

# Trends & Traditions

June 2012

Madison Senior Center News and Activities

## KICK-OFF THE SUMMER PARTY FEATURING LIVE ENTERTAINMENT BY BRIAN GILLE on June 27th

Join us for an afternoon at the Senior Center as we kick-off the summer with an ice cream social and live entertainment. Come cool down from the summer heat and make your own sundae.



The ice cream social starts at 1:00pm.  
Entertainment starts at 1:30pm.  
Fee: \$5.00  
Must pre-register by June 18, 2012 to participate.

## MADISON AMBULANCE ASSOCIATION SEMINAR

Can the ambulance find your house? Chris Bernier of the Madison Ambulance Association will share helpful tips to ensure that in the event of an emergency, the ambulance can spot your house. In addition, he will share information on how the billing procedures work. He will also provide information on the File of Life. This is a great way to ensure all your emergency contact and medical information are in the same location.

Wednesday June 6, 2012, 1:00pm  
Senior Center Café  
Pre-Registration is not required, but is suggested.



## OUT-OF-TOWN SHOPPING



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

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

Monday June 4 - Guilford (Walmart Shopping Center and Bishops Orchards)  
Thursday June 21 - Branford (Kohl's Shopping Plaza and Downtown Branford)

## COMPUTER BASICS



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

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

Tuesday - 1:00p to 2:00p

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

Thursdays - 1:00p to 2:00p

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

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

Instructor: Robert Hartz

Computer Lab

## Medicare & Planning for Healthcare Costs in Retirement

Presented by AG Wealth Management Group

Understand basic Medicare coverage and the various supplemental health care option available to maximize healthcare coverage in retirement. Learn how to account for healthcare costs, including those not covered by Medicare.

June 28, 2012 at 12:30pm in the Senior Center Café  
PRE-REGISTRATION REQUIRED

## Miss Martha's Bake Shoppe Fourth of July Cookies!

July 4th is just around the corner! Join Miss Martha and celebrate with some yummy Sugar Cookies. We'll be making cut-out Sugar Cookies and decorating them with red, white, and blue. Perfect for your July 4th celebration!

Monday June 25, 2012 - Senior Center Kitchen  
1:45p to 3:45p - Fee: \$3.00

Pre-registration is required - Max: 8 people



## Exercise For Seniors Seminar PRESENTED BY PHYSIOTHERAPY ASSOCIATES

Join us as Kevin Russell, PT, MSPT from Physiotherapy Associates will go over the importance of exercise and activity as we age. He will also demonstrate easy to follow programs that anyone can do.

Tuesday June 12, 2012 at 12:30pm. Please call the Madison Senior Center to pre-register for this seminar.

## 2 General Information/Municipal Agent For The Elderly Information



### MADISON SENIOR CENTER

29 Bradley Road, Madison, CT 06443

**PHONE:** (203)245-5627

**FAX:** (203)245-6186

**WEBSITE:** [www.madisonct.org/seniors](http://www.madisonct.org/seniors)

### HOURS:

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

### SR. COMMUNITY CAFÉ

(203)245-5686

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

### DIAL-A-RIDE (203)245-5695

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

### SENIOR COMMISSION

Chair: ..... Maureen Lopes  
Vice-Chair..... Gerard Kerins  
Secretary:..... Robert Hale  
Members .....Mitchell Cohan  
.....Patricia Melady  
.....Leslie Marcarelli-Naizby  
.....Barry Miller  
.....Wendy Oberg  
.....Marcy Sanders

The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be June 8, 2012 at 5:30pm

### LIAISON TO BOARD OF

**SELECTMAN** Diane Stadterman

### SENIOR CENTER STAFF

Director:..... Scot Erskine  
Sr. Services Supervisor..... Joe Petrella  
Municipal Agent ..... Heather Castrilli  
Recreation Supervisor:..... Carrie Gazda  
Secretary:..... Ellie Gillespie  
Bus Driver: .....Michael Rand  
Bus Driver: .....Helen Sneider  
Bus Driver: .....Pat Cocchiario  
Café Manager .....Jodie Shevlin

### REMINDER: SENIOR & DISABLED TAX RELIEF PROGRAM

Wednesday, February 1, 2012 through Tuesday May 15, 2012.

