

Trends & Traditions

July 2015

Madison Senior Center

CASH MOB

You may ask, what is a “Cash Mob?” The answer is a group of people, in this case the Madison Senior Center, who assemble at a local business to make purchases. The purpose is to support both the local business and the overall community. This month, “*Elizabeth’s Cafe*” is offering us 10% off! **To participate you must register with the Madison Senior Center. Friday, August 7th, Depart MSC at 11:30am Fee: \$2**

MUSEUM OF THE MONTH

Breakfast at Paul’s Restaurant (on your own) and visit **The Barker Character, Comic & Cartoon Museum** both in Cheshire. The Museum houses the personal collection of **Gloria and Herbert Barker**, an assembling of almost 80,000 items that took over forty years to create. Their collection spans the years from 1873 to the present day. Every generation will find favorite toys on display, and historians can enjoy an unusual glimpse into styles and trends of the past. After touring the museum finish our day with Wentworth Homemade Ice Cream! **Fri., July 17th Depart MSC at 9:30 Bus Fee \$2 Admission to museum paid at the door: \$4**



The Adventurous Culinary Club

Come on a culinary adventure to explore cuisines from around the world and make new friends! Go somewhere new every month, on your own. Prices will vary. This month enjoy lunch at **Angelico’s Lake House** in East Hampton, CT. This is a great summer spot with a view of Lake Pocotopaug! **Friday, July 24th Depart MSC at 11:30am Bus Fee: \$2**

Independence Day Picnic at the Senior Center

Celebrate July 4th with the Senior Center! Enjoy grilled buttermilk chicken, potato salad, macaroni salad, chips, watermelon, and Fourth of July Punch, coffee or tea and a special holiday dessert Entertainment by Vista Voices Choir! Pre-Registration required **Wednesday, July 8th at 11:30am Fee: \$10**



Bike Club – Pedal Pushers

Now forming a leisure bicycle club. Riding is a great way to get out of the house and enjoy a beautiful summer day. This is open to all skill levels. Ideas for enjoyable rides are Hammonasset Beach and Chatfield Hollow. Please call Kristen if you are interested at (203)245-5695.



Organizational meeting: Wednesday, July 1st at 10:30am

The New Café at the Madison Senior Center

Fresh ingredients, innovative menus, welcoming atmosphere, fantastic food at an unbeatable price. The new Café at the Madison Senior Center will be all that and more. We are pleased to announce the Grand Opening of our Café on August 1st and invite you to join us on Wednesday, July 15th for a question and answer session on the program and a meet and greet with the new Café Manager. This is an exciting time to be a member of the Madison Senior Center. We have numerous novel programs, trips, fitness classes and educational seminars for you to enjoy this coming year. Now you not only can participate in our inventive programming you can also enjoy a delicious meal in a beautiful Café setting all in the same location. If you have never been to the Center before, now is the perfect time to step inside and learn about our offerings, engage with fellow seniors and try something new.

Q&A and Meet and Greet

Wednesday, July 15th at 10am in the Senior Center Café
Topics will include: pricing, reservations, menus, future concepts and more. Light refreshments will be served.

New Mohegan Sun Registration Procedure

In order to give Madison residents the first chance to register for Mohegan Sun, we are instituting a new procedure for registration. We will accept the next month’s registration for Madison residents on the Monday, Tuesday and Wednesday following the trip. For example our July trip is on July 10th. Madison residents can begin to register on July 13th, 14th, 15th and nonresidents can register beginning on the 16th for the August trip. I have to be fair to Madison residents and allow them the first opportunity to attend this very popular trip. We welcome nonresidents to participate in any of our programs and sincerely appreciate your patronage and support. We are not increasing the fee and will continue to offer the trip at the amazing price of \$7. Thank you for your understanding, and good luck at the casino!!

Austin Hall

3-D Knee Implant Presentation–

Dr. Aaron Schachter and Dr. Amit Lahav

This is an innovative alternative for those who need a knee replaced. 3-D printing makes it possible for doctors to offer a more personalized solution. Doctors at Orthopedic Health in Milford are the **ONLY ONES IN THE STATE** who are replacing a worn-out knee with a 3-D IMPLANT! This is designed specifically for you like a tailored suit.

Please call to register.

