

Trends & Traditions

July 2012

Madison Senior and Activities

FREE TECH SUPPORT FOR SENIORS

Were you given an I-Pad or a Tablet and don't know how to use it? How about these crazy smart phones? "Facebook and Skype".... What's that?

Get all your questions answered this summer as the Madison Senior Center, Scranton Memorial Library Teen Advisory Group and Madison Youth and Family Services will be offering free "drop-in" learning sessions. Teen volunteers will be available to help on topics such as: creating and sending e-mail, word processing, Facebook, Skype, downloading e-books, tablets, cell phone and any other general tech question you may have.

Volunteers will be available to answer your questions on: Thursdays from July 12 to August 16, 10am to 11am



MSC Social Hour

Join us every Tuesday from 10am to 11am starting July 10 for coffee, pastries and bagels. Meet new friends, converse, have a snack, and enjoy your Senior Center. Since this is a new group, please call to let us know if you will be joining us.



VETERANS SOCIAL GROUP

Are you a US Veteran? Would you like to share your experiences and stories with other veteran's? If so, join us on Fridays from 10:00 to 11:00 in the Madison Senior Center Café starting July 6, 2012. Since this is a new group, please call to let us know if you will be coming to join us.

Miss Martha's Bake Shoppe Summer Berry Galette

Is it a Pie or is it a Tart? You decide! You'll be making a free form pastry dough with a luscious summer berry filling. Perfect for summer entertaining

Monday July 30, 2012 - Senior Center Kitchen
1:45p to 3:45p - Fee: \$3.00
Pre-registration is required - Max: 8 people



LUNCH BUNCH

Once a month the Senior Center will be hosting a catered meal in the Senior Center Café. We will also be traveling to a local restaurant to enjoy a meal out on the town.



Lunch at Black Sheep Café in Niantic.

Tuesday July 17 - Depart Senior Center at 11:15 am
Drive on your own or ride the Senior Bus, either way please reserve your spot by July 10 so, we can provide the restaurant with an exact number of people attending.

Catered Lunch provided by Old School House Deli

Tuesday July 24\$12.00

Pre-Registration required by July 17

Senior Center Café

Lunch will be served at approximately 12 noon.

OUT-OF-TOWN SHOPPING



On special days of the month, we will be traveling to local shopping destinations. This is a fixed route program and we require 48 hours advanced notice telling us you would like to attend the trip. Please call 203-245-

5627 to schedule your ride. All busses leave for shopping at 10:00am. This month we will be traveling to the following destinations:

Monday July 16 - East Haven Marshalls & X-Pect Discounts

Thursday July 26 - Clinton Crossings and Clinton Shop-Rite

COMPUTER BASICS



This six-week course is intended for the beginning computer user. The attendee may be someone who has recently purchased a computer, may be thinking about purchasing one, or may just need additional instruction and practice. Topics to be covered include personal computer basics, email introduction, and more.

Classes are limited to 6 participants. This is a joint program with the Guilford Senior Center.

Tuesday - 1:00p to 2:00p

July 10 to August 14.....6 Classes

Thursdays - 1:00p to 2:00p

July 12 to August 16.....6 Classes

R \$40 NR \$50 (unless you live in Guilford)

Instructor: Robert Hartz

Computer Lab

CRIBBAGE ANYONE



If you are looking for someone to play cribbage with, please contact us at (203) 245-5627. We have a few individuals looking for a playing partner.

2 General Information/Municipal Agent For The Elderly Information



MADISON SENIOR CENTER

29 Bradley Road, Madison, CT 06443

PHONE: (203)245-5627

FAX: (203)245-6186

WEBSITE: www.madisonct.org/seniors

HOURS:

