

Trends & Traditions

February 2015



Madison Senior Center

RING ROAD IN ICELAND with Bob Kuchta

Iceland is a land of glaciers, enormous waterfalls, dormant and active volcanoes, warm and friendly people, modern and ancient architecture and amazing geysers. Bob Kuchta will relive his two week adventure to Iceland, the country of horses, sheep, and wilderness. He illustrates his adventure with slides and maps. Come learn about this beautiful land.



Pre-registration required Friday, Feb. 27th at 1:30 **FREE**



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. Taxes are prepared by appointment only. Taxpayers MUST bring copies of their 2013 tax return.

Wednesdays from 10:00am to 2:30
Feb. 4th - April 15th
Please call (203) 245-5627 for an appointment.

FREE



BRIDGE BASICS 1

An 8-week class consisting of bidding, play, and defense. Lessons will focus on preparing students to play duplicate bridge and will also be useful for rubber and social bridge players. Please purchase the book, *Bridge Basics 1, An Introduction* by Audrey Grant and bring to the first class. It is available at R.J. Julia's at a 10% discounted price of \$10.75 (may need to be ordered).

Instructor: Don Brueggemann

Tues., Feb. 3rd - Mar. 24th 10:00-11:30 **R\$64 | NR\$74**



Chinese Philosophy and Culture

An introduction to Chinese philosophy and culture with a focus on Confucianism and Taoism. Their influence on Chinese society can be felt even today. Major Chinese Holiday's will be discussed. 4 weeks
Wednesdays, Feb.18th-March 11th 1:30-2:30 **Fee: \$10**



Tap Demo and Ice Cream Social

Enjoy a presentation by our talented group of tap dancers from the "No Excuses Tap-Club" and delight in an ice cream social with friends. *Please call to register.*



Thurs., Feb. 26th at 12:30

Fee: \$2

The Adventurous Culinary Club Asti Ristorante



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 enjoy "Asti Ristorante" located on the Branford Green.

Friday, Feb. 20th Depart MSC at 11:30

Bus Fee \$2

Valley Shore Animal League and Lenny & Joe's in Westbrook



Lunch on your own at Lenny and Joe's in Westbrook, and visit the shelter, take a tour the kennel, have an opportunity to meet the dogs. The main cat shelter houses cage-free cats all of whom LOVE attention! Join us as we bring our donations that we have collected during the month of February.

Friday, March 6th Depart MSC at 11:30 Bus Fee: \$2



BIRD FEEDERS

Invite your feathered friends into your garden this spring with bird feeders made out of recycled plastic coffee cans. Bird feeders are a great way to enjoy wildlife at it's best.

Wed., Feb. 25th at 12:45. Please call to register **FREE**

"Paint the Town Red"
Valentines Day Party

Come in from the cold and warm up with a bowl of **Kristen's** chili, and raspberry-filled cake for dessert. Comfort food at its finest! Please bring your "warm, fuzzy slippers" to change into to feel like you are right at home. Celebrate the holiday by wearing **red!** Please call to register
Wednesday, Feb. 11th at 11:30
Fee \$5

Celebrate The Chinese New Year

Chinese Studies Instructor Jennie Owens shares information on the Chinese New Year. Learn a few of the superstitions according to Chinese custom. Dress in red for our party to ward off evil spirits and bad luck. Red will bring you good luck in 2015. Enjoy a catered lunch donated by Jia Mei Asian Kitchen. Have ever wondered what the ancient Chinese Mah-Jongg is? We will show you what it looks like! Registration is limited, sign up ASAP!



Wednesday, Feb. 18th 11:30am

FREE



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

February 12th, 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

This month we continue our *Random Acts of Kindness* by contributing to the **Valley Shore Animal Welfare League**. If you would like to participate in this cause, please drop off pet food, baby food (turkey or meat flavored), pet toys, paper towels, plastic/paper bags, old blankets and towels. On March 6th, we will be dining at the Lenny and Joe's in Westbrook and then heading over to the Valley Shore Animal League to tour the facility, meet the dogs and cats and drop off our collected donations. If you love animals as much as I do, this is a perfect outing for you.