Wednesday, July 22nd at 12:45 FREE



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) 245-5627

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

- Vice-Chairs..... Dr. Gerard Kerins
- Wendy Oberg
- Members..... James Ball
- Craig Bernard
- Mitchell Cohan
- Patricia Melady
- Sheri Puricelli
- Marcy Sanders
- Susan Woodall

*The Senior Commission meets on the second Thursday of the month at the Senior Center.
The next meeting will be
July 9th, 2015 at 5:30pm*

LIAISON TO BOARD OF SELECTMEN.....Diane Stadterman

SENIOR CENTER STAFF

- Director of Senior Services.. Austin Hall
- Asst. Manager Heather Castrilli
- Program Coord Kristen Caramanica
- Secretary: Ellie Gillespie
- Bus Driver: Michael Rand
- Bus Driver: Helen Sneider
- Bus Driver: Dennis Marron
- Bus Driver: Tina Macero

The Wall of Kindness
Special Thanks to
Anne Fink (Movie and Newsletter volunteer)
Adele Campanelli (Singles Group Coordinator)
Tom Lewey (Play/Opera Translations Presenter)

Novice Duplicate Bridge Game



Begin the session with a mini-lesson with the instructor. The games that follow will be “supervised,” meaning that you can ask questions about bidding or plays as you play the hands. It is best to come with a partner, but if you can’t, you can call the instructor, to be paired with someone. No reservations.

Director: Connie Graham 860-505-7833

Friday’s - 12:15- 3:30

Fee: \$6 per session

Summer Drive Around the Connecticut River in Haddam



Visit Hillside Sweet Shop an ice cream and candy shop located in East Haddam and enjoy your treats at the Haddam Landing in the Gazebo!



Monday, July 6th Depart MSC at 12:30

Bus fee: \$2

“Quilts of Joy”
with **Ellen Olson**

If you are someone who can sew, cut or iron or wants to learn how to quilt and contribute your time, join us for “Quilts of Joy.” Volunteer your time to help create beautiful quilts that are being donated to New Horizons Women’s Shelter in Middletown. Please bring scissors, pin cushions (*rotary cutter and board if you have one*) and an excitement for quilting! Please call to register. **FREE**
Meets Tuesdays from 1:15-3:30

BILLIARDS

Next tournament June 8th.
Sign up at Front Desk by June 4th.
The schedule available on June 5th.
Please give us a call if you are interested!

Crochet with Mrs. Wimble



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

Ongoing Activities at the Senior Center

Bridge	Thursdays & Fridays	1 – 4 pm
Canasta	Tuesdays	1 – 4 pm
Crocheting Bags	Wednesdays	1 – 3 pm
Hand & Foot	Fridays	1 – 4 pm
Set Back	Wednesdays	12:45pm
Swedish Weaving	Tuesdays	10am - 1pm
Knitting Group	Tuesdays & Thursdays	10am - 12pm
MSC Mah Jongg	Thursdays	1 – 4 pm
Walking Club	Mondays & Tuesdays	9am

RENT REBATE

Application intake begins Monday, May 18th, 2015

Participants will receive a one-time check in the fall to help offset rental expenses. Participants must submit proof of income for 2014, proof of rental, heating, electric, & water payments made in 2014. Eligible participants are age 65 & over, or disabled & have incurred rental expenses in 2014, in Connecticut. Applications will be accepted for PREVIOUS and NEW Applicants

2014 max. income: single: \$34,600 & couple: \$42,200

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.

NEW GUIDELINES EFFECTIVE MARCH 1st 2015 Monthly Max. Income: Single: \$2,413.26 & Couple: \$3,266.88

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 are disabled and living in senior housing, & participating in another program that has means testing and meets income requirements. Eligible participants receive \$15 in coupons, good at the Madison Farmers' Market. **Coupons should be available beginning July 1st, 2015.** The market is open on the town green on Fridays from 3 to 6pm until the end of October.

Single Maximum Monthly income: \$1,799.17 and Couple: \$2,425.08

SOCIAL SERVICES HELP DAY

Monday July 6th, 2015 10:00am to 3:00pm

Have an issue with DSS or your electric bill? Talk directly with a representative of those agencies. Appointments available for:

- ◆ SNAP (food stamps) Medicare Savings Plan
- ◆ Access Health CT Husky Insurance (Medicaid)
- ◆ Nustart Program (Eversource)

To schedule an appointment please contact Cheryl Church, Clinton's Social Services Coordinator- (860)669-7347

CT Food Bank Truck from 12pm-1pm- No appointment necessary, bring a bag with you! Appointments and Food Bank Truck located at 48 East Main Street parking lot, Clinton, CT 06413

VOLUNTEERS

We are 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. Please contact the Senior Center at (203) 245-5627 to express interest.

