

# Trends & Traditions

July 2013

Madison Senior and Activities

## MUSEUM OF THE MONTH TRIP

**Windham Textile and History Museum** is located in the historic former headquarters of the American Thread Company of Willimantic, CT. The museum preserves and interprets the history of textiles, textile arts and the textile industry. It provides special emphasis on the experiences of the crafts people, industrial workers, manufacturers, inventors, designers and consumers. **Museum Admission \$5** paid at door. Lunch on your own at the Willimantic Brewing Co. **Friday, July 19<sup>th</sup> Depart MSC at 9:30am Fee: \$2**

## TAKE ME OUT TO THE BALLGAME!!

See The Minnesota Twins Double-AA Affiliate, New Britain Rock Cats against The Cleveland Indians Double-AA Affiliate The Akron Aeros. Enjoy lunch on your own at the stadium. Game at 12:00pm, **depart MSC at 10:00am Thursday, August 1<sup>st</sup> Fee: R\$10 NR\$12**



## PAINT YOUR NAILS PINK FOR BREAST CANCER

Please join Hebron High School Student, "Jess", to "Paint Your Nails Pink" to raise money for a good cause. Inspired by her mother who is a three year cancer survivor, and her Grandmother who has faced cancer twice, all proceeds will be donated to The Connecticut Breast Health Initiative. Everyone is welcome.



**This is a fundraiser, donations are strongly encouraged.**

**Wednesday, July 31<sup>st</sup> from 10am-2pm**  
*please call to schedule an appointment.*

## DISCOVER LOCAL AUTHORS

Former Connecticut Congressman Robert Steele presents his new novel, *The Curse: Big-Time Gambling's Seduction of a Small New England Town*. This compelling and timely tale begins in 1637 with the massacre of the Pequot Indians and a Pequot sachem's curse aimed at the young English soldier who is about to kill him. Fast forward 350 years as the soldier's 13<sup>th</sup>-generation descendant becomes embroiled in a battle to stop a fictional Indian tribe from building a casino that threatens his town and ancestral home.

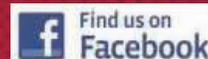


**Monday, July 29<sup>th</sup> at 1pm**

**FREE**

**Like us on Facebook!**

**Look for: Madison Senior Center**



Come and enjoy a sampling of Madison's new Jia Mei Asian Kitchen's fabulous food! They will provide items such as Lo Mein, a chicken dish, rice and other various choices.

Sign up quickly, space is limited. **No Senior Café lunch offered this day. Wednesday, July 3<sup>rd</sup> at 11:30am FREE**

## JULY TRIPS



### Italian Fest at the Aqua Turf Club

**Tuesday, July 16<sup>th</sup>**

The Italian-fest featuring "The Italian Connection" Boston's *Best & Most Popular Italian* band, performing a variety of Italian & American favorites. Wear your dancing shoes! Includes coffee and donuts, door prizes, complimentary beverage, family style luncheon: salad, pasta, Italian roast beef, chicken, vegetable, potato, and dessert Depart MSC at 9:30. Fee: \$45

### A Taste of Providence "Cooking Demo" and Little Italy Tour

**Wednesday, July 17<sup>th</sup>**

Begin with a visit to Scialo Brothers Italian Bakery and take a mini tour. Next stop at Geppetto's, an upscale pizzeria, where you will enjoy a 5 course meal! House salad, Calamari, Penne Pasta, four varieties of Pizza's and homemade Tiramisu, coffee, or tea! Followed by a 90 minute bus tour through Little Italy and a stroll across the plaza to Vanda Ravioli's Italian Food Emporium. Depart MSC 8 am return approx. 6pm. **Transportation to and from the MSC needed.** Fee: R\$75 NR \$80

### "Footloose" Ivoryton Playhouse

**Wednesday, July 24<sup>th</sup>**

One of the most explosive movie musicals! A heartfelt story of a father longing for the son he lost and of a young man aching for the father who walked out on him. The rockin' rhythm of the Top 40 score includes *Let's Hear it for the Boy*, *Almost Paradise*, and, of course, *Footloose*. Depart MSC at 1pm includes ticket to show and bus fee. Fee: R\$35 NR \$40