Please remember to swipe in when you enter the building for a program. It takes only a few moments and really helps us in tracking stats and verifying the amazing activities and programs that are featured here at the Madison Senior Center. I appreciate your help with this worthwhile endeavor.

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 Feb. 9th-
March 9th
no class 2/16
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 are being donated to New Horizons Women's Shelter in Middletown. 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 February 23rd
Sign up at the senior center by February 18th
Please give us a call if you are interested!



CONNECTICUT ENERGY ASSISTANCE PROGRAM

Application Intake Ongoing!! 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.

Monthly Income Guidelines: Single: \$2709 Couple: \$3543

REMINDER: SENIOR & DISABLED TAX RELIEF PROGRAM

Monday, February 2nd through Friday, May 15th, 2015

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. **2014 income taxes must be filed prior to appointment. *Specific income guidelines not available at time of printing**

TAX DEFERRAL PROGRAM

Monday, February 2nd through Friday, May 15th, 2015

Eligible participants 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.



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 3rd Tuesday of the month.

Tuesday, February 17th 11 am-12.pm FREE





Legacy Writing: *Sharing Life Lessons*

Instructor: **Bob McCandlish**

Revisit life experiences, and capture them in creative writing. Each session begins with a reading to break from our busy lives and prepare for remembering and writing. **No Class on 1/19 or 2/16**

Wk 1: Traveling & Journeys **Wk 2:** First Love & Fun **Wk 3:** Growing Up

Wk 4: Jobs & Life Callings **Wk 5:** Family Bonds & Gatherings **Wk 6:** My 3 Wishes

Monday's, Jan. 12th - Mar. 2nd 1:00 (6 weeks)

Fee: \$26 R | \$36NR

Easy Group Meditation

Instructor: **Bob McCandlish**

Cultivate greater self-awareness, acceptance and a quiet, stable mind. Develop tools to create a more mindful state. Learn to be comfortable with silence. With practice, deeper levels of awareness reveal themselves, time slows and we are more able to manage life from a stable "middle point" rather than quickly react. Sessions begin with a reading from literature, poetry, current event this helps to set the intentions for the practice. Meditations run from 5 to 40 minutes.

Meditation Themes: Week 1: Resistance Week 2: Outside Expectations Week 3: Patience is a Virtue Week 4: Silence & Stillness Week 5: The Power of Allowing Week 6: Self Acceptance & Love Week 7: Following Your Bliss Week 8: The Shift from "I think" to "I know" Week 9: Openness & New Journeys

Thurs., Jan. 15th - Mar. 12th 9 -10am (9 classes)

\$42R | \$52 NR



Shoreline Seniors Softball
Registration Starting Soon

Call Madison Beach & Rec today to reserve your spot
Space is Limited!
203-245-5623

Protecting Your Assets from the Cost of Long-Term Care

70% of Americans 65 and over will need long-term care at some point. A representative from Banker's Life will discuss ways to protect your assets in the event you need Long Term Care.

Monday, Feb. 9th at 10:30

PLEASE CALL TO REGISTER

Crochet with Mrs. Wimble



Learn how to make beautiful crocheted bags from your recycled plastic shopping bags. Please bring 2-3 colored bags, scissors and large crochet hook size (7-10). **Wednesdays 1-2:30pm**

MADISON SENIOR CENTER ART GALLERY

Join the Madison Senior Center as we welcome local artists Linda Beagle and Susan Simler for their show during the month of February. The Senior Center Art Gallery is thrilled to host these accomplished artists and we encourage you to stop by and enjoy their work.

The Art Gallery is a rotating gallery with a new local artist every 6 weeks. Future exhibits include the Coastal Camera Club and Gayle Spence. If you are an artist or know of a local artist with interest in exhibiting, please contact the Senior Center.

ART 101



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

Tuesdays Starting March 3rd

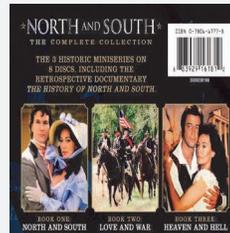
1:30-3:30pm

Fee \$5

Instr: Muriel Waldvogel

NORTH and SOUTH TV Series

This Emmy Award-winning adaptation of John Jakes' best-selling trilogy tells the story of the turbulent events and emotions that ignited the Civil War. In the tradition of *Gone with the Wind*, this glorious epic depicts the lives of two families, the Hazards and the Mains, who are geographically and ideologically separated by the war.