Monday to Friday 8:30am to 4:00pm

SR. COMMUNITY CAFÉ

(203)245-5686

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

DIAL-A-RIDE (203)245-5695

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

SENIOR COMMISSION

Chair: Maureen Lopes

Vice-Chair..... Dr. Gerard Kerins

Secretary:..... Robert Hale

MembersMitchell Cohan

..... Patricia Melady

..... Leslie Marcarelli-Naizby

..... Barry Miller

..... Wendy Oberg

..... Marcy Sanders

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

LIAISON TO BOARD OF

SELECTMAN Diane Stadterman

SENIOR CENTER STAFF

Director:..... Scot Erskine

Sr. Services Supervisor..... Joe Petrella

Municipal Agent Heather Castrilli

Recreation Supervisor:..... Carrie Gazda

Secretary:..... Ellie Gillespie

Bus Driver:Michael Rand

Bus Driver:Helen Sneider

Bus Driver:Pat Cocchiaro

Café ManagerJodie Shevlin

RENT REBATE

May 15th – September 14th 2012

The filing period for the Rent Rebate program has begun. Participants must submit proof of income for 2011 as well as proof of rental, heating, electric, & water payments made in 2011. This proof can easily be obtained by contacting your landlord, oil/gas/propane company, CL&P and Connecticut Water Company.

An eligible participant must be age 65 & over or disabled & have incurred rental expenses in 2011, not necessarily in Madison.

Maximum income in 2011 for a single person: \$32,300 & for a couple: \$39,500.

FARMER'S MARKET COUPONS

This program allows eligible participants to enjoy CT Grown fruits, vegetables, fresh cut herbs, and honey from approved local Farmer's Markets.

Eligible participants are age 60 or older or are disabled and living in senior housing, are participating with another program that requires means testing and have an income at or below 185% of the FPL. An eligible participant will receive \$15.00 of coupons, which are good at the Madison Farmer's Market. Coupons should be available beginning July 1, 2012. The market is open on the town green on Fridays from 3 to 6pm until October 25, 2012. **The maximum monthly income for a single person is \$1,679 and for a couple is \$2,268.**



MEDICARE SAVINGS PROGRAM

The Medicare Savings Program assists eligible participants with paying their Medicare Part B premiums each month. In addition, participants will have \$2.50 co-pay for generic Rx's and \$6.30 co-pay for name brand Rx's. This may also cover doctor Co-Pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program. **Maximum gross monthly income for a single: \$2,308.88 and for a couple: \$3,127.28**

MADISON FOOD PANTRY

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

SNAP PROGRAM (Formerly Food Stamps)

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

TOWN OF MADISON "SAFETY CHECK LIST"

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

Shoreline Quilters Guild

A group of members from the Shoreline Quilter's Guild, based in Branford, will be meeting at the Madison Senior Center to work on small, simple quilts for children. The quilts will be donated to New Haven Home Recovery, DCYS and other organizations in need. This activity is just a small part of the Guild's community service activities. The group will be meeting at the Senior Center on the 2nd and 4th Monday of the month from 4:00 to 9:00pm. Please feel free to join us or stop by and see what we are doing.





MEDICARE MONDAY

Monday July 2, 2012..... 9-11:00a
Unbiased information, counseling, and assistance on Medicare, Supplemental Insurance & Medicare Advantage Plans. Carlos A. Maynard assists Madison Residents. By appointment only: Call the Senior Center



BLOOD PRESSURE CHECK

Monday July 12 & 26, 2012 ...12-1:30p
VNA Community Healthcare holds BP Clinics on the 2nd & 4th Mondays of the month @ the Senior Center.



LEGAL ASSISTANCE

Thursday, July 19, 2012..... 9-10:00a
Attorneys Thomas Cronan, Michael Sweeney, & Timothy Shields volunteer counseling services on a one-on-one basis. Thank you to our legal team for their monthly assistance! **By appointment only: Call the Senior Center**

NOTARY SERVICES

At the Senior Center by appointment only. Please call the Senior Center to set up a time and day.

MEALS-ON-WHEELS

Prepared by The Estuary Council of Seniors (860) 388-1611 Ext. 207
Hot meals delivered around noontime to the homebound or just recently out-of-the-hospital & recovering. Please call the number above. **Requires 4-5 days notice and doctor or nurse referral.**

HANDICAPPED PARKING PERMIT



New application form from the DMV available on the www.ct.gov/dmv.org or in the Senior Center office.

SENIOR CAFÉ

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

DIAL-A-RIDE

Available M, W & F - 8:45a to 3:30p
A public transportation service designed to meet the transportation needs of the elderly and disabled. Must be a Madison resident. Rides are provided to a 14 town region for medical appointments, legal appointments, work, and personal business. Appointments must be made 48 hours in advance and are on a first-come, first-served basis. Please call (203)245-5695 for more information or to set up an appointment.

