

# Trends & Traditions

JANUARY 2012

Madison Senior Center News and Activities



## NEW SENIOR CENTER LOGO REVEALED

As we venture into a new era at the Madison Senior Center with a new building and expanded programs and services, what better way to get it started with a logo that encompasses our new vision. With our new “holistic” approach to providing programs and services, this logo reflects a balance between the mind, body and spirit. It also shows our commitment to community based programming focusing not on just providing specific programs for seniors, but also providing intergenerational programs that allow a mixing of the many generations that make up the Town of Madison community. It is our hope that you will join us in this exciting time and we look forward to seeing you.

## MINDFUL MEDITATION FOR DAILY LIFE AND STRESS MANAGEMENT

Mindfulness refers to being completely in touch with and aware of the present moment. The purpose of meditation is to make our mind calm and peaceful. If our mind is peaceful, we will be free from worries and mental discomfort, and so we will experience true happiness. Mindful Meditation for Daily Life is at the core of all stress reducing techniques. In today’s hectic world of modern life, many people feel stressed and over-worked. Our stress and tiredness make us unhappy, impatient and frustrated. It can even affect our health. In this class we will concentrate on the foundations of meditation to overcome these diseases including focused breathing, relaxed awareness, balancing of the chakras (energy centers), and an open heart.

**Thursday, Jan. 26, 2012 - 7:00pm to 8:00pm**

**Senior Center Conference Room**

**Fee: \$10**

**Speaker: Karen Gomez**

## **SHORELINE INSTITUTE FOR LIFELONG LEARNING**

The Shoreline Institute for Lifelong Learning offers intellectual programs to retired and semi-retired citizens of Guilford and Madison, who share a love of learning and passion for expanding their knowledge base. Membership is open to all adults looking to enjoy a few hours of intellectual stimulation and social interaction. Residents from other communities who are interested are also welcome to attend. Membership Fee: \$25 for the year. Registrations accepted at the Madison Senior Center. **Brochures detailing SSILL’s programs are available at the Madison Senior Center.**

### UPCOMING PROGRAMS AT THE MADISON SENIOR CENTER

DATE/TIME	SPEAKER	TOPIC
February 17 - 10am to Noon	J. Groves	Naturopathic Health
March 6 - 10am to Noon	P. McKiernan	Shakespeare and Lincoln - Reflections
March 14 - 10am to Noon	Dr. Lang	TBA
March 20 - 10am to Noon	Don Rankin	Journey into the Universe
April 17 - 10am to Noon	C. Fisher	Between the Two World Wars
April 24 - 10am to Noon	M. Burns	Poetry of Aging
April 25 - 10am to Noon	C. Rizzolo	End of Life Dreams
May 4 - 1pm to 3pm	J. Guy LaPlante	How to Travel Smarter, Safer, and Cheaper
TBD - 10am to Noon	K. Kernan	TBD
May 18 - 10am to Noon	D. Thomas	American/African Studies

## 2 General Information/Municipal Agent For The Elderly Information



### 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 to Friday 8:30am to 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)245-5695

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

### SENIOR COMMISSION

Chair: .....Maureen Lopes

Vice-Chair: .....Gerard Kerins

Secretary:.....Robert Hale

Members.....Mitchell Cohan

.....Patricia Melady

.....Leslie Macarelli-Naizby

.....Barry Miller

.....Wendy Oberg

.....Marcy Sanders

The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be January 12, 2012 at 5:30pm

### LIAISON TO BOARD OF SELECTMAN

Diane Stadterman

### SENIOR CENTER STAFF

Director:.....Scot Erskine

Senior Services Supervisor:..Joe Petrella

Municipal Agent:.....Heather Castrilli

Recreation Supervisor:.....Carrie Gazda

Secretary:.....Ellie Gillespie

Bus Driver:.....Michael Rand

Bus Driver:.....Helen Sneider

Bus Driver:.....Pat Cocchiaro

Bus Driver:.....Ed McLaughlin

Café Manager:.....Joan Waldron

### REMINDER - IMPORTANT TAX DOCUMENTS

Keep a look out in the mail for important tax documents that arrive during the month of January. The most important document is your 1099 from Social Security. Be sure to save this and put it in a safe place. Also, Social Security will be sending you your 2012 benefits letter. This is an important document to save for the upcoming year.