### Black Hawk Fishing Trip in Niantic

**Wednesday, July 31<sup>st</sup>**

Enjoy fishing at sunset. A minimum of 15 people needed, call the MSC- ASAP to sign up! Please wear sneakers or boots, sunscreen, hat/sunglasses, jacket or sweatshirt, snacks/water/soda-NO GLASS, Cash for galley & tips for mates. Rods & Reels Rentals are included. Trip leaves at 2:15pm & returns at 10:45 pm. **Transportation to and from the MSC needed.** Fee: R\$75 NR \$85

### Mohegan Sun Friday

**Friday, July 12<sup>th</sup>**

Every turn leads to a new adventure. Enjoy the 55 foot waterfall, and electrifying water wall, the world's largest indoor planetarium dome, and a glowing crystal mountain. Upon arrival receive a food vouchers & bet coupons. Depart MSC 9am. Fee: \$7



**MADISON SENIOR CENTER**  
 29 Bradley Road, Madison, CT 06443  
**PHONE:** (203)245-5627  
**FAX:** (203)245-6186  
**WEBSITE:** www.madisonct.org/seniors  
**HOURS:** Monday-Friday 8:30a-4:00p  
**SR. COMMUNITY CAFÉ**  
 (203)245-5686  
 For lunch reservations call before noon the day before and leave a message.  
**DIAL-A-RIDE (203)245-5627**  
 Operates on Mondays, Wednesdays and Fridays only. 48 hour notice required.  
**MUNICIPAL AGENT FOR THE ELDERLY**  
 (203)245-5687



**SENIOR COMMISSION**

Chair: .....Maureen Lopes  
 Vice-Chair .....Dr. Gerard Kerins  
 Secretary: .....Robert Hale  
 Members..... Mitchell Cohan  
 ..... Patricia Melady  
 .....Wendy Oberg  
 .....Marcy Sanders  
 .....Margaret Walden

The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be July 11<sup>th</sup>, 2013 at 5:30pm

**LIAISON TO BOARD OF SELECTMAN** Diane Stadterman

**SENIOR CENTER STAFF**

Sr. Services Manager..... Austin Hall  
 Municipal Agent.....Heather Castrilli  
 Program Coord.....Kristen Caramanica  
 Secretary: .....Ellie Gillespie  
 Bus Driver:.....Michael Rand  
 Bus Driver:.....Helen Sneider  
 Bus Driver:.....Pat Cocchiaro  
 Bus Driver.....Dennis Marron  
 Bus Driver.....Domenick Vitti  
 Café Manager.....Jodie Shevlin

**RENT REBATE**

**Monday, April 1<sup>st</sup> – Tuesday, October 1<sup>st</sup> 2013**

Participants must submit proof of income for 2012, proof of rental, heating, electric, & water payments made in 2012. This proof can be obtained by contacting your landlord, oil/gas/propane company, CL&P & Connecticut Water Company. Eligible participants are age 65 & over or disabled & have incurred rental expenses in 2012, in Connecticut. **2012 max. income: single: \$33,500 & couple: \$40,900**

**FARMERS MARKET COUPONS**

Eligible participants enjoy CT Grown fruits, vegetables, fresh cut herbs, & honey from local Farmer’s Markets. To be eligible: age 60 or older or are disabled and living in senior housing, & participating in another program that has means testing and have an income at or below 185% of the FPL. Eligible participants receive \$15 in coupons, good at the Madison Farmer’s Market. Coupons **should** be available beginning July 1, 2013. The market is open on the town green on Fridays from 3 to 6pm until October 25, 2013. **Single Maximum Monthly income: \$1,723 and Couple: \$2,333.**

**MADISON FOOD PANTRY**

The food pantry, operated by Madison Community Services, is available for residents who need assistance. The Pantry is located at Orchard Park off Mungertown Rd and is open on Wednesdays from 11:00 AM – 3:00 PM. If you are unable to leave your home but would like to use the food pantry, a homebound delivery program is available. **Transportation available, Bus Pick up around noon.**

**MEDICARE SAVINGS PROGRAM**

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

**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: \$1,671, Couple: \$2,248.**

**What’s Going On!!**

**Senior Center Preview for August**

Learn all about the new programs that will take place during the month ahead. Questions about the Newsletter? Do you want to learn about new programs and special events? Do you have ideas for programs and trips? Kristen Caramanica will host an informative session. **Wednesday, July 24<sup>th</sup>, at 12:30pm** following lunch.