MADISON COMMUNITY SERVICES FOOD PANTRY

The food pantry is operated by **Madison Community Services** and available for those residents who need the assistance. The Pantry is located at Orchard Park off Mungertown Rd. and is open on Wednesdays from 11:00 AM – 3:00 PM. **Transportation is available through the Senior Center. Regular Bus Pick up for Concord Meadows will be around 12:30pm.**

Food Pantry Homebound Delivery - If you are unable to leave your home but would like to use the pantry arrangements can be made to have a delivery to your house. Volunteers deliver food from the pantry on Wednesday mornings. A qualifying person will be unable to physically go to the food pantry. Please contact Heather to register for this program.

SNAP PROGRAM (Formerly Food Stamps).

Helps offset food expenses. Money is given to eligible participants monthly, on an EBT debit card to use at local grocery stores. **Monthly Max. Income: Single: \$1,800, Couple: \$2,425.**



CAREGIVER SUPPORT GROUP

Join VNA's Caregiver Support Network expert, Molly Standley for an interactive, confidential support group. Share experiences, discuss ideas and problem-solve with other caregivers. Discuss different options such as: Curative, Palliative or Hospice Care. Discover ways to be mindful in healing from grief. Group meets the 3rd Tuesday of the month.

Tuesday, July 21st, 11am-12pm FREE



THE BIG EVENT!!!

The Madison Senior Center and Madison Youth and Family Services are partnering to bring a **BIG EVENT** to Madison! This community service event will be a day where youth can give back to their fellow Madison residents. This project will provide a rare opportunity for intergenerational collaboration. Seniors will be able to apply for a job request and the youth volunteers, along with adult volunteers, will show up on the day of the Big Event and work on the requested job. These jobs can include but are not limited to: mulching, trimming bushes, washing windows, organizing a garage or storage unit, miscellaneous yardwork, etc. Jobs *CANNOT* require power tools or ladders for liability reasons. Job request forms will be available at the senior center and will be mailed out as well. It is our hope (*weather permitting*) that after the jobs are completed, there could be a celebratory cook out at the senior center where everyone involved with the project will be invited! Please contact the Madison Senior Center for more information or stop in to pick up an application (203-245-5627).

The day of THE BIG EVENT is scheduled for Thursday, August 20th, 2015
Completed applications must be submitted by Wednesday July 1st, 2015

CALLING ALL ARTISTS, CRAFTERS OR JEWELRY MAKERS!!

Looking for enthusiastic, creative and committed individuals to serve as volunteers for our "First Annual Craft Fair Committee" which is being planned for the fall.

Organizational Meeting Date: Thursday, July 9th 10:30am

Mah Jongg Game Play

It's a game of skill, strategy and a certain degree of chance. There are many opportunities to play at MSC, we have open play on the following days:

Wednesdays: 11:30 - 4pm

Thursdays: 1 - 4pm

Fridays: 11:30 - 4pm

All are welcome!



Book Club

Thursday, July 30th

Meets at 1 pm to discuss

"Before I Go"

by: Colleen Oakley

Discussion led by Barbara MacDonald

The Friday Movie Matinee at MSC

All movies begin at 1:00

7/10 "Big Eyes"

7/17 "Boyhood"

7/24 "Manhattan"

7/31 "Chef"

Bingo!

Dessert Bingo with Watrous

Friday, August 7th at 1pm

St. Margaret's Bingo

July 8th, 2015

EVERYONE HAS A STORY!

Roundtable discussion and writing group

Reflect on your life, relive special moments, and begin to come to terms with issues. Exercises will be exciting and help motivate you to write! All attendees should be good listeners, able to maintain confidentiality, and have a willingness to share. **Mondays, 1-2pm Free**

Craft with Kristen

Egg Shell Mosaic
 Start Collecting your used eggshells to create these lovely mosaics. This is a smashing way to turn eggshells into works of art! Pre-Registration is required

Wed., July 29th at 12:45 FREE



BANKER'S LIFE AND CASUALTY

Final Expenses/Survivor's Income Seminar

Topics will include: *Burial vs. Cremation, Survivors Income, Legacy Gift, Education Funds, Wills VS. Trusts, Will Probate Affect your Estate?* What will you need to know to plan ahead and What are your insurance options?