### CONNECTICUT ENERGY ASSISTANCE PROGRAM

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. **Single maximum: \$2655 per month, Couple \$3472 per month. Due to State budget cuts the Energy Assistance Benefits have been reduced. Please plan ahead as your contribution towards your heating bill will be larger.**

### REMINDER: SENIOR & DISABLED TAX RELIEF PROGRAM

**Wednesday, February 1, 2012 through Tuesday May 15, 2012.**

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 remember to save all 2011 tax information and 1099's.**

### 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, please contact Heather to discuss special arrangements 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 \$2.50 co-pay for generic Rx's and \$6.30 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*: \$2,260.92 and for a *couple*: \$3,052.74**

### 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: CEAP, CHAP (state energy assistance), ConnPACE, 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.

### SNAP PROGRAM (Formerly Food Stamps)

This program helps offset food expenses. A set amount of money each month given to eligible participants put on an EBT debit card to use at local grocery stores. The guidelines for monthly income: **Single: \$1,671, Couple: \$2,248.**

### TOWN OF MADISON "SAFETY CHECK LIST"

Senior Services along with the Beach and Recreation Department are trying to put together a "Safety Check List" in case of emergency-situations. The "safety check list" will be utilized in the case of an emergency. To add your name to the list, please contact the Senior Services Department (203)245-5627.

## 3 Programs & Services



### MEDICARE MONDAY

Monday, January 9, 2012 .....9-11:00a

Unbiased information, counseling, and assistance on Medicare, Supplemental Insurance & Medicare Advantage Plans. Carlos A. Maynard assists Madison Residents. By appointment only: Call the Senior Center

### BLOOD PRESSURE CHECK

January 9 & 23, 2012.....12-1:30p

VNA Community Healthcare holds BP Clinics on the 2<sup>nd</sup> & 4<sup>th</sup> Mondays of the month @ the Senior Center. **Blood Pressure Monitor also available for use in office. Just ask!**

### LEGAL ASSISTANCE

January 19, 2012..... 9-10:00a

Attorneys Thomas Cronan, Michael Sweeney, & Timothy Shields volunteer counseling services on a one-on-one basis. Thank you to our legal team for their monthly assistance! By appointment only: Call the Senior Center

### NOTARY SERVICES

At the Senior Center by appointment only. 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

Hot meals delivered around noontime to the homebound or just recently out-of-the-hospital & recovering. Please call the number above. **Requires 4-5 days notice and doctor or nurse referral.**

### HANDICAPPED PARKING PERMIT

New application form from the DMV available on the [www.ct.gov/dmv.org](http://www.ct.gov/dmv.org) or

### SENIOR CAFÉ

M,W,Th & 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 Joan at (203)245-5686 by Noon the previous day to order your lunch. All meals include bread, butter, milk, coffee, and tea. Soups, entrees, gravies, sauces, salad dressings and desserts are low fat and low sodium. Lucky lunch Fridays include a free raffle for those purchasing 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 48 hours in advance and are on a first-come, first-served basis. Please call (203)245-5695 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. We are in the process of developing a detailed schedule of our routes. If you need to get to one of the locations listed, call the Senior Center. 48-hour advanced notice is required.

### MOVIE MATINEE @ MSC

Join for an afternoon movie at the Madison Senior Center. Each Friday will be showing a classic or a newer movie. If you have a movie that you would like to watch, let us know and we will try to schedule it in for next month. **Movies start at 1:00pm. No Fee.**

Upcoming movies are:

January 13 - The Bucket List

January 20 - Awakenings

January 27 - The American President

### HELP A CHILD LEARN TO READ



The Madison Senior Center and Island Avenue School

have joined forces and are looking for Seniors who are interested in helping grade school children learn to read. Spend an enjoyable half hour a week being read to by children, discussing stories and making a difference in the lives of students. The program will run on Tuesdays, Wednesdays and Thursdays at various times. **If you are interested in helping out, please contact Joe at the Senior Center (203)245-5627.**

### FOOD PANTRY

Donations to the Food Pantry are welcome. Please contact Madison Community Services, (203)245-3031.

### DESSERT BINGO



Come join us on the first Friday of every month at 1:00pm for an afternoon of Bingo at the Senior Center and dessert. Joyce Beebe will be your number caller.

