

Trends & Traditions

JUNE 2013

Madison Senior News and Activities

MUSEUM OF THE MONTH TRIP

Begin with brunch on your own at the Morning Glory Café next visit **The Florence Griswold Museum.**

Museum admission: \$9 paid at door

Friday, June 21st, depart 10am

Fee: \$2

Strawberry Social & Luncheon at the Surf Club

A summer picnic with our friends from the Guilford Seniors!! Lunch includes: salads, hot dog OR hamburger and strawberry shortcake. Entertainment by T-Bone. Food prepared by Chef Larry Santamaria

Wednesday, June 5th at 11am

Fee: \$5

Do You Have a Green Thumb?

Join Rachel Blundon, a Horticultural Therapy student to plant your own house plant. Greenery can not only brighten a space but also purify the air. They're helpful in creating a more relaxing, restful ambiance in any room. We know that spending time in nature is linked to **reduced stress levels** and relieve tension.

Pre-registration Required

Thursday, June 20th at 12:45pm

FREE



CT Yankee Chorus

Join us for an after lunch concert featuring The CT Yankee Chorus. Enjoy their beautiful four-part harmony sound and sing along to the songs you know!! The CT Yankee Chorus has been entertaining all over the country for 58 years.

Wednesday, June 19th at 1:00pm

FREE

Come for the Wine... Stay for the View

Enjoy, relax, and savor the charming surroundings Gouveia Vineyards a winery located high atop 140 sun-kissed acres in Wallingford, CT. The Stone House winery commands a spectacular 360 degree panoramic view of lush woodlands, open fields and over 32 acres of pristine vineyards. Pack a lunch to enjoy with one of their 11 award winning wines (*Wine, water, soda, coffee, or tea on your own, prices vary*)

Friday, June 28th Depart MSC at 10am



Fee: \$2

Discover Local Authors

Local author, RC Bonitz comes to discuss his book "A Blanket for Her Heart," the story of a woman in her fifties who, is faced with a decision, when a stranger comes to her door, to continue as before, or give wings to her life and try to make her youthful dreams come true.

After a short reading RC will talk about the book's development, setting, characters and the journey from inception to publication. RC has been writing for 16 years and has published many books with more to come.

Pre-registration Required

Monday, June 24th at 1:00pm



FREE

Like us on Facebook!

Look for:

Madison Senior Center

www.facebook.com/pages/Madison-Senior-Center/476067119091349



JUNE TRIPS

West Side Story at the Shubert Theatre

Come see it again and experience the classic music and dancing from America's song writers Leonard Bernstein and Stephen Sondheim. Depart MSC at 11:30 am spaces are limited. Cost includes bus & show

Sunday, June 2nd

Fee: \$67



Elvis in Blue Hawaii and Las Vegas Review starring Brian Weldon

Hop on board a motor-coach and head to a magnificent country club setting called the Tekoa Country club located in Westfield, MA. Brian sings your favorite Elvis songs including: "It's Now or Never", "Can't Help Falling in Love", "Burning Love" and of Course "Blue Hawaii". Enjoy Coffee and snacks on arrival. Lunch will include a fresh garden salad, vegetable primavera, sausage and peppers, garlic smashed potatoes, green beans almandine, pot roast, Chicken Francaise, Dessert, Coffee, or Tea! Depart MSC at 9:30am return approximately 6:30pm. **Trip returns late transportation home from MSC needed.** **Fee: \$64 R \$69 NR**

Thursday, June 13th

Suffolk Downs

Enjoy action packed excitement of live thoroughbred racing at Suffolk Downs, located three miles from downtown Boston. **Lunch is included:** a hot and cold luncheon buffet. Price also includes clubhouse admission, a daily racing program and a race named in honor of our group! Don't miss a day at the races! (driver gratuity included) Depart time TBA

Monday, June 17th

Fee: \$72

Mohegan Sun Friday

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

Friday, June 14th

Fee: \$7



MADISON SENIOR CENTER

29 Bradley Road, Madison, CT 06443

PHONE: (203)245-5627

FAX: (203)245-6186

WEBSITE: www.madisonct.org/seniors

HOURS: Monday-Friday 8:30a-4:00p

SR. COMMUNITY CAFÉ

(203)245-5686

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

DIAL-A-RIDE (203)245-5627

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

MUNICIPAL AGENT FOR THE ELDERLY
(203)245-5687

SENIOR COMMISSION

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

The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be
June 13th, 2013 at 5:30pm

LIAISON TO BOARD OF SELECTMAN Diane Stadterman

SENIOR CENTER STAFF

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



RENT REBATE

Monday, April 1st – Tuesday, October 1st 2013

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

2012 max. income: single: \$33,500 & couple: \$40,900

MADISON FOOD PANTRY

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

MEDICARE SAVINGS PROGRAM

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

SNAP PROGRAM (Formerly Food Stamps).