Refreshments will be provided, **Thursday, July 16th at 10:30**

Free

VOLUNTEER CORNER

Madison House Rehabilitation Center is looking for volunteers to visit patients. Knitters are needed to make dignity scarfs (*material and patterns are provided*). Come learn more from Lynda, the volunteer coordinator for the Madison House and see if this is something you would be interested in helping out with.

Tuesday, July 14th at 9:30am

MADISON SENIOR CENTER ART GALLERY

Join the Madison Senior Center as we welcome our latest exhibit by *Vista Art Students*. The show will run from July 6th through August 17th and is open Monday thru Friday from 8:30am-4pm (*other open times can be found by calling the Senior Center at 245-5627*).

The Art Gallery is a rotating gallery with a new local artist every 6 weeks. If you are an artist or know of a local artist with interest in exhibiting, please contact the Senior Center.

LEGAL ASSISTANCEThurs., July 16th 9-10am

Attorneys from Cronan and Shields offer private 15 min. counseling services
Call the MSC for an appointment.



HANDICAPPED PARKING PERMIT APPLICATION

Available in the Senior Center office

NOTARY SERVICES

By appointment only

MEDICARE COUNSELLING

By appointment only

DIAL-A-RIDE

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



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

SENIOR CENTER BUS

Monday - Friday 9am to 3:30pm

A fixed route service to the MSC, downtown, & grocery shopping. Call for a schedule.

MEALS-ON-WHEELS

by The Estuary Council of Seniors (860) 388-1611
 Ext. 207

Meals delivered around noon to the homebound or recently recovering. **Need 5 days notice & a doctor's referral.**

**SENIOR CAFÉ**

Monday through Friday
 at 11:45am

See page 11 for the special July meal plan. If you have more questions call Ellie at (203) 245-5627.

**MEET, MINGLE & MUNCH SOCIAL GROUP**

Do you like to do things, but not alone? At the social club you can join others for activities and fun events. Looking for new members, both men and women, and **new ideas**. Social hour is at **5pm.** at a local restaurant.



*July 9th at
 The Madison Beach Hotel*

TECH SUPPORT

Have an iPad or a smart phone and don't know how to use it? Get all your questions answered for free at the Madison Senior Center. Scranton Library Teen Advisory Group and Madison Youth & Family Services will be offering **free** learning sessions. Teen Volunteers will be available to answer your questions.
Mon. July 6th, 13th, 20th, 27th 4-5pm
Free

*Please register with **Katie Fargo** at the Scranton Memorial Library (203) 245-7365 to receive updates regarding cancellations and changes. This also assists the library to schedule an appropriate number of volunteers.*

MASSAGE THERAPY

Loosen up those tight muscles and get the blood flowing with a twenty minute chair massage. Let an experienced massage therapist help you achieve your wellness goals and feel better in the process. Choose between relaxation techniques or deep tissue massage, incorporating bamboo, or anything in between!

*Licensed Massage Therapist
 Susan Graham*

Offered on 1st and 3rd Friday each month beginning Friday, July 17th. Please call the Senior Center for an appointment. Fee: \$24

CHIROPRACTIC WELLNESS SERIES
A Practical Guide to Eliminating Needless Injuries

Dr. John Mastrobattisto, of *Shoreline Chiropractic* will host a **Lunch & Learn**. Free lunch provided by Dr. John. Registration is required, space is limited., so call soon!

Tues. July 28th at 12:30 FREE**HEART HEALTHY WELLNESS SERIES**

Lisa Holloran, MSPT from Rehab Concepts presents Heart Healthy Exercises. Learn the best ways to keep your heart healthy through exercise and nutrition, as well as the best ways to recover your health safely if you or a loved one has had cardiac surgery or a cardiac episode. Join us to learn more about your heart, and how to take proper care of it for a long, healthy, happy life.

Wednesday, July 22nd, at 10:30

Please call to Register

**HEARING CLINICS**

Nancy Jablonski, from **Audiology Concierge** will be at the Madison Senior Center on the 3rd

Monday of every month, for free hearing testing, hearing aid checks, wax inspection, and listening demonstrations.
By Appointment Only July 20th

Lunch Bunch & Shopping

*please note: lunch is on your own
 Bus fee \$2 minimum of 5 people.*

Monday, July 13th La Luna's Lunch
 for 2 for \$19.95 plus tax, Branford
 Depart MSC at 11:30

