



# Trends & Traditions



February 2014



Madison Senior Center

## MUSEUM OF THE MONTH TRIP

Tour "The Kate" (*Katherine Hepburn Cultural Arts Center*) and, "The Kate Museum". The building has just turned 99 and like good wine, it has improved with age. Trained docents will fill you in on the history as they guide you through Old Saybrook's crown jewel. **\$5 at the time of the tour.**

After the tour we will go to the Old Saybrook's Estuary for lunch. (a \$3 donation is requested upon arrival) and then visit their Thrift Shop.

Friday, February 28<sup>th</sup> at 9:30am to 2:30pm \$2 bus 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.



## 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 2012 tax return. Taxes will be prepared by appointment only on Thursdays from 11:00am to 3:00pm beginning Feb. 6<sup>th</sup>. Please call (203)245-5627 for an appointment.

*February is the perfect time to launch...*

## "26 Acts of Kindness"

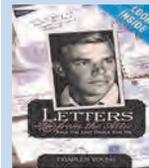
A new movement has taken off to honor 20 children and 6 heroic teachers that died in the tragic Sandy Hook Elementary School in Newtown, CT. Ann Curry asked, "What Can I Do?" The answer came to her, perform 26 acts of kindness. We would love to participate in this and would love for you to share your contributions with us. Pick up our heart writing paper and submit for display around the senior center. Thank you in advance for participating!

## Swedish Weaving Coming in March !!

You ask, "what is Swedish Weaving?" It is a very relaxing and fun needle-craft that dates back several centuries. The beauty of this needle-craft is that it only requires a few items: Monk's cloth, 4-ply yarn, a #13 yarn needle, scissors, a pattern, and the desire to create a unique, impressive handcraft. The approximate cost to make a baby blanket is \$20, which would be the cost of fabric and yarn.



## LOCAL AUTHOR SERIES



**Charles Young**  
*"Letters From the Attic,  
Save the Last Dance For Me"*

*Fascinating... Many will appreciate the nostalgia and personal look into the greatest era of our American History.*

*Dr. Bruce Shields, Professor Emeritus, Yale*

This personal history recalls family, love, and young romance beneath the roar of a raging World War II, from letters stored away. One letter at a time, an early life is revealed. Charles recalls family, friendship, and love throughout his life.

**Monday, February 24, 2014 at 1:00 - 2:00p.m.**

**Pre-Registration is required**

**FREE**



## Valentines' Party

**Have a Heart! A Valentine's Party with a cause.**

Many of our seniors are animal lovers so please bring in a can of cat food, dog food, kitty litter, dog or cat treats, etc. to be donated to the **Valley Shore Animal Welfare League**. On this day please bring in a picture of your beloved pet to share. After lunch enjoy watching "*Lady and The Tramp*."

Lunch will be meatball sliders coffee/tea and dessert.

Wed., Feb. 12<sup>th</sup> at 11:30am to 2:30pm

\$5 fee



## Beginner Bridge Lessons



This is an 8 week course 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 bring to the first class.

**Instructor: Constance Graham**

Mar. 7<sup>th</sup> – May 2<sup>nd</sup>(10am-Noon) no class April 18<sup>th</sup>

8 Weeks

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  
 ..... Craig Bernard

*The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be February 13<sup>th</sup> 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

### *Do You Need Help with Your Property Taxes?*

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

**Monday, February 3<sup>rd</sup> through Thursday, May 15<sup>th</sup>, 2014.**

The Town of Madison and State of CT offer tax relief for elderly and/or 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. **2013 income taxes must be filed prior to appointment.**

#### **TAX DEFERRAL PROGRAM**

**Monday, February 3<sup>rd</sup> through Thursday, May 15<sup>th</sup>, 2014**

An eligible participant can defer payment of the real estate taxes for as long as they meet the qualifications of the program. Deferral of taxes cannot exceed \$6,000 in any one tax year. Tax deferrals will be secured by a lien in the full amount and an interest rate is charged. An applicant must first apply for the Tax Relief Program to be eligible for a deferral.