Helps offset food expenses. Money is given to eligible participants monthly, on an EBT debit card to use at local grocery stores. **Monthly Max. Income: Single: \$1,671, Couple: \$2,248.**

FARMERS MARKET COUPONS

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

A MESSAGE FROM THE TOWN'S HEALTH DEPARTMENT

Madison's Storm Water Management Program

Water lawns and gardens in the cooler part of the day. Hand watering, drip watering or soaker hoses use far less water than sprinkler systems. If you do use a sprinkler system, adjust the timing daily to account for weather conditions. Mulching gardens and borders helps the soil retain water and so reduces watering requirements.

“SAFETY CHECK LIST”

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

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

MEDICARE MONDAY

Mon., June 3rd 9 - 10:00am
 Information, counseling, & assistance for Medicare, Supplemental Insurance & Medicare Advantage Plans. Carlos Maynard assists by appointment only.

WELL RIGHT NOW CLINICS

Mon., June 10th & 17th 12-1:30pm
 VNA Community Healthcare holds Well Right Now Clinics on the 2nd & 4th Mondays of the month., included blood pressure check.

LEGAL ASSISTANCE

Thurs., June 20th 9-10:00am
 Attorneys from Cronan and Sweeney offer quick 15 minute counseling services on a one-on-one basis.  Call the Senior Center for an appointment.

NOTARY SERVICES

Tues., June 11th 10am-12pm
By appointment only, on the 2nd Tuesday of the month, at the Senior Center. Please call for an appointment.

MEALS-ON-WHEELS

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

HANDICAPPED PARKING PERMIT

Available in the Senior Center office. 

Senior Singles Group

Interested? Call 203-245-5627.
 Next Meeting: Tues. June 11th at MSC at 5:30pm—followed by Dinner on your own at **Madison Beach Hotel**

Craft with Kristen

Decoupage a watering can! 
 This watering can adds a touch of summer to inside your home. Bring in a new medium sized watering can, magazines and your scissors.

Wed. June 26th at 12:45pm Fee: \$5

Crocheting with Plastic Bags

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

Wednesdays 1-2:30pm Fee \$3

SENIOR CAFÉ

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

DIAL-A-RIDE

M, W & F - 8:45am to 3:30pm

Transportation designed for elderly and disabled Madison residents only. Rides are given in a 14 town region for medical appointments, work, & personal business. 48 hour advance notice required Call (203)245-5627.



SENIOR CENTER BUS

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



MOVIE MATINEE @ MSC

FREE Movies start at 1:00pm.

June 7th "Lincoln" June 14th "Sabrina"
 June 21st "Sweet Home Alabama" June 28th "Argo"



Circus Arts & Juggling Class

Have fun learning to juggle, spin plates, balance canes and simple magic. Mystery Mike will provide juggling articles. You are never too old to learn. Mystery Mike was 55 when he first started!

Mondays June 3rd - July 8th
7:15-8:15pm 6 weeks
Fee: R\$20 NR\$25



Bingo !

Dessert Bingo 1st Friday of the month at 1:00pm Friday, June 7th

St. Margaret's Church Bingo
 2nd Wed. monthly. Bingo starts at 12:00 pm. Bring a bag lunch! **Wed. June 12th**



Kings in the Corner

Players needed, interested?? Please call Kristen at the MSC (203) 245-5695
 Looking to play on Tuesday's and need 2-4 players at each table.