Monday, July 27th Back Porch,
 Old Saybrook Depart MSC at 11

"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.**

Exercise With Patty Velleca**CHAIR EXERCISES**

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

**Mondays - 10:30 to 11:30am**July 13th-July 27th

R\$16 | NR\$26

3 classes

Fridays - 10:30 to 11:30amJuly 10th-July 31st

R\$21 | NR\$31

4 classes

SENIORS IN MOTION

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

Wednesdays - 10:30 to 11:30amJuly 8th-July 29th

R\$13 | NR\$23

4 classes

EXERCISE & RELAX YOGA

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

Mondays 9:30-10:30amJuly 13th-July 27th

R\$25/NR\$35

3 classes

Tuesday's 9:30-10:30amJuly 7th-July 28th

R\$34 | NR\$44

4classes

FITNESS & MOVEMENT

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

Wednesdays - 9:00-10:00amJuly 8th-July 29th

R\$17 | NR\$27

4 Classes

Fridays - 9:00-10:00amJuly 10th-July 31st

R\$17 | NR\$27

4 Classes

"NEW" BASIC PILATES

Offering a mat class with Kate Perez. All levels of students are welcome. Class utilizes the classic trainings of Joseph Pilates. Journey through the basic Mat Flow of exercises that teach you how to articulate and elongate the spine, strengthen and tone your core and make that ever important mind body connection to help you achieve balance.

Demo: Wed. Jul. 15th at 12pm FREE

Class dates are:

Wed. Aug. 5th - 26th at 12 noon

(4 weeks)

Fee: R\$29 | NR \$39

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

August 3rd-August 31st (5weeks)

Fee: R\$30 | NR\$40

**No Excuses Tap Dance Club**

Tap dancing is not only great exercise, it's also great for your memory, sequencing skills, large and small motor skills, balance, core muscle work, right and left brain work, a great workout, and fun too! Dancers get together to practice weekly without an instructor.

Instructor Annette Smith will be here on July 16th Fee is \$12.00

Tap shoes & registration required.**Thurs. from 10-11am****FREE****Walkie Talkies**

If you are tired of walking alone and want to meet other walkers. Walk with us weather permitting



Mon. & Tues. at the MSC 9:00 am- new time for the summer!

Wednesday's at 9:00 am

Walking the Madison section of the *Shoreline Greenway Trail*. Starts at Hammonasset State Park. A new parking area is now available just east of the main entrance, on Rte 1.

**Ballroom
Ling Dancing**

Reminisce with songs and dances you love, enjoy the memories they evoke while having fun and getting fit.

Instructor: Karen Pfrommer

Starting again Monday, Sept. 14th**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, 2016.**

5 - Class Pass - R \$40 | NR \$50**10 - Class Pass - R \$80 | NR \$90****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****Ask the Nurse**

The VNA holds a Nurses Clinic on the 2nd and 4th Tuesday monthly. Check your blood pressure, pulse and weight; assess your health and work to set goals. The Nurse can also review your medications and help you to create a medication list, and discuss how to prepare for an appointment with your doctor. **12:30 pm on:**

Tues. July 14th and July 28th**"NEW"****Open Exercise Room**

Get off of the couch and move! Take advantage of our exercise room. Bring music and jump rope or do jumping jacks, walk, stretch, & bring your hand weights. Bring a mat for yoga, rehearse your tap or ballroom line-dance moves. The open exercise room schedules change monthly. Check the newsletter for availability.

Monday's: 12-12:45, 3:15-3:45**Tuesday's: 11-12:45, 2:15-3:45****Wednesday's: 12-4****Thursday's: 9-9:45****Friday's: 12-3:45**



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

Mohegan Sun Friday

Every turn leads to a new adventure. Food vouchers & bet coupons included. **Depart MSC at 9am. See Director's Note on page 1 for new sign up rules.**

Friday, July 10th

Fee:\$7

Foxwoods

Venture to Foxwoods for a fun day on your own, enjoy some gambling or visit the new "Tanger Outlets" at Foxwoods, a short shuttle ride away. You will receive a \$10 Food voucher or free buffet and a \$10 card for slot machines. **Depart MSC at 9am. Depart Foxwoods at 3pm.**

Friday, July 31st

Fee:\$7

South Pacific

Who doesn't love this extraordinary show that includes "Some Enchanted Evening," "Younger Than Springtime," "Bali Ha'i," "There Is Nothin' Like A Dame," and "A Wonderful Guy"? But *South Pacific* is also a deeply felt drama. Its portrayal of Americans stationed in an alien culture during wartime is as relevant today as when it first thrilled audiences back in 1949. The play is based upon two short stories by James A. Michener from his book *Tales of the South Pacific*, which itself was the winner of the Pulitzer Prize for Fiction in 1948. For their adaptation, Rodgers and Hammerstein, along with co-writer Joshua Logan, won the Pulitzer Prize for Drama in 1950.