SENIOR CENTER BUS

Monday through Friday
9:00a to 3:30p



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

FOOD PANTRY

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



DESSERT BINGO PROVIDED BY WATROUS NURSING CENTER



Come join us on the first Friday of every month (*that the Center is open*) at 1:00pm for an after-noon of Bingo at the Senior Center and dessert. provided by **Watrous Nursing Center.** **Joyce Beebe** will be your number caller.

ST. MARGARET'S BINGO

Join us for bingo at St. Margaret's Church on the 2nd Wednesday of the month. Bingo starts at 12:00pm. Bring a bag lunch!



MOVIE MATINEE @ MSC

Join us for an afternoon movie at the Madison Senior Center. Each Friday will be showing a classic or a newer movie, as well as, a movie provided by SSILL.

Movies start at 1:00pm. No Fee.

Upcoming movies are:

- July 7 - Breakfast at Tiffany's
- July 14 - Splash
- July 21 - Life is Beautiful
- July 28 - The Snows of Kilimanjaro (1952)

KEURIG COFFEE AT THE MADISON SENIOR CENTER



ONLY 75 CENTS A CUP!

AVAILABLE FLAVORS

- Breakfast Blend, French Roast, Dark Magic, Vermont Country Blend, Wild Mountain Blueberry, French Vanilla, Hazelnut Noisette, Caramel Vanilla, Breakfast Blend Decaf, Vermont Country Blend Decaf, Newman's Special Decaf, Dark Magic Decaf, Green Tea, English Breakfast, Black Tea, Sleepytime Herbal Tea, Lemon Zinger Herbal Tea, Green Tea Decaf, and Hot Cocoa

SENIOR CENTER CLUBS & GROUPS

We are currently looking for individuals who are interested in participating in the following clubs/groups:

- Chess Club / Crossword Puzzle Club / Train Club**
- Madison Senior Singles Group / Choral Group / Wii Club**
- Current Events Discussion Group / Biking Club**
- Downtown Walkers Group / Hiking Club / Poker Club**

If you are interested in joining a group call us at (203) 245-5627.

4 Senior Center Activities and Programs



CHAIR EXERCISES

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



Mondays - 10:30a to 11:30a

July 9 to August 208 Classes

R \$26 NR \$36

Exercise Room 1 & 2

Instructor: Pat Velleca

Fridays - 10:30a to 11:30a

July 13 to August 318 Classes

R \$26 NR \$36

Exercise Room 1 & 2

Instructor: Pat Velleca

AM YOGA

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



Tuesdays - 8:30a to 10:00a

July 10 to August 14 6 Classes

R \$80 NR \$90

Exercise Room 1 and 2

Instructor: Pat Velleca

SENIOR ART CLASS

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



Tuesdays- 1:30 to 3:30p

No Class 11/6 and 12/25/12

September 18 to June 18

Fee: \$5

Activity Room 2

Instructor: Muriel Waldvogel

SENIORS BOOK CLUB

This is a fun way to read, socialize and have fun sharing your thoughts and ideas. **The book club meets at 1:00pm at the Madison Senior Center. No Fee.**

July 30 - The Devil in the White City
by Erik Larkson

FITNESS & MOVEMENT

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



Mondays - 9:00a to 10:00a

July 9 to August 208 Classes

R \$26 NR \$36

Exercise Room 1 & 2

Instructor: Pat Velleca

Wednesdays - 9:00a to 10:00a

July 11 to August 29 8 Classes

R \$26 NR \$36

Exercise Room 1 & 2

Instructor: Pat Velleca

Fridays - 9:00a to 10:00a

July 13 to August 318 Classes

R \$26 NR \$36

Exercise Room 1 & 2

Instructor: Pat Velleca

SENIORS IN MOTION

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



Wednesdays - 10:30a to 11:30a

July 11 to August 29 8 Classes

R \$26 NR \$36

Exercise Room 1 & 2

Instructor: Pat Velleca

TAI CHI

Tai Ch'uan is a gentle and profound way of nourishing body, mind and spirit. Practicing the slow movements can improve health, vitality, balance, concentration and mindfulness.



