

Trends & Traditions

January 2015



Madison Senior Center

Revocable Living Trust - PROBATE AVOIDANCE

Have you heard that you should avoid probate? Do you want to learn how? Come hear Attorney Joan Reed Wilson speak about probate avoidance, reasons to avoid probate and reasons you may not want to avoid it, living trusts, and other important estate planning matters.

Monday, Jan. 12th at 12:45 *please call to register*

The *Adventurous Culinary Club*



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 the taste of authentic dishes of New Orleans at Creative Cooking in Westbrook.

Friday, Jan. 23rd Depart MSC at 11:45 Bus fee \$2



AARP INCOME TAXES

Get Free Help with Your Tax Return

AARP Certified Tax-Aide counselors provide free income tax preparation assistance for low-and-middle-income taxpayers of all ages, with special attention to those 60 & older. **Taxpayers MUST bring copies of their 2013 tax return. Taxes will be prepared by appointment only. Please call (203)245-5627 for an appointment.**

Baking with Rosemarie

Calling all bakers, no matter your skill level or baking interest. This month learn how to bake apple strudel, a thing of beauty. Sweet apples encased in flakey dough. **DELICIOUS!** Pre-registration is required.



Monday, Jan. 26th at 12:45

Fee: \$2

Blueberry Pancake Day & Game Day

Celebrate National Blueberry Pancake Day at the Madison Senior Center with **Kristen & Pat** as your chefs for the day! Enjoy, of course, Blueberry Pancakes as well as plain pancakes, bacon, hash browns, muffins, orange juice and coffee or tea. Join us for breakfast for lunch then fun games!



Wednesday, January 28th at 11:30

Fee: \$5

Easy Group Meditation

Cultivate greater self-awareness, acceptance and a quiet, stable mind. Learn to be comfortable with silence, our meandering minds and physical states. 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 react to experiences and thoughts encountered each day. Opportunities to re-connect with our basic natures, to be reminded we are safe and perfect as we are. Develop tools to create a more mindful state. Sessions begin with a reading from literature, poetry, current event to create separation from the day and set the intentions for the practice. Meditations run from 5 to 40 minutes. **Instructor:** Bob McCandlish

Meditational 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 and Love * Week 7: Following Your Bliss * Week 8: The Shift from "I think" to "I know" * Week 9: Openness & New Journeys (9 classes)

Jan. 15th - Mar. 12th 9 -10am \$42R | \$52 NR

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.**

Thurs. Jan. 8th-Feb. 5th
1:30-3:30pm

(5 Classes)
Fee: R\$90 NR\$100



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. The dates of the class are January 14th through May 20th 10:30 to 11:45. FEE: \$520



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 January 15th, 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

Happy New Year! In 2015, the Madison Senior Services Department along with the seniors of Madison will pay it forward by performing monthly acts of kindness. To kick off our year, we will co-sponsor a coat drive with the Excel Club from Polson Middle School to benefit local families. If you have a new or slightly used coat, other warm clothing and toiletries, you would like to donate, please drop them off at the Senior Center during the months of January and February. Keep checking the newsletters for additional monthly acts of kindness.

With the New Year upon us, I hope you make it a point to stop by the Senior Center and participate in one of our many offerings. If you don't see something you are interested in, let us know what we can add to entice you to participate. We are up for anything and will attempt to run just about any program, so don't be shy. Stop by and talk with Kristen, our Program Coordinator.

We will have a new exhibit in our art gallery beginning on January 14th. Madison artist, Linda Beagle, will be showcasing her art work from January 14th through February 27th. Please stop by and enjoy Linda's work.

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 16th
10:30-11:30
R\$29 | NR\$39



with **Olson** **"Quilts of Joy"** **Ellen**

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. The Quilts 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 In February!

Please give us a call if you are interested!



Keep your peepers open for paperwork in the mail.

In December and January, Social Security and Medicare will mail you important papers. One of these papers, is your social security benefit letter, notifying you of your new monthly benefit amount. Another is your social security 1099 which you need to file income taxes. This statement notifies you of the total amount of social security received in the previous year. Please be sure to hold on to these documents, you will need them during the upcoming year.