Ivoryton Playhouse

July 15th

Depart MSC at 1:00

\$38R | \$48NR

Celebrate Italia

Offers a wide variety of American and Italian favorites so that everyone will have a chance to enjoy the celebration. The band, "The Italian Connection," has performed in many prestigious venues such as The Ritz Carlton Hotel, The Four Seasons Hotel, and The World Trade Center. Enjoy Coffee and Donuts, Door Prizes and a Complimentary Beverage. Lunch includes Salad, Pasta with Sausage and Meatballs, Chicken Cacciatore, Vegetables and Dessert. **Depart MSC at 10:00**

The Aqua Turf

Tuesday, July 21st

Fee: \$48

Bobby Rydell *presented by Friendship Tours*

Starring in the hit film "Bye Bye Birdie," and performing on countless TV shows, Bobby has earned a reputation as a classic performer. Not only is he a superb singer, he is an outstanding drummer, dancer and actor. A polished performer at a young age, he was the youngest ever to headline the Copacabana. Bobby performs "Wild One," "Volare," "We Got Love," "Kissin' Time," and "Forget Him." Lunch at the Aqua Turf includes a Garden Salad, Pasta, Chicken Francaise and Baked Salmon with Dill Sauce, Vegetable, Potato, Rolls, Dessert, and Beverage. **Departure Madison Senior Center at 10:00 am**

The Aqua Turf,

Wednesday, August 12th

Fee: \$88R | \$98NR

Historic Philadelphia Overnight

Enjoy a fun-filled 2 days in Philadelphia. Explore Longwood Gardens, at the renowned DuPont Estate. Overnight accommodations at the Holiday Inn Express in midtown Philadelphia. A welcome dinner marks our arrival. On day two ride the Ducks Tour on Philadelphia's only land and water tour! Enjoy Reading Terminal Marketplace for shopping and lunch on your own. Price includes motor coach, hotel, 1 dinner, 1 breakfast, sightseeing and admission as per itinerary, driver and tour guides gratuity. **Depart Time 7:30am \$302 pp Twin/Triple, \$382 pp Single final payment due by July 7th**

Phenomenal Price!!

August 18th-19th

Pacific Northwest and California

Day 1: Overnight stay in Seattle and welcome dinner **Day 2:** Sightseeing tour of the "Emerald City," including waterfront area, historic Pioneers Square, and lively Pike Place Market. Departing Seattle, travel south through Olympia and stop at Mount St. Helens' Visitor Center. Learn about the 1980 eruption of Mount St. Helens. Continue to Portland for a two-night stay at the Hotel Eastland. **Day 3:** Drive along the Mt. Hood route to the Columbia River Gorge for a day of sightseeing. Tour the gorge and the Bonneville Dam, learn about its fascinating hydropower and history. At night, relax on a dining and sightseeing cruise, glide along the Willamette River and Lake Oswego for an unforgettable evening. Enjoy a vibrant setting enhanced by dazzling city lights, festive cuisine, and live performances. **Day 4:** Journey through what was the promised land for many pioneers during the days of the Oregon Trail., the Willamette Valley. Head to the coastal town of Newport and stop along the beautiful coastline and the Oregon Dunes National Recreation Area. **Day 5:** Drive to Bandon State Natural Area and be amazed by the scenery along the striking Beach Loop with sights such as Bandon Rocks and Face Rock. Stop in the picturesque town of Gold Beach. Enter redwood country of California. Travel through Redwood National Park, get close-up to some of the world's largest trees. Arriving in Eureka, enjoy a delightful tour through this historic timber and fishing village and witness the Victorian architecture of Old Town. **Day 6:** Continue through the Redwood Forest and see the "Avenue of the Giants," drive over the Golden Gate Bridge and arrive in the "City by the Bay," San Francisco. Tonight offers exceptional views of San Francisco and the Bay Bridge. **Day 7:** After breakfast discover this amazing city with a sightseeing tour. You will see the Twin Peaks, the Golden Gate Bridge and China Town. Enjoy the rest of your day at leisure to explore on your own. **Day 8:** Your Tour ends, head home. Included in the price: Group transportation from a central location to and from Bradley International Airport, round trip airfare, air taxes and fees/surcharges, hotel transfers, 8 Days & 7 Nights, 10 meals: 6 Breakfasts, 4 dinners. **Not included in price is cancellation waiver insurance, cost of \$205 a person. Double: \$2,799, Single: \$3,449, Triple: \$2,769.**