Monday's & Tuesday's

Jan. 5th-March 3rd at 12:45pm

No showings on February 16th

FREE



REGULAR EXERCISE CARDIOVASCULAR HEALTH

George Norden, exercise physiologist and owner of *Joint Effort Exercise* of Guilford discusses the impact that regular exercise has on cardiovascular health. Learn ways to safely and effectively exercise as we age in order to maintain or regain a healthy and active lifestyle.

George shares his experiences in working with adults and seniors to improve their cardiovascular and overall health through low impact aerobic exercise and strength training!



Please call to register

Wednesday, Feb. 25th at 10:30 FREE



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. **Class dates: January 14th through May 20th 10:30 to 11:45. FEE: \$520**

**LEGAL ASSISTANCE**Thurs., Feb. 19th 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.

BRIDGE

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

HEARING CLINICS

Nancy will be at the Madison Senior Center on the 3rd Monday every month, for free hearing testing, hearing aid checks, wax inspection, and listening demonstrations. **By Appointment Only Monday, Feb. 23rd**

Sculpture**Explore the Creativity With-in**

Learn 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 sculpting for over 20 years and studied under world famous sculptor Stanley Bleifeld and master teacher Peter Rubino. All student levels are welcomed, individual instruction provided. **All supplies are included in fee. (5 Classes)**
Thurs. Feb. 19th-March 19th
1:30-3:30pm Fee: R\$90 | NR\$100

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.

Book Club

Thursday, February 26th
 Meets at 1 pm to discuss
 "Paris Architect" Written by
 Charles Belfoure
Discussion led by Barbara MacDonald

MOVIE MATINEE @ MSC

Fridays at 1:00 pm

Feb. 6th Lee Daniels' "The Butler"Feb. 13th "All is Lost"Feb. 20th "Last Vegas"Feb. 27th "The Great Gatsby"**Lunch Bunch and Shopping***please note: lunch on your own*Monday, Feb. 2nd

Pizza Palace & Big Y in Old Saybrook.
 Depart MSC at 11:30 \$2 bus fee

Monday, Feb. 9th

Town House Diner & Walmart in Branford
 Depart MSC at 11:30 \$2 bus fee

Monday, Feb. 23rd

Grand Pizza in Madison & Ocean State Job Lot
 Depart MSC at 11:45 \$2 bus fee

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, (203) 245-5686 by Noon the day before.**

**Bingo!**

Dessert Bingo with Watrous
 Friday, Feb. 6th 1-2:30pm

St. Margaret's Bingo will begin again in March

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 5:00pm. at a local restaurant.

Feb. 12th, Madison Beach Hotel, reservations are under Crawford

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.

Mon., February 23rd 4-5pm Free

Please register with Katie Fargo at the Scranton Memorial Library (203) 245-7365 to receive updates regarding cancellations and changes. This also assists the library to schedule an appropriate number of volunteers.

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.

Exercise With Patty Velleca

CHAIR EXERCISES

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



Mondays - 10:30 to 11:30am
Feb 2nd-Feb. 23rd No class 2/16
R\$13 | NR \$23 3 classes

Fridays - 10:30 to 11:30am
Feb. 6th-Feb. 20th
R\$13 | NR\$23 3 classes

SENIORS IN MOTION

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

Wednesdays - 10:30 to 11:30am
Feb. 4th-Feb. 18th
R\$10 | NR\$20 3 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
Feb. 3rd-Feb. 17th
R\$25 | NR\$35 3 classes

Thursdays 3:00-4:00pm
Feb. 5th-Feb. 19th
R\$25 | NR \$35 3 classes

FITNESS & MOVEMENT

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

Wednesdays - 9 to 10am
Feb. 4th-Feb. 18th
R\$13 | NR\$23 3 classes

Fridays - 9 to 10am
Feb. 6th-Feb. 20th
R\$13 | NR\$23 4 classes

Winter Walk Workout

Get out of the cold and walk indoors with Pat. Move your legs, arms and feet to music.

