



The Depot Express

MADISON SENIOR SERVICES NEWSLETTER



DEPOT MEETING CENTER
9 OLD ROUTE 79
MADISON, CT 06443

July 2010

OFFICE HOURS:
8:30 AM – 4:00 PM
MONDAY – FRIDAY

OFFICE: 245-5627

FAX: 318-0670 MUNICIPAL AGENT: 245-5687

CAFE SITE: 245-5686

SENIOR COMMISSION

CHAIR
Patricia Melady
VICE-CHAIR
Maureen Lopes
MEMBERS:
Elizabeth Booth
Robert Hale
Gerard Kerins
Leslie Marcarelli-Naizby
Barry Miller
Wendy Oberg
Marcy Sanders
Liaison to the Board of Selectmen:
Noreen Kokoruda

STAFF

David Melillo
Katherine DeBurra
Gina Millan
Heather Castrilli
Carrie Gazda
BUS DRIVERS
Pat Cocchiaro
Patricia Connelly
Michael Rand
Helen Sneider
Carolyn Tenedine

EXERCISE INSTRUCTOR

Patricia Velleca
CAFÉ MANAGER
Joan Waldron

Senior Recreation Advisory Group...

We need your ideas for 2010!

Meets 4 times a year! Next Meeting:

Wednesday-August 4, 2010!

Thank you to the volunteers on 5/12/10 for the wonderful suggestions @ the meeting!

Be the first to share your ideas!

If you're feeling shy, fill out a suggestion form in the Upper Level of the Depot & drop it in the suggestion box! All ideas appreciated! Tell us what we are doing right & wrong! Box is located on the table near the elevator.

TOWN WEB PAGE

www.madisonct.org

Please call the Depot if you are interested in receiving the newsletter via email!



Madison Senior Services Commission

Meetings are held on the third Thursday of the month. Next meeting;

July 15, 2010 @ 5:30 PM in the Upper Level of the Depot.

“THANK YOU TO CHRIS BERNIER, EMS DIRECTOR OF MADISON AMBULANCE & MADISON AMBULANCE FOR BEING THE JUNE “MEET MADISON” GUEST!

Christopher Bernier; EMS Director of Madison Ambulance & Sam DeBurra; President of the Ambulance Board of Directors joined us in the Senior Café on Friday, June 4, 2010 to update us about the “File of Life!”

An important record of medical information to have in place!

This would be a good time to update your information! Stop by to get a new file!

Have questions for Madison Ambulance; 203-245-9821!

RAIL & SAIL @ the INN IN ESSEX (Wait List!)

Sunday & Monday, July 18 & 19, 2010 (2 days, 3 GREAT meals!)

Exciting tour featuring the NY Adirondack & Vermont Green Mts! Board the motor coach in the Commuter Lot & journey to Albany to board the Amtrak Scenic Mt. Rail Journey to Plattsburg, NY. On the 4-hour train ride enjoy the beautiful mountains. Upon arrival in Plattsburg, we rejoin our motor coach & travel to our ferry ride to Grand Island! On the Island, we will stay @ the beautiful INN in ESSEX (home to the New England Culinary School). The students greet us with a wine & cheese WELCOME RECEPTION. The evening will host a gourmet outdoor BBQ w/bon fire & entertainment. Bring your bathing suit as the hotel has both an indoor & outdoor pool! Continental breakfast the next morning before checkout. En route home, we will stop @ the famous Church Street Marketplace. In the afternoon, we board the Ethan Allen Dinner Boat Cruise for lunch on Lake Champlain.

Return time approximately 7:00 PM. \$385; Single, \$305; Double, Triple; \$295.

THE MONTH OF JULY SALUTES AVIATION!