September 14th-21st

**“On Golden Pond”**

Stage-loft Theater in Sturbridge, MA

Sunday, September 20th

An aging couple, Ethel and Norman Thayer, spend each summer at their home on a lake called Golden Pond. They are visited by daughter, Chelsea with her fiancé and his son. The play explores the often turbulent relationship the young woman shared with her father growing up, and the difficulties faced by a couple in their twilight years of long marriage “*On Golden Pond*.” Pre-Show Lunch at Salem Cross Inn includes house salad, bread basket, baked scrod or roast stuffed chicken breast, vegetable and potato, ice cream cake ball with hot fudge and beverage. **Depart MSC at 8:15am return 6:30pm** **R\$83/NR\$93**

“The Big E Fair” on Connecticut DayWednesday, September 23rd

The “Big E” New England’s greatest fair, is the premier event each fall with nearly one million guests. Located in West Springfield, MA., it’s ranked among the top fairs in the country. The “Big E” encompasses a wide variety of events including: The Storowton Village Museum, shopping, The Avenue of States, agricultural and livestock events, rides, horseshow, lots of food! Price includes transportation, Admission and Driver’s Gratuity. with beach and recreation. Depart time TBA **Fee: \$51**

Oktoberfest Platzl BrauhausTuesday, October 20th

Travel to the Platzl Brauhaus located in Pomona, NY. The fun starts while you enjoy delicious homemade donuts and Danish served with coffee or tea. Later delight in an Oktoberfest dinner including a choice of Roast 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. A wonderful German band and dancers will perform all day! Price includes transportation, festivities, luncheon and driver’s gratuity. **There may be multiple stops Departure TBD.** **Fee: R\$92 NR \$97**

Dancing in the Street

Aqua Turf

Monday, October 26th

Latshaw Pops Orchestra presents *Dancing In The Street*. It’s an unforgettable musical show featuring Doo Wop, Disco, Motown and more! You will be transported through the Fabulous 50’s, the Vibrant 60’s and the Disco 70’s with the Latshaw Pops Orchestra, Singers and Katie Kelly Dancers! Price includes full course family style lunch, show and transportation. Depart MSC at 10 **Fee: R\$65 NR \$75**

“Show Boat”

Westchester Theater

Thursday, November 12th

Travel to Elmsford, NY for a day of entertainment and fun. Enjoy a matinee performance of “*Show Boat*” and lunch at Westchester Broadway Theater. Choice of entrée upon arrival. This wonderful musical follows the lives, loves and losses of a troupe of riverboat performers on the Mississippi, while illuminating the racial and social changes that were shaping the country from 1890-1927. Its timeless score contains some of the most beautiful, emotionally charged songs ever written, including *Old Man River*, *Can’t Help Lovin’ Dat Man*, and *Make Believe*. Tour includes transportation, lunch and show, and driver’s gratuity. There may be multiple stops. **Departure time TBD** **Fee: R\$104 NR \$109**

“Country Diva’s”

Aqua Turf

Tuesday, November 17th

Patsy! Reba! Minnie Pearl! and the one and only Dolly! Three women performing four legends, one great show, unlike any you’ve seen before! Country’s top legends and their # 1 hits portrayed by nationally renowned tribute artists, Wendy T, Holly Faris and Roxanne Bailey. This show is an event, there will be no dancing. Lunch includes: Salad, Pasta, Chicken Florentine, Sliced Roast Beef, Vegetable, Potato, Dessert. Price includes lunch and entertainment. **Depart MSC on 10:00am bus.** **Fee: \$50**