Mondays - 9:00a to 10:00a

August 6 to September 105 Classes

No Class 9/3/12

TAI CHI FOR ARTHRITIS

Wednesdays - 9:00a to 10:00a

August 8 to September 55 Classes

SITTING TAI CHI

Fridays - 9:00a to 10:00a

August 10 to September 75 Classes

R \$44 NR \$54

Activity Room 2

Instructor: Suzanne Hanley

EXERCISE CLASSES WITH KRIS

The following exercise programs are now grouped together under one "exercise pass" which allow you to attend any one of them on any day they are being held. This allows you to set your exercise schedule around your busy day and ensures that you get the most out of the program.

The "exercise pass" is good for 5 or 10-classes taught by Kris and is valid for 6 months from the date of purchase. Once you use up your classes, simply purchase another pass.

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

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

All classes taught by Kris Reaske

BASIC PILATES CORE/FLEX

Overall strength training combined with basic Pilates this program is designed to increase overall body strength and core stability.

Tuesdays - 10:00a to 11:00a

LOW IMPACT AEROBICS

Have fun while getting a great workout. Designed to increase your heart rate and your enjoyment of exercise as well. Please bring a floor mat.

Tuesdays - 11:00a to 12:00p

ZUMBA FOR ALL

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

Mondays - 6:00p to 7:00p

ZUMBA GOLD

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

Mondays - 1:00p to 2:00p

Thursdays - 11:10a to 12:10p

Classes will not be held on:

July 4, 2012

5 Madison Travel Club Trips



Harborfest Boston—Monday July 2, 2012

Come see the **TALL SHIPS** celebration in Boston Harbor. A complete lunch will be served (restaurant to be determined) prior to boarding a Boston Harbor Cruise vessel. You'll enjoy the cruise within Boston harbor and sailing past the beautiful Tall Ships docked there. Enjoy this up close and personal look at these majestic ships from many different countries around the world. Motorcoach transportation to Boston. **Depart Senior Center: TBD. Fee: \$115**

Harkness Memorial State Park, Waterford, CT— Thursday, July 12, 2012

Spend a little time at this beautiful Connecticut State Park and get panoramic views of Long Island Sound while enjoying the beautiful gardens. Bring a lunch and enjoy a picnic. **Depart Senior Center 10:30am. Fee: \$5**

Gouveia Vineyards, Wallingford, CT— Thursday, July 19, 2012

Enjoy an afternoon at one of Connecticut's best wineries. The winery is located atop 140 sun-kissed acres with spectacular 360 degree panoramic views of woodland, open fields, and over 32 acres of pristine vineyards. The price of the trip includes transportation, a tasting of 5 wines, and fruit and cheese platters. **Bring a picnic lunch** and relax outside or in the stone house winery. **No other beverages, alcoholic or non-alcoholic are allowed on the property. Water and soda can be purchased at the winery for \$2.00. Depart from the Senior Center at 10:30am. Fee: \$15.00. (Pre-registration required by July 10)**

Mohegan Sun on Your Own- Friday, July 20, 2012

Join us for a day at Mohegan Sun on your own. We will arrive at the casino for 10:00am and depart the casino at 3:00pm in order to take advantage of the bonus package coupons. **Depart from the Senior Center at 9:00am. Depart from the Casino at 3:00pm. Fee \$5.00**

Lobster Lunch and The Mohegan Sun—Friday July 27, 2012

This morning we will travel by motorcoach to picturesque Rhode Island. Upon arrival, you will enjoy a lobster bake at the Quinnessett Country Club. It's served complete with Rhode Island clam chowder, steamers, the Steamed 1 1/4 pound lobster and the rest of the trimmings. You can substitute a Filet Mignon if ordered at the time of trip sign-up. After our lobster bake, we'll head to the Mohegan Sun where you will receive a surprise casino bonus and a \$15.00 meal voucher. Enjoy several hours of gaming at your own pace. **Depart Senior Center at 9:15am. Fee: \$84.00**

New England Carousel Museum in Bristol, CT - Monday July 30, 2012

Whether you have a fond interest in art, American history, woodcraft, or simply enjoy the excitement of the carousel, we have something special for you. At any age our guests can experience the joy of a visit to the Carousel Museum. The Museum is proud to house one of the largest collections of the antique carousel pieces in the country. A tour guide will share with you the colorful history and evolution of the hand-carved animals that have found their place in America's rich folk history. **Depart Senior Center at 9:30am. Fee \$20 - includes lunch at the Museum.**