AMELIA EARHART

Monday, July 26, 2010



This month the Senior Center recognizes aviation! Join us for the award-winning movie documenting the remarkable life of Amelia Earhart. Her plane disappeared in JULY 1937 near Gardner Island. Amelia Earhart achieved a number of aviation records! Including; 1st woman to fly solo across the Atlantic; 2nd person to fly solo across the Atlantic; 1st person to fly solo from Hawaii to California! Join us for this great movie on...

Monday, July 26, 2010 @ 12:45 PM following lunch.

Order lunch with Joan by 7/23-great QUICHE on the menu!

“MUSEUM OF THE MONTH”

NEW ENGLAND AIR MUSEUM

Friday, July 30, 2010

Join us for “Museum of the Month”! The New England Air Museum in Windsor Locks is dedicated to the teaching and preservation of aviation history and technology especially in regard to Connecticut’s contributions. **Leave Depot @ 9:00 AM.**

Tour of the Museum @ 10:30 AM. Bring a bag lunch to enjoy @ the facility!

Return time approximately 3:00 PM. \$15.00.

TRANSPORTATION OPTIONS ON PG. 2

Dial-a-Ride is testing a new schedule with expanded hours (beyond the regular 8:30-4:00 PM) to accommodate requests! Please call to see if we can get you where you need to go! 203-245-5695! (48 hours notice please!)

MUNICIPAL INFORMATION

ANNOUNCEMENTS/CURRENT SOCIAL SERVICE PROGRAMS

Please Contact Heather Castrilli @ 245-5687 OR castrillih@madisonct.org for more information

RENT REBATE

The filing period for the Rent Rebate program has begun & will run until September 15, 2010. Participants must submit proof of income for 2009 as well as proof of rental, heating, electric, & water payments made in 2009. An eligible participant must be age 65 & over or disabled & have incurred rental expenses in 2009, not necessarily in Madison.

Maximum income in 2009 for a single person: \$32,300 & for a couple: \$39,500.

SNAP PROGRAM (Formerly Food Stamps)

This program helps offset food expenses. Eligible participants are given a set amount of money on an EBT debit card monthly to use @ a local grocery store. Monthly income guidelines: **Single: \$1,671, Couple: \$2,248.**

FOOD PANTRY

The food pantry is operated by Madison Community Services and available for those residents who need the assistance.

It is located in the back of the Congregational Church on the Town Green. The pantry is open Wed.-11:00-3:00 PM.

Residents of Concord Meadows may call for transportation to the pantry to arrive before 11:00 AM.

Approximate pick-up time 10:15 AM. For Transportation, call Dial-a-Ride-245-5695.

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

ANGEL FOOD MINISTRY

In these tight economic times, we all could use a little help in making ends meet! Bethel Assembly of God Church (246 Boston St., Guilford) has a program that can help lower your food costs. Angel Food Ministry allows one to preorder food & receive substantial savings (due to bulk purchasing & volunteer efforts). For more information, you can visit their website:

<http://www.guilfordbethel.org/AngelFoodInfo.htm>. OR call (203) 453-5171 or 245-1385.

CONNPACE

The filing period for new clients is Nov. 15th to Dec. 31st annually w/an annual registration fee of \$45. ConnPACE only covers Rx's on your Med. D formulary & will cover premiums of benchmark Med D plans. If you earn less than \$1353-single & \$1821-couple; you will be placed on the low-income subsidy program instead of ConnPACE & qualify for lower co-pays for your Rx's.

MEDICARE SAVINGS PROGRAM

The Medicare Savings Program assists eligible participants w/paying their Medicare Part B premiums each month.

Participants will have a \$2.50 co-pay for generic Rx's & a \$6.30 co-pay for name-brand Rx's.

Maximum Income: Single: \$2,091.67, Couple: \$2,816.67.

