

Trends & Traditions

January 2013

Madison Senior News and Activities



Senior Singles Group "Get Out and Live"

An active group participating in a variety of activities. Some of the activities include movies, luncheons, dinners, concerts, plays, kayaking. If you are interested in joining, please give us a call at 203-245-5627.

Next Meeting: Jan. 8, at 5:30pm



THREE KINGS DAY PRESENTATION

Feliz Dia de Reyes! A Cultural presentation discussing the origins of Three Kings Day which marks the end of the Christmas Celebration. Instructor: Elaine Jackson Monday, Jan. 7th 10:30-11:30am **Fee: \$5**



Art with Liz

This class focuses on realism, abstraction, or somewhere in-between, depending on the students' personal choice. For the first class bring with you a large head shot of yourself (5x7 or larger) or a large mirror that can sit on a table, color or charcoal pencils and a sketch pad.

Instructor: E. Musante 3 classes

Fee: R \$35 R\$45 Mon., Jan. 7th, 14th & 28th 1-3pm

New Years Breakfast

Ring in the New Year with a delicious breakfast prepared by Kristen and Jodi at the Madison Senior Center. Menu includes Egg Casserole, French toast, Fresh fruit, Potatoes, Muffins, Coffee & Orange & Apple Juice, Virgin Mimosas. **Monday, Jan. 7th at 11:30am Fee: \$7**



Madison Challenge

A fun and friendly, community-wide, 10-week healthy living team challenge, brought to you by the Madison Chamber of Commerce. The challenge is not necessarily about losing weight, it is about implementing at least one healthier habit and embracing a lifestyle of wellness. Not only do you win by creating a healthier lifestyle. Raffle prizes are awarded at the end of the program. \$10 fee to register at meeting.

Kick off meeting: Wednesday, January 30th, 1:00pm.

Art History 1

Illustrator and fine art painter, Elizabeth Musante has taught Art History for over 25 years. Discuss & view famous Art and Architecture. This class will begin with a quick overview of the evolution of art from pre-historic times to early 13th century. Then explore in detail, the amazing period of "Early and High Renaissance Art." Interactive discussions will be encouraged for these sessions.

Instr: Liz Musante Mondays, Jan. 7th – Feb. 25th 10:30-11:30am 6 Classes (no class Jan. 21st & Feb. 18th) Fee: R\$35 NR\$45.



"FIT For LIFE"

A Senior Wellness Program



A program combining exercise with a health-wellness seminar. Gain knowledge to help make health decisions in the new year. Each week will focus on a different health topic. Participants will increase overall strength, improve balance and alignment, increase core strength, increase lean muscle mass, improve bone density and feel increased energy and vitality! Please bring an Exercise Mat and bath towel. Instructor: Jennifer McManus RN, ACSM, Certified Plates **Wednesdays Jan. 16th-Feb 6th 4 classes 1-2pm Fee: \$35R \$40NR**

Sports Discussion Group - MEN ONLY!!!

Stop in to discuss your team! How well they are playing? Discuss the past weekends NFL playoff games or college basketball games. Who do you think will get into the Super Bowl? **Please call to register** and let us know which games/teams interest you so we can record the games to analyze. **Tuesdays beginning Jan. 8th, 10:30-11:30am**



RETIREMENT REALITIES

Are you worried about your retirement nest egg and how to protect it? Discuss obstacles facing boomers prepping for their retirement and learn to preserve your nest egg. Discuss is in generic terms, no specific company product will be endorsed. **Stephan Brueckner. Monday, Jan. 14th, 6:30pm**

GUIDED MEDITATION



Novice Meditation course for stress reduction teaching your body to be more in tune with your mind. Bring mats and positive energy. Instr.: Stephanie O'Sullivan.

