



# The Depot Express

## MADISON SENIOR SERVICES NEWSLETTER



DEPOT MEETING CENTER  
9 OLD ROUTE 79  
MADISON, CT 06443

### June 2010

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

OFFICE: 245-5627

FAX: 318-0670 MUNICIPAL AGENT: 245-5687

CAFE SITE: 245-5686

#### SENIOR COMMISSION

##### CHAIR

Patricia Melady

##### VICE-CHAIR

Maureen Lopes

##### MEMBERS:

Elizabeth Booth

Robert Hale

Gerard Kerins

Leslie Marcarelli-Naizby

Barry Miller

Wendy Oberg

Marcy Sanders

##### Liaison to the Board of Selectmen:

Noreen Kokoruda

##### STAFF

David Melillo

Katherine DeBurra

Gina Millan

Heather Castrilli

Carrie Gazda

##### BUS DRIVERS

Pat Cocchiaro

Patricia Connelly

Michael Rand

Helen Sneider

Carolyn Tenedine

##### EXERCISE INSTRUCTOR

Patricia Velleca

##### CAFÉ MANAGER

Joan Waldron

##### Senior Recreation Advisory Group...

We need your ideas for 2010!

Meets 4 times a year! Next Meeting:

Wednesday-August 4, 2010!

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

Be the first to share your ideas!

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

##### TOWN WEB PAGE

[www.madisonct.org](http://www.madisonct.org)

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



#### Madison Senior Services Commission

Meetings are held on the third Thursday of the month. Next meeting:  
June 17, 2010 @ 5:30 PM in the Upper Level of the Depot.

#### “MEET MADISON”

The Senior Center hosts a monthly program w/a local Madison individual to speak @ lunch in the Senior Café!  
Meet Christopher Bernier; EMS Director of Madison Ambulance on Friday, June 4, 2010. Chris brings us valuable information on the “File of Life”! (Order lunch w/Joan by Noon on Thursday-6/3/10! 203-245-5686.)



#### STRAWBERRY FEST w/the Guilford Seniors!

Wednesday, June 16, 2010.

Join our neighbors @ Jacob’s Beach. Start w/choice of clam chowder OR tomato soup, followed by hot dogs, hamburgers, salads, etc. SHORTCAKE FOR DESSERT!

Entertainment, and a fun round of “minute to win it”! (new TV program!)

If the weather does not look good; Event @ Guilford Community Center. \$5.00.

#### MUSEUM OF THE MONTH-THE SCHOOLHOUSE

Friday, June 25, 2010.

Tucked away in Wilton's quaint Cannondale Village overlooking the babbling Norwalk River! A restaurant is located inside the schoolhouse built just after the civil war in 1872. The completely renovated and stylish interior reflects the elegant and thoughtful cuisine of Chef Tim LaBant whose focus is on searching out the finest ingredients from both local CT farms and exceptionally passionate farmers from around the nation. The daily menu starts with fresh, organic, seasonal and whenever possible, local ingredients. The menu is limited and changes often evolving with the seasons. Items are priced accordingly but the experience is inspirational and sure to please and well worth saving for!

Leave Depot @ 10:00 AM. Bus Fee-\$5.00. Lunch on your own!

See trip details on page 7.



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

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

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

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

#### TRANSPORTATION OPTIONS ON PG. 2

Dial-a-Ride is testing a new schedule with expanded hours to accommodate requests! Please call to see if we can get you where you need to go!  
203-245-5695 ! (48 hours notice please!)

## MUNICIPAL INFORMATION

Please **Contact Heather @ 245-5687** OR [castrillih@madisonct.org](mailto:castrillih@madisonct.org) for more information...

### RENT REBATE REMINDERS

Clients, who are planning to file for the Rent Rebate Program in 2010, please contact your electric company to ask for a statement showing proof of payments made in 2009. Drop off a copy w/Heather, for filing.

### FOOD STAMPS

Eligible participants are given a set amount of money on an EBT debit card each month to use at local grocery stores.

Monthly income guidelines: Single: \$1,671, Couple: \$2,248. There is no asset limit.