**\*Specific income guidelines not available at time of printing please call Heather to see if you qualify.**

#### **SAFELINK WIRELESS CELLPHONE**

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

#### **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: 1-877-947-3873**

#### **MEDICARE SAVINGS PROGRAM**

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 and \$6.50 and may cover 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.**

#### **CONNECTICUT ENERGY ASSISTANCE PROGRAM**

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 for age 60 or older: \$2683, and for a couple: \$3508.**

#### **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. If you are unable to leave your home but would like to use the pantry, arrangements can be made. **Transportation is available through the Senior Center.**

**MEDICARE MONDAY**

Mon., February 3<sup>rd</sup> 9-10am  
Information, counseling, & assistance  
Carlos Maynard assists by appointment

**WELL RIGHT NOW CLINICS**

Mon., Feb. 10<sup>th</sup> & 24<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., included blood pressure check.

**LEGAL ASSISTANCE**

Thurs., Feb. 20<sup>th</sup> 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.  
Need 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., Feb. 11<sup>th</sup> ..... 10am-12pm  
By appt. only, 2<sup>nd</sup> Tues. of the month.

**MOVIE MATINEE @ MSC**

Presented by SILL on Fridays, movies start at 1:00pm

FREE

Feb. 7<sup>th</sup>: **All of Me** Feb. 14<sup>th</sup>: **Funny Girl** Feb. 21<sup>st</sup>: **Apollo 13**

Feb. 28<sup>th</sup>: **Anchorman**

**Move with Balance**

Healthy Aging Activities  
for Brain and Body

Join a team of active volunteers age 55+ who "mentor" frail elders. Have lots of fun creating beautiful, heartfelt relationships while everyone improves their focus, concentration, memory, balance, coordination, energy levels and more. Learn fall prevention techniques. Stay sharp no matter your age!

Research has shown that the brain learns and changes throughout our lives. We have to exercise our brains to keep them growing! So come to an informational meeting and you'll learn all about this award-winning program that is both fun and transformative.

**Laughter guaranteed!**

Wed., Feb. 5<sup>th</sup> at 10:30 a.m.

**Thursday Book Club**

The Book Club will meet at 1pm on:  
February 27<sup>th</sup> to discuss  
"A Week in Winter" by Maeve Binchy  
Discussion led by Barbara MacDonald

**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. This will take place the last Monday of every month

Monday, Feb. 24<sup>th</sup> 4:30-5:30 pm.

**Senior Singles Group**

Tuesday, Feb. 11<sup>th</sup>  
at MSC at 5:30pm

Dinner on your own to follow  
*Donahues*

**Lunch Bunch & Shopping**

Mon., Feb. 3<sup>rd</sup> Branford Walmart  
Depart MSC @ 12:45pm **Bus Fee: \$2**

Mon. Feb. 10<sup>th</sup> Lunch at Wendy's  
Shopping at Expect/East Haven  
Depart MSC @ 10:45 **Bus Fee: \$2**

Mon. Feb 24<sup>th</sup> Jai Mei  
Depart MSC @ 11:45am **Bus fee \$2**

Wed., Feb 26<sup>th</sup> Chowder Pot Branford  
Shopping at Stop & Shop  
Depart MSC @ 11:45am **Bus fee \$2**

**Bingo!**

Dessert Bingo with Watrous 1<sup>st</sup> Friday  
of the month at 1pm Friday Feb 7<sup>th</sup>

**No St. Margaret's Bingo in February**

**ART 101**

Instruction in drawing, pastel,  
watercolor, acrylics and oils.  
Tuesdays-1:30-3:30pm  
Instr: M.Waldvogel **Fee \$5**

**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 start-*  
*ing at 9:45am*

**Fee: R\$34 | NR\$44**

Wed. Feb. 19<sup>th</sup> - Mar. 26<sup>th</sup> 10:15-11:15am

**LOW VISION DEVICE CLINIC**

Are you having difficulty with everyday tasks due to low vision? Check out the many low vision devices available to help you. Marcy Sanders, an occupational therapy faculty member from Quinnipiac, will assist you in finding the best device for yourself. Drop ins are welcome. **Feb. 10, 24, Mar. 10, 24, & Apr. 21, 28 12:00-1:30 pm. FREE.**