TRANSPORTATION OPTIONS

<p><u>DIAL-A-RIDE</u> Madison Senior Center 245-5695 A public transportation service designed to meet the transportation needs of the elderly & disabled. Rides may be used in a 14 town region for medical, shopping, personal business & work. Please call to receive a flyer for the program.</p> <p>48 HOURS NOTICE REQUIRED!</p>	<p><u>SENIOR BUS</u> Madison Senior Center 245-5627 Fixed routes to the senior center, downtown, special events, hot lunch program, & Thursday grocery shopping. See enclosed monthly calendar for route schedule.</p> <p>48 HOURS NOTICE REQUIRED!</p>	<p><u>MADISON COMMUNITY SERVICES:</u> 245-3031 Madison Community Services has a bank of volunteers who will take Madison residents to Medical Appointments. This program operates locally & in the surrounding areas.</p> <p>7 DAYS NOTICE REQUIRED!</p>	<p><u>SHORELINE SHUTTLE</u> Estuary Transit District 860-510-0429 TDD & TTY 1-800-842-9710 The 9-Town Transit Bus operates a route from Old Saybrook to Madison. Stops in Madison include the train station, the senior center & @ the Scranton Gazebo to connect w/the Dattco bus.</p> <p>PRE REGISTRATION REQUIRED!</p>
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Medicare Mondays

The 1st Monday of every month, Carlos Maynard & Heather Castrilli hold appointments to answer questions regarding Medicare & Health Insurance.

Elder Law And Legal Assistance For Medicare Patients

Call the Center for Medicare Advocacy **1-800-262-4414**.

New Simplified Process to attain...

Handicapped Parking Permit . . .

New application form from the DMV available @ www.ct.gov/dmv.org or in the Depot office. The form is now a 1-pg. document that can be faxed by your doctor's office to the DMV expediting the process.

Notary Services At The Depot By Appointment

Call for an appointment w/Heather Castrilli, Katherine DeBurra or Gina Millan.

Living Will Documents

Documents available @ the Depot office & require 2 witness signatures & notarization. By appointment.

Meals-On-Wheels- Call (860) 388-1611; Ext. 207

Hot meals are delivered @ noontime to the homebound or recently out of the hospital & recovering.

Requires 4-5 days notice & referral.

Meals On Wheels Volunteer Drivers

The Meals on Wheels Program is always looking for new volunteers to help deliver meals. The Town of Madison will reimburse drivers 32.5 cents per mile.

MADISON SENIOR SERVICES CALENDAR

JULY 2010 (REGISTRATION OPENS 7/1/10) - Pre-Registration required for ALL events!

