



Trends & Traditions

July 2014



Madison Senior Center

Barnum Museum in Bridgeport, CT.

The Barnum Museum, located in the People's United Bank Gallery, currently hosts three exhibits. The first by artist, Susan Tabachick, *The Lost and Found Circus: A Creative Balancing Act*. Additionally, examine *The Recovery in Action*, an exhibit where visitors will get a rare glimpse into the Barnum Museum's visible storage area to witness the tornado recovery process first hand. Finally, enjoy the *Envisioning the Future Exhibit* featuring artifacts that belonged to P.T. Barnum and Tom Thumb. Admission is \$3 paid at the door. Lunch at **Ralph and Rich's** on your own.



Friday, July 18th at 9:30am

Bus Fee: \$5

Co-Creating Art

Space in the MSC Café for artists to come paint, draw, create and inspire each other in the air conditioned Café.



Tuesdays-1:30-3:30pm



TECH'S PLAYBOOK
JAMES A. LOUIS

Local Author James A. Louis

Tech's Playbook is a short but comprehensive book that includes all the necessary things to know when we talk about computers. It is a good resource for both computer novices as well as experts. James will help readers become better consumers, when they shop for electronics as well as better users informing on the different types of computers, their specific capacities, the correct software suited for each, and information about viruses and malware. Feel free to bring your lap-top!

Please call to register. Monday, July 28th at 1:00pm



Brunch at Christie's & A Performance

Brunch on your own at Christie's in Madison. Following brunch, enjoy a performance by The Performing Arts Camp at Brown Middle School. Campers are learning basic acting & dance moves and will showcase their skills in a combination of mini scenes, monologues and dance routines.

Friday, July 25th at 10:00am

Bus Fee: \$2

Independence Day Party!

Celebrate the independence of our country at the Madison Senior Center. Wear your festive red, white and blue! Enjoy hot dogs, macaroni salad, potato chips, lemonade and dessert from Merriano's Bakery! During lunch watch a beautiful video firework display!



Monday July 7th at 11:30

Fee: \$5

The *Adventurous* Culinary Club



Come on a culinary adventure to explore cuisines from around the world and make new friends! Go somewhere new for lunch every month (*on your own*). Prices vary, stop in for a copy of the menu. In July we visit "The Wharf" in Madison.

Wed., July 30th Depart MSC at 11:30 Bus Fee \$2

A CONNECTION BETWEEN HEARING LOSS & DEMENTIA?

Nancy Jablonski, owner and licensed audiologist of Audiologist Concierge, will host an informative seminar. Keep an eye on your ears! The importance of receiving proper treatment and care is needed to stay in tune with your changing needs.

Wednesday, July 2nd at 10:30am

FREE

Hearing Clinics

Nancy will also be at the Madison Senior Center on the 3rd Monday, monthly, for free hearing testing, hearing aid checks, wax inspection, and listening demonstrations.

Please call (203)245-5627 for an appointment

Hearing Testing- Monday, July 21st 1-4pm

Game Day & Ice Cream Social



Get in the mood for summer fun and listen to the Beach Boys during lunch. Then after lunch we are going to play Getting to Know You with a Beach Ball, followed by the Ice Cream Sundae game! Please call to register.

Wednesday, July 2nd at 12:45-1:45

Fee: \$2



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

July 10th, 2014 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
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 Bus Driver: Michael Rand
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 Bus Driver: Pat Cocchiario
 Bus Driver Dennis Marron
 Bus Driver Domenick Vitti
 Café Manager..... Jodie Shevlin

I hope you enjoy our new expanded version of Trends and Traditions. We have added a few pages to allow us to inform you about all the exciting activities and programs that are planned by our Program Coordinator, Kristen Caramanica. You can always receive the newsletter via email if you prefer. Please let us know if you wish to continue to receive the mailed version or you would like to switch to an email version, just contact the Senior Center and let us know which version you would like to receive.