**A MESSAGE FROM THE TOWN’S HEALTH DEPARTMENT**

**Madison’s Storm Water Management Program**

Pool and spa water needs protection from bacteria. Your yard needs protection from pool and spa water. Before draining your pool or spa, bring the chlorine level (or other sanitizer) to zero. Chlorinated waste water can do great damage to the health of the soil.

**“SAFETY CHECK LIST”**

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

**FOOD PANTRY DONATION LOCATION**

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



**MEDICARE MONDAY**

Mon., July 1<sup>st</sup> 9-10am  
Information, counseling, & assistance for Medicare, Supplemental Insurance & Medicare Advantage Plans. Carlos Maynard assists by appointment only.



**WELL RIGHT NOW CLINICS**

Mon., July 8<sup>th</sup> & 22<sup>nd</sup> 12-1:30pm  
VNA Community Healthcare holds Well Right Now Clinics on the 2<sup>nd</sup> & 4<sup>th</sup> Mondays of the month., included blood pressure check.

**LEGAL ASSISTANCE**

Thurs., July 18<sup>th</sup> 9-10am  
Attorneys from Cronan and Sweeney offer quick 15 minute counseling services on a one-on-one basis. Call the Senior Center for an appointment.



**DIAL-A-RIDE**

Mon. Wed. & Fri. 8:45a to 3:30p  
Transportation designed for elderly and disabled Madison residents only. Rides are given in a 14 town region for medical appointments, work, & personal business. 48 hour advance notice required Call (203)245-5627.



**SENIOR CENTER BUS**

Monday - Friday 9am to 3:30pm  
A fixed route bus service to the senior center, downtown, grocery shopping and other locations around town. Call the Senior Center for a schedule.

**HANDICAPPED PARKING PERMIT**

Available in the Senior Center office.

**MEALS-ON-WHEELS**

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

**SENIOR CAFÉ**

Monday through Friday at Noon  
Over age 60 or disabled, suggested donation of \$3.00. Please call Jodie at (203)245-5686 by Noon the previous day to order lunch.

**NOTARY SERVICES**

Tues., July 9<sup>th</sup>.....10am-12pm  
By appointment only, on the 2<sup>nd</sup> Tuesday of the month, at the Senior Center. Please call for an appointment.

## MOVIE MATINEE @ MSC

Movies start at 1:00pm      FREE

July 5<sup>th</sup> *The Shop Around The Corner*      July 12<sup>th</sup> *Calendar Girl*  
 July 19<sup>th</sup> *Waking Ned Devine*      July 26<sup>th</sup> *My Week with Marilyn*

**New Book Club**  
"Shoemakers Wife"

The July book by Adriana Trigiani. can be found at your local library. Discussion led by Barbara MacDonald  
Thursday, July 25<sup>th</sup> at 1pm

**Senior Singles Group**

Interested? Call 203-245-5627.  
Next Meeting: Tues. July 9<sup>th</sup> at MSC at 5:30pm—then on to **Café Allegra**  
Dinner on your own.

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**KINGS IN THE CORNER**

Players needed, interested? Please call Kristen at the MSC (203)245-5695  
Starting July 9<sup>th</sup> at 1pm

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**PUZZLES**

**Crossword Puzzles**  
A new puzzle every Tuesday. Answers the following Tuesday.

**Jigsaw Puzzle Library**

Tired of buying new puzzles? Stop in to borrow one from us.  
*Donations Accepted*

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**FREE TECH SUPPORT**

Get all your tech questions answered at the MSC. Scranton Library Teen Advisory Group and Madison Youth & Family Services offer free "drop-in" learning sessions. Teen Volunteers are available to answer questions. **FREE!!**  
Wednesdays, July 10<sup>th</sup> - 31<sup>st</sup> 10-11am  
Thursdays, July 11<sup>th</sup> - 25<sup>th</sup> 10-11am

**Bingo !**

**Dessert Bingo** 1<sup>st</sup> Friday of the month at 1pm **Friday, July 5<sup>th</sup>**  
**St. Margaret's Church Bingo**  
2<sup>nd</sup> Wed. monthly. Bingo starts at 12pm.  
Bring a bag lunch! **Wed., July 10<sup>th</sup>**