Monday	Tuesday	Wednesday	Thursday	Friday
			Registration Opens! 1	No Pat V.! 2
REFUND REQUESTS WILL BE ISSUED ONLY IF A SEAT CAN BE FILLED FROM THE WAIT LIST! The Building Committee has worked tirelessly on the "New Senior Center Project"! Please watch for the announcement of the groundbreaking and join us to wish them well!			9:00 AM – 3:00 PM Grocery Shopping 9:30 AM Bocce 12:00 PM LUNCH 1:00 Cards & Mah Jongg 1:30 PM "Quilts for a Cause!" Pre-register for program!	12:00 PM LUNCH w/4th of July Picnic in the Senior Café! 1:00 PM Shoreline Plaza in Guilford. Wal-mart, Big Y, etc.
5	6	Welcome back Pat V.! 7	MARCH INTO MAY! 8	9
Depot Closed for Independence Holiday Observation!	9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play 5:00 PM Bocce for fun!	9:00 AM Fit & Mov 10:15 AM Srs/Mo 12:00 PM LUNCH Have you registered for events in July? & registered w/Dial-a-Ride for your transportation needs! Great health seminar tomorrow @ the Guilford Community Center!	9:00 AM – 3:00 PM Grocery Shopping 9:30 AM Bocce 10:30 AM Dr. Keith Mirante- "3 Solutions to Better Health!" @ the Guilford Community Center! 12:00 PM LUNCH 1:00 Cards & Mah Jongg 1:30 PM "Quilts for a Cause!"	9:00 AM Fit & Mov 10:30 AM ChairErcise 12:00 PM LUNCH 12:30 Expect Discounts. 
12	13	Bastille Day! 14	15	16
9:00 AM Fit & Mov 10:30 AM ChairErcise 12:00 PM LUNCH 12:30 PM Blood Pressure 1:00-5:00 PM Safe Driving 1:00 PM Mystery Ice Cream Destination! It will be delicious!	9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play 1:00-5:00 PM Safe Driving 5:00 PM Bocce for fun!	9:00 AM Fit & Mov 10:15 AM Srs/Mo 12:00 PM LUNCH Celebrate Bastille Day! 12:00 Noon ST. MARGARET'S	9-10 AM LEGAL ASSISTANCE by <u>Appt.</u> 9:00 AM – 3:00 PM Grocery Shopping 9:30 AM Bocce 12:00 PM LUNCH Birthday Cake Day! 1:00 Cards & Mah Jongg 1:30 PM "Quilts for a Cause!" 5:30 PM MSCC	9:00 AM Fit & Mov Leave Depot 10:00 AM for GOUVEIA VINEYARDS \$10.00 INCLUDES Wine tasting & keepsake glass! Bring a bag lunch! 10:30 AM ChairErcise 12:00 PM LUNCH
19	20	Wellness Wednesday! 21	22	23
RAIL & SAIL OVERNITE! 9:00 AM Fit & Mov 10:30 AM ChairErcise 12:00 PM LUNCH 1:00 PM Job Lot & Ice Cream stop!	9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play 5:00 PM Bocce for fun!	9:00 AM Fit & Mov 10:15 AM Srs/Mo 12:00 PM LUNCH 2:00 PM Dr. Sharon Barrett; Dermatologist Dr. Barrett joins us to answer your important questions on skin care & proper cautions for prevention of skin problems!	9:00 AM – 3:00 PM Grocery Shopping 9:30 AM Bocce 12:00 PM LUNCH 1:00 Cards & Mah Jongg 1:30 PM "Quilts for a Cause!"	9:00 AM Fit & Mov 10:30 AM ChairErcise 11:30 AM Leave the Depot for Westbrook Outlets Lunch on your own @ Fiore's Pizza OR bring a bag lunch to have on the benches! 12:00 PM LUNCH
26	27	28	29	30
9:00 AM Fit & Mov 10:30 AM ChairErcise 12:00 PM LUNCH 12:30 PM Blood Pressure 12:45 PM AMELIA EARHART MOVIE!	9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play 5:00 PM Bocce for fun!	9:00 AM Fit & Mov 10:15 AM Srs/Mo 12:00 PM LUNCH 1:00 PM ICE CREAM SOCIAL! w/Bingo called by volunteers! Sponsored by Peregrines Landing!	9:00 AM – 3:00 PM Grocery Shopping 9:30 AM Bocce 12:00 PM LUNCH 1:00 Cards & Mah Jongg 1:30 PM "Quilts for a Cause!"	Leave Depot @ 9:00 AM for New England Air Museum in Windsor Locks! \$15.00 Bring a bag lunch! 9:00 AM Fit & Mov 10:30 AM ChairErcise 12:00 PM LUNCH

SENIOR COMMUNITY CAFÉ

Lunch @ 12:00 NOON! Please be on time! Lucky Lunch Fridays include a free raffle!