*Starting this month we will institute a new registration system called **My Senior Center**. This exciting, new and easy way to register for programs and events, will allow us to better serve the seniors in Madison by tracking developing trends and enrollments which will help us in planning programs. Now, when you enter the Madison Senior Center you will scan your card at the new touch screen monitor at the front desk and choose the programs you are here to participate in for the day. All of this takes a matter of seconds to complete. Please bear with us as we roll out this new system. It will take time to instruct everyone on how to use it and hopefully by the end of the month we will be running like a well-oiled machine and it will be second nature to us all. Thank you for your patience as we all begin a new adventure together.*

I hope you stop into the Senior Center soon. We have a lot going on and I'm sure you will find something of interest as you peruse the pages of this newsletter. Enjoy the summer in beautiful Madison!

Austin—

Director's Pick of the Month...

My pick of the month for July is "Sunflowers for Wishes" on Monday, July 21st. The day will begin with brunch at "The Shack" in East Lyme. The Shack serves classic comfort foods as well as American favorites that we all love. After brunch we will head off to *Buttonwood Farm* in Preston, CT. *Buttonwood Farm* has 10 acres of sunflowers for your viewing and bundles for purchase. 100% of the proceeds from sales of the sunflowers go to the *Make-A-Wish Foundation of Connecticut*. *Make-a-Wish* is a non-profit organization that makes wishes possible for children with life threatening illness. When you purchase a bundle of sunflowers you will be supporting a child from Connecticut who could really use a little pick-me-up and *Make-A-Wish* does just that for them. Before we depart for home be sure to get an ice cream cone from the *Buttonwood Farm Fresh Ice Cream*. It will be a delicious way to end your day.

Mon., July 21st, at 10am Bus Fee:\$3



BILLIARDS

Currently forming leagues to be held at the Senior Center
Please give us a call if you are interested.





RENT REBATE

Application intake begins on Friday, May 16th 2014

Participants will receive a one time check in the fall to help offset rental expenses. Participants must submit proof of income for 2013, proof of rental, heating, electric, & water payments made in 2013. Eligible participants are age 65 & over or disabled & have incurred rental expenses in 2013, in Connecticut. Applications will be accepted for PREVIOUS and NEW Applicants. **2013 max. income: single: \$34,100 & couple: \$41,600**



FARMERS' MARKET COUPONS

Eligible participants enjoy CT-grown fruits, vegetables, fresh cut herbs, & honey from local Farmers' Markets. To be eligible: age 60 or older, or disabled and living in senior housing, & participating in another program that has means testing and meet income requirements. Eligible participants receive \$15 in coupons, good at the Madison Farmer's Market. Coupons *should* be available beginning July 1, 2014. The market is open on the town green on Fridays from 3 to 6pm until the end of October.

Single Maximum Monthly income: \$1,773 and Couple: \$2,393.

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 would 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 allotted to eligible participants monthly, on an EBT debit card, to use at local grocery stores. **Monthly Max. Income: Single: \$1,671, Couple: \$2,248.**

THINKING OF VOLUNTEERING?



Looking for Volunteers to assist in a variety of areas at The Madison Senior Center. Do you have a favorite activity or craft you would like to teach others? Some additional areas we need assistance are: greeters to help direct and assist customers, assist with computer check in process, answer phones, assist with newsletter, Meals on Wheels volunteer drivers. **Volunteer training Thursday, July 24th 10-11 am.** Please contact the Senior Center at (203) 245-5627 to express interest

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 and \$6.50 and may cover doctor's co-pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program.

Monthly Max. Income: Single: \$2,393.58 & 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. Your loved ones can take part in a supervised activity run by the program director. Group meets the 3rd Tuesday of the month.

Tuesday, July 15th 11 am-12 pm FREE





How prepared are you for an emergency??

Emergency Kit Checklist

According to FEMA– the likelihood that you will recover from an emergency tomorrow often depends on the preparation done today. This list may help you get through the first 3 days, after a disaster. This list is a starting point, as individuals needs vary depending upon circumstances. For additional information: www.Ready.gov



3 Days of non perishable/non-cook food, water (1 gal. per day per person), medication



Flashlight, battery operated radio, extra batteries



First aid kit, cash, cellphone and charger



Id Cards, information: (Dr., meds, allergies), family/friends contacts, toothbrush, & toothpaste, toiletries, blanket & washcloth/towel



Clothes and baby or pet supplies if you need them.

“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.