Savor Rhode Islands Culinary Heritage—Wednesday August 8, 2012

This morning we will enjoy a traditional New England experience at **KENYON'S GRIST MILL**. Nestled along the Queens River, earthen dam, and picturesque waterfall, this 1886 clapboard mill will take you back to a simpler time. Sample Rhode Island Johnny Cakes and learn about their history. Lunch is included today at **MATUNUCK OYSTER BAR** overlooking Potter's Pond. There you will enjoy a delicious meal with oysters, dessert and choice of Linguini and Clams, Ribeye Steak or Lobster Roll. After lunch you will learn about the aquaculture of oysters at the **MATUNUCK OYSTER FARM**. Transportation by motorcoach. **Depart Senior Center at 8:30am. Fee: \$83.00**

Good Vibrations - Tribute to the Beach Boys at the Aqua Turf- Thursday August 16, 2012

This exciting show take us on a musical journey of sun and surf with incredible musicians and performers. Capturing the incomparable harmonies of **"The Beach Boys"** and their unique sound. You will be on your feet, singing along with their high energy show featuring the greatest hits of America's most legendary band. Family Style Menu of Garden Salad, Pasta, BBQ Chicken, Roasted Pork, Vegetable, Potato, Rolls, Dessert and Beverage. **Depart Senior Center at 10:15am. Fee: \$73.00**

2012 Statewide Senior Outing at Holiday Hill in Prospect, CT— Monday August 20, 2012

What a day this will be. Holiday Hill is hosting a special day for Connecticut Seniors that shouldn't be missed. Tons of food and activities are planned for your enjoyment including unlimited buffet menus' for breakfast and lunch (detailed menu's can be obtained at the Senior Center). Activities for the day include live entertainment, raffles, bocci, shuffleboard, heated pool swimming, bingo all day with prizes, horseshoes, Budweiser beer on tap, and much more. **Depart Senior Center at 8:30am. Fee \$35.00 - Must register for this trip by August 6, 2012.**

Jonah at Millennium Theater - Sights, Sounds and Tastes of Lancaster - October 24 to 26, 2012