**EXERCISE WITH PATTY VELLECA****CHAIR EXERCISES**

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

**Mondays - 10:30 to 11:30am**Feb. 24<sup>th</sup> - Mar. 17<sup>th</sup>

R\$17.00 | NR \$27.00

4 classes

**Fridays - 10:30 to 11:30am**Feb. 21<sup>st</sup> - Mar. 14<sup>th</sup>

R\$17.00 | NR \$27.00

4 classes

**SENIORS IN MOTION**

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

**Wednesdays - 10:30 to 11:30am**Feb. 26<sup>th</sup> - Mar. 19<sup>th</sup>

R\$13.00 | NR\$23.00

4 classes

**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**Feb. 25<sup>th</sup> - Mar. 18<sup>th</sup>

R\$33.00 | NR\$43.00

4 weeks

**Thursdays 3:00-4:00pm**Feb. 27<sup>th</sup> - Mar. 20<sup>th</sup>

R\$33.00 | NR\$43.00

4 weeks

**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**Feb. 24<sup>th</sup> - Mar. 17<sup>th</sup>

R\$17.00 | NR \$27.00

4 weeks

**Wednesdays - 9 to 10am**Feb. 26<sup>th</sup> - Mar. 19<sup>th</sup>

R\$17.00 | NR\$27.00

4 weeks

**Fridays - 9 to 10am**Feb. 21<sup>st</sup> - Mar. 14<sup>th</sup>

R\$17.00 | NR\$27.00

4 weeks

**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., Feb 18<sup>th</sup> 11am-12pm****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 - 9 to 10 am**Feb. 24<sup>th</sup> - Mar. 24<sup>th</sup>

5 weeks

R \$44/NR \$54 Min. of 6

**LINE DANCING**

A great way to keep moving, exercise, dance and have fun!

**Mondays. 2:00pm to 2:55pm**

5 Class Pass

R \$23 | NR \$33

10 Class Pass

R \$46 | NR \$56

No Class on Feb. 17<sup>th</sup>**Joyful Voices Senior Chorus**

Joyful Voices Senior Chorus in Guilford is looking for new members. Pat Todd, the new Director, is an accomplished musician and is thrilled to lead this enthusiastic, talented and fun-loving group. If you enjoy singing, come and check them out! They have lots of fun learning new songs, practicing and then performing at various community events throughout the year.

Fridays from 12:45 - 1:45 p.m. at the Guilford Community Center

**Drive on your own to Guilford or bus fee \$3**

**No Excuses- Tap Dance Club**

Come join our new Tap Dancing Club! Tap dancing is great exercise but to be part of a social group is just as important. The first meeting will be to meet and discuss the club. Tap shoes required. Free/No instructor  
**Thurs., Feb. 13- Mar. 27<sup>th</sup> 10-11am**  
**Registration is required**

**IDEAS COMMITTEE**

Do you have a program idea you have been waiting to share? New Art Class, Sewing Class, Sports Discussion Group any idea would be considered. We are starting an "Ideas Committee" here at the Senior Center on the last Tuesday of every month.  
**Tuesday, Feb 25<sup>th</sup> at 11:00.**

**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>, 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 March**

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, Feb 20<sup>th</sup> at 12:30**

**Mohegan Sun Friday**

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

Friday, Feb. 14<sup>th</sup>

Fee: \$7

**CT Flower & Garden Show**Friday, Feb. 21<sup>st</sup>

We will start our day with breakfast (on your own) at Town Line Diner in Rocky Hill, CT. After breakfast, continue to the CT Convention Center in Hartford. For over 30 years the CT Flower & 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 of competitive design and horticulture exhibits. This flower show is sure to brighten your day and lift those winter doldrums! Depart MSC at 9am

**Bus Fee: \$7.00 Flower Show tickets purchased at the door for a senior discount rate of \$14.00**

**Boston Flower & Garden Show - "Romance in the Garden"**(Note Change in Date) Sunday, March 16<sup>th</sup>

Set to the backdrop of spectacular garden displays by cutting-edge landscape professionals and area nurseries, the 2014 Boston Flower & Garden Show will feature hours of lectures and demonstrations by top garden writers, industry experts and creative local chefs, a diverse and lively marketplace featuring thousands of plants and hundreds of the newest gardening products, and new special events designed to illustrate the changing landscape of gardening. Depart from MSC at 8:00 am Est. return 7:30pm. Fee includes transportation, gratuity, and ticket to the Flower Show

**Fee: \$65R | \$70NR..**

**St. Patrick's Day Celebration at the Aqua Turf**Tuesday, March 18<sup>th</sup>

The McLean Avenue Band and the Emerald Fire Dancers will perform for your entertainment. Start off with coffee and donuts. Door prizes, complimentary beverages. Family-style luncheon which includes: Salad, Pasta, Corned Beef & Cabbage, Baked Scrod, Vegetables, Potatoes and Dessert

**Fee: \$43**

**Shout!**

Ivoryton Playhouse

Wednesday, March 26<sup>th</sup>

Shout is the mod musical magazine that brings back the beautiful "birds" and smashing sounds that made England swing in the 60's, featuring terrific new arrangements of such classical tunes as *To Sir With Love*, *Downtown*, *Son of a Preacher Man*, and *Goldfinger*.