**WELL RIGHT NOW CLINICS**

Mon., July 14th & 28th 12-1:30pm
VNA Community Healthcare holds Well Right Now Clinics on the 2nd & 4th Mondays of the month., includes blood pressure check.

LEGAL ASSISTANCE

Thurs., July 17th 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.

**DIAL-A-RIDE**

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



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

SENIOR CENTER BUS

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

NOTARY SERVICES

By appointment only.

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.**



Madison Senior Center Book Club

The Book Club will meet at 1 pm on Thursday, July 31st to discuss "Vita"

Discussion led by Barbara MacDonald

Senior Singles Group

Do you like to do things, but not alone? The singles group is where you can join others for activities and fun events. Looking for new members, both men and women, and *new ideas*. Dinner on your own to follow at *Donohue's* in Madison

Tuesday, July 15th MSC at 5:30pm



Bingo!

St. Margaret's Bingo

at Noon, Wednesday July 9th



Summer Outings

Monday, July 14th Rita's Ice Cream in Branford, Depart MSC at 12:45pm

Monday, July 28th Walmart in Guilford
Depart MSC at 12:45pm

"Musical Wednesday"

The last Wednesday of the month

July 30th at 12:45pm

Cool off, enjoy some popcorn and a movie

"Sound of Music"



MATINEE @ MSC

FREE

Fridays at 1:00 pm

July 11th *French Kiss*

July 18th *A Raisin in The Sun*

July 25th *Odd Couple*

Coming Attractions in September

Chinese Philosophy & Culture

An introduction to Chinese philosophy and culture with a focus on Confucianism and Taoism. Their influence on Chinese society can be felt even today.

Classes will resume in September

French Class

Parlez-vous Francais? All levels welcome; some prior exposure to French helpful. This will be a class to learn conversational phrases and French culture. Call to express interest.

Class to resume in September

Tai Chi Silk Reeling

(Chan Ssu Jing) Class

A form of Tai Chi that involves reeling movements that are slow and benefit the whole body while increasing one's flexibility, joint movement and balance.

Very popular so sign up fast!

Thursdays, Sept. 11th - Oct. 2nd
9am- 10 am Fee: R\$30 NR \$40

If interested in learning how to play bridge please contact Kristen at (203)245-5695

Calling all SETBACK Players—looking to form a group. Group gathers around 12:30. Please contact Kristen if interested.

IDEAS COMMITTEE

Do you have a program idea you have been waiting to share? New Art Class, Sewing Class, Sports Discussion Group? All ideas will be considered.

Quarterly Meetings

Tuesday, September 30th

11am





Exercise With Patty Velleca

CHAIR EXERCISES

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

Mondays - 10:30 to 11:30am

July 7th-July 28th

R\$17.00/NR \$27.00



4 classes

Fridays - 10:30 to 11:30am

July 11th-August 1st

R\$17.00 | NR \$27.00

4 classes

SENIORS IN MOTION

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

Wednesdays - 10:30 to 11:30am

July 9th-July 30th

R\$13.00 | NR\$23.00

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 9:30-10:45am

July 8th- July 29th

R\$35.00 | NR\$45.00

4 classes

FITNESS & MOVEMENT

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

Mondays - 9 to 10am

July 7th-July 28th

R\$17.00 | NR \$27.00

4 classes

Wednesdays - 9 to 10am

July 9th-July 30th

R\$17.00 | NR\$27.00

4 classes

Fridays - 9 to 10am

July 11th-August 1st

R\$17.00 | NR\$27.00

4 classes

Body, Mind & Spirit ॐ Workshop ॐ

Take an afternoon to reconnect your body, mind and spirit through conversation, gentle movement, relaxation and contemplation. Bring a mat, a small pillow and a water bottle.

Classes held the 3rd Tuesday monthly.

Tues., July 15th

12:30-4pm

\$12.50R | \$17.50NR

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 July 28th-Aug. 25th
(5 weeks) **R\$44 | NR\$54**



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! **Tap shoes & registration are required.**
Thursdays from 10-11am FREE

Classes with an instructor will be:

July 3rd & 31st and Aug. 7th

Fee for instructed classes \$12/class

"New" Ballroom Line Dancing

Remember those songs and dances you love and the wonderful memories they invoke while having fun and getting fit. Come and Cha Cha to Tea for Two, Waltz to Moon River and Mambo to Tequila. A great way to keep moving, exercise, dance and have fun! Preview Performance in August.

