



Trends & Traditions

January 2014



Madison Senior Center

MUSEUM OF THE MONTH TRIP

Mark Twain House

Mark Twain, one of America's favorite writers and social critics, built a whimsical and elegant mansion in the heart of Victorian Hartford. Come with MSC to visit it and then have lunch on your own at the wonderful Elaine's in Wethersfield.



Friday, Jan. 17th

Depart MSC at 9:15

Fee \$15, includes admission for museum and bus

Please register by 1|8|2014

Arthur Murray Dance Center

Please come and enjoy a ballroom-dancing demonstration and learn a few steps if you so wish, presented to us by Arthur Murray's Dance studio.

Thursday Jan. 23rd at 12:30pm

Pre-Registration is required.

FREE



Stamp It Up! with Liz

Create your own unique Greeting card. They are fun & easy to make! *Pre-Registration is required.* **Thurs, Jan 9th 10am**

Fee: \$3 paid to Instructor at class time (5 person min.)



Valentines for Veterans



Join Suzanne Martin to make a difference in a Service person's life. Help make Valentines to be distributed at the VA Hospital.

Every Tuesday from Jan. 7th to Feb. 11th at 10:00am

Pot Holders

Remember those wonderful pot holders you made as a kid, or with your kids, on the little metal looms? Well, we had a donation of "Pot Holder Loops!" So bring your hand weaving loom and hook and join us in making those good old fashioned pot holders. (*We do have a few looms available*)

Wednesdays at 10:30 am Starting Jan. 8th-Jan. 29th **FREE**



Festival of Silver Lights at Hubbard Park

Start your evening off with a meal at Ruby Tuesdays! Following dinner, enjoy a bus tour through a spectacular display of 200,000 white lights and 300 colored-lighted characters throughout Hubbard Park. Displays in trees, on ponds, and nestled in the natural habitat.

Depart MSC at 4pm.

Thurs., Jan. 2nd (*Snow date: Mon. Jan. 6th*) **Bus Fee is \$7**

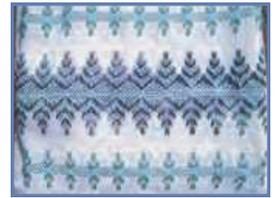
"SAFETY CHECK LIST"

Are you concerned for your safety in the event of a storm or do you know someone you are worried about? The "safety check list" will be utilized in the case of an emergency. To add your name to the list, call (203) 245-5627.



Swedish Weaving Coming in March !!

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



THREE KINGS DAY

Feliz Dia de Reyes! A cultural presentation discussing the origins of Three Kings Day which marks the end of the Christmas celebration. **Instr.:** Elaine Jackson
Mon., Jan. 6th 10:30-11:30am *Pre-Registration Required* **FREE**



Beginner Bridge Lessons



This is an 8 week course consisting of bidding, play, and defense. The lessons will focus on preparing students to play duplicate bridge sponsored by The ACB League but will include guidelines for rubber and social bridge. Please purchase the book, "*Bridge Basics 1, An Introduction*" by Audrey Grant for \$9.66, and bring to the first class.

Instructor: Constance Graham

Friday, Jan. 3rd-Jan. 24th & Mar. 7th - Mar. 28th (10am-Noon)

No Classes in February

(Minimum of 16)

8 Weeks

Fee: R \$48 NR\$58

Advanced | Beginner Bridge Lessons Part 2

This is an 8 week session focusing on preempts, overcalls, doubles and other competitive bidding. The lessons will focus on preparing students to play duplicate bridge as sponsored by the ACB League, but will include guidelines for rubber and social bridge. Please purchase the book, "*Bridge Basics 2, Competitive Bidding*" by A. Grant for \$9.99 (available on Amazon), & bring to the first class. **Instructor: C. Graham**

Friday, Jan. 3rd - Jan. 24th & March 7th - Mar. 28th (1-3pm)

No Classes in February

(Minimum of 16)

8 Weeks

Fee: R \$48 NR\$58



MADISON SENIOR CENTER
 29 Bradley Road, Madison, CT 06443
PHONE: (203)245-5627
FAX: (203) 318-0670

WEBSITE: www.madisonct.org|seniors
HOURS: Monday-Friday 8:30-4:00pm
SR. COMMUNITY CAFÉ
(203)245-5686

For lunch reservations call before noon the day before and leave a message.