All meals include Bread & Butter, Milk, Coffee & Tea. All Soups come with Unsalted Crackers. All Soups, Entrees, Gravies, Sauces, Salad Dressings & Desserts are Low Fat, Low Sodium. Please remember to call to order lunch by 12:00 Noon the previous day!	1	Salisbury Steak w/Gravy California Blend Veggies. Tossed Salad Fruited Jell-O	2	<u>LUCKY LUNCH</u> Hot Dog Potato Salad Creamy Cole Slaw Cup Cake w/Frosting
5	6	7	8	<u>LUCKY LUNCH</u> 9 Breaded Fish Rice Pilaf Yellow & Green Squash Unfrosted Brownie
Depot Closed for Independence Holiday Observation!	Turkey Kielbasa Sauerkraut Boiled Potatoes Belgian Carrots Fruit Cocktail	Corn Chowder Chicken Salad on a Bed of Lettuce Pasta & Bean Salad Melon	Yankee Pot Roast w/Mushroom Gravy Whipped Potatoes Mixed Vegetables Apricot Halves	<u>LUCKY LUNCH</u> 16 Cream of Carrot Soup Tuna Fish Salad on a Bed of Lettuce Pickled Beet Salad Fresh Fruit Cup
Baked Chicken 1/4 w/Gravy Roasted Potatoes Green Beans Tapioca Pudding w/Topping 12:45 PM Blood Pressure w/the VNA	Sausage, Peppers & Onions Brown Rice Salad Sliced Peaches	Swedish Meatballs Buttered Noodles Salad Apricot Halves 12:00 PM St. Margaret's Bingo Program	<u>Birthdays Cake Day</u> 15 Roast Turkey w/Gravy Cranberry Sauce Whipped Potatoes Corn Birthdays Cake!	<u>LUCKY LUNCH</u> 23 Crunchy Fish Buttered Beets California Blend Pineapple Tidbits
Chicken Patty w/Gravy Oven Fried Potatoes Carrots Lemon Pudding w/Topping	Broccoli & Cheese Soup Beef & Cheese on a Bed of Lettuce 3 Bean Salad Orange	Angus Burger Potato Puffs Tossed Salad Sliced Pears	Cold Corned Beef Potato Salad Creamy Cole Slaw Fresh Seasonal Fruit	<u>LUCKY LUNCH</u> 30 Broiled Fish Rice w/Vegetables Green Beans Mandarin Oranges
<u>QUICHE FAVORITE</u> 26 Vegetarian Veg. Soup Spinach & Cheese Quiche Tossed Salad Tropical Fruit Cup 12:45 PM Blood Pressure w/the VNA	BBQ Ribs White/Wild Rice Mixed Vegetables Rice Pudding w/Topping	Southern Fried Chicken Macaroni & Cheese Zucchini Pie de Jour	Pasta and Meatballs w/Marinara Sauce Tossed Salad Oatmeal Raisin Cookie	<u>LUCKY LUNCH</u> 30 Broiled Fish Rice w/Vegetables Green Beans Mandarin Oranges

HAPPY BIRTHDAY TO ALL THE JULY BIRTHDAYS!

Celebrate with us on Birthdays Cake Day!

**Please let Joan know early that your birthday is in the month of JULY!
Join us on Birthdays Cake Day and receive a special surprise to celebrate your day!
(Attendance required on Birthdays Cake Day!) This month; July 15, 2010.**

We are fully aware that emergencies arise that cannot be controlled. Please remember that when you order lunch with the Café, it must be ordered 24 hrs in advance with account for wasted lunches not consumed. If you cannot attend a luncheon that you have reserved, please call 245-5686, even to leave a message on the answering machine. If you cancel a trip or call the office to say you are not coming in, please call the Café in addition to cancel lunch. There may be last minute calls to fill these spots.

Thank you for your cooperation.

FITNESS & MOVEMENT

SESSION DATES:

9:00 – 10:00 AM Depot, LL
Monday, Wednesday & Friday.
\$24.00 per session.



Low impact aerobics for mature folks interested in maintaining & continuing good health. Good cardiovascular workout combined with muscle & joint strengthening.
 Bring sneakers, cool comfortable clothing & floor mat.

SENIORS-IN-MOTION

10:15 – 11:15 AM, Depot, UL
Wednesday.
\$24.00 per session.



An exercise class designed especially for seniors who want more than just a chair-exercise. Involves some standing.
 Improve balance, strength & stability.
Same dates as Wednesday; Fitness & Movement Classes.

