Jan. 10<sup>th</sup> to March. 14<sup>th</sup> 10 Classes

R \$66 NR \$76

### 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

Jan.7<sup>th</sup> to March 25<sup>th</sup> 10 Classes

No Class: 2/18

R \$33 NR \$43

#### Wednesdays - 9:00 to 10:00am

Jan 9<sup>th</sup> to March 13<sup>th</sup> 10 Classes

R \$33 NR \$43

#### Fridays - 9:00 to 10:00am

Jan. 11<sup>th</sup> to March 15<sup>th</sup> 10 Classes

R \$33 NR \$43

### TAI CHI

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



Instructor: Suzanne Hanley

#### Mondays - 9:00 to 10:00am

Feb. 4<sup>th</sup>- March 11<sup>th</sup>.....5 Classes

No Classes 2/18 R \$44 NR \$54



### LINE DANCING

A great way to keep moving, good exercise, dancing with fun people! Purchase a pass & join us.

Passes last until end of fiscal year Mondays - 2:00p to 2:55pm

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

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

Dates: Feb 4<sup>th</sup> - Feb 25<sup>th</sup> No Class 2/18

### 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

Feb. 21<sup>st</sup> - April 11<sup>th</sup> .....8 Classes

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

### Discussion Group

Wednesdays at 11:00am

Topics: Current Events, Remember When?, Shopping Bargains, The place of exercise in our lives, past & present, How has your life unfolded over there years? Do you have a topic or favorite hobby you would like to discuss? All are welcome!



### “FIT For LIFE”

#### A Senior Wellness Program

A program combining exercise & a health-wellness seminar. Learn how to make healthier decisions. Each week you will focus on a different health topic. Participants will increase overall strength, improve balance and alignment, increase core strength, increase lean muscle mass, improve bone density and feel increased energy! Please bring an Exercise Mat & bath towel.

Instructor: Jennifer McManus

Wednesdays Feb 6<sup>th</sup> - 27<sup>th</sup> 1-2pm

Fee: \$35R \$40NR (4 Classes)

### 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. This year: June 30<sup>th</sup>, 2013.

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

### ART 101

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

Tuesdays - 1:30 to 3:30pm

No Class in February

Resumes Mar. 5<sup>th</sup> - May 28<sup>th</sup>

Fee: \$5 Instructor: Muriel Waldvogel



### BOOK CLUB

Next meeting:

Mon. Feb. 25<sup>th</sup> at 1 pm

Discussing: *Caleb's Crossing*  
by Geraldine Brooks

Next book: *Butterflies Child*  
By Angela Davis Gardner



## Upcoming Casino Adventures

### FOXWOODS

MONDAY, FEB. 4<sup>th</sup>

If you've got what it takes to go round after round, then you'll enjoy bingo in the 3,600 person bingo hall. It's not just the only place in New England where you can enjoy high-stakes bingo; it's also one of the largest bingo halls in the world. Bingo starts at 10:30am. Upon arrival receive \$10 food voucher & \$10 for Keno.

**Depart MSC at 9am, depart Foxwoods at 3pm. Bus Fee:\$7.**

### MOHEGAN SUN FRIDAY

FRIDAY, FEB. 8<sup>TH</sup>

Every turn leads to a new adventure with an indoor 55 foot waterfall, and electrifying water wall, the world's largest and most spectacular indoor planetarium dome, and a glowing crystal mountain. Upon arrival receive a food vouchers and bet coupons. **Depart MSC 9:00am, Bus Fee: \$7**



### UCONN WOMEN'S BASKETBALL GAME

Saturday, February 16<sup>th</sup>

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-away!! **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<sup>th</sup>

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 Seniors to Register at (203) 453-8086**

### CT Flower and Garden Show

Friday, February 22<sup>th</sup>

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



### Boston Flower and Garden Show

Friday, March 15<sup>th</sup>

This morning we will travel to Boston where an exciting luxury yacht awaits us. Today you will enjoy a first class buffet dining experience on the SPIRIT, and enjoy a two hour Boston Harbor Cruise. After lunch we will enjoy the 2013 Boston Flower and Garden Show. The trip includes transportation, luncheon cruise, admission to the flower show and the driver's gratuity all for **\$116.00 per person This trip will arrive back late, so please arrange for pick up at the Senior Center. Departure time :TBD**