**Craft with Kristen PATRIOTIC PEBBLE**

Paint a pebble and make a wonderful, patriotic decoration for your garden.  
**Wed., July 17<sup>th</sup> at 12:45pm Fee: \$5**

**LUNCH BUNCH TRIPS**

**\$2 BUS FEE      MEALS ON YOUR OWN**

**Monday, July 1<sup>st</sup>      Depart 10:30am**  
Shop at Hobby Lobby & lunch at Chilis

**Monday, July 8<sup>th</sup>      Depart 11:45am**  
Chaffinch Island in Guilford  
**Box Lunch available for \$3.00**

**Monday July 15<sup>th</sup>      Depart 11:45 am**  
Northside Restaurant & Shop at Roberts

**Monday, July 22<sup>nd</sup>      Depart 11am**  
Abbotts Lobster in Noank

**Friday, July 26<sup>th</sup>      Depart 11:15am**  
Hideaway & Bowerbird in Old Lyme

**Monday, July 29<sup>th</sup>      Depart 10:30am**  
Olive Garden in Orange & Trader Joe's

**AARP DRIVER SAFETY CLASS**

A refresher course aimed at the 60+ driver. Call your insurance company you may be eligible for a discount for completing this course! The class will be held on Wednesdays from 12:30p to 4:30p

July 10<sup>th</sup> • Aug. 14<sup>th</sup> • Sept.11<sup>th</sup>  
Oct. 9<sup>th</sup> & Nov. 13<sup>th</sup>

Instructor: Cliff McGuire

Fee: AARP Member \$12

Non-Member \$14

Checks made payable to AARP

**Crocheting with Plastic Bags**

Come join Eleanor Wimble & learn to make beautiful crocheted bags from recycled plastic shopping bags. Please bring 2-3 colored bags, scissors and large crochet hook size (7-10).

Wednesdays 1-2:30pm      Fee \$3



*Exercise With Patty Velleca*  
**CHAIR EXERCISES**



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

**Mondays - 10:30a to 11:30a**

June 24<sup>th</sup>-July 22<sup>nd</sup> 4 classes

**No class July 1<sup>st</sup>**  
R \$16.50 NR \$21.50

July 29<sup>th</sup>- August 19<sup>th</sup> 4 classes

R\$16.50 NR \$21.50

**Fridays - 10:30a to 11:30a**

June 28<sup>th</sup>- July 26<sup>th</sup> 4 classes

R \$16.50 NR \$21.50

**No Class July 5<sup>th</sup>**

August 2<sup>nd</sup>-August 23<sup>rd</sup> 4 classes

R\$16.50 NR \$21.50

**SENIORS IN MOTION**

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

**Wednesdays - 10:30a to 11:30a**

June 26<sup>th</sup>- July 24<sup>th</sup> 4 classes

R \$13.00 NR \$18.00

**No class July 3<sup>rd</sup>**

July 31<sup>st</sup>- August 21<sup>st</sup> 4 classes

R \$13.00NR \$18.00

**EXERCISE & RELAX YOGA**

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

**Tuesdays - 8:30-10:00am**

July 9<sup>th</sup>-August 20<sup>th</sup> 7 weeks

R\$83.00 NR\$95.00

**FITNESS & MOVEMENT**

Low impact aerobics for continuing good health. Cardiovascular workout with muscle and joint strengthening.

**Mondays - 9 to 10am**

June 24<sup>th</sup>-July 22<sup>nd</sup> 4weeks

R\$16.50 NR \$21.50

**No class July 1<sup>st</sup>**

July 29<sup>th</sup>- August 19<sup>th</sup> 4weeks

R\$16.50 NR \$21.50

**Wednesdays - 9 to 10am**

June 26<sup>th</sup>-July 24<sup>th</sup> 4 weeks

**No class July 3<sup>rd</sup>**

July 31<sup>st</sup>-August 21<sup>st</sup> 4weeks

R\$16.50 NR \$21.50

**Fridays - 9 to 10am**

June 28<sup>th</sup>-July 26<sup>th</sup> 4 weeks

R\$16.50 NR \$21.50

**No class July 5<sup>th</sup>**

August 2<sup>nd</sup> - August 23<sup>rd</sup> 4 weeks

R\$16.50 NR \$21.50

**TAI CHI**

T'ai Ch'uan is a gentle way of nourishing body, mind ,and spirit. Practicing slow movements can improve health, vitality, balance, & concentration. Session: 5 Classes Instr.: S. Hanley



**Mondays - 9 to 10 am**

July 29<sup>th</sup>-August 26<sup>th</sup> R \$44 NR \$54

**SILVER TAPPERS CLASS**

Did you love tap dancing as a child or always want to learn? All you need to do is register for this course!