### BINGO LUNCH w/ WATROUS

Every other month, the Madison Senior Center and Watrous have teamed up to provide a fun day of Bingo to be held either at the Senior Center or at Watrous. Our next Bingo event will be held on February 7, 2012 from 1:00p to 2:00p at the Senior Center.

### ST. MARGARET'S BINGO



Join us for bingo at St. Margaret's Church on the 2<sup>nd</sup> Wednesday of the month. Bingo starts at 12:00pm.

## Get Free Help with Your Tax Return

Certified Tax-Aide counselors working through AARP Tax-Aide, a free program, will provide income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 60 and older. **Taxpayers MUST bring copies of their 2010 tax return.**

**Madison:** Taxes will be prepared by **appointment only** on **Thursdays from 1:00 to 4:30 PM beginning February 10** at the new Madison Senior Center, Bradley Road, Upper Level. Call 203-245-5627 **beginning January 31** for an appointment.

## 4 Fitness Programs / Dance Programs

### CHAIR EXERCISES

Designed for those who need to exercise while seated. This program focuses on muscle tone, joint flexibility, and cardiovascular strength.

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

January 9 to February 27.....6 Classes

**No class on 1/16/12 and 2/20/12**

R \$20 NR \$30

Exercise Room 1 & 2

Instructor: Pat Velleca

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

January 6 to February

24.....8 Classes

R \$27 NR \$37

Exercise Room 1 & 2

Instructor: Pat Velleca



### BASIC PILATES CORE/FLEX - NEW

Overall strength training combined with basic Pilates this program is designed to increase overall body strength and core stability. Participants will build muscle strength and increase flexibility. Good for all ages and fitness levels.

#### **Tuesdays - 10:00a to 11:00a**

January 3 to January 31.....5 Classes

R \$33 NR \$43

Exercise Room 1 & 2

Instructor: Kris Reaske

#### **Thursdays - 10:00a to 11:00a**

January 5 to February 2.....5 Classes

R \$33 NR \$43

Exercise Room 1 & 2

Instructor: Kris Reaske



### EXERCISE & RELAX WITH YOGA

Learn Hatha Yoga techniques that are used to increase circulation and relaxation. Know your body physically and mentally. Yoga postures provide deep tension release, self-control, and increase energy. Suitable for all ages and conditions. Loose clothing and mats needed.

#### **Tuesdays - 3:00p to 4:00p**

January 10 to February 21.....7 Classes

R \$62 NR \$72

Exercise Room 1 & 2

Instructor: Pat Velleca

#### **Thursdays - 3:00p to 4:00p**

January 12 to February 23.....7 Classes

R \$62 NR \$72

Exercise Room 1 & 2

Instructor: Pat Velleca

### FITNESS & MOVEMENT

Low impact aerobics for folks interested in continuing good health. Good cardiovascular workout combined with muscle and joint strengthening. Please bring sneakers, a floor mat, and cool, comfortable clothing.

#### **Mondays - 9:00a to 10:00a**

January 9 to February 27.....6 Classes

**No class 1/16/12 and 2/20/12**

R \$20 NR \$30

Exercise Room 1 & 2

Instructor: Pat Velleca

#### **Wednesdays - 9:00a to 10:00a**

January 4 to February 29.....9 Classes

R \$30 NR \$40

Exercise Room 1 & 2

Instructor: Pat Velleca

#### **Fridays - 9:00a to 10:00a**

January 6 to February 24.....8 Classes

R \$27 NR \$37

Exercise Room 1 & 2

Instructor: Pat Velleca

### LINE DANCING

Come join us and learn or better your line dancing skills. A great way to exercise while learning something fun to do in your spare time.

#### **Mondays - 2:00p to 3:00p**

January 9 to February 27.....6 Classes

**No Class 1/16/12 and 2/20/12**

R \$22.50 NR \$32.50

Exercise Room 1 & 2

Instructor: Gayle Melonson

#### **Mondays - 2:00p to 3:00p**

March 5 to April 9.....6 Classes

R \$22.50 NR \$32.50

Exercise Room 1 & 2

Instructor: Gayle Melonson

### LOW IMPACT AEROBICS -NEW

Have fun while getting a great workout. Program uses music and low-impact movements designed to increase your heart rate and your enjoyment of exercise as well. Includes cool down with stretching and breathing techniques to increase flexibility and improve strength. Please bring a floor mat.