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Early Application Intake!!! Begins Monday, September 1st, 2014. 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, 2014

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.**

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, January 20th 11 am-12pm FREE



Legacy Writing: *Sharing Life Lessons* with Bob McCandlish

Revisit life experiences, the sights, smells and sounds of our lives and capture them in creative writing. Each session begins with a reading to break from our busy lives and prepare for remembering and writing. (6 weeks)

Wk 1: Traveling & Journeys **Wk 4:** Jobs & Life Callings
Wk 2: First Love & Fun **Wk 5:** Family Bonds & Gatherings
Wk 3: Growing Up **Wk 6:** My Three Wishes

Monday's, Jan. 12th - Mar. 2nd 1:00-2:15 \$26 R | \$36NR
No Class on January 19th or February 16th

NORTH AND SOUTH Mini-series

Emmy Award-winning adaptation of John Jakes' 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 and Tuesday's Jan. 5th-March 3rd at 12:45pm No viewing on 1/19 & 2/16 **FREE**



Nostalgia Wednesday's

in January at 12:45

Nostalgia is that warm, fuzzy feeling we get when we reflect on our fond memories from the past. We thought it would be fun to spend time discussing and reminiscing the "good old days." "Nostalgia now emerges as a fundamental human strength" and reminiscing give us perspective and a sense of who we are.

Jan. 7th "Remember together the 1940's and 50's" start by watching a short "Lost in the Fifties- Another Time, Another Place" video, then play "Name that Tune".

Jan. 14th Bring in a Nostalgic item to share such as: a piece of old music, an old photo or a trinket.

Jan. 21st Enjoy "I Love Lucy" TV Series.

Jan. 28th Watch "Bonanza" Movies



BEGINNING MANDARIN CHINESE

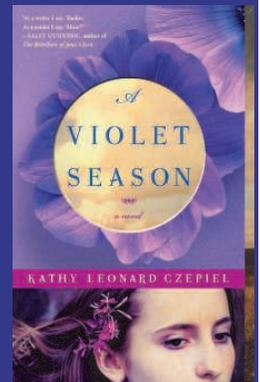
Ni Hao! Would you like to greet people and ask some simple questions when you travel to China? If so, then this class is for you. If you want to go a step further, the instructor will be glad to accommodate you. Let's have some fun together in this class! 6 classes
Wed., Dec. 3rd-Jan. 21st 1:30-2:30pm
 no class 12/24 & 12/31 Fee: \$10

Local Author: Kathy Leonard Czepiel, "A Violet Season"

Author of *A Violet Season* (Simon & Schuster), which was named one of the best books of 2012 by *Kirkus Reviews*. A recipient of a 2012 creative writing fellowship from the National Endowment for the Arts, her short fiction has appeared in a variety of publications including *Cimarron Review*, and *Indiana Review*. Czepiel teaches writing at Quinnipiac University in Connecticut, where she lives with her husband and two daughters.

PLEASE CALL TO REGISTER
Monday, January 26th at 1:00

FREE



Crochet with Mrs. Wimble



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

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. Instr: Elaine Jackson Pre-Registration is required

Monday, Jan. 5th
at 10:30
Free



ART 101

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

Tuesday's until - Jan. 27th
1:30-3:30pm

Restarting March 3rd



Fee \$5

**LEGAL ASSISTANCE**Thurs., Jan. 15th 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.

TEAM SPIRIT DAY

Are you a sports fan? What is your favorite team? The Patriots? The Giants? The Cowboys? Maybe it's hockey and the Rangers? Show your team pride today and wear your favorite team's colors!

Friday, January 30th ALL DAY!**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, January, 26th no appointments on 1/19 due to Holiday**

Book ClubThursday, January 29th

Meets at 1 pm to discuss

"The Rent Collector"by **Camron Wright***Discussion led by Barbara MacDonald***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. **January 8th**, we're going to **Café Allegra**

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.

MOVIE MATINEE @ MSC**Fridays at 1:00 pm**

Disney movies are not just for children. Disney films tackle serious themes and reinforce important messages. They are often, strangely inspiring! Great way to connect with your grandchildren!

Jan. 2nd - "Lion King"Jan. 9th - "Frozen"Jan. 16th - "Mulan"Jan. 23rd - "Honey I Shrunk the Kids"Jan. 30th - "Beauty and the Beast"**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., January 26th 4-5pm Free

Please register 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.

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, Jan. 2nd 1-2:30pm

St. Margaret's Bingo will begin again in March

Valentine's For Veterans

Join Suzanne Martin to make a difference in a service person's life. Help make the valentines to be distributed at the VA hospital.