Thurs., Jan 10th – 31st 1-2pm Fee: \$20 (min 5 students)



LUNCH BUNCH TRIPS



"What's Cooking" Breakfast

Monday, Jan. 14th

Join us to try a new local gem. Have a delicious breakfast compliments of "What's Cooking" Breakfast **Free!** Space is limited, register ASAP **Leave MSC at 10:00am Bus fee: \$2**

Bill's Seafood

Tuesday, Jan. 15th

Enjoy Jazz at Noon at Bill's Seafood Restaurant in Westbrook, CT. Lunch on your own with a choice off regular menu, special menu, and all inclusive menu. **Leave MSC 11:30am Bus fee: \$2**



Griswold Inn

Friday, Jan. 25th

One of the oldest continuously operated inns in the country. A very special place that exudes the charm of days gone by. Lunch on your own. **Leave MSC at 11:30am Bus fee: \$2**



MADISON SENIOR CENTER

29 Bradley Road, Madison, CT 06443

PHONE: (203)245-5627

FAX: (203)245-6186

WEBSITE: www.madisonct.org/seniors

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

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-ChairDr. Gerard Kerins
 Secretary:Robert Hale
 Members..... Mitchell Cohan
 Patricia Melady
 Barry Miller
 Wendy Oberg
 Marcy Sanders
 Margaret Walden

The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be **January 10th, 2013 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

IMPORTANT TAX DOCUMENTS

If you file for any state or local programs it is important that you hold on to all your 1099's and income benefit statements. Year end statements should be in the mail starting January 1st. Tuck them away in a save spot for the upcoming year.

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Application intake begins **October 1st, 2012**

The Connecticut Energy Assistance Program assists CT residents by paying for a portion of their heating costs for the winter season. To qualify, an applicant must meet specific income & asset guidelines. The asset limit for homeowners is \$10,000 & for renters the limit is \$7,000. Proof of all income, rent, & utility expenses, as well as bank statements for the 4- week period prior to the date of the application are required. ***Specific income guidelines not available at time of printing. Please plan ahead to contribute toward your heating expenses this season.**

HOME ENERGY SOLUTIONS PROGRAM

Certified and insured contractors will evaluate household energy usage and provide an average of \$700 of energy efficiency and weatherization services at no additional cost to you. Basic Fee: \$75, however - fee waived for income eligible residents. For information please call Home Energy Solutions: 1-877-389-3221

MADISON FOOD PANTRY

The food pantry is operated by Madison Community Services and available for those residents who need the assistance. The Pantry is now located at Orchard Park off Mungertown Rd. The food pantry is open on Wednesdays from 11:00 AM – 3:00 PM. If you are unable to leave your home but would like to use the food pantry special arrangements can be made from the homebound delivery program. **Transportation is available through the Senior Center. Regular Bus Pick up for Concord Meadows will be around 12:30pm**

MEDICARE SAVINGS PROGRAM

The Medicare Savings Program assists eligible participants with paying their Medicare Part B premiums each month. In addition, participants will have \$2.60 co-pay for generic Rx's and \$6.50 co-pay for name brand Rx's. This may also cover doctor Co-Pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program. **Maximum gross monthly income for a single: \$2,308.88 and for a couple: \$3,127.28**

“SAFETY CHECK LIST”

Are you concerned for your safety in your home in the event of another Hurricane or do you know someone you are worried about? The “safety check list” will be utilized in the case of an emergency, such as Hurricane Sandy and will provide us with the necessary information so we can check in with you and make sure you are safe. To add your name to the list, please contact the Senior Services Department at (203) 245-5627.

What's Going On!!

FOOD PANTRY DONATION LOCATION

The Madison Senior Center is now a donation location for the Madison Food Pantry. Please consider helping your local friends and neighbors with a donation.



MOVIE MATINEE @ MSC

Movies start at 1:00pm. No Fee.



Jan. 4th-*A River Runs Through It* Jan. 11th-*Sarah's Key*
 Jan. 18th-*Wonder Boys* Jan. 25th-*The Pianist*



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

MEDICARE MONDAY

Mon. Jan. 7th9 - 11:00am

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



WELL RIGHT NOW CLINICS

Mon. Jan. 14th & 28th 12 - 1:30pm

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



LEGAL ASSISTANCE

Thurs. Jan. 17th 9 - 10:00am

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

NOTARY SERVICES

Tuesday, Jan. 8th 10 - 12pm

By appointment only, on the 2nd Tuesday, monthly, at the Senior Center. Please call the Senior Center to set up a time and day.

MEALS-ON-WHEELS

Prepared by The Estuary Council of Seniors (860) 388-1611 Ext. 207 Meals delivered around noon to the homebound or recently recovering. **Requires 5 days notice & doctor referral.**

HANDICAPPED PARKING PERMIT

Available on the www.ct.gov/dmv.org or in the Senior Center office.