#### **Tuesdays - 11:00a to 12:00p**

January 3 to January 31.....5 Classes

R \$33 NR \$43

Exercise Room 1 & 2

Instructor: Kris Reaske



### SENIORS IN MOTION

Designed for seniors who want more than Chair Exercise, this class will include standing exercises to help improve balance, strength, and stability.

#### **Wednesdays - 10:30a to 11:30a**

January 4 to February 29.....9 Classes

R \$30 NR \$40

Exercise Room 1 & 2

Instructor: Pat Velleca



### SOLID GOLD FITNESS

This unique exercise program combines a stretching, light cardio routine along with weight training that will make you feel wonderful, develop strength, balance, and coordination. More than half of the program is done while you're sitting down. Anyone can do it! Join us for fun, smiles, great music and effective exercises.

#### **Thursdays - 1:00p to 2:00p**

January 5 to February 2.....5 Classes

R \$33 NR \$43

Exercise Room 1 & 2

Instructor: Donna Scott

### TAI CHI

T'ai Ch'uan is a gentle and profound way of nourishing body, mind and spirit. It is a moving meditation based on principles of traditional Chinese medicine, martial arts, and the teachings of the Tao Te Ching. Practicing the slow movements can improve health, vitality, balance, concentration and mindfulness.



#### **Mondays - 9:00a to 10:00a**

January 9 to February 13.....5 Classes

**No class on 1/16/12 and 2/20/12**

R \$66 NR \$71

Activity Room 2

Instructor: Suzanne Hanley

#### **Wednesdays - 9:00a to 10:00a**

January 4 to February 1.....5 Classes

R \$66 NR \$71

Activity Room 2

Instructor: Suzanne Hanley

#### **Fridays - 9:00a to 10:00a**

January 6 to February 3.....5 Classes

R \$66 NR \$71

Activity Room 2

Instructor: Luz Shosie

# 5 Fitness/Dance/Education & Ongoing Programs



## TAP DANCE - NEW

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. She promises you will leave tap dancing the first class! Fun environment, no judgment zone! Work your feet your body and brain all at the same time! Open to all capabilities! Come join the fun.

### Thursdays - 9:00a to 10:00a

January 5 to February 23.....8 Classes  
R \$39 NR \$49  
Exercise Room 1 & 2  
Instructor: Mardyanne Goglia

## ZUMBA GOLD



Come party yourself into shape with this Latin inspired, easy-to-follow, calorie burning, dance fitness-party. Feel the music and let loose.

### Mondays - 1:00p to 2:00p

January 9 to February 13.....5 Classes  
**No class on 1/16/12**  
R \$33 NR \$43  
Exercise Room 1 & 2  
Instructor: Donna Scott

### Thursdays - 11:00a to 12:00p

January 5 to February 2.....5 Classes  
R \$33 NR \$43  
Exercise Room 1 & 2  
Instructor: Kris Reaske

## ZUMBA FOR ALL - NEW

Use Zumba dance steps and lively music to create your own intensity level. Whether you want to really pump it up, or just get moving, this class has everything you need to get a full workout.

### Mondays - 6:00p to 7:00p

January 9 to February 13.....5 Classes  
**No class on 1/16/12**  
R \$33 NR \$43  
Exercise Room 1 & 2  
Instructor: Kris Reaske

### Wednesdays- 6:00p to 7:00p

January 4 to February 1.....5 Classes  
R \$33 NR \$43  
Exercise Room 1 & 2  
Instructor: Kris Reaske

## BOOMER YOGA - NEW

Boomer Yoga is an energetic approach to yoga that includes a rejuvenating 60 minute workout and a range of mindfulness techniques for transforming your life. Those who are new to yoga as well as lifelong practitioners will find this method a wonderful tool for staying agile, healthy, and fit. This class promotes strength and flexibility while reducing stress. Beneficial for those who have arthritis, lower back discomfort, high blood pressure, and stress. Improves flexibility, builds strength, and improves balance and concentration.