Tuesday, Jan. 20th & 27th 10-12pm

Lunch Bunch & Shopping*please note: lunch on your own*

Friday, Jan. 2nd Donahue's in Madison & Ocean State Job Lot
 Depart MSC at 11:30 **bus fee: \$2**

Monday, Jan. 5th Hidden Kitchen and Walmart
 Depart MSC at 11:45 **bus fee:\$2**

Friday, Jan. 16th Christy's Restaurant, then Madison Art Cinema to follow.
Movie time to be announced later
 Depart MSC at 10:45 **\$2 bus fee**

Friday, Jan. 30th Denny's and Westbrook Outlets
 Depart MSC at 11:45 **bus fee: \$2**

Exercise With Patty Velleca

CHAIR EXERCISES

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



Mondays - 10:30 to 11:30am

Jan. 5th- 26th **No class 1/19**

R\$13 | NR \$23 3 classes

Fridays - 10:30 to 11:30am

Jan. 9th-30th

R\$17 | NR\$27 4 classes

SENIORS IN MOTION

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

Wednesdays - 10:30 to 11:30am

Jan. 7th-28th

R\$13 | NR\$23 4 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

Jan. 6th-27th

R\$33 | NR\$45 4 classes

Thursdays 3:00-4:00pm

Jan. 8th-29th

R\$33 | NR \$43 4 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

Jan. 7th-28th

R\$17 | NR\$27 4 classes

Fridays - 9 to 10am

Jan. 9th-30th

R\$17 | NR\$27 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

Jan. 5th-26th **no class 1/19**

R\$13 NR \$23 3 Classes



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)

No class Jan. 19th & Jan. 26th

Dec. 29th- Feb 9th 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

Otago Strength & Balance Exercise Presentation

Mary Jane Fegan of Rehab Concepts, presents the *Otago Strength and Balance*, an individualized program proven to reduce falls by 35-40%. Increase your energy level, help maintain your independence, help you feel safer, and more secure in your home. If you have fallen during the past year, are concerned about falling, have problems getting in and out of your chair, are unsteady on your feet or have difficulty walking, you should attend! Caregivers welcome! Screening to follow for those who are interested.

Pre-registration is required

Tues., January 20th at 10:30 am FREE

Nurses Clinics

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



Mon., Jan. 12th & 26th 12-:30pm

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

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*)

"NEW" 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.

Ballroom Line 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 classes on Jan. 19th

Mon., Dec. 15th - Feb. 2nd 6 weeks 2-3pm Fee: \$37R | \$47NR

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

Mohegan Sun Friday

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

Friday, Jan. 9th, 2015

\$7

2015 AAC Women's Basketball Tournament Semi-Final Games at Mohegan Sun Arena

Sunday, March 8th, 2015

Depart on a motor coach from the Madison Senior Center and 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

St. Patrick's Day Celebration at Gavin's Resort "A Bit of Ireland in the Catskills"

Thursday, March 12, 2015

Depart Madison Senior Center and stop with a coffee stop, on your own, en route to the Catskill region of New York. A complete and special Irish Luncheon is included at Gavin's Golden Hill Resort. After lunch enjoy one of the finest U.S Irish/American entertainment featuring, sing-alongs with some of your favorite Irish tunes and Irish Step Dancers. Also included is a visit to the village of East Durham featuring Irish gift shops and a country store. Please let us know your meal selection which is either, corned beef and cabbage, baked salmon or chicken francaise, also included is a complimentary glass of wine or beer, soda bread, homemade beef barley soup and apple pie a la mode for dessert. Transportation, Irish luncheon and entertainment, visit to East Durham and driver's gratuity are all included. There may be multiple stops. **Departure time TBD**

\$90R | \$95NR

Neil Sedaka

at Mohegan Sun

Tuesday, April 21st, 2015

Singer, songwriter Neil Sedaka will perform many of his recorded hits as well the songs he has written for other artists. 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. Seats are located in the Lower level section of the Mohegan Sun Arena. You will also have time at the casino before the show to enjoy the casino gaming package (*details to be announced*), 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 Cat's Away"