CHAIR EXERCISE CLASS

10:30 – 11:30 AM, Depot, UL
Mondays & Fridays.
Class Fee: Free.

New participants welcome any time! Class designed for those who need to exercise while seated. Benefits: Muscle toning, joint flexibility & cardiovascular strength. Same dates as the Monday & Friday Fitness & Movement Classes. (ChairErcise)
Same dates as Fitness & Movement Classes.

EXERCISE & RELAX

w/HATHA YOGA w/Pat Velleca.
Tuesday @ Surf Club-
8:00-10:00 AM \$97.00 per session.

Yoga techniques are used to increase circulation & relaxation. Know your body physically & mentally through Hatha Yoga. Yoga postures provide deep tension release, stress control & an increase in energy.
 Suitable for all ages & conditions. Loose clothing & mats needed.

ART 101 – Tuesdays, 1:30 – 3:30 PM
Registration Fee: \$5.00.
New session begins in the FALL!

Art class taught by Muriel Waldvogel. Learn at your own pace & level of ability. Instruction in drawing, charcoal, pastel, watercolor, acrylics & oils. Please stop by the Depot for a list of supplies needed.

BINGO

St. Margaret's Bingo...
Wednesday, July 14, 2010.

Thank you to the St. Margaret's
Bingo Volunteer Coordinators!

CARD PLAYING

Tuesdays & Thursdays 1:00 – 4:00 PM
Wanted BRIDGE players on Thursdays!

Bridge, Canasta, Pinochle,
 Setback & (Mah Jongg-Thursdays).
Looking for BRIDGE players on Thursdays! Call the Depot for details!

QUILTING

Looking for new members!
Pre-register in the Depot.
 Meets Thursday afternoon!



Attention Quilters - Looking for new members!
Call to express interest. A great space to work!
Quilts for a CAUSE!-Have you added your name to our list?
Please pre-register for planning purposes!

MONTHLY SERVICES AT THE DEPOT. . .

<p>MEDICARE COUNSELING ... Unbiased information & assistance on Medicare, supplemental insurance, & Medicaid.</p>	<p>Carlos A. Maynard volunteers to assists Madison residents w/Medicare questions. “Medicare Monday” 9:00 to 11:00, <u>by appointment.</u> 1st Monday of the month. Call Heather @ 245-5687 to schedule an appointment.</p>
<p>BLOOD PRESSURE CHECK 12:30 PM @ the Depot. July 12 & 26, 2010</p>	<p>Service provided by VNA Services. BP Clinics held the 2nd & 4th Monday of the month @ the Depot. You may also have your BP checked the 1st & 3rd Tuesday of the month from 8:30-10:30 AM @ the Strong House. Blood Pressure Monitor also available for use in office. Just ask!</p>
<p>LEGAL ASSISTANCE, 3RD Thursday Monthly, Next date: July 15, 2010. 9:00 – 10:00 AM. <u>By appointment only!</u></p>	<p>Attorneys Thomas Cronan, Michael Sweeney & Timothy Shields offer counseling services on a one-on-one basis. <u>Appointments Required.</u> Call the Depot 245-5627 to make an appointment. Thank you to our legal team for their monthly assistance!</p>



AARP DRIVING SAFETY PROGRAM COURSES 2010

The Guilford & Madison Senior Centers have created a Shoreline Guilford/Madison AARP Safe Driving Class offered to seniors to sharpen driving skills & enjoy a discount on auto insurance. State law mandates that people 60 & older are entitled to a minimum 5% discount on the liability portion of their policy upon completion of the two-day, 8-hour course.

Classes held @ Guilford Community Center: No further classes this year in Guilford @ this current time!

Classes held @ Madison Senior Center: July 12-13, 1:00-5:00 PM, August 9-10, 1:00-5:00 PM,

September 13-14, 5:00-9:00 PM, October 4-5, 1:00-5:00 PM, November 8-9, 1:00-5:00 PM.