DIAL-A-RIDE (203)245-5627
 Operates on Mondays, Wednesdays and Fridays only. 48-hour notice required.

MUNICIPAL AGENT FOR THE ELDERLY (203)245-5687



SENIOR COMMISSION

- Chair: Maureen Lopes
- Vice-Chair..... Dr. Gerard Kerins
- Members Mitchell Cohan
- Patricia Melady
- Sheri Puricelli
- Wendy Oberg
- Marcy Sanders

The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be January 9th, 2014 at 5:30pm

LIAISON TO BOARD OF SELECTMENDiane 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 has begun! Eligible applicants will receive assistance to heat their home. An applicant must meet income & asset guidelines. Asset limit for homeowners is \$10,000 & for renters is \$7,000. Proof of all income, rent, & utility expenses, & bank statements for the month prior to the application date are required. ***Single maximum monthly income age 60 or older: \$2683 and for a couple: \$3508.**

FOOD PANTRY DONATION LOCATION

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

HOME ENERGY SOLUTIONS PROGRAM

Certified and insured contractors will evaluate household energy usage and provide an average of \$700 of energy efficiency and weatherization services at no additional cost to you. Basic Fee: \$75, however - fee waived for income eligible residents. For information please call **Home Energy Solutions: 1-877-947-3873**

MEDICARE SAVINGS PROGRAM

Helps to pay the monthly Medicare Part B premiums for qualifying participants. Depending on income level this program may also lower co-pays for prescriptions to between \$2.60 - \$6.50 and may cover co-pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program. **Monthly Max. Income: Single: \$2,356.68 & Couple: \$3,180.78.**

CL&P Renews Warning to Customers about Green Dot Scam

Scams targeting utility customers continue to affect Connecticut Light & Power customers. The scam involves prepaid "Green Dot" VISA credit cards. Fake callers claiming to represent CL&P may contact customers, telling them their service is scheduled to be shut off, or may falsely tell a customer that the company is detecting excessive amounts of electricity being drawn from their home and it must be fixed immediately - for a price - to prevent a fire. The fake agent then advises them to make a payment by purchasing a "Green Dot" VISA card. Customers are then asked to call another phone number where information is obtained from the credit card and the monetary value is removed from the "Green Dot" VISA card.

"If a customer gets a call of this nature, they can verify that it is CL&P by asking for some basic information. They should be able to tell you the name on the account, the account address, and the exact past due balance. If the caller cannot provide that information, the call is not from CL&P."

If you receive one of these calls what should you do?

Customers should **not** provide any type of payment or financial information, and should call CL&P Customer Service immediately at 1-800-286-2000, and the non-emergency number for the Madison Police Department (203) 245-2721 to report the incident. Customers who are scheduled for disconnection due to nonpayment receive written notice that includes the actions they can take to maintain service. CL&P does not require customers to purchase any type of pre-paid card to pay their bill. Customers have several payment options, including direct debit, credit card, and personal check.

Don't give out information such as your Social Security number, account number or mother's maiden name unless it is truly necessary to complete a transaction and you have verified you are speaking with an authorized company representative.



MEDICARE MONDAY

Mon., January 6th 9-10am
Information, counseling, & assistance
Carlos Maynard assists by appointment.

WELL RIGHT NOW CLINICS

Mon., Jan. 13th & 27th 12-1:30pm
VNA Community Healthcare holds Well Right Now Clinics on the 2nd & 4th Mondays of the month., included blood pressure check.

LEGAL ASSISTANCE

Thurs., Jan. 16th 9-10am
Attorneys from Cronan and Sweeney offer private 15 min. counseling services
Call the MSC for an appointment.



DIAL-A-RIDE

M, W & F - 8:45 to 3:30
(203) 245-5627.

Transportation for elderly and disabled Madison residents. Rides are given in a 14 town region for medical appointments, & personal business. Minimum 48 hour notice needed.



SENIOR CENTER BUS

Monday - Friday 9am to 3:30pm
A fixed route service to the MSC, downtown, grocery shopping and the center of town. Call for a schedule.



HANDICAPPED PARKING PERMIT

Available in the Senior Center office.