Wii Bowling

Wednesday, Jan. 2nd, 1pm

Seniors Across the country are playing the Wii, providing a gentle low-impact aerobic exercise. 1st Wednesday monthly.



BUNCO CLUB

New Years Bunco

Bunco is a game of dice and a handful of luck! If you don't know how to play, we can teach you. We're looking for at least (12) regular players to play on a monthly basis....maybe that's you. Sign up at the Senior Center to save your spot. 3rd Tuesday of the Month **Tuesday Jan 15th 1 to 3p**



SENIOR CAFÉ

Monday through Friday at Noon

A hot, full-course meal is served in the Senior Center Café. Menus are available at the Senior Center Reception Desk. Suggested donation is \$2.00 and you must be over 60 years old or disabled. Please remember to call Jodie at (203)245-5686 by Noon the previous day to order your lunch.

DIAL-A-RIDE

Available M, W & F - 8:45a to 3:30p

A public transportation service designed to meet the transportation needs of the elderly and disabled. Must be a Madison resident. Rides are provided to a 14 town region for medical appointments, legal appointments, work, and personal business. Appointments must be made at least 48 hours in advance and are on a first-come, first-served basis. Please call (203)245-5627 for more information or to set up an appointment.



SENIOR CENTER BUS

Monday through Friday

9:00a to 3:30p

The Senior Center provides fixed route transportation to the senior center, downtown, special events, senior café, grocery shopping and other locations around town. If you need to get to one of the locations listed, call the Senior Center. 48-hour advanced notice is required.



LUNCH AND BOWL

AMF Lanes
in Old Saybrook

Have fun with friends!

3 games of bowling, shoe rentals, lunch and a soft drink all for \$10, paid for at AMF, at the time you bowl.

Thursday, Jan. 10th 10:15am - 1:30pmFee:\$3

Valentines for Veterans



Join Suzanne Martin to make a difference in a Service members life. Help make Valentines to be distributed at the VA Hospital. **Wed., Jan. 23rd at 12:30pm**

Dessert Bingo!

First Friday of the Month
Friday, January 4th at 1:00pm

EXTRA DATE!!
Wednesday, Jan. 16th at 1:00pm

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



TECH SUPPORT

Were you given an I-Pad or have a smart phone and don't know how to use it? "Facebook and Skype"....

What's that?

Get all your questions answered for free at The Madison Senior Center, Scranton Memorial Library Teen Advisory Group and Madison Youth and Family Services will be offering **free "drop-in"** learning sessions. Teen Volunteers will be available to answer your questions. **FREE!!**
Monday, Jan. 28, 2013 5:00-6:00pm



OUT-OF-TOWN SHOPPING

This month we will be traveling to the following destinations:

Mon. Jan. 7th - Old Saybrook Country Barn Depart MSC 1pm.....Fee: \$2

Mon. Jan. 14th - R.J. Julia Downtown Depart MSC - 1pm..... Fee: Free

Fri. Jan. 18th Ocean State Job Lot Depart MSC at 1:00.....Fee\$2

Mon. Jan. 28th - TJMaxx, Clinton Depart MSC 1:00pmFee: \$2

Wed. Jan 30th Big Y & Walmart in Guilford Depart MSC at 1pmFee\$2.

Miss Martha's Bake Shoppe Cake Pops

Cake on a stick! Cake Pops are fun and festive. You'll be making Cake Pops in a special Cake Pop maker, dipping them in candy melts and creating your own decorations.

Monday, Jan. 28th1:45 to 3:45p
12 Max. Fee: \$7.00

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

Jan. 7th to Mar. 25th 10 Classes

No Class 1/21 & 2/18 R\$33 NR \$43

Instructor: Pat Velleca

Fridays - 10:30a to 11:30a

Jan. 11th to Mar. 15th 10 Classes

R \$33 NR \$43

Instructor: Pat Velleca

EXERCISE & RELAX WITH YOGA

Learn Hatha Yoga techniques that are used to increase circulation and relaxation. Yoga postures provide deep tension release, self-control, and increase energy. Suitable for all ages and conditions.



Tuesdays - 3:00 to 4:00pm

Jan. 8th to Mar. 12th 10 Classes

R \$66 NR \$76

Instructor: Pat Velleca

Thursdays - 3:00 to 4:00pm

Jan. 10th to Jan. 14th 10 Classes

R \$66 NR \$76

Instructor: Pat Velleca

ART 101

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



Tuesdays- 1:30 to 3:30pm

Oct. 2nd to Jan. 29th

Mar. 5th - May 28th

No Class 12/25/12

Fee: \$5 Instructor: Muriel Waldvogel

HULA CLASS

Join this fun exercise class and learn traditional hula moves. Helps trim the waistline and improve strength, flexibility and balance.