### Tuesdays - 9:00a to 10:00a

January 10 to February 7.....5 Classes  
R \$55 NR \$65  
Exercise Room 1 & 2  
Instructor: Karen Gomez



### Thursdays - 5:30p to 6:30p

January 12 to February 9.....5 Classes  
R \$55 NR \$65  
Exercise Room 1 & 2  
Instructor: Karen Gomez

## SENIORS BOOK CLUB

This is a fun way to read a variety of genres, socialize and have fun sharing your thoughts and ideas. **Pre-registration required one month before book is to be picked-up.** All new books can be picked-up after discussion of previous book. **The book club meets at 1:00pm at the Madison Senior Center. No Fee.**

### Upcoming books are as follows:

January 23 - The Help by Kathryn Stockett  
February 27 - Delirium by Lauren Oliver

## SPANISH FOR FUN

This is a “stress free” course that will focus on learning practical vocabulary for everyday basic needs. Some of the topics that will be covered are; common phrases, clothing, places and parts of the body.

### Mondays - 9:30a to 10:30a

January 9 to February 6.....4 Classes  
**No class on 1/16/12**  
Free  
Activity Room 2  
Instructor: Elaine Jackson

## Ongoing Programs

PROGRAM	DAY	TIME
<b>Billiards</b> – Currently forming leagues to be held at the New Senior Center. Call for more info.	TBD	TBD
<b>Bridge</b> – Drop in and join us for a game.	Thursdays	1:00 – 4:00 pm
<b>Canasta</b> – Come join us for a game, if it has been a while, we will help refresh your skills.	Tuesdays	1:00 – 4:00 pm
<b>Chess Club</b> – Looking to play some chess? We are looking for players – Call to sign-up.	TBD	TBD
<b>Computer Free Time</b> - Need time on a computer? Call (203)245-5627 for an appt.	Monday thru Friday	By Appointment
<b>Mah Jongg</b> – All levels welcome.	Thursdays	1:00 – 4:00 pm
<b>Mah Jongg Lessons</b> – Call the Senior Center if you would like to learn.	Wednesdays	1:00 pm
<b>Open Billiards</b> - Shoot a game of pool with a friend—Call in advance to be sure tables are free	Mon to Fri	8:30a – 4:00 pm
<b>Pinochle</b> – We are looking for players. Call the Senior Center if you are interested.	Tuesdays	1:00 – 4:00 pm
<b>Setback</b> – We are looking for players. Call the Senior Center if you are interested.	Tuesdays	1:00 – 4:00 pm