**Dept MSC at 1:00**

**Fee: R\$35 | NR\$45**

**Planets and Space at the Museum of Natural History in New York City!**Thursday, March 27<sup>th</sup>

Travel to the New York City Museum of Natural History via motor coach. Visit the \$210 million addition to the museum, *The Rose Center for Earth and Space*, where cutting-edge exhibition techniques will create a thrilling journey for visitors, taking them from the outer reaches of the universe to the inner workings of the Earth. The centerpiece of the Rose Center is an 87-foot sphere housed in a cubic, glass-walled structure. Inside the sphere you will fly on an unforgettable journey through a virtual re-creation of our Galaxy and beyond. This one-of-a-kind Space Show incorporates the latest astronomical images and discoveries by NASA's Jet Propulsion Laboratories and the Hubble Space Telescope. Lunch is included at Pietrasanta, known for their delicious Italian cuisine. Time available to tour on your own as well.

**Fee: \$98R | \$103 NR**

**Rodger's and Hammerstein's South Pacific at the Thomaston Opera House**Sunday, April 6<sup>th</sup>

The original Broadway production won 10 Tony Awards and the songs from the show are timeless. Remember "Some Enchanted Evening," "I'm Gonna Wash That Man Right Out of My Hair" and so many more. There will be a buffet menu: Carafes of juice, a selection of hot entrees and breakfast items, salads, pasta dishes, pastries, a dessert table and coffee.

Price includes transportation and ticket to the show.

**Fee: \$65 R | \$70NR**

**Debbie Reynolds at Mohegan Sun**Tuesday, April 15<sup>th</sup>

Join the Madison Senior Center to see the incomparable Debbie Reynolds at Mohegan Sun. Price includes: 3:00pm Reserved Show Time. Seats: lower level seating. \$30 Casino package: \$10 Meal Voucher good at any eating facility at Mohegan Sun. \$20 Free slot play/or Free Bet.

**Depart MSC at 11:00 am return approx. 6pm Fee: \$67 R | \$72 NR**

**Gardens of London featuring the Chelsea Flower Show**Saturday, May 17<sup>th</sup>

Discover the horticultural heritage of Britain, at the Chelsea Flower Show on opening day. See the sights of London with a local guide, Buckingham Palace, the Tower of London, Big Ben, and many more. Visit the Royal Botanic Gardens at Kew, which houses one of the world's great collections, and much much more *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)* **Single: \$5,199, Double: \$4,099 More information at the Senior Center.**

**Rockies Rail Highlights**

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

Thursday, July 3<sup>rd</sup>-10<sup>th</sup>

Trip includes transportation to Bradley International Airport and Round trip airfare from Bradley International Airport to the lovely city of Calgary, Alberta. 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.**

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An affiliate of VNA Community Healthcare

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## 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

### Proudly Serving the Madison Community

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 unmatched 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

Office: (860) 669-9300 • Fax: (860) 669-9700  
Email: jjones@peregrine-companies.com  
Website: www.peregrineslandingshoreline.com

91 East Main Street, Clinton, CT 06413



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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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(203) 458-5414 or SPatterson@GSByourbank.com