TECH SUPPORT

Get all your tech questions answered at the MSC. Scranton Memorial Library Teen Advisory Group and Madison Youth & Family Services offers **free "drop-in"** learning sessions. Teen Volunteers are available to answer questions. **FREE!! Mon. June 24th 5-6pm**

New Book Club

Meet Barbara MacDonald the new book club leader at the MSC to planning and the books you would like to read. Kick off Meeting : Pre-registration Required **Thursday, June 27th at 1pm**

LUNCH BUNCH TRIPS

Meals on your own

Monday, June 17th Depart 11:45 am
Westbrook Lobster Fee: \$2

LOCAL Shopping TRIPS

Lunch on your own

Mon., June 3rd Walmart Old Saybrook
 Depart MSC at 1:00pm Fee:\$2

Monday, June 10th Olde Mystic Village
 Depart MSC at 9:30am Fee:\$5

Monday, June 24th Kohl's in Branford
 Depart MSC at 12:45pm Fee:\$2

Crossword Puzzles

Test your skills and exercise your mind. A new puzzle every Tuesday. Answers the following Tuesday.

Walk to Read

Mrs. Pardo's third grade class from Island Ave. 
 along with gym teacher Mrs. Brown will walk to the MSC and share stories they have worked so hard to write! Our friends will also join us for lunch. Let's show some support for our students.

Pre-registration Required

Tues., June 18th at 11am FREE

Exercise With Patty Velleca

CHAIR EXERCISES

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



Mondays - 10:30a to 11:30a

June 24th-July 22nd 4 classes

No class July 1st

R \$16.50 NR \$21.50

July 29th- August 19th 4 classes

R \$16.50 NR \$21.50

Fridays - 10:30a to 11:30a

June 28th- July 26th 4 classes

R \$16.50 NR \$21.50

No Class July 5th

August 2nd-August 23rd 4 classes

R \$16.50 NR \$21.50

SENIORS IN MOTION

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

Wednesdays - 10:30a to 11:30a

June 26th- July 24th 4 classes

R \$13.00 NR \$18.00

No class July 3rd

July 31st- August 21st 4 classes

R \$13.00 NR \$18.00

EXERCISE & RELAX YOGA

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

Tuesdays - 8:30-10:00am

July 9th-August 20th 7 weeks

R \$83.00 NR \$95.00

FITNESS & MOVEMENT

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

Mondays - 9:00 to 10:00am

June 24th-July 22nd 4weeks

R \$16.50 NR \$21.50

No class July 1st

July 29th- August 19th 4weeks

R \$16.50 NR \$21.50

Wednesdays - 9:00 to 10:00am

June 26th-July 24th 4 weeks

No class July 3rd

July 31st-August 21st 4weeks

R \$16.50 NR \$21.50

Fridays - 9:00 to 10:00am

June 28th-July 26th 4 weeks

R \$16.50 NR \$21.50

No class July 5th

August 2nd-August 23rd 4 weeks

R \$16.50 NR \$21.50

TAI CHI

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



Instr.: S. Hanley

Mondays - 9:00 to 10:00am

June 3rd-July 1st.....R \$44 NR \$54

July 8th-August 5th.....R \$44 NR \$54

SILVER TAPPERS CLASS



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

Thursdays - 10:00 to 11:00am

June 27th- August 22nd.....9 Classes

No class July 4th Instr-M Goglia

Fee: R \$72 NR \$82 -

Workout from the Past to the Present



Burn calories to the oldies hits from the 60's, 70's, 80's and the latest pop and hip-hop music. This class includes the latest hip-hop fitness routines and routines from the past *Shaping Up With Jazz* cable show. Bring a towel and water. Instructor: Aleen Stanton
Wed. June 19th- July 24th 6-7pm
Fee: R \$50 NR \$55



Walk with Kristen

Take a morning walk with Kristen around beautiful downtown Madison. **Tuesdays at 10 am FREE**

Local Business Wednesday

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

Marc Sandler with Senior Organizational Services

Life Planning for Your Piece of Mind

Learn how to organize your information in an easy to follow format so if there is an emergency you have the information at your fingertips. Refreshments provided
Wednesday June 26th 1-2pm FREE

EXERCISE CLASSES WITH KRIS

The "exercise pass" is good for 5 or 10-classes taught by Kris and is valid until the end of the fiscal year of purchase. This year: June 30th, 2013.

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

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

All classes taught by Kris Reaske

ZUMBA FOR ALL

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

Mondays - 6 to 7pm

ZUMBA GOLD

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

Mondays - 1 to 1:55pm

Thursdays - 11:10 to 12:10pm

Middlesex Hospital

Osteoporosis

Osteoporosis causes a loss of bone mineral density, weakening your bones and increasing your risk for fractures. Learn how therapy keeps you active.