Tropical Costa RicaMarch 14th-March 22nd, 2016

Highlights: San Jose, Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Hanging Bridges, Arenal Volcano, Lake Arenal Cruise, Cano Negro Refuge, Zarcero, National Theatre. Costa Rica has lush forests and stunning waterfalls, exotic wildlife and endless coastlines. Upon arrival, relax and soak up the sights of your new surroundings. Tour San Jose-Doka Coffee Estate-Guanacaste which highlights the history and cultivation of coffee and its importance to the Costa Rican economy. Travel to secluded Monteverde Cloud Forest where you will take a nature walk through this spectacular ecosystem! Visit Selvatura Park, a cloud forest reserve and cruise around Lake-Arenal. Embark on a Cano Negro guided riverboat trip in a panga (covered canoe), stopping along the way to observe and photograph the wildlife that surrounds you. It may include crocodiles, river otters, sloths, river turtles, exotic birds, and rare butterflies— all known to live in the area. Visit Zarcero a well-known topiary garden, and on to Grecia, and the National theatre in San Jose. Leave Costa Rica with fabulous memories! 9 Days, 14 meals: 8 Breakfasts, 1 lunch, 5 dinners. Price includes Group Transportation from the Madison Senior Center to and from JFK International, Round Trip Air from JFK, Air Taxes and Fees/Surcharge, Hotel Transfers. **Not included is Cancellation Waiver and Insurance of \$250 per person.**

Double \$2,479, Single \$3,029, Triple \$2,449 Must book by 9/7/15 for discounted rate, rates increase \$100 pp after 9/14/15. A deposit of \$250pp is due upon reservation. Upgrade your rate to First Class with an additional rate of Business class for \$1,290 more.



As we transition to our new Café Service, we have partnered with M&J Beach Grille and Seafood located at the Surf Club for the month of July. Monday thru Friday we will dine at the Surf Club and the fare will be provided by M&J Beach Grille. The price per lunch will be \$4.00 and can be paid in cash the day of the lunch. We will need to know if you plan to attend the lunch by noon the day before. Please call us at 203-245-5627 to make your reservation.

Your choice of one of the following:

- Hummel Hot Dog
- Grilled cheese with tomato
- Tuna Salad with lettuce and tomato
- Chicken Salad with lettuce and tomato
- Sliced Turkey Sandwich with lettuce and tomato



Sandwiches will be served on your choice of white or whole wheat bread. Each lunch will include a salad and coffee or tea.

Thank you for your patients during our transition and I am sure you will enjoy the Surf Club and the lunch provided by M&J.

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AARP DRIVER SAFETY CLASS

A refresher course aimed at the age 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 8th • Aug. 12th • Sept. 9th
Oct. 14th & Nov. 11th

Instructor: Cliff McGuire

Fee: AARP Member \$15
Non-Member \$20

Checks made payable to AARP

Computer Seminar Help Sessions, Two to Three Hours Long

These short courses will introduce and expand your knowledge of their subjects. They are designed for new and beginning users. Bring your own laptop or tablet (if available) in lieu of using the Center's computers. Classes will be available Tues 9am-4pm, Wed. 1pm-4pm or Thurs. 1pm-4pm. Contact us to arrange a time. Registration minimum is 2 people. **The fee is \$12/per session**

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Save money, save time. shop dozens of stores from the comfort of your home. Get the best price, compare items, read reviews, locate that hard to find item. Have your grand child's gift delivered right to his door. From food, to automobiles, to travel to anything and everything. One purchase will pay for this registration fee.

EMAIL

Learn the email basics. What is an email address? How do I write and send an email? What do I do when I get an email? How do I send a picture to my friends? Can I print that picture my son sent me? How do I make and use an address book or contact list? **Registration**

THE INTERNET

Learn the basics of the Internet. Use the Internet for research, to study a topic, to read the daily news from all over the world, to visit museums online, to watch movies and listen to music. Learn how to effectively search the Internet. You will leave this session knowing how to do search and being prepared to do much more.

FACEBOOK AND SOCIAL MEDIA

Are you interested in Facebook and other forms of social media – Instagram, Twitter, LinkedIn, etc. Learn how to get started and connect with grandchildren, old friends, or even network about health issues through social media.

Computer Basics For Beginners

For those relatively new to computers. Learn the basics terminology, components etc. what can be done with a computer. If you have your own laptop or tablet, feel free to bring it with you.

Weds., July 1st-July 22nd 10 to 11am (4 classes)
Fee: R \$34 | NR \$44

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, and entertaining. Bring your iPad & Apple password.

Weds., July 22– August 12th 1:00pm (4 classes)
Fee: R \$34 | NR \$44

E-Bay: and “New” Craig’s List

Open E-bay & PayPal accounts online, search and bid on an item, pay and complete the transaction, and find the best deal. Become an eBay seller, what it costs, how to price your items, take and upload a picture, complete the sale. Bring a camera, charged battery, & a pad and pencil. Classes are 2 hours. If you have your own laptop, please bring it with you.

Thurs., July 9th-July 23rd 10-12pm (3 classes)
Fee: R \$42 | NR \$52

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

Open Lab: computers available for personal use when classes are not in session from 9am-4pm. Free