**Thursdays - 10 to 11am**

June 27<sup>th</sup> - August 22<sup>nd</sup> 9 Classes

**No class July 4<sup>th</sup>**

R \$72 NR \$82 - Instructor -M. Goglia

*Beginning Ballroom Dancing*

The perfect class for first time dancers. Learn easy steps to the most popular dances (fox trot, waltz, and rhumba). Gain confidence to dance in social situations, weddings, parties and night clubs. Singles and couples are welcome. Please wear comfortable, leather soled shoes  
Instructors: Carole & Nick Long



**Tuesdays 10:30 am - Noon**

July 2<sup>nd</sup> & July 9<sup>th</sup> \$10

July 23<sup>rd</sup> & July 30<sup>th</sup> \$10

August 6<sup>th</sup> & August 13<sup>th</sup> \$10

August 20<sup>th</sup> & August 27<sup>th</sup> \$10

**WORKOUT FROM THE**

*Past* TO THE Present

Exercise to music from the 60's, 70's, 80's and the latest pop and hip-hop music. This class includes the hip-hop routines and routines from the past *Shaping Up with Jazz* cable show. Bring a towel & water. Instructor: Aleen Stanton  
**Wednesdays June 19<sup>th</sup> - July 24<sup>th</sup>**  
6-7pm Fee: R\$50 NR \$55

**Local Business Wednesday**

Every fourth Wednesday you will have the opportunity to learn about a local business and be introduced to their services.

**Wednesday, July 24<sup>th</sup> 1:00pm**

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**Thomas Walton: Citizens Investment Services**

**"Discussing Your Retirement Plan Checkup"**

\*\*\*\*\*

**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.  
**This year: June 30<sup>th</sup>, 2014.**

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

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

*All classes taught by Kris Reaske*

**ZUMBA FOR ALL**

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

**Mondays - 6 to 7pm**



**ZUMBA GOLD**

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

**Mondays - 1:00 to 1:55pm**

**Thursdays - 11:10 to 12:10pm**

**Middlesex Hospital  
Living With Arthritis**

Learn how to protect your joints and simplify the activities of daily living. The therapists will teach you exercises that can help you live with your arthritis.

Learn a variety of adaptive equipment, splints and other assistive devices.

**Thurs., August 22<sup>nd</sup> 10:30-11:30a FREE**

**Diabetes Forum**

APRN Teresa Smith from Shoreline Medical in Old Saybrook will educate us on the management of Type I and Type II Diabetes. A dedicated family advocate known for compassion and attention to all aspects of patient care. Come listen and learn about managing diabetes.

**Pre-registration Required**

**Monday July 29<sup>th</sup> at 10-11am FREE**

**Walk with Kristen**



Take a morning walk with Kristen around beautiful downtown Madison.

**Tuesdays at 10 am FREE**

**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. Your loved ones can take part in a supervised activity run by the program director. Group meets the 3<sup>rd</sup> Tuesday of the month.



**Tuesday, July 16<sup>th</sup> 11 am-12. FREE**

**Project O, Oceanographic Cruise****Monday August 5<sup>th</sup>**

Hop aboard the Oceanographic Research Cruise presented by "Project O". The mission is to nurture interest and enthusiasm for science and the marine environment. This a 2 1/2 hour cruise on the Long Island Sound, departing from The University of CT's Avery Point Campus in Groton. Participants will have a hands on marine experience at 2 stations on the boat. Troll the bottom of the Long Island Sound looking for sea animals. Please bring/wear deck shoes, sweatshirt or windbreaker, sunscreen, camera and motion sickness antidote if necessary. Lunch on your own at "The Shack" in Groton. Includes transportation and cruise.