MEALS-ON-WHEELS

by The Estuary Council of Seniors
(860) 388-1611 Ext. 207

Meals delivered around noon to the homebound or recently recovering.
Needs 5 days notice & doctor referral.

SENIOR CAFÉ

Monday through Friday at Noon
Age 60+ or disabled, suggested donation of \$3.00. To order: call Jodie, (203) 245-5686 by Noon the day before.

NOTARY SERVICES

Tues., Jan. 14th 10am-12pm
By apt only, 2nd Tues. of the month.



MOVIE MATINEE @ MSC

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

Jan. 3rd "All of Me", Jan. 10th "Dirty Rotten Scoundrels"
Jan. 17th "Quartet" Jan. 24th "Letters to Juliet" Jan 31st "Parental Guidance"



Thursday Book Club

The Book Club will meet at 1pm on:
Jan 2nd to discuss "Parlor Games"
and
Jan 30th to discuss "Caleb Crossing"
Discussion led by Barbara MacDonald

Volunteers needed!! Have you made yourself a New Years resolution to help other people? We have the perfect volunteer opportunity for you at the MSC, to help us *Undecorate* the Senior Center. Thursday, Jan. 2nd at 10am

Bingo!

Dessert Bingo 1st Friday of the month at
1pm Friday Jan.3rd



St. Margaret's Bingo
No dates in Jan. or Feb.

Simple Fixes to Reduce Hazards in your Home

presented by
Shoreline Aging in Place
Consulting and Construction Services
for Independent Living

This presentation will include examples of homes that have potential to injury someone and how to fix them (ie. trip hazards, door knobs vs. door levers, having a table next to an entry to put stuff on, etc.) Those are just a few areas that will be touched upon.

Monday January 27th 1:00pm
Pre-Registration is required.

TECH SUPPORT

Have an iPad or a smart phone and don't know how to use it?
"Facebook & Skype" What's that?

Get all your questions answered for free at the Madison Senior Center. Scranton Library Teen Advisory Group and Madison Youth & Family Services will be offering free "drop-in" learning sessions. Teen Volunteers will be available to answer your questions. This will take place the last Monday of every month
Monday Jan. 27th FREE!!
4:30-5:30 pm.

Upcoming sessions:
February 24th and March 31st

NEW!! French Class

Parlez-vous Francais? All levels welcome; some prior exposure to French helpful. This will be a class to learn conversational phrases and French culture. Optional conversational French starting at 9:45am (minimum of 5).
Jan. 8th-Feb. 12th (6wks) 10:15-11:15am
Fee: R\$34 | NR\$44



Lunch Bunch & Shopping

Monday Jan. 6th 11:45am
What's Cooking? | CVSFee \$2
Monday Jan. 13th 11:45am
Chips Pub | Clinton Crossing.....Fee \$2
Friday Jan. 24th 11:45am
Grand Pizza | Job LotFee\$2
Monday, Jan. 27th 11:45
Hidden Kitchen | Walmart.....Fee \$2
Friday, Jan. 31st11:45
Nick's Restaurant | Bishops..Fee \$2

ART 101

Instruction in drawing, pastels, water-colors, acrylics and oils.



Tuesdays 1:30-3:30pm

Feb. 4th - May 27th

No classes in January

Instructor: M.Waldvogel Fee \$5

Senior Singles Group

Tuesday, January 14th
at MSC at 5:30pm

Dinner on your own to follow
at Donahues

Exercise With Patty Velleca

CHAIR EXERCISES

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



Mondays - 10:30 to 11:30am

Jan. 6th-Feb. 3rd 4 classes

R\$17.00 | NR \$27.00

No class Jan 20th

Fridays - 10:30 to 11:30am

Jan 10th-Jan.31st 4 classes

R\$17.00 | NR \$27.00

SENIORS IN MOTION

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

Wednesdays - 10:30 to 11:30am

Jan.8th-Jan.29th 4 classes

R\$13.00 | NR\$23.00

EXERCISE & RELAX YOGA

Hatha Yoga is used to increase circulation and relaxation. Yoga postures provide deep tension release, self- control, & increase energy.