Class will begin in September.

Mondays, 2 to 3 pm Fee: TBD

TECH SUPPORT

Have an iPad or a smart phone and don't know how to use it? "Facebook & Skype" What's that? Get all your questions answered for free at the Madison Senior Center. Scranton Library Teen Advisory Group and Madison Youth & Family Services will be offering **free "drop-in"** learning sessions. Teen Volunteers will be available to answer your questions.

During the summer, support held on **Wednesdays from 10-11am FREE!!**

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 FOR ALL

Use Zumba dance steps and lively music to create your own intensity level. Will start up again in September!

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 walking club. If you are tired of walking alone and want to meet other walkers, join us.

Mondays & Tuesdays 10:00am.

Weather permitting (*no snow, ice, or rain*)



**New
Smart Driver
Course in Madison**

AARP Driver Safety is offering its newly revised Smart Driver Course at The Madison Senior Center. The classroom **Fee: \$15 for AARP members \$20 for non-members.** *To get the member fee you will need to bring your current AARP Membership card.*

The 4-hour AARP Smart Driver course teaches valuable defensive driving skills and provides a refresher of the rules of the road. Payment is required with registration. Please make checks or money orders payable to AARP.

Wed., July 9th 12 pm-4pm

Can't Make it in July?

Future Classes:

Aug. 13th, Sept. 10th, Oct. 8th,

Nov. 12th, & Dec. 10th

**Mohegan Sun Friday**

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

Friday, July 11th

Fee: \$7

Aqua Turf Club***Celebrate Italia***

Tuesday, July 15th

Offers a wide variety of American and Italian favorites so that everyone will have a chance to enjoy the celebration. The band, "Italian Connection Band," has performed in various areas such as the Boston Harbor Hotel, Bay Towers, The Ritz Carlton Hotel, The Four Seasons Hotel, The World Trade Center and hundreds of area's best country clubs and function halls. Coffee and donuts, door prizes, complimentary beverage and a family style lunch: Salad, Pasta and Meatballs, Chicken Parmesan, Porchetta, Vegetables, Potatoes and Dessert.

Depart MSC at 9:45 am

Fee: \$45

Nautical Newport

Wednesday, July 23rd

Enter Newport via the Newport Bridge with views of Narragansett Bay area and embark on a *Newport Harbor Luncheon Cruise*. Enjoy a narrated tour of beautiful Newport harbor while enjoying a fine buffet luncheon. Following the cruise, stop at Newport Grand Slots. Transportation, harbor cruise with luncheon, time at Newport Grand Slots and driver's gratuity all included in price. Multiple stops possible on your way up to Newport, **departure time TBA.**

Fee: R\$94 | NR \$99

Ivoryton Playhouse***All Shook Up***

Wednesday, July 23rd

Inspired by and featuring the songs of Elvis Presley. It's 1955, and into a square little town in a square little state rides a guitar-playing roustabout who changes everything and everyone he meets in this hip-swiveling, lip-curling musical fantasy that'll have you jumping out of your blue suede shoes with such classics as *Heartbreak*, *Jailhouse Rock* and *Don't be Cruel*. Transportation included.

Depart MSC at 1:15pm

Fee: \$35R

The Company Men at the Aqua Turf

Wednesday, August 13th

Classy, funny, charming and witty, *The Company Men* have a unique talent for combining timeless classics with today's hits and turning them into a brilliant musical. Old Hollywood charm, dynamic choreography, and harmonies add to their musical creations. Family style lunch of Salad, Pasta, Chicken ala Kathyryn and Broiled Scrod with Spinach and Tomato topping, Vegetables, Potato, Rolls, Dessert and Beverages. Transportation included. **Depart MSC at 10:15 am.**