The Town of Madison and State of Connecticut offer tax relief for elderly and totally disabled residents that own and occupy their property as a primary residence. There are income, age, and residency requirements in order to be eligible and qualify for the program. Please stop into the Senior Center for a complete list of guidelines. **2011 income taxes must be filed prior to appointment. Maximum Qualified Income: \$60,641.**

### RENT REBATE

May 15<sup>th</sup> – September 14<sup>th</sup> 2012

The filing period for the Rent Rebate program has begun. Participants must submit proof of income for 2011 as well as proof of rental, heating, electric, & water payments made in 2011. This proof can easily be obtained by contacting your landlord, oil/gas/propane company, CL&P and Connecticut Water Company. An eligible participant must be age 65 & over or disabled & have incurred rental expenses in 2011, not necessarily in Madison.

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

### MEDICARE SAVINGS PROGRAM

The Medicare Savings Program assists eligible participants with paying their Medicare Part B premiums each month. In addition, participants will have \$2.50 co-pay for generic Rx's and \$6.30 co-pay for name brand Rx's. This may also cover doctor Co-Pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program. **Maximum gross monthly income for a single: \$2,260.92 and for a couple: \$3,052.74**

### MADISON FOOD PANTRY

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

### SNAP PROGRAM (Formerly Food Stamps)

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

### TOWN OF MADISON "SAFETY CHECK LIST"

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

### MEDICARE "TURNING 65" SEMINAR

Are you getting ready to turn 65? Does Medicare get you confused? Are you concerned about your finances for retirement? Do you need some information about how to select a Medigap or Medicare Advantage Plan Policy? Join Carlos Maynard, our Medicare expert, Craig Bernard of Madison Investments and David Hampton of Professional Secure Assistance (Social Security Expert) for information about what you need to know before you turn 65. **Please call ASAP to reserve your place, space is limited. June 4, 2012 - 6:00 to 8:00pm**

## 3 Programs & Services



### MEDICARE MONDAY

**Monday June 4, 2012 ..... 9–11:00a**  
Unbiased information, counseling, and assistance on Medicare, Supplemental Insurance & Medicare Advantage Plans. Carlos A. Maynard assists Madison Residents. By appointment only: Call the Senior Center

### BLOOD PRESSURE CHECK

**Monday June 11 & 25, 2012 ...12-1:30p**  
VNA Community Healthcare holds BP Clinics on the 2<sup>nd</sup> & 4<sup>th</sup> Mondays of the month @ the Senior Center.

### LEGAL ASSISTANCE

**Thursday, June 21, 2012..... 9–10:00a**  
Attorneys Thomas Cronan, Michael Sweeney, & Timothy Shields volunteer counseling services on a one-on-one basis. Thank you to our legal team for their monthly assistance! **By appointment only: Call the Senior Center**

### NOTARY SERVICES

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

### MEALS-ON-WHEELS

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

### HANDICAPPED

#### PARKING PERMIT



New application form from the DMV available on the [www.ct.gov/dmv.org](http://www.ct.gov/dmv.org) or in the Senior Center office.

### SENIOR CAFÉ

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

### DIAL-A-RIDE

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

### SENIOR CENTER BUS

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

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



### FOOD PANTRY

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



### DESSERT BINGO PROVIDED BY WATROUS NURSING CENTER



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

### ST. MARGARET'S BINGO

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



## MOVIE MATINEE

@ MSC

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

**Movies start at 1:00pm. No Fee.**

Upcoming movies are:

June 1 - Guess Who's Coming to Dinner

June 8 - Roxanne

June 15 - Grumpy Old Men

June 22 - An Affair to Remember

June 29 - Roman Holiday

## KEURIG COFFEE AT THE MADISON SENIOR CENTER



**ONLY 75 CENTS A CUP!**

**AVAILABLE FLAVORS**

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

## SENIOR CENTER CLUBS & GROUPS

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

**Chess Club / Crossword Puzzle Club / Train Club**

**Madison Senior Singles Group / Choral Group / Wii Club**

**Current Events Discussion Group / Biking Club**

**Downtown Walkers Group / Hiking Club / Poker Club**

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

# 4 Senior Center Activities and Programs



## CHAIR EXERCISES

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



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

July 9 to August 20 .....8 Classes

R \$26 NR \$36

Exercise Room 1 & 2

Instructor: Pat Velleca

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

July 13 to August 31 .....8 Classes

R \$26 NR \$36

Exercise Room 1 & 2

Instructor: Pat Velleca

## YOGA AT THE BEACH

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

### Tuesdays - 8:00a to 10:00a

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

R \$80 NR \$90

Surf Club

Instructor: Pat Velleca



## FITNESS & MOVEMENT

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



### Mondays - 9:00a to 10:00a

July 9 to August 20.....8 Classes

R \$26 NR \$36

Exercise Room 1 & 2

Instructor: Pat Velleca

### Wednesdays - 9:00a to 10:00a

July 11 to August 29.....8 Classes

R \$26 NR \$36

Exercise Room 1 & 2

Instructor: Pat Velleca

### Fridays - 9:00a to 10:00a

July 13 to August 31.....8 Classes

R \$26 NR \$36

Exercise Room 1 & 2

Instructor: Pat Velleca

## SENIORS IN MOTION

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



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

July 11 to August 29.....8 Classes

R \$26 NR \$36

Exercise Room 1 & 2

Instructor: Pat Velleca

## SENIORS BOOK CLUB

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

June 25 - Sarah's Key

by Tatiana de Rosnay



## EXERCISE CLASSES WITH KRIS

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

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

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

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

*All classes taught by Kris Reaske*

### BASIC PILATES CORE/FLEX

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

Tuesdays - 10:00a to 11:00a

### LOW IMPACT AEROBICS

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

Tuesdays - 11:00a to 12:00p

### ZUMBA FOR ALL

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

Mondays - 6:00p to 7:00p

### ZUMBA GOLD

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

Mondays - 1:00p to 2:00p

Thursdays - 11:10a to 12:10p

Classes will not be held on:

July 4, 2012

## MONDAY NIGHT BILLARDS LEAGUES

Registration deadline is June 15.

**"A" League** - for the average to above average player.

**"B" League** - for the below average to average player.

The league will run from June 25th to August 27th.

Fee: \$5

Matches held on Mondays

5:00 to 8:00p



# 5 Senior Center Activities and Programs



## DAY TRIPS

### Elizabeth Park Garden Tour - Thursday, June 14, 2012

Located in Hartford, this world famous rose garden is the oldest municipally/operated rose garden in the country. It is a two and a half acre garden which has about 800 varieties of roses that amount to 15,000 plants. Rambling roses cover arched walkways in the garden and the beds are filled with roses of every shape and color. **Depart from the Senior Center at 9:30am. Garden Tour is at 11:00am. Bring your own lunch. Fee: \$5.00**

### Mohegan Sun on Your Own- Friday, June 15, 2012

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

### Dolls, Dames & Divas (Through the Decades) starring The Glamour Girls- Thursday, June 7, 2012

Come see the Glamour Girls at the elegant Grand Oak Villa in Oakville, CT. The Glamour Girls, backed by their band, present a song selection ranging from the Swing Era of the 40's, to the 50's, and early 60's Sock Hop and Motown/Soul era, to the disco dance hits of the 70's to the chart toppers of the 80's and 90's. Lunch will be served "family-style" and includes: salad, pasta, potatoes, vegetables, chicken parmesan, pork loin, Italian rum cake and beverages. **Depart from Senior Center at 10:00am. Fee \$49.00 per person.**