**Depart MSC at 8:30 Return approximately 3:00pm.****Fee: R\$30 NR \$35****"HELLO, DOLLY!" Good Speed Opera House****Wednesday, August 14<sup>th</sup>**

Join us for one of the greatest musicals ever written lighting up the Goodspeed stage for the very first time. You'll grin from ear to ear as Dolly Levi meddles in others affairs while at the same time seeking her own *Half a Millionaire*. Jerry Herman's rousing score is bursting with joy and tunes like *Put On Your Sunday Clothes*, *Before the Parade Passes By*, and *It Only Takes a Moment*. Sparkling, dazzling, delightful—one musical that you cannot miss! Includes tickets and transportation.

**Depart MSC at 12:45pm.****Fee: R\$52 NR \$57****"Let the Good Times Roll", The Dave Colucci Show at The Aqua Turf****Tuesday, August 20<sup>th</sup>**

An incredible music variety show featuring some of the greatest singers and songs of all times! From the swinging days of Sinatra, to the Golden Oldies of the 50's, 60's, along with some classic country favorites, enjoy this spectacular music variety show! Coffee, donuts, door prizes, family style lunch including: Soup, Pasta, Chicken Kathryn, Baked Ham, Vegetables, Potato, and Dessert

**Depart MSC at 10:00 am.****Fee: \$43.00****Plymouth Getaway****Tuesday & Wednesday, August 20<sup>th</sup> & 21<sup>st</sup>**

Delight in all that Plymouth, MA has to offer with a Pilgrim Belle Harbor Cruise, a Mayflower Tour, Wine Tasting, and a show at Dan'l Webster Inn. Price includes: Deluxe motor-coach transportation to Plymouth, MA. 1 Night Accommodation., 3 Meals-1 breakfast, lunch and dinner. 1 bag per person and trip cancellation and interruption insurance per person Non residents please add \$10 per person \$50 deposit due at registration. **Departure time TBA.**

**Fee: Single: \$387, Double \$287, and Triple \$267****DREAMGIRLS at Ivoryton Playhouse****Wednesday, August 28<sup>th</sup>**

A smash Broadway musical, *Dreamgirls* captures the spirit and hope of Motown when a girl group from Chicago makes it big. This female trio fights for recognition, fellowship, and love as superstardom challenges their musical and cultural identity. *Dreamgirls* sizzles with sparkling dance and R&B soul. **Depart MSC at 1:00** includes ticket to show and transportation. **Fee: R\$35 NR \$40**

**Doo-Wop Show and Dancing Featuring "In Harmony" at the Aqua Turf****Tuesday, September 24<sup>th</sup>**

New England's Premier oldies vocal group hits the stage performing 50's & 60's music! A sweet sounding six person ensemble and a multi-talented synthesizer/keyboardist.! Coffee, donuts, door prizes, complimentary beverage. Family style lunch includes salad, Pasta, Pan Seared Salmon, Flank Steak, Vegetable, Potato, and Dessert. **Depart MSC at 10:00 am**

**Fee: \$43****New York Botanical Gardens****Wednesday, September 18<sup>th</sup>**

An escorted tour at the New York Botanical Gardens, enjoy a spectacular seasonal exhibitions inside a landmark glasshouse that also features a tropical rain forest and cactus-filled desert with plants that can be seen nowhere else in New York. Free time to follow on Arthur Avenue, "Little Italy" of the Bronx. Price includes transportation and admission to Garden, lunch on your own. Please arrange for a drop off and pick up to the MSC.

**Depart MSC at 7:30 am and return approximately 7:00pm.****Fee: R\$76 NR \$81****Myrtle Beach/The Grand Strand PLUS Charleston****Sunday, October 6<sup>th</sup> - Saturday October 12<sup>th</sup>**

White Sandy Beaches, great Seafood, championship golf courses, beautiful gardens, abundant shopping and fine entertainment! This tour includes deluxe motor coach transportation, six nights accommodation(4 in Myrtle beach: 2 in Virginia), 12 meals: 6breakfasts, 6 dinners, Three shows in Myrtle beach, "Barefoot Landing" an outdoor shopping adventure, a riverboat cruise, tour of Charlestown, visit Brookgreen Gardens, Breakfast and visit Ripley's Aquarium. Additionally included: baggage and handling (one bag per person), full time Tour Director, trip cancellation and interruption insurance. **Please add \$10 for Non-Residents.**