Sylvia Patterson NMLS# 528441 GSB NMLS# 535596



**Guilford Savings Bank**  
Your Community. Your Values. Your Bank.  
Equal Housing Lender Member FDIC

# 7 Menu



# FEBRUARY 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> Potato Crusted Pollock, Israeli Couscous, Bean blend Veggies, WW bread, Blended Fruit Juice, Vanilla Pudding w/Strawberry Topping, Milk</p>	<p><b>4</b> Roast Pork, Scalloped Potatoes, Spinach, Applesauce, Dinner Roll, Pineapple, Milk</p>	<p><b>5</b> Meatloaf w/ Gravy, Baked Potato w/ Sour Cream, Jardiniere Blend Vegetables, Pumpernickel Bread, Mandarin Oranges, Milk</p>	<p><b>6</b> Oven-Fried Chicken, Macaroni &amp; Cheese, Spinach Salad w/ Italian Dressing, Oat Bread, Fresh Fruit, Milk</p>	<p><b>7 Happy Birthday!</b> Minestrone Soup, Cheese Stuffed Shells w/ Meat Sauce, Broccoli, Parm Cheese, Garlic Bread, Birthday Cake, Milk</p>
<p><b>10</b> BBQ Chicken Qtr, Baked Beans, Cole-slaw, Biscuit, Mandarin Oranges, Milk</p>	<p><b>11</b> Light Crunch Fish w/ Lemon &amp; Tartar Sauce, Confetti Brown rice, Broccoli, Wheat Dinner Roll, Pistachio Pudding, Milk</p>	<p><b>12</b> <b>MSC Valentine's Party</b> <b>Meatball Sliders</b> <b>Coffee, Tea &amp; Yummy Dessert</b></p> 	<p><b>13</b> Sliced Turkey w/ Gravy, Herb Stuffing, Roman, Oat Bread, Orange Juice, Raisin Oatmeal Cookie, Milk</p>	<p><b>14 Valentines Day</b> Beef Bracirole w/ Gravy, Au Gratin Potatoes Green Beans, Wht Dinner Roll, Holiday Cake, Milk</p> 
<p><b>17</b> Closed for <b>President's Day</b></p> 	<p><b>18</b> Lentil Soup, Vegetable Omelet, Roasted Potato, Grilled Vegetables, Multigrain Bread, Cherry Pie, Milk</p>	<p><b>19</b> Chicken w/ Broccoli and Cheese, Brwn Rice, Carrots, Dinner Roll, Cranberry Juice, Apple Strudel, Milk</p>	<p><b>20</b> Spaghetti and Meatballs, California Veggies, Parmesan Cheese, Garlic Breadstick, Milk</p>	<p><b>21</b> Salmon w/ Honey Mustard Sauce, Orzo, Green Beans, Rye Bread, Fruited Jello, Milk</p>
<p><b>24</b> Eggplant Rollatini, Penne Pasta w/ Sauce, Tossed Salad w/ Cucumbers &amp; Ital. Dressing, Parm Cheese, Ital. Bread, Peaches &amp; Milk</p>	<p><b>25</b> Herb Roasted Chicken Thigh, Baked Sweet Potato, Summer Spring Blend Veggies, Rye Bread, Apple Juice, Coffee Cake, Milk</p>	<p><b>26</b> NE Clam Chowder w/ Crackers, Seafood Salad on lettuce w/ Tomato, and Pasta Salad, Oat Bread, Apricots, Milk</p>	<p><b>27</b> Roast Beef w/ Gravy, Smashed Potato, Peas &amp; Carrots, Corn Bread, Grape Juice, Chocolate Pudding, Milk</p>	<p><b>28</b> Sweet &amp; Sour Pork, Lo Mein, Oriental Vegetable Blend, Wheat Bread, Fresh Fruit, Milk</p>

**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](http://SeekAndFind.com)**



Madison Senior Center  
29 Bradley Road  
Madison, CT 06443

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2/2014

RETURN SERVICE REQUESTED

**“ZEST FOR LIFE”**

A program combining exercise & a health-wellness seminar. Each week we will focus on a different health topic. Participants will increase overall strength, improve balance and alignment, increase core strength, improve bone density and feel increased energy! This is a “New” Wellness Program for the body and mind based on Pilates principles of exercise and wellness. Please bring an exercise mat & bath towel.

Instructor: RN/Exercise Specialist American College of Sports Medicine Jennifer McManus

**Tuesdays 11-12pm Mar. 4<sup>th</sup> - 25<sup>th</sup>**  
**Fee: \$38R \$43NR (4 Classes)**

**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, Feb 11<sup>th</sup>– March 11<sup>th</sup> 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 how to set a reminder of when to take your medications! Bring your iPad & Apple password.

**Thursdays, Feb 13<sup>th</sup>-March 13<sup>th</sup> 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, Feb. 4<sup>th</sup>-Feb. 18<sup>th</sup> 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**

<b>Bridge</b>	Thursdays	1– 4 pm	<b>Hand &amp; Foot</b>	Fridays	1– 4 pm
<b>Canasta</b>	Tuesdays	1– 4 pm	<b>Knitting Group</b>	Tuesdays & Thursdays	10a-12p
<b>Mah Jong</b>	Thursdays	1– 4 pm	<b>Poker</b>	Wednesdays	1– 4 pm
<b>Crocheting w/ Plastic Bags</b>	Wednesdays	1–2 pm	<b>Walking Club</b>	Tuesdays & Thursdays	10:00am

**There’s LOTS to do at the Madison Senior Center**