**Contact Heather for assistance with filling out an application @ 245-5687.**

### FOOD PANTRY

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

It is located in the back of the First Congregational Church on the Town Green. The food pantry is open Wednesdays;

11:00 AM-3:00 PM. **For transportation, please call Dial-a-Ride @ 245-5695.** 48 hours notice required.

Donations to the food pantry are welcome. Please contact Community Services @ 245-3031.

### ANGEL FOOD MINISTRY

In these tight economic times, we all could use a little help in making ends meet! Bethel Assembly of God Church (246 Boston Street, Guilford) has a program that can help lower your food costs. Angel Food Ministry allows one to preorder food & receive substantial savings (due to the bulk purchasing & volunteer efforts.). For more information, you can visit their website: <http://www.guilfordbethel.org/AngelFoodInfo.htm>. Anyone may take advantage of this resource.

### TRANSPORTATION OPTIONS

**48 HOURS NOTICE REQUIRED!**

**PRE-REGISTRATION REQUIRED!**

Madison residents, age 60 or older & disabled residents have transportation service options including the fixed route Madison Senior Bus, Dial-a-Ride & Madison Community Services; Medical Transportation Program. Madison residents may call the Depot, **245-5627** to be mailed a flyer for the programs or use our website to read the information.

#### VIA SENIOR BUS-245-5627

Fixed routes to the senior center, downtown, special events, hot lunch program & Thursday grocery shopping.

See enclosed monthly calendar for route schedule.

#### DIAL-A-RIDE-245-5695

Operation of Dial-a-Ride is a public transportation service designed to meet the transportation needs of the elderly & disabled. Rides may be used in a 14 town region for medical, shopping, personal business & work.

#### COMMUNITY SERVICES-245-3031

Medical Appointment Transportation.

(local & surrounding areas)

**7 DAYS NOTICE REQUIRED!**

#### SHORELINE SHUTTLE

ESTUARY TRANSIT DISTRICT ROUTE

Route includes pickup @ the Depot & return Monday-Friday.

Call **(860) 510-0429** to make pick-up arrangements.

**Pre-registration required.**

This 9-Town Transit Bus (Madison to Old Saybrook) connects with the Dattco Bus to New Haven

@ the Scranton Parking Lot. **TTY 1-800-842-9710.**

#### Medicare Monday

The 1<sup>st</sup> Monday of the month, Carlos Maynard volunteers to answer questions about Medicare **by appointment.**

**Call Heather to set up an appointment @ 245-5687.**

#### Elder Law & Legal Assistance for Medicare Patients

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

#### ConnPACE

The filing period for new clients is Nov. 15<sup>th</sup> to Dec. 31<sup>st</sup> annually. The annual registration fee is \$45. ConnPACE will not cover Rx's not on your Med. D formulary and will only cover premiums of benchmark Med D plans. If you earn less than \$1353-single & \$1821-couple; you will be placed on the low-income subsidy program instead of ConnPACE and qualify for lower co-pays for your Rx's.

**New Simplified Process to attain...**

#### Handicapped Parking Permit . . .

New application form from the DMV available on the [www.ct.gov/dmv.org](http://www.ct.gov/dmv.org) or in the Depot office. The form is now a one-page document that can be faxed by your doctor's office to the DMV expediting the process.

#### Notary Services @ the Depot by Appointment:

Heather Castrilli, Katherine DeBurra & Gina Millan.

Call the Depot for an appointment.

#### Meals-On-Wheels

Hot meals are delivered @ noontime to the homebound or just recently out of the hospital & recovering. please call (860) 388-1611; Ext. 207 **Requires 4-5 days notice.**

#### Meals On Wheels Volunteer Drivers:

The Town of Madison will reimburse drivers 32.5 cents per mile.