**Departure time TBA****Fee: Single: \$1044, Double: \$905, Triple: \$865 Payable to Guilford Senior Center****Exotic Southern Caribbean Cruise Aboard the Norwegian Dawn****November 1<sup>st</sup> - 15<sup>th</sup>**

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

## Connecticut Cremation Service

**DIRECT CREMATION:**  
\$1,245.00 Complete

**GRAVESIDE BURIAL SERVICE**  
\$3,370.00 + Cemetery Charges

Visa/Mastercard & Title 19 accepted  
For Info Call 1-800-977-2309

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can help with weekday respite!  
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with memory impairment*

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Companions  
Homemakers  
860-388-1788

## County Hearing and Balance

Jeffery W. Worgul, Au.D., Doctor of Audiology  
203-245-1950  
82 Bradley Road, Madison, CT 06443

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Toll Free



A speedy return  
to what you love...  
*your health,  
your loved ones,  
your life!*

At Madison House our short term rehab  
will get you back on your feet quickly.

- Award-Winning Support Services
- Inpatient & Outpatient Therapy
- Physical, Occupational & Speech Therapies
- Post Surgical Orthopedic and Cardiac Care
- IV Therapy

Madison House  
34 Wildwood Avenue • Madison, CT 06443  
(203) 245-8008



## The Guilford House

Rehabilitation ~ Healthcare ~ Hospitality

109 West Lake Avenue, Guilford, CT

To Pre-book your rehab stay, contact  
the Admissions Department at  
**(203) 488-9142**

[www.theguilfordhouse.com](http://www.theguilfordhouse.com)  
[www.youtube.com/theguilfordhouse](http://www.youtube.com/theguilfordhouse)



**Is a Reverse Mortgage right for you?  
Ask Sylvia!**

(203) 458-5414 or [SPatterson@GSByourbank.com](mailto:SPatterson@GSByourbank.com)

Sylvia Patterson NMLS# 529441, OSB NMLS# 525596



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Cabbage, Rice, Belgium Carrots, Multi-grain Dinner Roll, Fresh Plum, Milk	<b>2</b> Fruit Punch, Turkey Hot Dogs, Baked Beans, Tomato Cucumber Salad, Coleslaw Mustard, Ketchup, Relish, Wht Hot Dog Buns, Watermelon, Milk	<b>3</b> Lunch provided today by <b>Jia Mei Asian Kitchen</b> Space Limited Sign up ASAP	<b>4</b> No Lunch today <b>Independence Day!</b> 	<b>5</b> Philly Cheese Steak on Grinder Roll, Steak Fries, Broccoli, Apple Juice, Coffee Cake, Milk
<b>8</b> Open Hot Roast Beef Sandwich on Wheat Bread with Gravy, Smashed Potatoes, Bean Blend, Grape Juice, Oatmeal Cookie, Milk	<b>9</b> Escarole & Bean Soup, Grilled Chicken Caesar Salad, Croutons & Caesar Dressing, Herbed Wheat Breadstick, Mandarin Oranges, Milk	<b>10</b> Spaghetti, Chicken Meatballs, Marinara, Parmesan Cheese, Zucchini and Yellow Squash, Garlic Bread, Italian Ice & Milk	<b>11</b> Turkey and Gravy, Cranberry Sauce, Apple Stuffing, Roasted Vegetables, Oat Bread, Pineapple Juice, Berry Streudel, Milk	<b>12</b> Parmesan Encrusted Scrod with Lemon, Baked Potato, Tossed Salad with Tomato and Italian Dressing, Wheat Dinner Roll, Fresh Peach, Milk
<b>15</b> Baked Ziti with Meat, Parmesan Cheese, Cauliflower, Tossed Salad with Tomato and Ranch Dressing, Italian Bread, Pears, Milk	<b>16 Birthday Cake Day</b> Broccoli Quiche, Broiled Tomato, Cucumber Salad, Multigrain Dinner Roll, Cranberry Juice, Marble Cake, Milk	<b>17</b> Herb Baked Chicken Qtr., Baked Sweet Potato, Scandinavian Blend, Wheat Bread, Fresh Melon, Milk	<b>18</b> Pot Roast w/ Gravy, Smashed Potato, Peas and Carrots, Rye Bread, Orange Juice, Ice Cream Cup, Milk	<b>19</b> Veg. Barley Soup, Crackers, Seafood Salad Plate, w/ Lettuce, Tomato & 3 Bean Salad, Pumpernickel Bread, Orange Jello w/ Mandarin Oranges, Milk
<b>22</b> BBQ Chicken Qtr, Baked Beans, Coleslaw, Cornbread, Watermelon, Milk	<b>23</b> Roast Pork w/Gravy, Applesauce Garnish, Sweet Potato Pone, French Green Beans, Rye Bread, Pears, Milk	<b>24</b> Shrimp Bisque, Crackers, Chef Salad, Turkey, Ham, Cheese, Lettuce, Cucumbers, French Dressing, Oat Bread, Pineapple Tidbits, Milk	<b>25</b> Sweet Potato Encrusted Fish, Tartar Sauce, Brown Rice, Calif. Blend, Wheat Dinner Roll, Pineapple Juice, Strawberry Shortcake, Milk	<b>26</b> Eggplant Rollatini, Penne Pasta w/ Marinara, Parmesan Cheese, Tossed Salad w/ Carrot and Ital. Dressing, Garlic Breadstick, Grapes, Milk
<b>29</b> Cream of Carrot Soup, Crackers, Tuna Salad Plate w/ Lettuce, Tomato, Beet Salad, Wheat Bread, Vanilla Pudding with Berry Topping, Cranberry Juice, Milk	<b>30</b> Oven Roasted Chicken Qtr. German Potato Salad, Red Cabbage, Oat Bread, Banana, Milk	<b>31</b> Spinach Grandioli, Parmesan Cheese, Summer/Spring Veggies, Caesar Salad with Croutons & Caesar Dressing, Italian Bread, Apricots, Milk	<b>Please remember to make your reservation with Jodie Shevlin by 12 Noon the day before you plan to attend at (203) 245-5686. (If you want to attend on a Monday please call by noon the previous Friday.)</b>	