Advance registration required: AARP members \$12.00 & Non Members \$14.00 checks made payable to AARP.

Please bring your membership card at time of registration or we must charge the full registration price.

AARP also offers an online course @ www.aarp.org/drive

Looking for AARP VOLUNTEERS FOR SAFE DRIVING INSTRUCTORS!

Safe driving is a classroom program, designed to help keep seniors driving safely for as long as possible. The program refreshes driving skills. Participants are entitled by law to get a 5% discount on the liability portion of their auto insurance.

You will be fully trained to prepare you for your role as a DSP Instructor. You receive reimbursement for mileage and approved out of pocket expenses for each class you teach. To volunteer or to obtain additional information,

contact Cliff @ cwmcguire1@comcast.net

ART CLASSES

Instruction in drawing, charcoal, pastel, watercolor, acrylics, oils. Our Instructor is Muriel Waldvogel: Madison Artist, who volunteers her time and talent to teach our weekly program! List of art supplies available.

Classes are held in the lower level of the Depot. **New Session begins in the FALL!**

INTERESTED IN HORSESHOES?

Grab a partner and join the Co-Ed Senior Horseshoe League. Sign up at the office and we will notify you of the schedule by interest sign up. Play will be at Surf Club. Rules available at the Depot or the Recreation Department.

\$10.00 Fee.

MEN'S SENIOR SOFTBALL

Games every Tuesday & Thursday morning @ Surf Club.

Stop by the Beach & Recreation Department @ Town Campus for an updated schedule.

Watch for a visit to a game on the senior bus this summer!

SENIOR GOLF

Hit the links this season & find that Arnold Palmer hidden inside of you. Play different courses around the state Tuesday & Thursday including Portland West, Portland, Quarry Ridge, Timberlin, Stanley & others.

For registration information and a schedule contact the Recreation Department @ 203-245-5623.

LINE DANCING AT MEMORIAL TOWN HALL

New session begins in September!

Gayle Melonson is our Line Dancing Instructor for seniors & class is held Mondays-1:30 PM @ the Memorial Town Hall.

Pre-register @ the Depot or Beach & Recreation Department.

SHORELINE INSTITUTE OF LIFELONG LEARNING

This exciting program will offers meaningful intellectual programs to retired & semi-retired citizens of Guilford & Madison, who share a love of learning! Become a member of this great program!

The computer area has a very busy schedule for personal use but please call to check on times that it is available!

Sign in at the office. Looking for some volunteers to help coordinate effort with Elderwisdomcircle.org

SUMMER READING!

Need a book to enjoy on the lazy days of summer! Stop by the Depot to pick a favorite.

We have had a significant donation of great reads that the donor would like to share with the seniors!

Thank you, to our thoughtful DONOR!

The "Wall of Information"

We continue to assemble and update written information that we have collected from our great seminars and volunteers are placing them in binders in our Library on the porch! Some of our health, energy, and financial seminars have such great information! If you could not attend one for some reason and would like to have the information, we would be happy to share this with you!

PROGRAMS & TRIPS

Check the Monthly Calendar for daily events & trips!...
**AND PLEASE REMEMBER TO PRE-REGISTER for ALL EVENTS & PROGRAMS
TO AVOID CANCELLING PROGRAMS!**

REFUND REQUESTS WILL BE ISSUED IF A SEAT CAN BE FILLED FROM THE WAITING LIST!

(REGS. OPENS; July 1 for programs-Pre-Registration required for ALL events!)

4th of July Event Schedule for the Town of Madison ...

Fireworks will be held on Friday; July 2nd @ approximately 9:00 PM. (Rain date July 9th)

Concert on the Green will be Saturday; July 3rd beginning @ 5:00 PM.

The 4th of July Parade will be held Sunday, July 4th @ 1:00 PM.

BOCCE

Thursdays -9:30 AM @ the Surf Club!