Mondays - 3:00 to 3:55pm

Jan. 7th until Mar. 18th10 Classes

No Class 2/18/13

R \$15 NR \$25 Inst- Joanne Wilder

FITNESS & MOVEMENT

Low impact aerobics for folks interested in continuing good health. Good cardiovascular workout with muscle and joint strengthening.



Mondays - 9:00 to 10:00am

Jan. 7th to March 25th 10 Classes

No Class 1/21 and 2/18

R \$33 NR \$43

Instructor: Pat Velleca

Wednesdays - 9:00 to 10:00am

Jan 9th to March 13th 10 Classes

R \$33 NR \$43

Instructor: Pat Velleca

Fridays - 9:00 to 10:00am

Jan. 11th to March 15th 10 Classes

R \$33 NR \$43

Instructor: Pat Velleca

SENIORS IN MOTION

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



Wednesdays - 10:30 to 11:30am

Jan 9th to March 13th 10 Classes

R \$26 NR \$36

Instructor: Pat Velleca

TAI CHI

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



Mondays - 9:00 to 10:00am

Dec. 17th - Jan 28th.....5 Classes

No Classes 12/24 or 1/21

R \$44 NR \$54

Instructor: Suzanne Hanley



BOOK CLUB

Next meeting:

Mon. January 28th at 1 pm

Discussing: **"Room"**

Next Book: **Caleb's Crossing**
by Geraldine Brooks

EXERCISE CLASSES WITH KRIS

The "exercise pass" is good for 5 or 10-classes taught by Kris and is valid for 6 months from the date of purchase.

5 - Class Pass - R \$33 NR \$43

10 - Class Pass - R \$66 NR \$76

All classes taught by Kris Reaske

BASIC PILATES CORE/FLEX

Overall strength training combined with basic Pilates this program is designed to increase body strength and core stability. **Tuesdays - 10:00 to 11:00am**



LOW IMPACT AEROBICS

Designed to increase your heart rate and your enjoyment of exercise as well. Please bring a floor mat.

Tuesdays - 11:00 to 12:00pm

ZUMBA FOR ALL

Use Zumba dance steps and lively music to create your own intensity level.

Mondays - 6:00 to 7:00pm

ZUMBA GOLD

Latin inspired, easy-to-follow, calorie burning, dance fitness-party. Feel the music and let loose.

Mondays - 1:00p to 1:55p

Thursdays - 11:10 to 12:10pm

LINE DANCING



A great way to keep moving, good exercise, dancing with fun people! Purchase a pass and join us when you are

available. Passes last for 6 months.

Mondays - 2:00p to 2:55pm

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

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

Class Dates: Jan. - 7th, 14th & 28th

Feb 4th & Feb 25th

SILVER TAPPERS CLASS

Did you love tap dancing as a child and your mother always told you not to tap in the house? All you need to do is register for the course, show up and Marylandne will do the rest.

Thursdays - 10:00 to 11:00am

Dec. 6th - Jan. 24th8 Classes

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

Upcoming Casino Adventures



MOHEGAN SUN DAY TRIP

FRIDAY, JANUARY 11TH

Mohegan Sun is your Connecticut destination for casino excitement surrounded by top entertainment, gourmet dining, premier shopping, luxury hotel, spa, pool and golf. Upon arrival you will receive a \$15 bet coupon and a \$15 meal voucher. Depart MSC at 9am, depart Mohegan at 3pm. Bus Fee \$5.

MOHEGAN SUN OVERNIGHT

WEDNESDAY & THURSDAY JANUARY 30-31TH

Enjoy an overnight stay at Mohegan Sun., which is nothing less than extraordinary. Gamble on your own and enjoy your time at the casino. There is shopping, dining, live entertainment, and a swimming pool. A truly perfect way to escape the cold of winter! Surprise casino bonus package. **Fee: \$120pp Double, \$190pp Single, \$160pp \$110Triple. Depart Senior Center TBA**

FOXWOODS

MONDAY, FEB. 4TH

If you've got what it takes to go round after round, then you'll enjoy bingo in the 3,600 person bingo hall. It's not just the only place in New England where you can enjoy high-stakes bingo; it's also one of the largest bingo halls in the world. Bingo starts at 10:30am. Upon arrival you will receive \$10 food voucher and \$10 for Keno. Depart MSC at 9am, depart Foxwoods at 3pm. Bus Fee:\$7.