Monday's -9:15-10am
Feb. 2nd-Feb. 23rd No class 2/16
R\$13 NR \$23 3 Classes

Foot & Ankle Ailments

Presented by **Select Physical Therapy**. Physical Therapist Kathleen McDonough's discussion will include: anatomy, ankle sprain, ankle fracture, bunions, neuropathy, and arthritis. Please call to register
Tuesday, Feb. 24th at 10:30 Free

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)
Feb. 23rd-March 23rd **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



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*)

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.



"Living Well with Knee Pain"
presented by Rehab Concepts

"50% of adults develop knee arthritis in their lifetime. If you are one of these people, or have a loved one with knee arthritis, please attend. If your knees hurt, swell, buckle, lock or "crackle & pop," this will be helpful!" Please call to register



Tuesday, Feb. 10th at 10:30 Free

EXERCISE CLASSES WITH KRIS

The "exercise pass" is good for 5 or 10 classes taught by Kris and is valid until the end of the fiscal year of purchase. **Fiscal Year ends: June 30th, 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 1:55pm
Thursdays - 11:10 to 12:10pm



nurses Clinic

The VNA holds a Nurses Clinic on the 2nd and 4th Tuesday 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.

Tues. Feb. 10th & Feb. 24th 12:30pm



**Ballroom
Ling 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 class 2/16
Mon., Feb. 9th-March 23rd 6 weeks
Fee: \$37R | \$47NR



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

- Mohegan Sun Arena** **2015 AAC Women's Basketball Tournament Semi-Final Games** **Sunday, March 8th**
 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**
- Gavin's Resort** **St. Patrick's Day Celebration "A Bit of Ireland in the Catskills"** **Thursday, March 12th**
 Depart MSC with a coffee stop, on your own, en route to the Catskill region of New York. An Irish Luncheon is included at Gavin's Golden Hill Resort. Listen to one of the finest in U.S Irish/American entertainment featuring, sing-alongs with some of your favorite Irish tunes and Irish Step Dancers. Visit the village of East Durham enjoy Irish gift shops and a country store. Meal Selection: corned beef and cabbage, baked salmon or chicken francaise, and a complimentary glass of wine or beer, soda bread, homemade beef barley soup and apple pie a la mode for dessert. driver's gratuity is included. There may be multiple stops.
Departure time TBD **\$90R | \$95NR**
- Mohegan Sun** **Neil Sedaka** **Tuesday, April 21st**
 Singer, songwriter Neil Sedaka will perform many of his recorded hits. 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 with seats in the lower level of the Mohegan Sun Arena. Time at the casino before the show to enjoy a gaming package and a meal voucher. Please arrange your own transportation home from the senior center. **Depart MSC at 11:30am.** **Fee: \$80R | \$90NR**
- The Newport Playhouse** **"When The Cats Away"** **Thursday, April 23rd**
 A luncheon buffet of salads, vegetables, homemade meatballs, chicken, ham, baked scrod, cakes, pies, fruit and much more! After lunch, view "When the Cat's Away." a comedy, in which, Mildred and Ethel go off on a trip to Paris and leave their husbands behind. Egged on by Ethel's philandering husband, Humphrey, Mildred's husband George agrees to invite two charming women over. Guess what happens next-the wives come home prematurely! After the show, enjoy a Cabaret by Company members. Price includes transportation, lunch, show and driver's gratuity. There maybe multiple stops. TTBD **Fee: \$100R | \$105NR**
- Shades of Ireland** **Thursday, April 16th-to Saturday, April 25th, 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 enjoy 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, 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 Rind of Kerry. Shop for traditional Irish goods, enjoy pristine ocean scenery, view 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 showcasing King John's Castle and the Treaty Stone. **Day 8:** Journey to the stunning 700ft. High Cliffs of Moher for awe-inspiring views of the might Atlantic and Aran Islands. Travel through the vast limestone landscape of the Burren, known for its stark beauty and Neolithic tombsand enjoy a city tour of Galway. **Day 9:** Journey to Irish Whiskey territory. The ancient towns of Tullamore and Kilbeggan, taste the final product during a visit to one of the historic distilleries. 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.**
Fees as of October 17th, 2014: Double \$3,349, Single \$3749 and Triple \$3,319.
- "Married to Broadway" at the Aqua Turf** **Presented by Friendship Tours** **Tuesday, May 26th**
 Ron Sharpe and Barbra Russell first met playing the young romantic leads of Marius and Cosette in "Les Miserables." After being married on stage hundreds of times, they decided to do it for real. Ron and Barbra, and their friends share their love affair with the music of The Great White way. They perform the big show stopping numbers including audiences favorites "Phantom of the Opera," "Cats," "Evita," "West Side Story," and many more. Delicious lunch at the Aqua Turf includes 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**