Enjoy the beautiful Surf Club while getting some exercise! Call the Depot to let us know if you are interested in playing this year! **Substitute players are always needed to fill vacancies!**

Many subs played every week last year and had a great experience!

\$10.00 includes end of season picnic!

Tuesday evenings' Bocce players meet to practice! Bring a bag supper; meet friends and enjoy the beauty in our very own backyard!

NATIONAL SENIOR HEALTH & FITNESS DAY EDUCATION!

March into May Program! (Wellness Seminars)

Thursday, July 8, 2010

“3 SOLUTIONS TO BETTER HEALTH!” w/DR. KEITH MIRANTE @ the Guilford Community Center, Thursday, July 8, 2010 @ 10:30 AM! The Madison & Guilford Senior Centers have organized their health topic seminar for this date! Call or stop by the senior center to inquire about other programs and transportation w/Dial-a-Ride!

WELLNESS WEDNESDAY w/Dr. Sharon Barrett!

Wednesday, July 21, 2010 @ 2:00 PM

Dr. Barrett; Dermatologist joins us to answer your important questions on skin care and proper cautions for prevention of skin problems!

Special gifts and samples for those who sign up first!

GOUVEIA VINEYARDS & WINE TASTING!

Friday, July 16, 2010

The CT Wine Trail winds through some of the most picturesque towns in CT! The trail includes a unique collection of approximately 20 vineyards. We will visit the Gouveia Vineyards, which has a beautiful vineyard w/15 acres of grapes planted distributing to a variety of wonderful wines! The vineyard reminds you to stop by, let your worries fade away and let the blissful atmosphere make you feel young at heart! Bring a bag lunch to have at the facility and enjoy the beautiful grounds! **Leave Depot @ 10:00 AM. \$10.00 includes wine tasting and complimentary glass to keep.**

(Please note that this program includes attending the wine tasting.)



“MUSEUM OF THE MONTH”

NEW ENGLAND AIR MUSEUM in Windsor Locks!

Friday, July 30, 2010

Join us for “Museum of the Month”! The New England Air Museum in Windsor Locks is dedicated to the teaching and preservation of aviation history and technology especially in regard to Connecticut’s contributions.

Leave Depot @ 9:00 AM.

Tour of the Museum @ 10:30 AM. Bring a bag lunch!

Return time approximately 3:00 PM. \$15.00.

Save the dates! Wednesday, October 6, 2010; “Driving Miss Daisy!” @ the Ivoryton!

Thursday, November 18, 2010; Elizabeth Von Trapp @ the Kate!

Details for the above coming in the August newsletter! Registration will open in August!

For those folks who have asked for PENN DUTCH & LONGWOOD GARDENS...

The Guilford Seniors are offering a great trip August 20 , 21, & 22, 2010.

We try not to duplicate programs to offer the most to both towns!

Stop by the Depot for a flyer or call Guilford Seniors @ 203-453-8086.

RETURN ADDRESS:
MADISON SENIOR SERVICES COMMISSION
DEPOT MEETING CENTER
9 OLD ROUTE 79
MADISON, CT 06443-2691
TELEPHONE: 245-5627

PRSR STD
U S POSTAGE
PAID
MADISON CT
PERMIT
NO. 140



**DATED MATERIAL
PLEASE DELIVER PROMPTLY**

WE NEED YOUR INPUT!

Call the Depot OR place a suggestion in the suggestion box!

Be the first to share your ideas!

Activities, Seminars, Interest Groups! Suggestions for the new senior center!

All ideas appreciated!

4th of July Event Schedule for the Town of Madison ...

Fireworks will be held on Friday, July 2nd @ approximately 9:00 PM. (Rain date July 9th)

Concert on the Green will be Saturday, July 3rd beginning @ 5:00 PM.

The 4th of July Parade will be held Sunday, July 4th @ 1:00 PM.

Looking for BRIDGE players on Thursday afternoons @ 1:00 PM!



REGISTRATION OPENS; July 1, 2010!

Thank you for your cooperation!