### Tribute to Barry Manilow at the Aqua Turf

Tuesday, March 22<sup>nd</sup>

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<sup>st</sup>—15<sup>th</sup>

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. \$500 deposit is due at time of registration**

## Connecticut Cremation Service

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Reminder: UCONN WOMEN'S BASKETBALL GAME Sat. Feb. 16<sup>th</sup></b>                      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. Fee: \$66.00 includes transportation and tickets to game. Dinner on your own. Depart time: TBD No transport to the MSC</p>				<p><b>1</b> 9:00 Fit &amp; Move                      10:30 Chair Exercises                      1:00p Movie Matinee                      1:00p Dessert Bingo                      1:00p Hand &amp; Foot</p>
<p><b>4</b> 9:00 Foxwoods                      9:00 Medicare Monday                      9:00 Fit &amp; Move                      9:00 Tai Chi                      10:30 Chair Exercises                      10:30 Carnival Seminar                      12:30p MADE Stronger                      1:00p Zumba Gold                      2:00p Line Dancing                      6:00p Zumba for All</p>	<p><b>5</b> 10:00 Basic Pilates                      10:30 Sports Group                      11:00 Low Impact Aero                      1:00p Canasta                      1:00p Pinochle                      1:00p Computer Basics                      3:00p Yoga</p>	<p><b>6</b> 9:00 Fit &amp; Move                      10:30 Seniors in Motion                      11:00 Discussion Group                      12:00p Income Taxes                      1:00p Crochet Bags                      1:00p Poker                      1:00p Wii Bowling                      1:00p Dessert Bingo</p>	<p><b>7</b> 10:00 Tap Dance                      10:00 Knitting                      11:10 Zumba Gold                      1:00p Mah Jongg                      1:00p Bridge                      1:00p Computers II                      1:00p Cooking/Energy                      3:00p Yoga</p>	<p><b>8</b> 9:00 Fit &amp; Move                      9:00 Mohegan Sun                      10:30 Chair Exercises                      1:00p Movie Matinee                      1:00p Hand &amp; Foot</p>
<p><b>11</b> 9:00 Fit &amp; Move                      9:00 Tai Chi                      10:30 Chair Exercises                      12:00p Well Right Now                      12:30p Crafts with Kristen                      12:45p Women's Group                      1:00p Zumba Gold                      2:00p Line Dancing                      6:00p Zumba for All</p>	<p><b>12</b> 10:00 Notary Services                      10:00 Basic Pilates                      10:30 Sports Group                      11:00 Low Impact Aero.                      1:00p Canasta                      1:00p Pinochle                      1:00p Computer Basics                      3:00p Yoga                      5:30p Singles Group</p>	<p><b>13</b> 9:00 Fit &amp; Move                      10:30 Seniors in Motion                      11:00 Discussion Group                      11:30 Valentine's Day Celebration                      12:00p Income Taxes                      1:00p Crochet Bags                      1:00p Poker                      1:00p Wii Bowling</p>	<p><b>14</b> Shun Yun Trip w/Glfrd                      10:00 Knitting                      10:00 Tap Dance                      10:15 Lunch and Bowl                      11:10 Zumba Gold                      1:00p Cooking/Energy                      1:00p Mah Jongg                      1:00p Bridge                      1:00p Computers II                      3:00p Yoga                      5:30p Senior Com.</p>	<p><b>15</b> 9:00 Fit &amp; Move                      10:30 Chair Exercises                      1:00p Movie Matinee                      1:00p Hand &amp; Foot                      1:00p Branford                      Walmart</p>
<p><b>18</b>                      President's Day                      Senior Center                      CLOSED</p> 	<p><b>19</b> 10:00 Basic Pilates                      10:00 Tech Support                      10:00 E-Bay class                      10:30 Sports Group                      11:00 Low Impact Aero.                      1:00p Canasta                      1:00p Pinochle                      1:00p Computer Basics                      1:00 BUNCO                      3:00p Yoga</p>	<p><b>20</b> 9:00 Fit &amp; Move                      10:00 Tech Support                      11:00 Discussion Group                      10:30 Seniors in Motion                      10:30 Yankee Clipper                      12:00p Income Taxes                      1:00p Crochet Bags                      1:00p Poker                      1:00p Wii Bowling</p>	<p><b>21</b> 9:00 Legal Assistance                      10:00 Knitting                      10:00 Tap Dance                      11:10 Zumba Gold                      1:00p Mah Jongg                      1:00p Bridge                      1:00p Computers II                      1:00p Cooking/Energy                      3:00p Yoga</p>	<p><b>22</b> 9:00 CT Flower Show                      9:00 Fit &amp; Move                      10:30 Chair Exercises                      1:00p Movie Matinee                      1:00p Hand &amp; Foot</p>
<p><b>25</b> 9:00 Fit &amp; Move                      9:00 Tai Chi                      10:30 Chair Exercises                      12:00p Well Right Now                      12:45p Women's Group                      1:00p Expect Discounts                      1:00p Zumba Gold                      1:00p Book Club                      1:00p Expect Discount                      2:00p Line Dancing                      5:00p Tech Support                      6:00p Zumba for All</p>	<p><b>26</b> 10:00 Basic Pilates                      10:00 E-Bay class                      10:30 Sports Group                      11:00 Low Impact Aero.                      1:00p Canasta                      1:00p Pinochle                      1:00p Computer Basics                      3:00p Yoga</p>	<p><b>27</b> 9:00 Fit &amp; Move                      10:30 Seniors in Motion                      11:00 Discussion Group                      12:00p Income Taxes                      1:00p Crochet Bags                      1:00p Job Lot                      1:00p Poker                      1:00p Wii Bowling</p>	<p><b>28</b> 10:00 Tap Dance                      10:00 Knitting                      11:10 Zumba Gold                      1:00p Mah Jongg                      1:00p Bridge                      1:00p Cooking/Energy                      1:00p Computers II                      3:00p Yoga</p>	<p><b>Storm Closing Information</b>                      Please check WFSB 3 or NBC Channel 4 for storm updates</p> 