UCONN WOMEN'S BASKETBALL GAME

Saturday, February 16th

Enjoy a 4:00pm game between the UCONN Women Huskies as they take on the Rutgers's Scarlet Knight's at Rutgers Athletic Center in Piscataway, NJ. Make wonderful memories with friends and loved ones at a UCONN Basketball Get-a-way!! **No transport to the MSC Fee: \$66.00 includes transport and tickets to game. Dinner on your own. Depart time: TBD**

SHEN YUN 2013 at Palace Theater in Waterbury

Thursday, February 14th

A global sensation returns to Palace Theater! Enjoy a divinely inspired cultural journey with Chinese dancers, gorgeous hand-crafted costumes, and massive animated backdrops all in one spectacular performance! Over a million people have seen Shen Yun. Standing ovations at the world's top venues, royalty attending in Europe, sold-out shows throughout North America, and packed houses across Asia have now made Shen Yun an international phenomenon! **Fee: \$76. Departure time TBD Call Guilford Senior Center to Register at (203) 453-8086**

CT Flower and Garden Show

Friday, February 22th



We will start our day with brunch at Mitchells in Cromwell. After brunch, continue to the Connecticut Convention Center in Hartford. For over 30+ years the CT Flower and Garden Show has grown to be one of the premier shows on the East Coast. This year's theme is "Love in Bloom". CT's flower show boasts over 250 booths and over 12,000 square feet of competitive design and horticulture exhibits. Other exhibits occupy from 300 to 2,000 square feet of pure, natural beauty. The flower show is sure to brighten your day and lift those winter doldrums! **Bus Fee: \$7.00 tickets purchased at the door for \$14.00 (brunch on your own).**