Thursday, April 23rd, 2015

Depart the Madison Senior Center en route to the Newport Playhouse and Cabaret restaurant. Here you will enjoy a luncheon buffet featuring salads, vegetables, homemade meatballs, chicken, ham, baked scrod, cakes, pies, fruit and so much more! After lunch you will move into the show room where you will see "When the Cat's Away." In this comedy, Mildred and Ethel go off on a trip to Paris and the mice sure do play! Egged on by Ethel's philandering husband, Humphrey Pomfrey, Mildred's husband George agrees to invite two charming little sex kittens over. You can probably guess what happens next-the wives come home prematurely! After the show you'll return to the dining room where you will enjoy a Cabaret by Company members. You'll continue to be entertained with songs and laughter. Price includes transportation, lunch, show and driver's gratuity. There may be multiple stops. **TTBD**

Fee: \$100R | \$105NR

"Married to Broadway"

Aqua Turf,

Tuesday, May 26th, 2015

Ron Sharpe and Barbra Russell first met when they were playing the young romantic leads of Marius and Cosette in "Les Misérables." After being married on stage hundreds of times, they decided to do it for real. Ron and Barbra, together with their friends will share their love affair with the legendary music of The Great White way. They will perform the big show stopping numbers that are audiences favorites around the world-from "Phantom of the Opera," "Cats," "Evita," "West Side Story," and many more. Delicious lunch at the elegant Aqua Turf will include 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

Celebrate Italia

Aqua Turf

Tuesday, July 21st, 2015

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, The World Trade Center and hundreds of area's best country clubs. Enjoy Coffee and Donuts, Door Prizes and a Complimentary Beverage. Then lunch will include Salad, Pasta with Sausage and Meatballs, Chicken Cacciatore, Vegetables and Dessert.

Depart MSC at 10:00

Fee: \$48

Historic Philadelphia Overnight

Phenomenal Price!!

August 18-19, 2015

Travel on a deluxe motor coach for a fun 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 TBD**

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

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

Shades of Ireland

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 join your fellow travelers for 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 of this city 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 Ring of Kerry. Shop for traditional Irish goods, enjoy pristine ocean scenery, gaze upon 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 which showcases King John’s Castle and the Treaty Stone. **Day 8:** An exciting day awaits— journey to the stunning 700ft. High Cliffs of Moher for awe-inspiring views of the mighty Atlantic and Aran Islands. Travel through the vast limestone landscape of the Burren, known for its stark beauty and Neolithic tombs. Continue past scenic countryside into Galway for a brief city tour. **Day 9:** Start your day with a cross-country journey to Irish Whiskey territory. The ancient towns of Tullamore and Kilbeggan, enjoy a tasting of the final product during a visit to one of the historic distilleries. Top your day off with an 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.

Rates as of October 17th, 2014: Double \$3,349, Single \$3,749 and Triple \$3,319.

Thursday, April 16th-to Saturday, April 25th, 2015

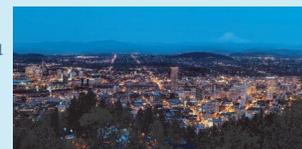


Pacific Northwest and California

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:** The tour opens with an overnight stay in one of America’s picturesque cities, Seattle. Get to know your fellow travelers at a welcome dinner. **Day 2:** Embark on a sightseeing tour of the “Emerald City,” including the colorful restored waterfront area, historic Pioneer Square, and lively Pike Place Market, a fish and vegetable market dotted with restaurants and shops. Departing Seattle, travel south through Olympia and stop at Mount St. Helens Visitor Center. Learn about the 1980 eruption of Mount St. Helens as well as the history and geology of the state park. Continue to Portland for a two-night stay in North America’s “Best Big City.” and stay at the Hotel Eastland. **Day 3:** Drive along the Mt. Hood route to the lush Columbia River Gorge for a day of sightseeing you will never forget. Mt. Hood dominates the horizon as you leave the valley and enter the slopes of the Cascade Mountains. Discover the awe inspiring landscapes on a tour of the magnificent Columbia River Gorge and the Bonneville Dam, learn about its fascinating hydropower and history. This evening, relax on Portland’s premier dining and sightseeing cruise. Enjoy a vibrant setting enhanced by dazzling city lights, festive cuisine and live performances. Glide along the Willamette River and Lake Oswego for an unforgettable and delightful evening. **Day 4:** Your scenic journey takes you 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. Next, head to the coastal town of Newport for a brief stop along some of the country’s beautiful coastline and the Oregon Dunes National Recreation Area. **Day 5:** Begin your day with a drive to Bandon State Natural Area. You will 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. Inside the 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”. Next, 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 from Bradley Intl Airport, air taxes and fees/surcharges, hotel transfers,