Tuesdays - 9:30-10:30am

Jan.7th-Jan. 28th 4 weeks

R\$33.00 | NR\$43.00

Thursdays - 3:00-4:00pm

Jan. 9th-Jan.30th 4 weeks

R\$33.00 | NR\$43.00

FITNESS & MOVEMENT

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

Mondays - 9 to 10am

Jan.6th-Feb. 3rd 4 weeks

No class Jan. 20th

R\$17.00 | NR \$27.00

Wednesdays - 9 to 10am

Jan. 8th-Jan. 29th 4 weeks

R\$17.00 | NR\$27.00

Fridays - 9 to 10am

Jan. 10th - Jan 31st 4 weeks

R\$17.00 | NR\$27.00

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.



Tues., Jan. 21st 11-12pm

FREE

TAI CHI

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



Mondays - 9 to 10 am

January 6th - Feb 10th 5 weeks

No class Jan. 20th R \$44 | NR \$54

Minimum of 6

LINE DANCING



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

Mondays 2:00pm to 2:55pm

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

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

SILVER TAPPERS



Have you ever wanted to Tap Dance? Did you love Tap Dancing as a child? Are you looking for a different way to exercise? Well...here it is! Great for memory, sequencing, large and small motor skills, balance, core work, right- and left-brain work, a great workout, & did I mention? **FUN!** Tap shoes required. Mardyann's promise: *"You will be tap dancing your first class!"*

Thursday's 10:00-11:00am

Jan. 9th- Mar. 6th, 2014 9 weeks

R \$60 | NR \$70 Instr. M. Goglia

Minimum of 9

Winter Wednesdays Board Games



Do you have a favorite board game you like to play and would be willing to share it? Or come join us and play some of our games (Scrabble, Monopoly, Trivial Pursuit, Checkers, or Pictionary)

Wed., Jan 8th at 12:30

FREE



IDEAS COMMITTEE

Do you have a program idea you have been waiting to share? New Art Class, Sewing Class, Sports Discussion Group... any idea would be considered. We are starting an "Ideas Committee" here at the Senior Center on the last Tuesday of every month.

Tuesday, Jan. 28th at 11:00

EXERCISE CLASSES WITH KRIS

The "exercise pass" is good for 5 or 10-classes taught by Kris and is valid until the end of the fiscal year of purchase. **Fiscal Year ends: June 30th, 2014.**

5 - Class Pass - R \$40 | NR \$50

10 - Class Pass - R \$80 | NR \$90

All classes taught by Kris Reaske

ZUMBA FOR ALL

Use Zumba dance steps and lively music to create your own intensity level. **Mondays - 6 to 7pm**

ZUMBA GOLD

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

Mondays - 1:00 to 1:55pm

Thursdays - 11:10 to 12:10pm

No classes January 20th



Aqua Dome "Silver Splash"

A fun and exciting class designed for active older adults, increasing muscle strength, flexibility and range of motion through water exercise. The focus of this class is building core control. Participants do not need swimming skills.

Weds. 12:00-2:00 Fee \$7 | class,

Payable to Aqua Dome upon arrival

If transportation is needed inquire at the Madison Senior Center

Senior Center Preview for February

Learn all about the new programs that will take place during the month ahead. Questions about the Newsletter? Do you want to learn about new programs and special events?

Wednesday, Jan. 22 at 12:30

**Mohegan Sun Friday**

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

Friday, January 10th

Fee: \$7

UCONN WOMEN'S BASKETBALL GAME at Rutgers Athletic Center in Piscataway, NJ.Sunday, Jan 19th

This afternoon enjoy a game between your favorite UCONN Women's Huskies as they take on the Rutgers' Scarlet Knights. There is nothing like seeing a live game, it will surely be a night to remember! At the conclusion of the game we will board our motor coach and head back home with fond memories! Trip includes: Transportation and Tickets to the UCONN Women's basketball game. Departure time TBD, there may be multiple pick ups.

Fee \$64 R | \$69NR

Mohegan Sun OvernightWednesday, Jan., 29th-Jan. 30th

Upon arrival to "The Sun" you will receive your bonus package and check into the hotel. Mohegan's hotel accommodations are nothing less than extraordinary. The remainder of your time is on your own. Enjoy fine dining, retail shops, live entertainment, sporting events and a luxurious spa. Bring your bathing suit to swim in their magnificent pool. Depart MSC at 9:00am Rooms may not be ready for check in until 4pm. Price includes hotel accommodations, 2 \$15 Food Coupons, 2 \$10 Free bets, taxes and transportation. *Snow dates will be Feb 25th- Feb.26th*

Fees: Double: R\$114 PP | NR \$119 PP; Single: R\$180 PP | NR \$185 PP; Triple: R\$104 PP | NR \$109 PP

Boston Flower ShowSaturday, March 15th

The 140th Annual Boston Spring Flower Show, a long-time standing tradition. Spend some free time after the show at Quincy Market. Price includes transportation and ticket to the Flower Show. Call Kristen for price information.