# MADISON SENIOR SERVICES CALENDAR

**JUNE 2010 (REGISTRATION OPENS 6/1/10) - Pre-Registration required for ALL events!**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Registration Opens! 1</b>	<b>“Meet the <u>NEIGHBORS!</u>” 2</b>	<b>Health Seminar! 3</b>	<b>Meet Madison! 4</b>
<b>REFUND REQUESTS WILL BE ISSUED ONLY IF A SEAT CAN BE FILLED FROM THE WAIT LIST!</b>	9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play 1:30 PM Art Class <b>5:00 PM Bocce for fun!</b> Bring a bag supper – enjoy some new friends & exercise!	9:00 AM Fit & Mov 10:15 AM Srs/Mo <b>12:00 PM LUNCH Luncheon Talk, w/meet the new “neighbors” Essex Savings Bank!</b> 1:00 PM Dessert Bingo w/Wendy from Watrous!	9:00 AM – 3:00 PM Grocery Shopping 9:30 AM Bocce 10:30 AM “BIGGEST LOSER” @ Canoe Brook! 12:00 PM LUNCH 1:00 Cards & Mah Jongg <b>1:30 PM “Quilts for a Cause!”</b>	9:00 AM Fit & Mov 10:30 AM ChairErcise <b>12:00 PM LUNCH w/Meet Madison! Christopher Bernier; EMS Director of Madison Ambulance! Update your “File of Life”!</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>Health Seminar! 10</b>	<b>11</b>
9:00 AM Fit & Mov 10:30 AM ChairErcise 12:00 PM LUNCH <b>12:30 PM Kohl’s Shopping</b> 	9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play 1:30 PM Art Class <b>5:00 PM Bocce for fun!</b>	9:00 AM Fit & Mov 10:15 AM Srs/Mo 12:00 PM LUNCH <b>12:00 Noon ST. MARGARET’S Life Saving Screenings @ Madison House Care &amp; Rehabilitation! Pre-registration required! Call 1-800-679-5192!</b>	9:00 AM – 3:00 PM Grocery Shopping 9:30 AM Bocce 10:30 AM Healing In Motion @ Evergreen Woods! 12:00 PM LUNCH 1:00 Cards & Mah Jongg <b>1:30 PM “Quilts for a Cause!”</b>	9:00 AM Fit & Mov 10:30 AM ChairErcise 12:00 PM LUNCH <b>1:00 PM Bishops It is time for NATIVE strawberries!</b> 
<b>Flag Day! 14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
9:00 AM Fit & Mov 10:30 AM ChairErcise <b>11:30 AM Leave Depot for Flag Day Celebration @ the Gables! Enjoy a wonderful lunch &amp; listen to Vinnie Carr salute America!</b> 12:00 PM LUNCH 12:30 PM Blood Pressure	9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play 1:30 PM Art Class <b>5:00 PM Bocce for fun!</b>	9:00 AM Fit & Mov 10:15 AM Srs/Mo 12:00 PM LUNCH <b>Leave Depot @ 11:30 AM Strawberry Shortcake @ Jacob’s Beach w/the Guilford Seniors! Delicious shortcake, music and raffles! \$5.00.</b>	<b>9-10 AM LEGAL ASSISTANCE by Appt.</b> 9:00 AM – 3:00 PM Grocery Shopping 9:30 AM Bocce <b>12:00 PM LUNCH to honor Father’s Day!</b> 1:00 Cards & Mah Jongg <b>1:30 PM “Quilts for a Cause!”</b> 5:30 PM MSCC	9:00 AM Fit & Mov <b>Leave Depot @ 9:00 AM for Senior Living Expo in Windham! A FAVORITE REPEAT VISIT! \$5.00 Bus Fee!</b> 10:30 AM ChairErcise 12:00 PM LUNCH
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>Museum of the Month! 25</b>
9:00 AM Fit & Mov 10:30 AM ChairErcise <b>Leave Depot 11:30 AM for celebrate the 1<sup>st</sup> day of summer @ the Surf Club!</b> <b>12:00 PM LUNCH w/box lunch!</b> <b>6:00 PM “Shoreline Sociables!” Join this fun group of just retirees for a picnic supper!</b>	9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play 1:30 PM Art Class <b>5:00 PM Bocce for fun!</b>	9:00 AM Fit & Mov 10:15 AM Srs/Mo 12:00 PM LUNCH <b>Leave Depot 1:00 PM ARSENIC &amp; OLD LACE @ the Ivoryton!</b> <b>Order lunch w/Joan and leave from the Depot @ 1:00 PM!</b>	9:00 AM – 3:00 PM Grocery Shopping 9:30 AM Bocce <b>12:00 PM LUNCH w/June Birthdays... Lunch Program!</b> 1:00 Cards & Mah Jongg <b>1:30 PM “Quilts for a Cause!”</b>	9:00 AM Fit & Mov <b>10:00 AM Lunch @ the Schoolhouse in Wilton!</b> <b>Award winning restaurant experience! \$5.00 bus fee!</b> 10:30 AM ChairErcise 12:00 PM LUNCH
<b>28</b>	<b>29</b>	<b>30</b>		
9:00 AM Fit & Mov 10:30 AM ChairErcise 12:00 PM LUNCH 12:45 PM Blood Pressure <b>1:00 PM Shopping @ the Guilford Plaza! Raindate for “Shoreline Sociables!” (6:00 PM)</b>	9:00 AM Bus/Town 12:00 PM LUNCH 1:00 PM Bus/Town 1:00 PM Card Play <b>1:30 PM Art Class Last day of Art class this year! See you in September! Thank you Muriel &amp; artists!</b> <b>5:00 PM Bocce for fun!</b>	9:00 AM Fit & Mov 10:15 AM Srs/Mo <b>Leave Depot @ 10:30 AM The RIVERHOUSE in Haddam w/John Timpanelli!</b> <b>12:00 PM LUNCH w/special Strawberry Shortcake &amp; Topping!</b>	<b>The Building Committee has worked tirelessly on the “New Senior Center Project”!</b> <b>SAVE THE DATE!... GROUNDBREAKING “CEREMONY”</b> <b>Please watch for announcements to gather together, stopping by the project and wishing them well on a date to be determined!</b>	