Day 9: Continue through the Redwood Forest and see the “Avenue of the Giants”. Next, 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 from Bradley Intl Airport, 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 cancellation 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 on Monday, February 23rd at 10:30am

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>5 Eggplant Rollatini, Marinara Sauce & Parmesan Cheese, Penne Pasta, Winter Mixed Veg, Breadstick, Peaches & Pears, Milk</p>	<p>6 Cheeseburger on Wheat Bun, Tomato and Lettuce, Coleslaw, Brownie, Milk</p>	<p>7 Sliced Pork w/ Gravy, Roasted Sweet Potatoes, Green Peas & Pearl Onions, Pumpernickel bread, Escalloped Apples, Milk</p>	<p>8 Oven Rstd Chicken Qtr, Mashed Potatoes, Green Beans, Biscuit, Mandarin Oranges, Milk</p>	<p>9 Minestrone Soup, Cheese Ravioli with Basil White Sauce, Grilled Veggies, Parmesan Chees, Italian Bread, Seasonal Fresh Fruit, Milk</p>
<p>12 Baked Pork with Gravy, Scalloped Potatoes, Cooked Red Cabbage, Rye Bread, Cinnamon Applesauce, Milk</p>	<p>13 Apple Juice, Rst Turkey with Gravy, Cranberry Sauce, Rsted Swt Potatoes, Green Beans, WW Roll & Pumpkin Pie & Milk</p>	<p>14 Meatballs with Sauce, Ziti, Sliced Zucchini, Parmesan Cheese, Ital. Bread, Sliced Peaches, Milk</p>	<p>15 MLK Celebration, Fried Chicken Qtr, Collard Greens, Corn & Okra, Biscuit, Bread Pudding & Tapioca, Milk</p>	<p>16 Crab Cakes, Tartar Sauce, Roasted New Potatoes, Broccoli, Rye Bread, Apricots, Milk</p>
<p>19 MSC Closed today for</p>	<p>20 Vegetable Lasagna, Tossed Salad with tomato and Italian Dressing, Garlic Bread, Escalloped Apples, Milk</p>	<p>21 Tangerine Baked Chicken Qtr., Brown Rice, Oriental Veg, WW Roll, Fruit Compote, Milk</p>	<p>22 Pulled Pork on Wheat Bun, Baked Sweet potato Fries, Coleslaw, Pumpkin Bread Pudding, Cranberry Juice, Milk</p>	<p>23 Creamed Broccoli Soup, Veg. Omelet, Rstd Potato w/ Pepper and Onion, Peas & Carrots, Multigrain Bread, Fruit Cocktail, Milk</p>
<p>26 Meatballs, Grinder Roll, Parmesan Cheese, Green Beans Cucumber & Tomato Salad, Fresh Seasonal Fruit, Milk</p>	<p>27 Cranberry Juice, Roasted Chicken w/ Hickory BBQ Sauce, Acorn Squash, Potato Salad, Rye Bread, Banana Pudding, Milk</p>	<p>28 Sweet & Sour Pork Chop, Brown Rice Pilaf, Oriental Blend Veggies, Multigrain Bread, Pineapple Chunks, Milk</p>	<p>29 Chinese New Year Mandarin Chicken, Rice, Oriental Vegetable Blend, Oatmeal Bread, Milk</p>	<p>30 Happy Birthday! Grape Juice, Cream of Mushroom Soup, Cod in Chunky Tomato & Mozzarella Sauce, Brown Rice, Scan. Blend Veg., Rye Bread, Birthday Cake, Milk</p>



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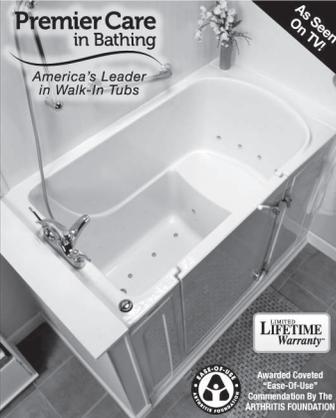
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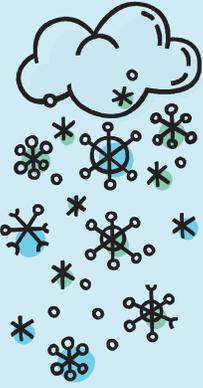
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COMPUTER CLASSES

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. Jan. 7th-Feb. 4th 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., Jan. 7th - Feb. 4th 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., Jan. 8th - Jan. 22nd 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., Jan. 8th & 15th 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			