Depart MSC at 9:00a

Boston Flower and Garden Show

Friday, March 15th

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



Exotic Southern Caribbean Cruise aboard the Norwegian Dawn

November 1st—15th

This is a 14-night cruise experience that departs from Boston, MA and heads to the Deep Southern Caribbean which offers the perfect pink and white sand beaches, crystal-clear waters and exquisite island adventures. We will be docking at St. Thomas, USVI, Antigua, Barbados, Curacao, Aruba, Cozumel and ending in Tampa, FL where we will have a flight back home. **Fees: Inside State Room—\$1509, Ocean view—\$1799, Balcony—\$2239. Book early to keep these rates. \$500 deposit is due at time of registration**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 New Year's Day Senior Center CLOSED	2 1:00p- Wii Bowling 1:00p Poker	3 10:00 Tap Dance 11:10 Zumba Gold 1:00p Mah Jongg	4 1:00p Movie Matinee 1:00p Dessert Bingo 1:00p Hand & Foot
7 9:00 Medicare Monday 9:00 Fit & Move & Tai Chi 10:30 Chair Exercises 10:30 Three King's Day 10:30 Art History 1 11:30 New Years Breakfast 1:00p Zumba & Art w/Liz 1:00p Old Saybrk Cntry Barn 2:00p Line Dancing 3:00p Hula 6:00p Zumba for All 7:00p Digital Photography	8 10:00 Notary Services 10:00 Basic Pilates 10:30 Men Sports Group 11:00 Low Impact Aero 1:00p Canasta 1:00p Computer Basics 1:30p Art 101 3:00p Yoga 5:30p Senior Singles	9 9:00 Fit & Move 10:30 Chair Exercises 1:00p Un-decorate the Senior Center 1:00p Poker 	10 10:00 Tap Dance 10:15 Lunch & Bowl 11:00 Social Networking 11:10 Zumba Gold 1:00p Mah Jongg 1:00p Computers II 3:00p Yoga 5:30p Senior Com.	11 9:00 Fit & Move 9:00 Mohegan Sun 10:30 Chair Exercises 1:00p Movie Matinee 1:00p Hand & Foot
14 9:00 Fit & Move & Tai Chi 10:00 What's Cooking? 10:30 Chair Exercises 10:30 Art History 1 12:00 Well Right Now 1:00p Zumba & Art w/Liz 1:00p Retirement Realities 1:00p Downtown Shopping 2:00p Line Dancing 3:00p Hula 6:00p Zumba for All 7:00p Digital Photography	15 10:00 Basic Pilates 10:30 Men Sports Group 11:00 Low Impact Aero. 11:30 Bill's Seafood 1:00p Canasta 1:00p Computer Basics 1:00p Bunco Club 1:30p Art 101 3:00p Yoga	16 9:00 Fit & Move 10:30 Chair Exercises 1:00p Dessert Bingo 1:00p Poker 1:00p Fit for Life	17 9:00 Legal Assistance 10:00 Tap Dance 11:00 Social Networking 11:10 Zumba Gold 1:00p Mah Jongg 1:00p Computers II 3:00p Yoga 	18 9:00 Fit & Move 10:00 Vet's Social Grp 10:30 Chair Exercises 1:00p Movie Matinee 1:00p Hand & Foot 1:00p Job Lot
21 Martin Luther King Day Senior Center CLOSED	22 10:00 Basic Pilates 10:30 Men Sports Group 11:00 Low Impact Aero. 1:00p Canasta & Comp. B. 1:30p Art 101 3:00p Yoga	23 9:00 Fit & Move 10:30 Chair Exercises 12:30 Craft w/ Kristen 1:00p Poker 1:00p Fit for Life	24 10:00 Tap Dance 11:00 Social Networking 11:10 Zumba Gold 1:00p Mah Jongg 1:00p Computers II 3:00p Yoga	25 9:00 Fit & Move 10:30 Chair Exercises 11:30 Griswold Inn 1:00p Movie Matinee 1:00p Hand & Foot
28 9:00 Fit & Move & Tai Chi 10:30 Chair Exercises 10:30 Art History 1 12:00 Well Right Now 1:00p Zumba & Art w/Liz 1:00p Book Club 1:00p TJ. Maxx 1:45p Miss Marthas Bake Shp 2:00p Line Dancing 3:00p Hula 5:00p Tech Support 6:00p Zumba for All 7:00p Digital Photography	29 10:00 Basic Pilates 10:30 Men Sports Group 11:00 Low Impact Aero. 1:00p Canasta 1:00p Computer Basics 1:30p Art 101 3:00p Hatha Yoga	30 Mohegan Sun Overnight 9:00 Fit & Move 10:30 Chair Exercises 1:00p Poker 1:00p Fit for Life 1:00p Madison Challenge 	31 Mohegan Sun Overnight 10:00 Tap Dance 10:00 Knitting 11:00 Social Networking 11:10 Zumba Gold 1:00p Mah Jongg 1:00p Computers II	Storm Closing Information Please check WFSB 3 or NBC Channel 4 for storm updates

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1/2013

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

RETURN SERVICE REQUESTED

COMPUTER CLASSES

Computer Basics For Beginners

For the person who is new or relatively new to computers. We start with the basics - terminology, components etc. We will learn what can be done with a computer; composing a letter, e-mail, entertaining and E-MAIL, and an introduction to the internet.

Tuesdays, January 8th to February 12th 1:00 to 2:00pm Fee: R \$42 NR \$52 (6 classes)

Computers II

Build upon skills learned in Computer Basics. Practice email skills, learn to manage your inbox, learn about attachments etc. We will learn more about the internet-setting your home page, creating a favorites list, searching the internet , social networking and more. **Thursdays, January 10th to February 14th - 1:00 to 2:00pm Fee: R \$42 NR \$52 (2 classes)**

Digital Photography Class

Did you get a new camera for the holidays? This course will guide you from taking a picture to processing them on your computer. Instructor: Steve Smith. **Mondays, January 7th– 28th (No class Jan 21st) 7 - 8:30pmFee: R:\$40 NR\$50**

Private Instruction

Have you tried to work with the computer or even taken classes and just can't seem to get the hang of it? Individualized instruction could be the answer for you! These private classes can be scheduled when convenient for you. **Fee: \$40 per hour.**

Design Your Own Class

Are there other topics that you would like to cover that are not being offered? Are you interested in word processing, computer games, filling out job applications online? Do you have a laptop and want to learn how to use it? Contact Kristen (203)245-5695 to help design your own class. Price to be determined.

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

Ongoing Activities at the Senior Center

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