# SENIOR COMMUNITY CAFÉ

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

<b>Please remember to call to order lunch by 12:00 Noon the previous day!</b>	<p style="text-align: center;">1</p> Roast Pork w/Applesauce & Gravy Buttered Beets Cut Green Beans Apricot Halves	<p style="text-align: center;">2</p> Chicken Stir Fry Fluffy Rice California Blend Veg. Oatmeal Raisin Cookie	<p style="text-align: center;">3</p> Eggplant Rollatini w/Marinara Sauce Tossed Salad Seasonal Fresh Fruit	<p style="text-align: center;"><b>LUCKY LUNCH</b> 4</p> Creamy Carrot Soup Crunch Fish Whipped Potatoes Mixed Veg. Fruit Cocktail
<p style="text-align: center;">7</p> Roast Chicken ¼ Red Roasted Potatoes Mixed Veg. Fruit Cocktail	<p style="text-align: center;">8</p> Angus Burger Tossed Salad Corn Sliced Pears	<p style="text-align: center;">9</p> Salisbury Steak w/Gravy Whipped Potatoes Peas & Mushroom Sliced Peaches <b>12:00 PM St. Margaret's Bingo Program</b>	<p style="text-align: center;">10</p> Spaghetti & Meatballs Tossed Salad Tapioca Pudding w/Topping	<p style="text-align: center;"><b>LUCKY LUNCH</b> 11</p> Cream of Broccoli Soup Confetti Veg. Cheese Quiche Green Beans Corn Sliced Peaches
<p style="text-align: center;">14</p> Fried Chicken Macaroni & Cheese Tossed Salad Sliced Peaches  <b>12:45 PM Blood Pressure w/the VNA</b>	<p style="text-align: center;">15</p> Swedish Meatballs Buttered Noodles Buttered Beets Pineapple Tidbits	<p style="text-align: center;">16</p> Vegetarian Veg. Soup Beef Kielbasa Sauerkraut Parsley Potatoes Seasonal Fresh Fruit	<p style="text-align: center;"><b>Father's Day</b> 17</p> Roast Turkey & Stuffing w/Gravy Cranberry Sauce Peas & Mushrooms Black Forest Cake	<p style="text-align: center;"><b>LUCKY LUNCH</b> 18</p> White Fish Buttered Squash/Potato Mixed Veg. Fruit Cocktail
<p style="text-align: center;">21</p> <b>Box Lunch @ the Surf Club!</b>  (No lunch program in the Senior Café.)	<p style="text-align: center;">22</p> Beef Barley Soup Sausage & Peppers Oven Fried Potatoes Belgian Carrots Mandarin Orange	<p style="text-align: center;">23</p> Veal Roulade w/Gravy Rice Mixed Veg. Seasonal Fresh Fruit	<p style="text-align: center;"><b>Birthdays Cake Day</b> 24</p> Roast Beef Au Jus Butternut Squash California Blend Veg. Birthday Cake	<p style="text-align: center;"><b>LUCKY LUNCH</b> 25</p> Cavatelli w/Sauce Zucchini Tossed Salad Sliced Pears
<p style="text-align: center;">28</p> Italian Wedding Soup BBQ Chicken ¼ California Blend Veg. Cut Green Beans Fruited Jell-O w/Topping <b>12:45 PM Blood Pressure w/the VNA</b>	<p style="text-align: center;">29</p> Philly Steak & Cheese Potato Puffs Stewed Tomatoes Seasonal Fresh Fruit	<p style="text-align: center;">30</p> Baked Ham Sweet Potato Collard Greens <b>Strawberry Shortcake w/Topping!</b>  	All meals include Bread & Butter, Milk, Coffee & Tea. All Soups come with Unsalted Crackers. All Soups, Entrees, Gravies, Sauces, Salad Dressings & Desserts are Low Fat, Low Sodium.	