Thurs., June 27th 10:30-11:30a FREE

Integrative Medicine

A complementary form of treatment that focuses on the body, mind and spirit by emphasizing healthy diet, exercise, relaxation and emotional well-being.

Tuesday, June 4th at 10am FREE

Lecture on Healthy Cooking

Killingworth's Ronald and Sandra LaPorto, co-authors of *Healthy Foods for Healthy Hearts*, will offer a lecture and a cooking demonstration to make a healthy dessert (Peach Pudding Parfait)

Pre-registration Required

Tuesday, June 18th 1-2pm FREE



CAREGIVER SUPPORT GROUP

Join VNA's Caregiver expert, Molly Standley for an interactive support group. Share experiences, discuss ideas and problem-solve with other caregivers. Your loved ones can take part in a supervised activity. Group meets the 3rd Tuesday of the month.

Tuesday, June 18th 11:00am-12:00.



**Italian Fest at the Aqua Turf Club****Tuesday, July 16th**

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

A Taste of Providence “Cooking Demo” and Little Italy Tour**Wednesday, July 17th**

Begin with a visit to Scialo Brothers Italian Bakery and take a mini tour. Next stop at Geppetto’s, an upscale pizzeria, where you will enjoy a 5 course meal!! House salad, Calamari, Penne Pasta, four varieties of Pizza’s and homemade Tiramisu, coffee, or tea! Followed by a 90 minute bus tour through Little Italy and a stroll across the plaza to Venda Ravioli’s Italian Food Emporium.

Depart MSC 8:00am return approx. 6:00pm. Transportation to and from the MSC needed.**Fee: R\$75 NR \$80****“Footloose” Ivoryton Playhouse****Wednesday, July 24th**

One of the most explosive movie musicals! A heartfelt story of a father longing for the son he lost and of a young man aching for the father who walked out on him. The rockin’ rhythm of the Top 40 score includes *Let’s Hear it for the Boy*, *Almost Paradise*, and, of course, *Footloose*. **Depart MSC at 1:00. Cost includes ticket to show and bus fee.** **Fee: R\$35 NR \$40**

Black Hawk Fishing Trip in Niantic, CT**Wednesday, July 31st**

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

Project O, Oceanographic Cruise**Monday, August 5th**

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

Depart MSC at 8:30 Return approximately 3:00. Cost includes transportation and cruise.**Fee: R\$30 NR \$35****“HELLO, DOLLY!” Good Speed Opera House****Wednesday, August 14th**

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

Depart MSC at 12:45pm. Cost includes tickets and transportation.**Fee: R\$52 NR \$57****“Let the Good Times Roll”, The Dave Colucci Show****Tuesday, August 20th**

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

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

Delight in all that Plymouth, MA has to offer with a Pilgrim Belle Harbor Cruise, a Mayflower Tour, Wine Tasting, and a show at Dan’l Webster Inn. Price includes: Deluxe motor-coach transportation to Plymouth, MA. 1 Night Accommodation., 3 Meals-1 breakfast, lunch and dinner. 1 bag per person and trip cancellation and interruption insurance **Non residents please add \$10 per person \$50 deposit due at registration.** **Fees: Double \$287, Single: \$387.00, and Triple \$267**

DREAMGIRLS at Ivoryton Playhouse**Wednesday, August 28th**

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

Exotic Southern Caribbean Cruise Aboard the Norwegian Dawn**November 1st - 15th**