## Connecticut Cremation Service

**DIRECT CREMATION:**  
\$1,245.00 Complete

**GRAVESIDE BURIAL SERVICE**  
\$3,370.00 + Cemetery Charges

Visa/Mastercard & Title 19 accepted  
For Info Call 1-800-977-2309

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## JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  <b>CLOSED</b>	<b>3</b> 10:00 Basic Pilates 11:00 LI Aerobics	<b>4</b> 9:00 Tai Chi 9:00 Fitness & Move.. 10:30 Srs in Motion 6:00 Zumba for All	<b>5</b> 10:00 Basic Pilates 11:00 Zumba Gold 1:00 Solid Gold Fitness	<b>6</b> 9:00 Tai Chi 9:00 Fitness & Move.. 10:30 Chair Exercises 1:00 Dessert Bingo
<b>9</b> 9:00 Tai Chi 9:00 Fitness & Move.. 9:00 Medicare Monday 9:30 Spanish 10:30 Chair Exercises 12:00 <b>Blood Pressure</b> 1:00 Zumba Gold 2:00 Line Dancing 6:00 Zumba for All	<b>10</b> 9:00 Boomer Yoga 10:00 Basic Pilates 11:00 LI Aerobics 3:00 Ex & Relax Yoga	<b>11</b> 9:00 Tai Chi 9:00 Fitness & Move.. 10:30 Srs in Motion 12:00 St Margarets Bingo 6:00 Zumba for All	<b>12</b> 10:00 Basic Pilates 11:00 Zumba Gold 1:00 Solid Gold Fitness 3:00 Ex & Relax Yoga 5:30 Boomer Yoga	<b>13</b> 9:00 Tai Chi 9:00 Fitness & Move.. 10:30 Chair Exercises 1:00 Movie Matinee
<b>16</b>  <b>CLOSED</b>	<b>17</b> 9:00 Boomer Yoga 10:00 Basic Pilates 11:00 LI Aerobics 3:00 Ex & Relax Yoga	<b>18</b> 9:00 Tai Chi 9:00 Fitness & Move.. 9:30 <b>Yale Art Museum</b> 10:30 Srs in Motion 6:00 Zumba for All	<b>19</b> 9:00 <b>Legal Assistance</b> 10:00 Basic Pilates 11:00 Zumba Gold 1:00 Solid Gold Fitness 3:00 Ex & Relax Yoga 5:30 Boomer Yoga	<b>20</b> 9:00 Tai Chi 9:00 Fitness & Move.. 10:30 Chair Exercises 1:00 Movie Matinee
<b>23</b> 9:00 Tai Chi 9:00 Fitness & Move.. 9:30 Spanish 10:30 Chair Exercises 12:00 <b>Blood Pressure</b> 1:00 Zumba Gold 1:00 Book Club 2:00 Line Dancing 6:00 Zumba for All	<b>24</b> 9:00 Boomer Yoga 10:00 Basic Pilates 11:00 LI Aerobics 3:00 Ex & Relax Yoga	<b>25</b> 9:00 Tai Chi 9:00 Fitness & Move.. 10:30 Srs in Motion 6:00 Zumba for All	<b>26</b> 10:00 Basic Pilates 11:00 Zumba Gold 1:00 Solid Gold Fitness 3:00 Ex & Relax Yoga 5:30 Boomer Yoga 7:00 Mindful Meditation Seminar	<b>27</b> 9:00 Tai Chi 9:00 Fitness & Move.. 9:30 <b>Mark Twain Mus.</b> 10:30 Chair Exercises 1:00 Movie Matinee
<b>30</b> 9:00 Tai Chi 9:00 Fitness & Move.. 9:30 Spanish 10:30 Chair Exercises 1:00 Zumba Gold 2:00 Line Dancing 6:00 Zumba for All	<b>31</b> 9:00 Boomer Yoga 10:00 Basic Pilates 11:00 LI Aerobics 3:00 Ex & Relax Yoga	<b>1</b> 9:00 Tai Chi 9:00 Fitness & Move.. 10:30 Srs in Motion 6:00 Zumba for All	<b>2</b> 10:00 Basic Pilates 11:00 Zumba Gold 1:00 Solid Gold Fitness 3:00 Ex & Relax Yoga 5:30 Boomer Yoga	<b>3</b> 9:00 Tai Chi 9:00 Fitness & Move.. 10:30 Chair Exercises 1:00 Movie Matinee



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



Madison Senior Center  
29 Bradley Road  
Madison, CT 06443

PRSR T STD  
U S POSTAGE  
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PERMIT  
NO. 140

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## DAY TRIPS

### **YALE CENTER FOR BRITISH ARTS/ LUNCH AT CAFÉ GOODFELLAS - Wednesday, January 18, 2012**

Join us for a day in New Haven as we tour the Yale Center For British Art and eat lunch at Café Goodfellas. The Yale Center for British Art holds the largest and most comprehensive collection of British art outside the United Kingdom, presenting the development of British Art and culture from the Elizabethan period to the present day. The Center's Collection includes 2000 paintings and 200 sculptures from the medieval to the contemporary. **Leave from Madison Senior Center @ 9:30am. Free Admission to the Museum (Registration Deadline is January 11, 2012)**

### **MARK TWAIN HOUSE & MUSEUM / LUNCH AT JOEY GARLIC'S - Friday, January 27, 2012**

Tour this National Historic Landmark in Hartford CT, which was once the home of America's greatest author, Samuel Clemens (a.k.a. Mark Twain) and his family from 1874 to 1891. It is also where Twain lived when he wrote his most important works, including *Adventures of Huckleberry Finn*, *The Adventures of Tom Sawyer*, *The Prince and The Pauper* and *A Connecticut Yankee in King Arthur's Court*. After the museum we will head to Newington for lunch at Joey Garlic's (large portions and tasty food). **Leave from Madison Senior Center @ 9:00am. Fee: \$15.00 (Registration Deadline is January 20, 2012)**

## VACATION PACKAGE

### **DISCOVER SWITZERLAND, AUSTRIA and BAVARIA—September 19 - 28, 2012**

Highlights include Bern, Chateau de Chillon, Montreux, GoldenPass Panoramic Train, Gstaad, Lucerne, Innsbruck, Austrian Alps, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Bavaria, Oberammergau and the Tyrolean Folklore Show. 10 days, 12 meals included. Only two hotels. **Double \$3149, Single \$3499, Triple \$3119.**

**Special Slideshow Presentation - Monday February 6, 2012, 1:00pm at the Madison Senior Center Conference Room**