### Suffolk Downs, A Day At The Races- Monday, June 11, 2012

Today you will enjoy the action-paced excitement of live thoroughbred racing at, Suffolk Downs, located just three miles from downtown Boston. Lunch is included and is a complete hot and cold luncheon buffet. Your day also includes Clubhouse admission, a daily Racing Program and a race named in honor of the group. Don't miss a "Day At the Races!" **Proper dress is required; shorts, tank tops and any form of abbreviated attire are not permitted.** Transportation provided by a deluxe motor-coach. **Depart from the Senior Center at: TBA. Fee: \$64.00 per person. Must register by May 18, 2012.**

### Strawberries, Chocolate & Wine- Wednesday, June 20, 2012

Travel with Getaway Tours on a motorcoach to the Hudson River Valley in New York. We will first dine at the TORCHES ON THE HUDSON restaurant which has a great view of the Hudson River. We will then continue on to Baldwin Vineyards for a "gourmet" afternoon to sample its fifteen award-winning wines, including Chardonnay, Merlot, Riesling, Port and Strawberry wine. The tasting is accompanied with an individual plate or strawberry shortcake, double chocolate brownie, chocolate dipped fresh strawberry and New York cheesecake. **Depart from the Senior Center at 9:00am. Fee: \$84.00**

### Hill-Stead Museum and Gardens- Thursday June 28, 2012

We head to Farmington today to visit the Hill-Stead Museum. Hill-Stead is one of the nation's few remaining representations of early 20th-century Country Place Estates. From 1898 to 1901, Theodate Pope Riddle transformed 250 acres of thin-soiled, rocky New England farmland into a picturesque landscape that supported a working farm and also reflected the refined tastes of a wealthy and widely traveled family. **Depart Senior Center at 9:15am. Group Tour begins at 10:30am. Bring your own lunch. Fee: \$13.00**

### Harborfest Boston- Monday July 2, 2012

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

### Lobster Lunch and The Mohegan Sun- Friday July 27, 2012

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



## SENIOR CENTER NEWSLETTER

If you no longer wish to receive "Trends and Traditions" please contact the Madison Senior Center Front desk at (203) 245-5627.

## Connecticut Cremation Service

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

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

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

**PENNYWISE**  
Premium Home Heating Oil & Service

Serving friends  
and neighbors  
for over 18 years.

Call us...  
860.399.8244 • 860.669.8234



Have you fallen?  
Call us... we can help



## Shoreline Eye Associates, P.C.

Family Eye Care  
Cataract Surgery • Optical Shop

**203-453-3100**

**515 BOSTON STREET, Rt. 146**  
**GUILFORD, CT 06437**

**EXPERIENCE MATTERS.**  
*Apple Rehab Guilford*

Short Term Rehab • Medical Management  
Long Term Living



10 Boston Post Road, Guilford CT 06437 • 203.453.3725

### Exceptional Caring...

- Short-Term Rehabilitation
- Post-Operative Care
- Respite Care
- Intravenous Therapy
- Wellness Services
- Admission 7 Days a Week
- Resident & Family Education
- Outpatient Therapy

## Aaron Manor

Nursing & Rehabilitation Center  
Chester, CT

Ph: 860-526-5316

www.rydershealth.com



The *Hearth*  
at  
*Tuxis Pond*

Premier Senior Living  
100 Bradley Road • Madison, CT  
(203) 350-3847

Assisted Living • Independent Living  
Memory Care



## The Guilford House

Rehabilitation ~ Healthcare ~ Hospitality

109 West Lake Avenue, Guilford, CT

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

www.theguifordhouse.com  
www.youtube/theguifordhouse

## County Hearing and Balance

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



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

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

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



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

**Vibrant**  
Full Color  
Now  
Available

For more information  
call Liturgical  
Publications at:  
**1-800-888-4574 x3380**