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2/2013

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

**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, entertaining and E-MAIL, and an introduction to the internet.

**Tuesdays, February 19<sup>th</sup> - March 26<sup>th</sup> - 1:00 to 2:00pm ..... Fee: 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 & more.

**Thursdays, February 21<sup>st</sup> - March 28<sup>th</sup> - 1:00 to 2:00pm ..... Fee: R \$42 NR \$52 (6 classes)**

### **E-Bay: Buying and Selling Online**

This is sure to be a fun class, learn how to buy and sell using eBay. Open E-bay & PayPal accounts online, search and bid on an item, pay and complete the transaction. We will also cover advanced tips such as how to investigate sellers, and how to find out what good prices are. You will be shown how to become an eBay seller, what it costs to sell online, how to price your items, taking and uploading a picture, completing the sale, and the best words to describe your item. Please bring with you a camera, charged battery and a pad and pencil as well as any questions you may have. Classes will be 2 hours long.

**Tuesdays, Feb. 19<sup>th</sup> - March 5<sup>th</sup> - 10:00 to 12:00pm.....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**

<b>Bridge</b>	Thursdays	1-4 pm	<b>Hand &amp; Foot</b>	Fridays	1-4 pm	<b>Pinochle</b>	Tuesdays	1-4 pm
<b>Canasta</b>	Tuesdays	1-4 pm	<b>Knitting Group</b>	Thursdays	10a-12p	<b>Poker</b>	Wednesdays	1-4 pm
<b>Discussion Grp</b>	Wednesdays	11 am	<b>Mah Jongg</b>	Thursdays	1-4 pm	<b>Sports Discussion</b>	Tuesdays	10:30-11:30am