Fee: \$77R | \$82NR

Saratoga and Lake George

Wed., August 13th-15th

Day One: travel into the Adirondack Mountains to Saratoga Springs, NY, home of Saratoga Racetrack, where you will enjoy the finest horse racing in the world. After the last race, travel to your home for the night, The Queensbury Hotel. Dinner is included with a choice of entrees. *Day Two:* After breakfast (included) hop on board the Saratoga and North Creek Railway for a two-hour scenic train ride. Following the tour, explore North Creek, where you can shop and have lunch on your own. Tonight's dinner is also included at the Georgian Lakeside Resort, with a show to follow. Marvel at entertainer Laura Roth, who will perform a show of extraordinary characterizations of Bette Midler, Cher, Marilyn Monroe, Judy Garland and more. *Day Three:* After breakfast (included) board "Lac du Saint Sacrament" for a two hour cruise on Lake George that includes a wonderful buffet lunch. Explore Lake George Village, before heading home. There may be multiple stops. Departure time TBD. **Resident pricing:** \$646⁰⁰ pp single, \$504⁰⁰ pp double, \$484⁰⁰ pp triple. **Non Resident Pricing:** \$651⁰⁰ pp single; \$509⁰⁰ pp double; \$489⁰⁰ pp triple.

Block Island

Tuesday, August 19th

Travel by ferry to beautiful Block Island, RI. The island is a lot like it was 200 years ago-unspoiled, unhurried. A local guide will meet the bus for an insightful, narrated tour of the island. Stop at the National Hotel for lunch, with a choice of Herb-Baked Salmon, Pan-Fried Chicken or a Jumbo Crab Cake each served with all the trimmings. After lunch, finish the tour and return to the mainland. Transportation, ferry ride to and from Port Judith, narrated Island Tour, lunch at the National Hotel are included in the price. There may be multiple stops, **departure time to be determined.**

Fee: \$114R | \$119NR

Cruising Through Connecticut

Tuesday, August 26th

Hop on Board the Lady Catherine in Haddam, CT. Enjoy cruising down the picturesque Connecticut River, while enjoying a delicious lunch buffet. Following the cruise, head to the famous Apple Barrel at Lyman Orchards. This unique market has become known throughout New England as a favorite destination for fun and great food! Price includes motor coach transportation, Lady Catherine Luncheon Cruise, and drivers gratuities There may be multiple stops

\$97R | \$102NR

Ivoryton Playhouse***La Cage Aux Folles***

Wednesday, August 27th

The Tony Award winning musical *La Cage Aux Folles* remains one of the all-time biggest hits, adding a new dimension to the boulevard comedy. After twenty years of unwedded bliss George and Albin, two men partnered for better-or-worse, get a bit of both, when Georges' son announces his impending marriage to the daughter of a bigoted, right-wing politician. Albin tries to help make a perfect family with hilarious results. Transportation is included. **Depart MSC at 1:15pm**

Fee: \$35R | \$45NR

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**Mohonk Mountain House****New Paltz, New York****Friday September 5th**

Join us for Music Week at the beautiful and elegant Mohonk Mountain House located in New Paltz, NY! This “unspoiled resort” has over 2,000 wooded acres and beautiful landscapes, with the main building, a Victorian-style castle, sitting lakeside. You’ll feast at the fabulous Grand Buffet for lunch and have time to stroll through the award-winning gardens or relax by the lake. Celebrate music week with two concerts throughout the day. Music acts vary from classical, contemporary, Broadway, to big band, and everything in between! You will also get to enjoy a trip to the Mohonk Barn Museum, one of the largest barns in the Northeast. Complimentary tea and cookies will follow the performance and before departing you will receive a 15% discount in the gift shop. Price includes transportation, buffet lunch, barn museum, and driver’s gratuity. There may be multiple stops. **Please arrange for pick up from the Madison Senior Center.** Departure time TBD **\$119R | \$124NR**

The Big E Fair**Wednesday, September 17th**

The Big E, “New England’s Great State Fair,” is the premier event of fall with nearly one million guests passing through the gates every September. Located in West Springfield, Mass., it is ranked among the top fairs in the country. Prices include motor-coach transportation, admission into the Big E and driver’s gratuity. There may be multiple stops. **Please arrange for pick up from the Madison Senior Center** Departure time TBD. Please note there will be lots of walking required.. **\$52R | 57NR**