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

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7 Menu

JUNE 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hot Open Roast Beef Sandwich on Wheat Bread w/ Gravy, Smashed Potato, Bean Blend, Grape Juice, Oatmeal Cookie, Milk	4 Escarole & Bean Soup Grilled Chicken Caesar Salad, Croutons & Caesar Dressing, Herbed Wheat Breadstick, Mandarin Oranges, Milk	5 No Lunch Strawberry Social 	6 Turkey w/ Gravy, Apple Stuffing, Roasted Vegetables, Cranberry Sauce, Oat Bread, Pineapple Juice, Berry Streudel, Milk	7 Baked Parmesan Encrusted Scrod with Lemon, Baked Potato, Tossed Salad w/ Tomato & Italian Dressing, Wht Roll, Peach, Milk
10 Baked Ziti w/ Parmesan Cheese, Italian Blend, Caesar Salad with Croutons and Dressing, Garlic Bread, Fresh Fruit, Milk	11 Broccoli Quiche, Broiled Tomato, Cucumber Salad, Multi-grain Roll, Cranberry Juice, Marble Cake, Milk	12 Herb Baked Chicken Qtr., Baked Sweet Potato, Scandinavian Blend, Wheat Bread, Fresh Melon, , Milk	13 Pot Roast w/ Gravy, Smashed Potatoes, Peas & Carrots, Rye Bread, Orange Juice, Ice Cream Cup, Milk	14 Father's Day Veg. Barley Soup, Crackers, Seafood Salad Plate w/ Lettuce, Tomato & 3 Bean Salad, Pumpernickel Bread, Chocolate Forest Cake, Milk
17 BBQ Chicken Qtr, Baked Beans, Coleslaw, Cornbread, Watermelon, Milk	18 Roast Pork w/Gravy, Applesauce Garnish Swt. Potato Pone, French Green Beans, Rye Bread, Pears, Milk	19 Shrimp Bisque, Crackers, Chef Salad, Turkey, Ham, Cheese, Tossed Salad w/ Cukes, French Dressing, Oat Bread, Pineapple Tidbits, Milk	20 Birthday Cake Day Sweet Potato Encrusted Fish, Tartar Sauce, Brown Rice, Calif. Blend, Wht. Dinner Roll, Pineapple Juice, Strawberry Shortcake, Milk	21 Eggplant Rollatini, Penne w/ Marinara Sauce, Parmesan Cheese, Tossed Salad w/ Carrot and Ital. Dressing, Garlic Breadstick, Grapes, Milk
24 Cream of Carrot Soup, Crackers, Tuna Salad Plate, with Lettuce, Tomato, Beet Salad, Wht. Bread, Vanilla Pudding w/ Berry Topping, Cran. Juice, Milk	25 Oven Roasted Chicken Qtr German Potato Salad, Red Cabbage, Oat Bread, Banana, Milk	26 Spinach Grandioli, Parmesan Cheese, Summer/Spring Veggies, Caesar Salad with Croutons and Caesar Dressing, Italian Bread, Apricots, Milk	27 Roast beef with Gravy, Baked Potato, Mixed Veggies, Rye Bread, Orange Juice, Frosted Chocolate Cake, Milk	28 Crab Cake w/ Tartar Sauce, Macaroni and Cheese, Spinach, Wht Bread, Peaches, Milk
31 CLOSED for MEMORIAL DAY 	<p><i>Please remember to make your reservation with Jodie Shevlin by 12 Noon the day before you plan to attend at (203) 245-5686. (Planning to attend on a Monday? Please call by noon the previous Friday.)</i></p> <p>VOLUNTEERS NEEDED TO ASSIST IN LUNCHROOM</p> <p><i>Please call Jodie ASAP</i></p>			



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6/2013

RETURN SERVICE REQUESTED

COMPUTER CLASSES

Computer Basics For Beginners

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

Tuesdays, June 25th– July 23rd- 1:00 to 2:00pm

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

iPad for Beginners

Learn the basics of using an iPad. Start with the basics: terminology, components etc. What can you do with your iPad? Learn e-mail, playing games, entertaining and set a reminder of when to take your medications! Bring your iPad & Apple password.

Thursdays, June 20th-July 25th- 1:00 to 2:00pm No class July 4th

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

E-Bay: Buying and Selling Online

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

Tuesdays, June 25th– July 9th- 10:00a to 12:00pm Fee: R \$42 NR \$52 (3 classes)

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

Ongoing Activities at the Senior Center								
Bridge	Thursdays	1– 4 pm	Hand & Foot	Fridays	1– 4 pm	Pinochle	Tuesdays	1– 4 pm
Canasta	Tuesdays	1– 4 pm	Knitting Group	Thursdays	10a-12p	Poker	Wednesdays	1– 4 pm
Mah Jong	Thursdays	1– 4 pm	Sports Discussion	Tuesdays	10:30-11:30am	Wii Bowling	Wednesdays	1-2 pm
Bocce			Thursdays			9:00- 10:00 am & 10:00-11:00 am		