**HAPPY BIRTHDAY TO ALL THE JUNE BIRTHDAYS!**

**Celebrate with us on Birthday Cake Day!**

**Please let Joan know early that your birthday is in the month of JUNE!  
Join us on Birthdays Cake Day and receive a special surprise to celebrate your day!  
(Attendance required on Birthdays Cake Day!) This month; June 24, 2010.**

**Happy Father's Day!  
Sunday, June 20, 2010!**

**Join us for lunch on Thursday, June 17, 2010 to celebrate and honor Fathers!**

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

Thank you for your cooperation.

**FITNESS & MOVEMENT**

**SESSION DATES:**

**9:00 – 10:00 AM Depot, LL**  
**Monday, Wednesday & Friday.**  
**Class Fees-Monday-\$30,**  
**Wednesday-\$30, Friday-\$30.**



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

**Thanks to al those who participated in National Health & Fitness Day- Wednesday, May 28, 2010.**

**SENIORS-IN-MOTION**

**10:15 – 11:15 AM, Depot, UL**  
**Wednesday.**  
**\$30.00 Class Fee.**



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

**CHAIR EXERCISE CLASS**

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

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

**EXERCISE & RELAX**

**w/HATHA YOGA w/Pat Velleca.**  
**Tuesday & Thursday**  
**@ Memorial Town Hall. \$68.00 Class Fee.**

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

**ART 101 – Tuesdays, 1:30 – 3:30 PM**  
**Registration Fee: \$5.00. Last Class June 29<sup>th</sup>.**

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

**BINGO**

**St. Margaret’s Bingo...**  
**Wednesday, June 9, 2010.**

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

**CARD PLAYING**

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

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

**QUILTING**

**Looking for new members!**  
**Pre-register in the Depot.**



**Attention Quilters - Looking for new members!**  
**Call to express interest.** A great space to work!  
 Call to ask about dates for use of space.  
**Quilts for a CAUSE!-Have you added your name to our list?**