Newport Flower Show

Newport , RI

Friday June 19th

The Grand Ballroom of Rosecliff Mansion is the perfect place for bowers of flowers. Colorful displays of specialty plants beckon you closer, out on the terrace. Stroll onto the sweeping lawn and enjoy music, dance, food and interesting vendors from everywhere! The harbor view is spectacular. Free time for shopping and lunch in Newport, on your own. Price includes deluxe motor-coach, sightseeing and **attractions as per flyer and** drivers gratuity. **Depart MSC at 9:00am** Estimated return: 5:30pm
Cost: \$66pp. R and \$76 pp. NR

Celebrate Italia

Aqua Turf

Tuesday, July 21st

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, and The World Trade Center. Enjoy Coffee and Donuts, Door Prizes and a Complimentary Beverage. Lunch includes 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 12th, 2015

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, dancer and actor. A polished performer at a young age, he was the youngest ever to headline the Copacabana. Bobby performs "Wild One," "Volare," "We Got Love," "Kissin' Time," and "Forget Him." Lunch at the Aqua Turf includes 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**

Historic Philadelphia Overnight

Phenomenal Price!!

August 18-19

Enjoy a fun-filled 2 days in Philadelphia. Explore Longwood Gardens, at the renowned DuPont Estate. Overnight accommodations at the Holiday Inn Express in midtown Philadelphia. A welcome dinner marks our arrival. Day two ride the Ducks Tour on Philadelphia's only land and water tour! Enjoy Reading Terminal Marketplace for shopping and lunch on your own. Price includes motor coach, hotel, 1 dinner, 1 breakfast, sightseeing and admission as per itinerary, driver and tour guides gratuity.

Departure Time 7:30am

\$302 pp Twin/Triple, \$382 pp Single

\$100 deposit due by May 26th with final deposit due by July 7th

Pacific Northwest and California

September 14th-21st, 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:** Overnight stay in one of America's picturesque cities, Seattle and 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. Departing Seattle, travel south through Olympia and stop at Mount St. Helens Visitor Center. Learn about the 1980 eruption of Mount St. Helens and the history and geology of the state park. Continue to Portland for a two-night stay in "The Best Big City." and stay at the Hotel Eastland. **Day 3:** Drive along the Mt. Hood route to the Columbia River Gorge for a day of sightseeing. Discover the awe inspiring landscapes on a tour of the gorge and the Bonneville Dam, learn about its fascinating hydropower and history. At night, relax on Portland's premier dining and sightseeing cruise, glide along the Willamette River and Lake Oswego for an unforgettable evening. Enjoy a vibrant setting enhanced by dazzling city lights, festive cuisine and live performances. **Day 4:** Journey 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. Head to the coastal town of Newport for a stop along some of the countries beautiful coastline and the Oregon Dunes National Recreation Area. **Day 5:** Drive to Bandon State Natural Area and 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, 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", 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, 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 acancellation 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 Monday, February 23rd at 10:30am