St. Patrick's Day Celebration at the Aqua TurfTuesday March 18th

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

Fee: \$43

Planets and Space at the Museum of Natural History in New York City!Thursday, March 27th

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

Fee: \$98 R | \$103 NR

Rodger's and Hammerstein's *South Pacific* at the Thomaston Opera HouseSunday, April 6th

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

Price includes transportation and ticket to the show.

Fee: \$65 R | \$70 NR

Debbie Reynolds at Mohegan SunTuesday, April 15th

Join the Madison Senior Center to see the incomparable Debbie Reynolds at Mohegan Sun. Price includes: 3:00pm Reserved Show Time, seats in the lower level section. Free time at the casino with a \$30 Casino package which includes: \$10 Meal voucher good at any eating facility at Mohegan Sun. and \$20 Free Slot Play or Free Bet. **Depart MSC at 11:00am Return approx. 6pm**

Fee \$67 R | \$72 NR

Gardens of London featuring the Chelsea Flower ShowSaturday, May 17th

Discover the horticultural heritage of Britain, at the Chelsea Flower Show on opening day. See the sights of London with a local guide, Buckingham Palace, the Tower of London, Big Ben, and much more. Visit the Royal Botanic Gardens at Kew, which houses one of the world's great collections. Travel to Wisley, a stunning 60-acre estate and enjoy an exclusive RHS gala dinner at this world-renowned garden. *Package includes Round Trip Airfare from New York, Air Taxes and Fees | Surcharges, Hotel Transfers and Transportation to | from Airport, 8 days with 9 meals included: 6 breakfasts and 3 dinners. (Cancellation and waiver insurance are available)* Single: \$5,199, Double: \$4,099 Pick up an informative brochure at the Senior Center.

Rockies Rail Highlights

8 days | 11 Meals: 6 Breakfasts | 1 Lunch | 4 Dinners

Thursday, July 3rd-10th

Trip includes transportation to Bradley International Airport and Round trip airfare from Bradley International Airport to the lovely city of Calgary, Alberta. Itinerary at a glance: *Westin Hotel Calgary*, Calgary, Alberta, *The Fairmont Banff Springs Hotel*, Banff, Alberta, *Sawridge Inn and Conference Centre*, Jasper, Alberta, *Via Canada*, Toronto, Ontario, *Westin Baysore*, Vancouver, British Columbia. Price does **not** include cancellation waiver or insurance at \$315 a person; this would be an additional charge.

Double \$3,999; Single \$4,599; Triple \$3,949. **Book now and you will save \$100**