***MONTHLY SERVICES AT THE DEPOT. . .***

<p><b>MEDICARE COUNSELING ...</b>  <b>Unbiased information &amp; assistance on Medicare, supplemental insurance, &amp; Medicaid.</b></p>	<p><b>Carlos A. Maynard volunteers to assists Madison residents w/Medicare questions.</b>  <b>“Medicare Monday” 9:00 to 11:00, <u>by appointment.</u></b>  <b>1<sup>st</sup> Monday of the month. Call Heather @ 245-5687 to schedule an appointment.</b></p>
<p><b>BLOOD PRESSURE CHECK</b>  <b>12:45 PM @ the Depot.</b>  <b>June 14 &amp; 28, 2010</b></p>	<p>Service provided by VNA Services. BP Clinics held the 2<sup>nd</sup> &amp; 4<sup>th</sup> Monday of the month @ the Depot. You may also have your BP checked the 1<sup>st</sup> &amp; 3<sup>rd</sup> Tuesday of the month from 8:30-10:30 AM @ the Strong House.  <b>Blood Pressure Monitor also available for use in office. Just ask!</b></p>
<p><b>LEGAL ASSISTANCE, 3<sup>RD</sup> Thursday</b>  <b>Monthly, Next date: June 17, 2010.</b>  <b>9:00 – 10:00 AM.</b>  <b><u>By appointment only!</u></b></p>	<p>Attorneys Thomas Cronan, Michael Sweeney &amp; Timothy Shields offer counseling services on a one-on-one basis. <u>Appointments Required.</u>  <b>Call the Depot 245-5627 to make an appointment.</b>  <b>Thank you to our legal team for their monthly assistance!</b></p>



### **AARP DRIVING SAFETY PROGRAM COURSES 2010**

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

**Classes held @ Guilford Community Center: June 9-10, 1:00-5:00 PM.**

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

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

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

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

**AARP also offers an online course @ [www.aarp.org/drive](http://www.aarp.org/drive)**

### **Looking for AARP VOLUNTEERS FOR SAFE DRIVING INSTRUCTORS!**

Safe driving is a classroom program, designed to help keep seniors driving safely for as long as possible. The program refreshes driving skills. Participants are entitled by law to get a 5% discount on the liability portion of their auto insurance. You will be fully trained to prepare you for your role as a DSP Instructor. You receive reimbursement for mileage and approved out of pocket expenses for each class you teach. To volunteer or to obtain additional information, contact Cliff @ [cwmcguire1@comcast.net](mailto:cwmcguire1@comcast.net)

### **ART CLASSES New Members Welcome!**

Tuesdays, 1:30 – 3:30 PM-Registration Fee: \$5.00.

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

Classes are held in the lower level of the Depot. **Last day of this year's session-June 29<sup>th</sup>!**

### **MEN'S SENIOR SOFTBALL**

Games every Tuesday & Thursday morning @ Surf Club.

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

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

### **SENIOR GOLF-Women or Men-ages 55 & up.**

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

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

### **LINE DANCING AT MEMORIAL TOWN HALL**

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

Pre-register @ the Depot or Beach & Recreation Department. New session begins in September!

### **SHORELINE INSTITUTE OF LIFELONG LEARNING**

This exciting program will offers meaningful intellectual programs to retired & semi-retired citizens of Guilford & Madison, who share a love of learning! The brochure is out and the session is full of interesting courses!

Become a member of this great program!

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

**Sign in at the office. Looking for some volunteers to help coordinate effort with; [Elderwisdomcircle.org](http://Elderwisdomcircle.org)**

### **SUMMER READING!**

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

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

**Thank you, to our thoughtful DONOR!**

**March into May! - Continues to share seminars (read list below...) to help us all stay healthy!**

**Thank you to Evergreen Woods, especially Austin Hall for hosting the great event to**

**Celebrate National Health & Fitness Day, on Wednesday, May 26, 2010!**

***"TOOLS TO USE TO BECOME THE "BIGGEST LOSER" IN YOUR WEIGHT LOSS PLAN!" @***

***Canoe Brook in Branford, Thursday, June 3, 2010 @ 10:30 AM!***

***"HEALING IN MOTION!" (decrease back pain) @ Evergreen Woods, Thursday, June 10, 2010 @ 10:30 AM!***

***"3 SOLUTIONS TO BETTER HEALTH!" @ the Guilford Community Center, Thursday, July 8, 2010 @ 10:30 AM!***

**Call or stop by the senior center to inquire about other programs and transportation with Dial-a-Ride!**

## **PROGRAMS & TRIPS**

**Check the Monthly Calendar for daily events & trips!...**

**AND PLEASE REMEMBER TO PRE-REGISTER for ALL EVENTS & PROGRAMS  
TO AVOID CANCELLING PROGRAMS!**

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

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

## **BOCCE**

**Thursdays -9:30 AM @ the Surf Club!**

**Enjoy the beautiful Surf Club while getting some exercise! Great news!**

**With the large of amount of seniors who have signed up for Bocce, the Town departments have met  
w/Scot Erskine and have another court completed for this Bocce season!**