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| 2 Pasta Romesco, Parmesan, Ital. Blend Veggies, Garlic Bread, Peach Slices in Juice Milk | 3 Tomato Bisque, Seafood Salad on Romaine Lettuce with Cucumber & Multigrain Roll, Banana, Milk | 4 Mixed Fruit Juice, Salisbury Steak w/ Mushroom Grvy, Egg Noodles, Collard Greens, Pumpnickel Bread, Oatmeal Cookie, Milk | 5 Stuffed Chicken Breast with Supreme Sauce, Braised Carrots, Brown Rice Pilaf, WW Roll, Pumpkin Pie, Grape Juice, Milk | 6 Beef Barley Soup, Broccoli Quiche, Fresh Spinach Salad with Vinaigrette, Bread Stick, Seasonal Fresh Fruit, Milk |
| 9 Eggplant Rollatini w/ Marinara Sauce, Penne, Winter Mixed Veggies, Breadstick, Peach and Pear Halves, Milk | 10 Orange Juice, Cheeseburger on Wheat Roll, Coleslaw, Lettuce & Tomato, Brownie, Milk | 11 MSC Valentines Day Special Chili on Rice with Salad, Raspberry Cake and Sparkling Cider Sign up at the Desk | 12 Oven Roasted Chicken Qtr., Mashed Potatoes, Green Beans, Biscuit, Mandarin Oranges, Milk | 13 Valentines Day Beef Braciolo w/ Gravy, Au Gratin Potatoes, Grilled Vegetables, Wheat Dinner Roll, Holiday Cake, Milk |
| 16 President's Day Senior Center is Closed | 17 Apple Juice, Roast Turkey w/ Gravy, Cranberry Sauce, Rstd Swt Potato, Green Beans, Whole Wht Roll, Pumpkin Pie, Milk | 18 Chinese New Year Celebration Free Lunch provided by Jia Mei Restaurant Sign up at the Desk! | 19 Taco Ground Beef over Brown Rice, Fiesta Blend Vegetables, Corn Tortilla, Taco Sauce, Chopped Lettuce & Tomato, Milk | 20 Crab Cake, Tartar Sauce Roasted New Potatoes, Broccoli, Rye Bread, Apricots, Milk |
| 23 Grape Juice, Chicken Stew with Egg Noodles, Spinach Salad, Carrots, Vinaigrette Dressing, Cornbread, Apple Crisp, Milk | 24 Vegetable Lasagna, Tossed Salad w/ Tomato Italian Dressing, Garlic Bread, Fresh Seasonal Fruit, Milk | 25 Tangerine Baked Chicken, Brown Rice, Oriental Vegetables, Whole Wheat Roll, Fruit Compote, Milk | 26 Pulled Pork on Wheat Roll, Baked Sweet Potato Fries, Coleslaw, Pumpkin Bread Pudding, Cranberry Juice, Milk | 27 Happy Birthday Creamed Broccoli Soup, Vegetable Omelet, Roasted Potato with Peppers and Onions, Peas & Carrots, Multigrain Bread, Fruit Cocktail, Birthday Cake, Milk |

Please remember to make your reservation with Jodie Shevlin at (203) 245-5686 by 12 Noon the day before you plan to come for lunch. (If you want to attend on a Monday please call by noon the previous Friday.)



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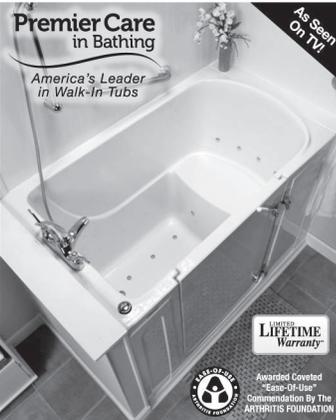
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If you would like further information regarding the status of individual programs, transportation or the Center, please call 203-245-5627.

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. Feb. 11th-March 11th 10 to 11:00am** **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. **Wed., Feb. 11th-March 11th 12-1:00pm** **Fee: R \$42 | NR \$52 (5 classes)**

E-Bay: and "New" Craig's List

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. 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. **Thurs., Feb. 5th-Feb.19th 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. **Thurs., Feb.5th-Feb.12th 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 | Thurs & Fri. | 1-4 pm | Knitting Group | Tues. & Thurs. | 10am-12pm | Hand & Foot | Fridays | 1-4 pm |
| Canasta | Tuesdays | 1-4 pm | Mah Jongg | Thursdays | 1-4 pm | Set Back | Wednesdays | 12:45pm |
| Crocheting Bags | Wednesdays | 1-3 pm | Walking Club | Mon & Tues. | 10:00am | | | |