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Jennifer Jones

Director of Community Relations



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Email: jjones@peregrine-companies.com
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>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.)</i></p>		<p>1 CLOSED New Years Day</p> 	<p>2 Oven Fried Chicken, Macaroni & cheese, Spinach Salad w Italian Dressing, Oat Bread, Fresh Fruit, Milk</p>	<p>3 Minestrone soup, Cheese Stuffed Shells w Meat Sauce, Broccoli, Parmesan Cheese, Garlic Bread, Chocolate Chip Cookie, Milk</p>
<p>6 BBQ Chicken Qtr, Veg. Baked Beans, Green Beans, Multi-grain Roll, Fruit Cocktail, Milk</p>	<p>7 Light Crunch Fish w Lemon & Tartar Sauce, Confetti Brown rice, Broccoli, Wheat Dinner Roll, Pistachio Pudding, Milk</p>	<p>8 Cheeseburger on Wheat Bun, Sweet Potato Fries, Green Beans, Fresh Fruit, Milk</p>	<p>9 Sliced Turkey w Gravy, Herb Stuffing, Roman, Oat Bread, Orange Juice, Raisin Oatmeal Cookie, Milk</p>	<p>10 Tomato Basil Soup, Spinach Quiche, Zucchini, Beet Salad, Whole Wheat Bread, Fruit Cocktail, Milk</p>
<p>13 Salisbury Steak w Gravy, Smashed Potatoes, Mixed Vegetables, Oat Bread, Fresh Fruit, Milk</p>	<p>14 Lentil Soup, Vegetable Omelet, Roasted Potato, Grilled Vegetables, Multigrain Bread, Peaches, Milk</p>	<p>15 Chicken w Broccoli and Cheese, Brwn Rice, Carrots, Dinner Roll, Cranberry Juice, Apple Strudel, Milk</p>	<p>16 Martin L. King Day Fried Chicken Qtr, Col-lard Greens, Corn & Okra, Biscuit, Bread Pudding, Milk</p>	<p>17 Salmon w Honey Mustard Sauce, Orzo, Grn Beans, Rye Bread, Fruited Jello, Milk</p>
<p>20 CLOSED for</p> 	<p>21 Herb Roasted Chicken Thigh, Baked Sweet Potato, Summer Spring Blend Veggies, Rye Bread, Apple Juice, Coffee Cake, Milk</p>	<p>22 NE Clam Chowder w Crackers, Seafood Salad on lettuce w Tomato, & Pasta Salad, Oat Bread, Apricots, Milk</p>	<p>23 Roast Beef w Gravy, Smashed Potato, Peas & Carrots, Corn Bread, Grape Juice, Chocolate Pudding, Milk</p>	<p>24 Sweet & Sour Pork, Lo Mein, Oriental Vegetable Blend, Wheat Bread, Fresh Fruit, Milk</p>
<p>27 Happy Birthday! Rsted Chicken Leg Qtr., Mashed Potato, Carrots, Wheat Dinner Roll, Mixed Fruit Juice, Birthday Cake, Milk</p>	<p>28 Pot Roast w Gravy, Bowtie Noodles, Baked Acorn Squash, Pumpernickel Bread, Fresh Fruit, Milk</p>	<p>29 Spinach Grandioli w Sauce, Seasoned Cannelloni Beans, Fresh Zucchini, Italian Bread, Fruited Jello, Milk</p>	<p>30 Chinese New Year Mandarin Chicken, Rice, Oriental Blend Veggies, Oatmeal Bread, Mandarin Oranges, Milk</p>	<p>31 Fresh Baked Ham w Gravy, Baked Potato w Sour Cream, Green Beans, Whole Wheat Bread, Cranberry Juice, Rice Pudding, Milk</p>


TO DO LIST!

- 1) need an oil change
 - 2) get a hair cut
 - 3) find a plumber
- Anything else?

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



Madison Senior Center
 29 Bradley Road
 Madison, CT 06443

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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, and an introduction to the Internet.

Tuesdays, Jan. 7th-Feb. 4th 1 to 2:00pm (5 students minimum) 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? You can learn how to e-mail, play games, entertain and even set a reminder of when to take your medications! Bring your iPad & Apple password.

Thursdays, Jan. 9th-Feb. 6th 1 to 2:00pm (5 students minimum) Fee: R \$42 NR \$52 (5 classes)

E-Bay: Buying and Selling Online

This is sure to be a fun class! You will learn how to Open E-bay & PayPal accounts online, search and bid on an item, pay and complete the transaction, investigate sellers, and find the best deal. Also learn how to become an eBay seller, what it costs, how to price your items, take and upload a picture, complete the sale, and the best words to describe your item. Please bring a camera, charged battery, a pad and pencil, & questions you may have. Classes are 2 hours.

Tuesdays, Jan. 7th- Jan. 21st 10 to 12pm (6 students minimum) Fee: R \$42 NR \$52 (3 classes)

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

Ongoing Activities at the Senior Center

Bridge	Thursdays	1- 4 pm	Hand & Foot	Fridays	1- 4 pm
Canasta	Tuesdays	1- 4 pm	Knitting Group	Tuesdays & Thursdays	10a-12p
Mah Jong	Thursdays	1- 4 pm	Poker	Wednesdays	1- 4 pm
Crocheting w/Plastic Bags	Wednesdays	1-3 pm	Walk with Kristen	Tuesdays	10:00am

There's
LOTS
 to do at the
Madison Senior Center