- Live-in caregivers
- Personal care assistants
- Homemakers
- Medication supervision

203.458.5990 [LIFETIMECareatHome.com](http://LIFETIMECareatHome.com)

An affiliate of VNA Community Healthcare



Madison Senior Center  
 29 Bradley Road  
 Madison, CT 06443

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7/2013

**RETURN SERVICE REQUESTED**

## COMPUTER CLASSES

### Computer Basics For Beginners

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

**Tuesdays, June 25<sup>th</sup> – July 23<sup>rd</sup> 1:00 to 2:00pm**

**Fee: R \$42 NR \$52 (5 classes)**

**Tuesdays, July 30<sup>th</sup> – August 27<sup>th</sup> 1:00 to 2:00pm**

**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.

**Thursdays, June 20<sup>th</sup> – July 25<sup>th</sup> 1 to 2 pm. No class July 4<sup>th</sup>**

**Fee: R \$42 NR \$52 (5 classes)**

**Thursdays, August 1<sup>st</sup> – August 29<sup>th</sup> 1 to 2 pm**

**Fee: R \$42 NR \$52 (5 classes)**

### E-Bay: Buying and Selling Online

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

**Tuesdays, June 25<sup>th</sup> – July 9<sup>th</sup> 10 to 12pm**

**Fee: R \$42 NR \$52 (3 classes)**

**Tuesdays, July 30<sup>th</sup> – August 13<sup>th</sup> 10 to 12pm**

**Fee: R \$42 NR \$52 (3 classes)**

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

## Ongoing Activities at the Senior Center

Bridge	Thursdays	1– 4 pm	Hand & Foot	Fridays	1– 4 pm	Wii Bowling	Wednesdays	1-2 pm
Canasta	Tuesdays	1– 4 pm	Knitting Group	Thursdays	10a-12p	Poker	Wednesdays	1– 4 pm
Mah Jong	Thursdays	1– 4 pm	Sports Discussion	Tuesdays	10:30-11:30am	<b>Don't sit at home, come join the <i>fun!</i></b>		
Kings in the Corner	Tuesdays	1– 2 pm	Bocce	Thursdays	9-11 am			