Spend two nights at the Country Inn of Lancaster. Day one we will enjoy dinner and a musical at The Dutch Apple Dinner Theater. Day two we spend the morning at the Turkey Hill Dairy, lunch on your own and a matinee performance of **Jonah**. After the show we will enjoy an Amish style meal at Plain and Fancy. Day three takes us on a tour of the Intercourse Pretzel Factory and shopping at the Kitchen Kettle Village. **\$394 PP Double; \$494 PP Single; \$384 PP Triple**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 TBD Harborfest Boston 9:00 Medicare Monday 1:00 Zumba Gold 6:00 Zumba For All	3 10:00 MSC Social Hour 10:00 Pilates 11:00 LI Aerobics 1:00 Canasta 4:30 Bocce	4 CLOSED FOR INDEPENDENCE DAY 	5 9:30 Bocce 11:10 Zumba Gold 1:00 Mah Jongg 1:00 Bridge	6 10:00 Veterans Social 1:00 Dessert Bingo 1:00 Movie Matinee 1:00 Hand and Foot
9 9:00 Fitness & Movement 10:30 Chair Exercises 1:00 Zumba Gold 4:00 Quilter's Guild 6:00 Zumba For All	10 8:30 Yoga 10:00 MSC Social Hour 10:00 Pilates 11:00 LI Aerobics 1:00 Computer Basics 1:00 Canasta / Pinochle 4:30 Bocce	11 9:00 Walkers Club 9:00 Fitness & Movement 10:30 Seniors in Motion 10:30 Discussion Group 12:00 Bingo St Margarets 12:30 AARP Driving 1:00 Poker	12 9:30 Bocce 10:00 Tech Support 10:30 Harkness S.P. 11:10 Zumba Gold 12:00 Blood Pressure 1:00 Computer Basics 1:00 Mah Jongg 1:00 Bridge 5:30 Sr. Commission Mtg.	13 9:00 Fitness & Movement 10:00 Veterans Social 10:30 Chair Exercises 1:00 Movie Matinee 1:00 Hand and Foot
16 9:00 Fitness & Movement 10:00 Shopping E. Haven 10:30 Chair Exercises 1:00 Zumba Gold 6:00 Zumba For All	17 8:30 Yoga 10:00 MSC Social Hour 10:00 Pilates 11:00 LI Aerobics 11:15 Lunch Bunch at Black Sheep 1:00 Canasta / Pinochle 1:00 Computer Basics 4:30 Bocce	18 9:00 Walkers Club 9:00 Fitness & Movement 10:30 Seniors in Motion 10:30 Discussion Group 1:00 Poker	19 9:00 Legal Assistance 9:30 Bocce 10:00 Tech Support 10:30 Gouveia Vineyards 11:10 Zumba Gold 1:00 Computer Basics 1:00 Mah Jongg 1:00 Bridge	20 9:00 Fitness & Movement 9:00 Mohegan Sun 10:00 Veterans Social 10:30 Chair Exercises 1:00 Movie Matinee 1:00 Hand and Foot
23 9:00 Fitness & Movement 10:30 Chair Exercises 1:00 Zumba Gold 4:00 Quilter's Guild 6:00 Zumba For All	24 8:30 Yoga 10:00 MSC Social Hour 10:00 Pilates 11:00 LI Aerobics 12:00 Lunch Bunch Catered in house 1:00 Computer Basics 1:00 Canasta / Pinochle 4:30 Bocce	25 9:00 Walkers Club 9:00 Fitness & Movement 10:00 Activities Advisory Board Meeting 10:30 Seniors in Motion 10:30 Discussion Group 1:00 Poker	26 9:30 Bocce 10:00 Tech Support 10:00 Shopping Clinton 11:10 Zumba Gold 12:00 Blood Pressure 1:00 Computer Basics 1:00 Mah Jongg 1:00 Bridge	27 9:00 Fitness & Movement 9:15 Lobster Lunch Trip 10:00 Veterans Social 10:30 Chair Exercises 1:00 Movie Matinee 1:00 Hand and Foot
30 9:00 Fitness & Movement 9:30 Carousel Museum 10:30 Chair Exercises 1:00 Zumba Gold 1:45 Bake Shoppe 6:00 Zumba For All	31 8:30 Yoga 10:00 MSC Social Hour 10:00 Pilates 11:00 LI Aerobics 1:00 Computer Basics 1:00 Canasta / Pinochle 4:30 Bocce			

Find businesses that support your community at SeekAndFind.com



Madison Senior Center
 29 Bradley Road
 Madison, CT 06443

07/2012

PRSR STANDARD
 U S POSTAGE PAID
 GUILFORD CT
 PERMIT NO 295

RETURN SERVICE REQUESTED

Ongoing Activities at the Senior Center

PROGRAM	DAY	TIME
Bridge – Drop in and join us for a game.	Thursdays	1– 4:pm
Canasta – Come join us for a game, if it has been a while, we will help refresh your skills.	Tuesdays	1– 4:pm
Chess Club – Looking to play some chess? We are looking for players – Call to sign-up.	Tuesdays	1-4pm
Discussion Group - Join us for a weekly discussion about TV shows, current events and other topics	Wednesdays	11 am
Hand and Foot - Beginners welcome	Fridays	1-4pm
Mah Jongg – All levels welcome. Lessons available Thursday mornings by appointment only. Call 203-245-5627 to set a time.	Thursdays	1– 4pm
Pinochle – We are looking for players. Call the Senior Center if you are interested.	Tuesdays	1 – 4 pm
Poker – We are looking for players. Call the Senior Center if you are interested.	Wednesdays	1-4pm
Setback – We are looking for players. Call the Senior Center if you are interested.	Tuesdays	1– 4:pm
Walking Club – Join our group for some exercise and socialization	Wednesdays	9am
If you would like to play cards on another day, please let us know and we will try to get a group started for you.		

AARP DRIVER SAFETY CLASS

The AARP Driver Safety Course is a refresher course primarily aimed at the 60+ year old driver. Taking this course may make you eligible for a discount on your auto insurance. **The class will be held on the following Wednesdays in 2012 from 12:30p to 4:30p:**

July 11
 August 8
 September 12
 October 10
 November 14

Instr. Cliff McGuire
 Fee: AARP Member \$12.00
 Non-Member \$14.00

Checks payable to AARP



The power to make it better.