**Call the Depot to let us know if you are interested in playing this year!**

**Substitute players are always needed to fill vacancies!**

**Many subs played every week last year and meet lots of great folks!**

**\$10.00 includes end of season picnic!**

**Tuesday evenings' Bocce players meet to practice!**

**Bring a bag supper; meet friends and enjoy the beauty in our very own backyard!**

## **ARSENIC AND OLD LACE @ the IVORYTON!**

**Wednesday, June 23, 2010.**

A delightful evening of murder and mayhem with the eccentric aunts, crazy nephews and bodies in the basement!

Leave Depot @ 1:00 PM for a 2:00 PM performance. Join us for lunch in the Senior Café @ 12:00 Noon!

Call Joan @ 203-245-5686 to order lunch by Monday, 6/21! **\$30.00.**

## **SCHOOLHOUSE (MUSEUM OF THE MONTH!) and wonderful LUNCH!**

**Friday, June 25, 2010.**

Tucked away in Wilton's quaint Cannondale Village overlooking the babbling Norwalk River, the restaurant is located inside a schoolhouse built just after the civil war in 1872. The completely renovated and stylish interior reflects the elegant and thoughtful cuisine of Chef Tim LaBant whose focus is on searching out the finest ingredients from both local CT farms and exceptionally passionate farmers from around the nation. The daily menu starts with fresh, organic, seasonal and whenever possible, local ingredients. The menu is limited and changes often evolving with the seasons. Items are priced accordingly but the experience is inspirational and sure to please and well worth saving for!

Please stop by the Depot to view a sample menu or check the website; [schoolhouseatcannondale.com](http://schoolhouseatcannondale.com)

**Leave Depot @ 10:00 AM. Bus Fee-\$5.00. Lunch on your own!**

## **THE RIVERHOUSE in Haddam!**

**Wednesday, June 30, 2010.**

Nestled on a secluded ridge atop the banks of the CT River, this brand new state of the art banquet center sets the stage for a delightful summer afternoon! The majestic ballroom w/dramatic vaulted ceiling & 2-story atrium entrance offers river views overlooking the Goodspeed & Haddam Bridge to create a wonderful setting! The versatile entertainer, John Timpanelli will have the audience singing along one minute and switching gears to hilarious comedy the next...a great talent! Enjoy a wonderful meal w/garden salad, rolls, chicken marsala OR salmon w/pineapple salsa, veg. potato, chocolate mousse "martini" & iced tea & lemonade in carafes on the table.

Leave Depot @ 10:30. **\$55.00.**

## **The "Wall of Information"**

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

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

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



**DATED MATERIAL  
PLEASE DELIVER PROMPTLY**

**WE NEED YOUR INPUT! Call the Depot OR place a suggestion in the suggestion box!**

**Be the first to share your ideas! Activities, Seminars, Interest Groups!**

**All ideas appreciated!**

**SAVE THE DATE! Life Saving Screenings in our Community!**

**Wednesday, June 9, 2010 @ Madison House Care and Rehabilitation!**

**Life-Line Screenings for Stroke/Carotid Artery, Heart Rhythm, Abdominal Aortic Aneurysm, Peripheral Arterial Disease and Osteoporosis Screenings will be conducted @ Madison House Care and Rehabilitation! Coordinate transportation with the Senior Center (Dial-a-Ride) to get these important health screenings completed! Pre-registration is required. Cost for screenings.**

**Happy Father's Day!**

**Sunday, June 20, 2010! Join us for lunch on Thursday, June 17, 2010 to celebrate!**

**Looking for BRIDGE players on Thursday afternoons! Call the Depot for details!**



**REGISTRATION OPENS; June 1, 2010!**

**Thank you for your cooperation!**