Yakov**Foxwoods****Wednesday September 17th**

Fans who loved comedy of Russian born entertainer Yakov Smirnoff throughout his extensive career on television, the silver screen, and Broadway can experience the hilarity once again with Yakov Live! In his new national tour, audience members will enjoy Yakov’s insightful and laughter-filled philosophy on life, love, family and country. The *New York Times* called his one-man show, “warm-hearted, delightful and splendidly funny.” Package includes transportation, a 2:30 show, current Foxwoods bonus package, and buffet lunch. Depart MSC at 10am, return approx. 5:15pm **\$44R | \$49NR**

Celebrate Polka**Aqua Turf****Tuesday, September 23rd**

An 18 time Grammy Award winner, Jimmy Stur and his orchestra perform at the Aqua Turf. He was on the top-ten list for all time Grammy Awards and more consecutive Grammy nominations than anyone in the history of musical awards. Voted the number one Polka band in the country for the past 12 years! They have appeared on shows such as “Grand Ole Opry,” “Saturday Night Live,” as well as television commercials for Budweiser, Pontiac and Mrs. T’s Pierogies. Price includes transportation, coffee and donuts, complimentary beverage, family-style luncheon, salad, pasta, stuffed cabbage, kielbasa and kraut, pierogies, vegetable, potato and dessert. Depart MSC at 10:00. **Fee: \$45**

Pumpkin Festival**Keene, New Hampshire****Saturday, October 18th**

Late morning departure en route to Keene, NH, where you will experience the town’s 23rd Annual Pumpkin Festival, which has set 8 Guinness Book of World Records for the largest number of pumpkins. The festival features food, craft vendors, live entertainment and even a children’s costume parade! Entertainment will be played on three different stages throughout the day, featuring many different artists and dancers. Bring a carved pumpkin to add to the scaffoldings in the Connecticut section in hopes of breaking another world record of over 31,000 pumpkins. As dark begins to fall, enjoy the luminous glow as pumpkins light up the night sky. **Depart for home around 7-7:30 pm. Please arrange transportation to and from the MSC.** Price includes transportation, driver’s gratuity and time at the Pumpkin Festival. Departure time: TBD *(there may be multiple pick ups)* **\$54R | \$59NR**

Oktoberfest**Platzl Brauhaus****Tuesday, October 21st**

Travel to the well-known Platzl Brauhaus in Pomona, NY for an Oktoberfest Celebration. The fun begins while you enjoy delicious homemade donuts and danish served with hot coffee or tea. Later, revel in an Oktoberfest dinner including a choice of Roasted Half Chicken, Roast Pork Platter, or Sauerbraten. Also enjoy spare ribs, red cabbage and sauerkraut served with all the trimmings. Soda, beer and apple cider will be served throughout the day. Dessert is fresh apple pie! Feel free to dance or sing along with the German band and dancers performing all day! Come and enjoy all the music, excitement and great food of these October festivities! Price includes transportation, festivities, family-style luncheon and driver’s gratuity. Departure time: TBD *(there may be multiple pick ups)* **\$90R | \$95NR**