Your Private Duty  
Homecare Agency  
**203.458.5990**



*Golden Horizons Elder Care Services, Inc.*

Personal Care Attendants ~ Homemakers ~ Companions ~ 24/7 Care ~ Hourly ~ Live-In  
Old Saybrook - 860-388-1788 ~ Cheshire - 203-439-0604

www.goldenhorizonseldercare.com ~ CT State Reg. #HCA.0000133 ~ Bonded & Insured



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

(203) 458-5414 or SPatterson@GSByourbank.com

Sylvia Patterson NMLS# 528441, GSB NMLS# 526598



## JUNE 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 9:00 Fitness & Mvment 10:30 Chair Exercise 1:00 Movie Matinee 1:00 Dessert Bingo
<b>4</b> 9:00 Medicare Monday 9:00 Fitness & Mvment 10:00 Guilford Shopping 10:30 Chair Exercise 1:00 Zumba Gold 6:00 Zumba for All 6:00 Turning 65 Seminar	<b>5</b> 10:00 Basic Pilates 11:00 LI Aerobics 1:00 Computer Basics 3:00 Yoga	<b>6</b> 9:00 Fitness & Mvment 10:30 Seniors in Motion <b>1:00 Ambulance Seminar</b> 3:00 Yoga	<b>7</b> 11:10 Zumba Gold 1:00 Computer Basics 3:00 Yoga	<b>8</b> 9:00 Fitness & Mvment 10:30 Chair Exercise 1:00 Movie Matinee
<b>11</b> 9:00 Fitness & Mvment 12:00 Blood Pressure 10:30 Chair Exercise 1:00 Zumba Gold 6:00 Zumba for All	<b>12</b> 10:00 Basic Pilates 11:00 LI Aerobics 12:30 Exercise Seminar 1:00 Computer Basics 3:00 Yoga	<b>13</b> 9:00 Fitness & Mvment 10:30 Seniors in Motion 12:00 Bingo at Watrous	<b>14</b> 11:10 Zumba Gold 1:00 Computer Basics 3:00 Yoga 5:30 Senior Commission Mtg	<b>15</b> 9:00 Fitness & Mvment 10:30 Chair Exercise 1:00 Movie Matinee
<b>18</b> 9:00 Fitness & Mvment 10:30 Chair Exercise 1:00 Zumba Gold 6:00 Zumba for All	<b>19</b> 10:00 Basic Pilates 11:00 LI Aerobics 1:00 Computer Basics 3:00 Yoga	<b>20</b> 9:00 Fitness & Mvment 10:30 Seniors in Motion	<b>21</b> 9:00 Legal Assistance 10:00 Branford Shopping 11:10 Zumba Gold 1:00 Computer Basics 3:00 Yoga	<b>22</b> 9:00 Fitness & Mvment 10:30 Chair Exercise 1:00 Movie Matinee
<b>25</b> 9:00 Fitness & Mvment 12:00 Blood Pressure 10:30 Chair Exercise 1:00 Zumba Gold 1:00 Book Club 1:45 Martha's Bake Shoppe 6:00 Zumba for All	<b>26</b> 10:00 Basic Pilates 11:00 LI Aerobics 1:00 Computer Basics	<b>27</b> 10:30 Brunch w/ FCC 1:00 <i>Kick-Off Summer Party with Brian Gille</i>	<b>28</b> 11:10 Zumba Gold 12:30 Healthcare Seminar 1:00 Computer Basics	<b>29</b> 1:00 Movie Matinee

**Find businesses that support your community at [SeekAndFind.com](http://SeekAndFind.com)**



Madison Senior Center  
 29 Bradley Road  
 Madison, CT 06443

PRSR STANDARD  
 U S POSTAGE PAID  
 GUILFORD CT  
 PERMIT NO 295

06/2012

## Ongoing Activities at the Senior Center

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

### AARP DRIVER SAFETY CLASS

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

**July 11**  
**August 8**  
**September 12**  
**October 10**  
**November 14**

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

**Checks payable to AARP**



*The power to make it better.*