Las Vegas & Atlantic City Legends Show**Aqua Turf****Tuesday, Oct. 28th**

Impressionist, Mark Verselli captivates audiences with an ever-changing cast of characters, which now includes over 120 personalities. Holly Faris is a one woman show unlike anyone you have ever seen! Holly has thrilled audiences from coast to coast with her assortment of celebrity impersonations and comedy. Coffee and donuts, door prizes, complimentary beverage, family-style lunch: salad, pasta, chicken francais, roast beef, vegetable, potato, and dessert Depart MSC at 10:00am **\$45R**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Make your reservation with Jodie Shevlin at (203) 245-5686 by 12 Noon the day before you plan to come for lunch.</p>	<p>1 Philly Cheesesteak with onions and peppers, Steak fries, Green Beans, Mandarin Oranges, Milk</p>	<p>2 Ziti Primavera w/ Chicken, Spinach Salad w/ Mushrooms & Vinaigrette, Italian Bread, Apple Juice, Sherbet, Milk</p>	<p>3 4th of July Celebration Lemonade, BBQ Beef Ribs, Baked Beans, Coleslaw, Wht Roll, Strwbrry Shortcake, Milk</p>	<p>4 Happy 4th of July!!</p> 
<p>7 Independence Party Hot Dogs, Macaroni Salad, Potato Chips, Lemonade, Merriano's Bakery Dessert</p>	<p>8 Beef and Broccoli, Brown Rice, Carrots, Marble Rye Bread, Fresh Fruit, Milk</p>	<p>9 Spaghetti & Chicken Meatballs in Marinara, Tossed Salad w/ Carrot, Vinaigrette, Garlic Bread, Cranberry Juice, Italian Ice, Milk</p>	<p>10 Sliced Turkey with Gravy, Baked Sweet Potatoes, Green Beans, Cranberry Sauce, Wheat Bread, Peaches, Milk</p>	<p>11 Vegetarian Soup w/ Crackers, Spinach Quiche, 3-Bean Salad, Wheat Dinner Roll, Grape Juice, Choc. Chip Cookie, Milk</p>
<p>14 Chicken Cordon Bleu, Rice Pilaf, French Green Beans, Croissant, Fruit & Pudding Parfait w/ Topping, Milk</p>	<p>15 Spinach Grandioli Ravioli with Marinara, Parmesan Cheese, Tossed Salad with Cucumbers & Ital. Dressing, Ital. Bread, Fruited Jello, Milk</p>	<p>16 Chicken Gumbo Soup, Crackers, Crab Cake & Tartar Sauce, Swt. Potato Fries, Colesaw, Pumpernickel Bread, Pears, Milk</p>	<p>17 Happy Birthday! Pot Roast with Gravy, Mashed Potato, Zucchini & Yellow Squash, Wheat Dinner Roll, Cranberry Juice, Carrot Cake, Milk</p>	<p>18 Cold Cut Grinder, with Turkey, Ham, Cheese, Shredded Lettuce and Tomato on Grinder Roll, Mustard, Carrot-Raisin Salad, Fruit Cocktail, Milk</p>
<p>21 Hamburger on Wheat Bun, Baked Beans, Carrots, Pineapple Juice, Ice Cream Cup, Milk</p>	<p>22 BBQ Chicken, Macaroni and Cheese, Green Beans, Wheat Dinner Roll, Fresh Fruit, Milk</p>	<p>23 Sweet & Sour Pork, Brown Rice, Oriental Blend, Bread, Mandarin Oranges, Milk</p>	<p>24 Shrimp Bisque, Crackers, Veg. Omelet, Home Fries, Tossed Salad w/ Tomato & French Dressing, Dinner Roll, Melon Slice, Milk</p>	<p>25 Lightly Breaded Fish, Mashed Sweet Potatoes, Peas & Pearl Onions, Herbed Breadstick, Mixed Fruit Juice, Coffee Cake, Milk</p>
<p>28 Italian Wedding Soup w/ Crackers, Chicken Salad Sandwich on Croissant, Cuke and Tomato Salad, Apricots, Milk</p>	<p>29 Turkey a la King Rice, Broccoli, Biscuit, Cranapple Juice, Brownie, Milk</p>	<p>30 Meatloaf w/ Gravy, Mashed Potato, Scandinavian Blend, Pumpernickel Dinner Roll, Orange Juice, Lemon Pudding, Milk</p>	<p>31 Macaroni and Cheese with Salmon, Summer Spring Veg Blend, Wheat Bread, Fresh Fruit, Milk</p>	

TO DO LIST!

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

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July 22nd – August 19th Tuesdays, 1 to 2pm

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 how to send and receive e-mail, playing games, entertaining and setting a reminder of when to take your medications! Bring your iPad & Apple password.

July 24th - Aug. 21st Thursdays, 1 to 2pm

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

E-Bay: and “New” Crag’s List

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. 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.

August 5th – Aug. 19th Tuesdays, 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
Canasta	Tuesdays	1– 4 pm	Knitting Group	Tuesdays & Thursdays	10a-12p
Mah Jong	Thursdays	1– 4 pm	Poker	Wednesdays	1– 4 pm
Crocheting w/ Plastic Bags	Wednesdays	1–3 pm	Walking Club	Mon and Tues.	10:00am

There’s
 LOTS
 to do at the
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